

Junior Winter Training 2022

Week 8

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, Must involve stretches & running please

Reminder of what we did in Week 7 - Catching

Technical - Swing bowling plus yorkers too for older groups (Any spinners finger spin & wrist spin)

Explain the basics of bowling - ABCDE

Rhythmical approach to stumps

Hips and shoulders aligned

Direction of run-up, delivery and follow through generally aligned towards target

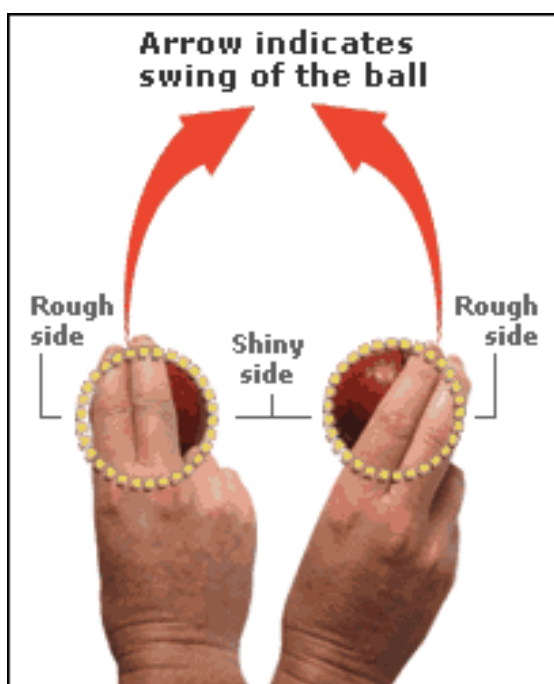
Seam presented in upright position

Head and eyes fixed on target throughout

Vigorous action and follow through

Types of swing bowling (Conventional; New ball and Reverse; Old ball) - In swing & Out swing and variations of that (Cutters)
 Show the grip & which side the shine should be for out swing & in swing
 Also explain about how important it is to work on the ball between balls and keeping the ball off the ground, as it's something we don't normally talk to them about.
 This is especially relevant in light of potential incoming rules from the ECB to not use saliva for shining the ball any more. (but you can use sweat)
 (Put your sandpaper away too!)

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

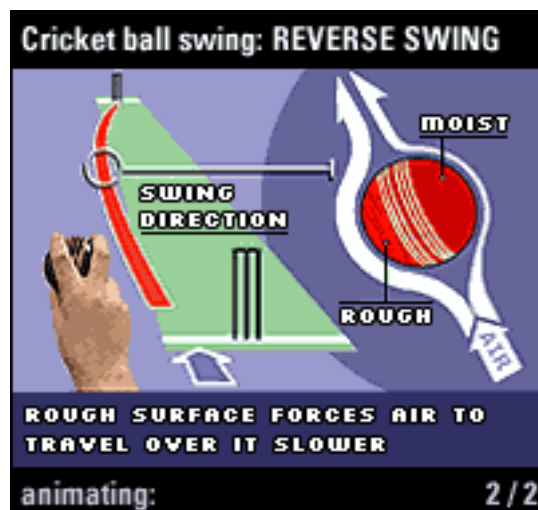
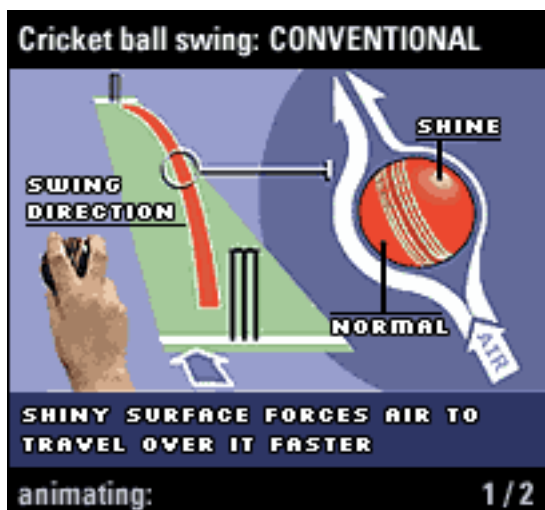


Right arm bowler

Spin grips (Basic)



Accurate Leg-Spin Grip



Use cricket balls

Nets down

1. Set up stumps for a pitch - Use two lines of cones for a "tunnel" for them to use when approaching the crease and also through & passed the crease.
2. Same but extend the line of cones for follow through
3. Same but position a set of 4 cones as a landing zone for a good length

Once a few run throughs, then get them to bowl;

A. Out swing, to see what success they have.

B. In Swing which they will more than likely find easier

You can also talk about the arm finish position to aid (Across body to inside leg and outside of leg) Use old balls too to see if they can reverse.

Use of the new Swing balls too will assist.

For spinners, its getting them to give a nice rip to try and get the ball to spin (which is not easy indoors) but also about the right line & length. (With any luck Traders can assist)

To Finish;

Nets in their appropriate groups - For the U11 main team, they should run every 2nd ball; 1s, 2s & 3s

Give a focus for each group to work on - Bowlers especially trying to swing the ball



U13's & U15's;

Warm up - Coaches choice - Please think about it a little and make it worth while, Must involve stretches & running please.

Technical - Batting as above

U13's - As U11's but getting them to understand more on how they can swing the ball - Get them to attempt to swing the ball from the start of the technical section. Add another dimension to by getting them to work on yorkers after a while.

U15's - As U13's - One would expect them to know what & how to swing but there is no harm in a reminder. Get them to execute the skill and work more on yorkers.

To finish;

Nets;

U13's to take runs as per in a game and to run hard - Set them a start, middle and end of overs scenario

U15's - Nets of consequence - If they are out, that is the end of their batting session and the next person goes in. Be reasonable but obviously if they are bowled or play a shot that would give an easy catch, they are out.

(This still means they have an amount of time in the net. It doesn't mean someone can bat the whole session if they are not out!)

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