

Junior Winter Training 2022

Week 10

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 9 - Coming down the pitch and attacking the ball

Technical - Fielding in the ring/close

Set in ability groups (U11 main team, U11 second team, U9 up & coming hard ballers, fourth group if necessary)

Use cricket balls (Younger ones can switch out to Incredi's if necessary)

Depending on numbers of coaches/helpers, ideally split in to 4 or 5 in a group.

Discuss what we mean by fielding in the ring, and how we need to be ready, anticipation and what our aim is.



Drill;

1. Set of stumps (and a keeper in poss) - Group approx 5m away in a straight line. Set up a wide cone "gate" - They walk in to the centre of the gate and just a simple roll out to attack (Fairly straight)
2. After a few goes make use of the wide gate by rolling left, then right then mixed
3. Mix it up further by throwing in a few catches
4. Use tennis balls for this of Incredis for the better group - Do away with keeper and get them to join the group - Coach starts with a ball in each hand. Player approaches as the gate (in the ready position), coach raises his arms and drops one of the balls - they have to get to/attack the ball so it only bounces once max.
5. Start with them at the coaches end, they walk out crouched ready (in the set position) looking forward, coach throws ball up & over their shoulders/head and they have to get the ball on the one bounce.

It's not just about attacking the ball but also the quick release/throw as accurate as possible to the keeper.

To finish;

Set up a mini game of indoors but put out a ring of the flat rubber discs as an exclusion zone.

Two teams or do it just as pairs - A bowler (appropriate to the batter he is bowling to i.e No good Harry D bowling to one of the little guys! - Batters need to score as many runs as they can - Set the batters goals - For example first up quick singles only or twos (Not hitting the back wall) - Score points as a pair for runs, bowlers & fielders score points for wickets, run outs, good stops etc. The exclusion zone of discs; No fielder can enter until the ball has been hit. Make it harder for the better players eg tip and run.

You'll need to work it out according to numbers and time



U13's & U15's;

Warm up - Coaches choice

Technical - Batting as above

To finish;

U13's - As U11's

U15's - Either fielding or appropriate nets with meaning - Get them to keep score/ judge/umpire at comment on each other

For the older group, maybe take out keepers so they have their own skills but it needs a separate coach/helper

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