



Junior Winter Training 2022

Week 6

Intro ;

1. Reminder about injury, feeling ill, getting injured etc
2. Reminder about respect to each other. Working as a team, encourage each other. (Limit mucking around, fighting each other, comments etc)
3. Explain briefly what is going to happen in the session
4. Chat to them - Ask if anyone has been to any other training, who got in to Spartans and/or Kent, tell them a joke. Tell them if they are welcome to ask questions and we will try to answer.

Keep it light, brief and fun - The quicker you are engaging them the easier it should be !

U9s; As All Stars ideas (As per link)

U11s;

Warm up - Coaches choice - Please think about it a little and make it worth while

Reminder of what we did in Week 5 - Batting (Hands through the ball)

Technical - Batting (Back foot drive)

Quite a rarity in Junior cricket but a worthwhile shot

Use tennis balls as they are bouncier

Drill;

Get the nets down for hitting

Set in ability groups

Either get them in to groups and the coach feeds or get them in to pairs and they feed each other (Probably best if coach feeds!)

Again reiterate the importance of the set up to be ready to receive the ball - Quite a few of them benefitted last week of getting that right and waiting for ball, it was an improvement in their head, hand and feet alignment.

Whilst performing this skill, a player's execution may be characterised by:

Head level, eyes fixed on ball throughout – distribution of weight may fall towards back leg

Synchronised movement of head, hands and feet

Inconsistent contact made at times underneath or just in front of eyes

Back foot moves back and across towards line of the ball

Front foot follows and sometimes establishes side on position

Inconsistent base established

Inconsistent bat path through strike

Inconsistent quality of vertical bat strike

This will need a good demo as to what we are looking for - After set up, the “trigger” movement of back & across for playing the off side drive (and similar for on drive).

However, perhaps for the better ones and maybe not out of the coaching manual, the modern technique is to actually be positive and press forward slightly before going back to play the shot - its about how quickly they are picking up the line and length of the ball and that split second decision of continuing forward or to go back.

Drill;

1. Just as a starter to see what they do; After set up, coach to one bounce, shortish feed, and kids to back food drive (on the floor) off side & on side but predominantly off side

Once everyone has had a go, reign it back a little

Drill;

2. Batter to start on the back foot in the off drive position i.e as if they have set up, and moved in to position - feet them a full toss about hip height so they can back foot off drive. Feed them 3 or 4 balls each

This is to

Develop power and control of back foot drive

Understand transfer of weight from back foot base through strike

Practice vertical backswing and bat path through strike



Drill;

3. Back to getting them to set up - From half a pitch length away, coach one bounce feeds, and they work on the foot movement of back and across to play

You're looking for;

Practice of footwork patterns and transfer of weight through back foot drive

Understand how to execute a powerful attacking strike (through back lift)

Drill;

4. Similar to 3 but coach moves back further and one bounces with some pace & correct length (as a game) - Looking for them to put everything together to play the shot



They should think about the potential scoring areas i.e how straight or square they can hit the ball

Work on the back foot on drive too - same principles.

To Finish;

Nets - with meaning - Get them in ability groups - Get them to pretend its a game and think how they will start and what they want to achieve - for batters & bowler - Get the bowlers to throw a few short balls in to the batters to try and put in to practice the back foot drive - Batsman to work in pairs and to have 4 balls each, rotate, and run properly please (Get them to run 1s, 2s & 3s) - Bowlers to work on their stock ball and throw in variations from time to time - Line & length.



U13's & U15's;

Warm up - Coaches choice

Technical - Batting as above

To finish;

U13's - Nets as above, even go so far of if you're out you're out !

U15's - As U13's

Don't forget to use the coaches tools - Instruct, Demonstrate, Observe, Analyse, Intervene, Praise, Question, Feedback, Silence.