

Junior Summer Training 2022

25th April 2022

Intro ;

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1. Health & Safety - Point out potential of fire alarm & what to do if it goes off and point out where to go (Yes, even though it is outdoors)
2. Safety - General about being sensible, not waving equipment around, throwing balls anywhere/at someone who's not looking. Net safety - Always face the net watching for balls coming out, don't turn your back. Bowlers waiting don't throw balls up walls/net and watch for balls being hit out the net. Don't get changed put bags in front of the nets - Keep them to the side
3. Tell them about injuries or accidents, that they must tell someone. Ask them if anyone is ill or has an injury before commencing and keep an eye on it. Explain that if anyone is feeling ill or does something to tell a coach/helper
3. Respect - Mention about respect for each other as a group and they are one team. Don't fight/interfere with others when they are trying to do something, listen to the coach/helper.
4. Explain briefly what is going to happen in the session - Example; warmup for x minutes, then say some technique work for 20 mins and to finish nets or fielding or game.
5. 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 !

U11s & 13s;

Focus; Batting - Set up, set up set up & watching the ball/Hands through the ball

Warm up;

Set up - Lines of cones to suit however many groups - Work up the left hand side and back the right hand side

1. Gentle jog forwards and return jog backwards
2. High knees up & return with flick ups (to bottom)
3. On the spot - 10 simple squats getting as low as possible (Make sure weight is not over front of knee)
4. On the spot - 10 simple star jumps
5. Jump from standing still to as far forward as possible (Long jump), all the way to the top and return 3/4 pace using arm pumps
6. 10 push ups
7. Sprint up & jog back
8. Start sideways - sprint up, jog back.

9. Start backwards turn & sprint up and return sprint backwards
10. Lie down, jump up & sprint up and return jog back
11. Plank

Rest & drink.

Technical; Batting

Briefly discuss the set up position and getting everything right and being comfortable - i.e. Feet, body position, head, back lift, grip

I would suggest using the nets and even the new artificial because the ground is very bumpy (You can have two groups if they bat from the middle of the pitch out)

Set up; One set of stumps per group to bat from

Advanced group can use cricket balls if you wish but they will need to get full kit on. Otherwise Incredis or tennis balls can be used (I'd go with Incredis or tennis balls personally because of the better bounce)

1. Simply they set up (Grip, feet, base, head, back-lift etc) - Coach bobble feeds the ball (or can be on the full but low), the batsman does NOT move their feet but snaps their hands/wrist through the ball right under their nose/head - The idea is they are playing it as late as possible without moving but to get their hands through the ball (Ideal position is hitting just in front of or at their front leg knee position if possible) - This is all about get their hands through the ball. The ball should be hit along the floor in the "V" NOT in the air.

Vary the feeds between fast and slow so they can feel for the ball - If they hit it in the air, generally, they are playing it too early.

You can use some of the others to field the ball if required

2. Similar to 1 above except they start in the forward drive position - Coach feeds the ball and they hit



3. Back to normal - Set up, and forward to drive the ball

These drills are about getting your hands through the ball, nice back swing and follow through, and timing the ball more by playing it later. It's also important to stress getting the head in the right position too, talk about alignment to the ball - I would guess that a lot of them will struggle in not moving their feet, so we need to make them understand why they are doing this.

For the group or groups who have a game coming, I'd suggest a mini game on the new artificial.

For the others; Fielding in groups & nets - Rotate them around between fielding & nets so there aren't hundreds in the nets.

Fielding;

1. Roll outs and under arm flicks & throw (Attack the ball)
2. Move back for longer throws but still attack the ball
3. Use of new ramps for catches off the ramp (Might want to use the hard red tennis balls)
4. High catches
5. Boundary fielding and stopping

U9 hard ballers too can be involved in the nets & fielding

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

U15s - Thursday 28th April.

Warm up - Coaches choice

Technical; Batting as 11s & 13s

Fielding or nets OR both