

Junior Winter Training 2022

Week 7

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 6 - Back foot drive

Technical - Catching

Explain the technique of catching - Strong balanced position to receive the ball, present a comfortable and maximised catching area of the hands, hand & head in line with the ball.

Types of catches - High, low, close, skim (chest), diving

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)



Partner up - and get them facing each other on the green line in the centre of the hall.
Nothing silly, just waist high underarms to each other as many catches as possible in 2 mins.

Next one handed, left hand.

Next one handed, right hand.

Next one handed, start with the ball in the right, pass it to the left hand and throw - Partner catches it in right hand, passes it to their left etc

Next, same but opposite way round i.e start in left hand, pass to right etc

Next back to two handed, but both have a ball each - Throw at the same time and watch the ball

Next get them in to a 4 - one pair north & south and the second pair east & west.
Everyone has a ball - Get them to watch their ball as they pass to their partner

Move them back, back in to pairs - Overarm, catching 'English' method i.e two handed, in front of eyes, conventional

Next get them to try 'Aussie' style i.e overhand, higher, above head slightly so they can see. Mention hand position i.e together so ball can't burst through and hit them on the face, and position of hands so they can see the ball.

Get them to use the technique - exaggerate when going one handed, first of all, of getting their head close to the ball as it goes in to the hand. Hands out in front of them so they can see.

To finish;

Catching stations;

You'll need the heavy/thick matt out for diving

Katchit ramp (use Incredibals)

Tennis racket and tennis balls - Between two cones

A table for skim catches (use Incredibals)

Cones for front & back catch

High catch

Danger catch - One by one they face the opposite way to the thrower - on the shout of turn they turn & take a catch

High catch over the shoulder

Caught & bowled - Use a bat or the Skyer (Suggest Incredibals) - Set up stumps, they bowl and coach (as a batter) hits ball back to simulate caught & bowled

Slip catch - Need a coach batter and a coach thrower - Either roll hard along the floor and chip up to slip or on the full for the better/older groups

Obviously there won't be enough coaches/helpers but we can move round each station when required. We can roll back or miss out some stations for the younger ones if required

We can integrate keepers too

If time; to finish, get them in two or three groups and test match with tennis ball - Coach/helper to feed as bowler - One batter, the rest fielders - Bouncy feeds and they have to keep the ball down - Can be out bowled, caught normally or one hand one bounce - No attacking shots - Score a run every time they survive

U13's & U15's;

Warm up - Coaches choice

Technical - Batting as above

To finish;

U13's - As U11's

U15's - As U11's

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.