

Junior Summer Training 2022

9th May 2022

Intro ;

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 - Make sure none of them have an injury or feel ill
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 - Pull Shot

Warm up;

Coaches choice

Rest & drink.

Technical; Batting - Pullshot

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

The nets can be used if required (You can double up in pairs - From centre of pitch, one pair facing to bottom of net and one pair facing to top)

Discuss what sort of ball we might play a pull shot too.

Discuss & demonstrate the technique of playing a pull shot and what areas we can hit it (From this we mean ordinarily a back foot shot but in the modern game it can be a front foot or partial front foot shot, hitting the ball out in front)

Full kit should be used whether using cricket or tennis balls

Set up; One set of stumps - Ideally coach to feed but they can working pairs and feed each other

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. They simply get in to the side on position as a start (as if they have gone back and turned ready to "pull") - The coach feeds a full ball (full toss) and the idea is they get in to the high to low hands/bat position in hitting the ball - Have a few rounds but this is about getting the high hands and then coming down to hit the ball hard. (Looking at a conventional pull to square/square leg)



2. Second drill - They go back to their normal set up position - Coach or partner delivers a one bounce (shortish) feed and they go back across and pull - Have several goes each
3. Third drill - Same sort of thing as in 1 except, they are in the forward position with the bat out in front of them when they are hitting - Similar to the drive position with feet but a pull shot, hitting the ball out in front of them - arms extended.
4. Fourth drill - They go back to their normal set up position - Coach or partner delivers a one bounce (shortish) feed and they come forward and pull the ball in front of them (Ball should be going in front of square (mid wicket area) - Have several goes each

Haven't seen many of the kids play pull shots so it would be quite good to see them play it but also to be brave and/or use it as an attacking shot.

To finish;

U11s & U13s - Nets & fielding - Two pairs from each group pad up (So two nets U11 & two nets U13) - 2 or 3 bowlers in each nets

Get the batsmen to work on a particular shot and commit to running as in a game every 3rd ball - Bowlers to work on their line and perhaps the short ball as a surprise/alternative

If there are spare kids then a group at each age doing fielding with another coach/helper on the outfield - Rotate them around from nets to fielding

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

U15s - Thursday 12th May

Warm up - Coaches choice

Technical; Batting as 11s & 13s

To finish - 20 mins of high catching then nets (Make sure batters work on a particular shot and have purpose to the net - Bowlers once they have had a few goes on line & length (stock ball) to work on yorkers)

