

Junior Winter Training 2022

Week 9

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 8 - Swing bowling & yorkers

Technical - Coming down the pitch/using feet to spin

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

Use tennis or Incrediballs (Younger ones can switch out to Incredi's if necessary)

Can use cricket balls if nets are down

Briefly discuss important factors when coming down the pitch and what sort of bowling you might come down the pitch to, and explain basic principles.

Head still and moves towards line of ball, eyes fixed on ball throughout
Large step (or steps) taken towards line of ball with front leg (Get to ball as quickly as possible)
Hips and shoulders aligned to ball
Back foot either moves towards front foot or behind, solid base then established
At the pitch of the ball bat swings through the line of the ball
Contact made under or just in front of the eyes
Ball hit with some power and accuracy
Smooth rhythmical movements made with control and consistency

Drill;

Get them all to get their batting gear on inc helmets

1. Using your feet - One at a time, they set themselves up holding a pretend bat - Coach to feed ball (tennis balls might be better here but Incredi's will work too) - Once the feed is released (Under arm towards them), they should advance down the pitch and attempt to catch the ball as it bounces or on the bounce (This should get them to get their feet, head and hands in the correct position including the low position) - 2-3 goes each
2. Drop feeds - May need nets down, or may work in two groups - Set up two hitting zones using cones - Off side & leg side - One at a time they set up. Coach approx 1.5m away drops ball and they come down the pitch to hit the ball (along the floor) to one of the zones. Discuss with them how they may need to change their body shape to do this.
3. Under arm or over arm feeds (Not too bouncy) - Basic feed where they come down to the pitch of the ball and hit to the zones again
4. Same a 3 but really using their body shape to play an inside out shot i.e to hit over cover or mid wicket by coming down the pitch.

To finish;

Use of two nets only and remainder of hall for some fielding

In their appropriate groups starting with the older U11 main team netting first, bat & bowl in nets with purpose. The others will field to the side.



For fielding - 1. Short flicks - Under arm out, attack and flick to keeper or coach 2. Attack, set in gate and short catch 3. Move them back further, roll or hit out, attack and over arm throw 4. High catch 5. Bring them to the stump end & working in pairs, coach rolls out, both run after the ball, quickest fields and flicks up to partner, who throws it in to keeper.

Use a variety of balls; you could even use a tennis racket and tennis ball for short catches.

If 3 groups split the time equally so each has the same amount or combine in to two groups as appropriate

U13's & U15's;

Warm up - Coaches choice

Technical - Batting as above

To finish;

U13's - As U11's

U15's - A bit more difficult - Either one net as batting/bowling and one net of fielding OR both net but one net is an "unfair" net and they must run, or do push ups, sit ups etc after a bad shot or x amount of balls and see how tiredness affects them/affects their game. (This will need explaining to them of course)

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