

Junior Summer Training 2022

16th 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; Running between wickets C/W fielding stopping two

Warm up;

Coaches choice

Rest & drink.

Technical; Running between wickets C/W fielding

Briefly discuss the art of running between the wickets - Non striker backing up, batsman calling in front of stumps/backing up calling behind - Loud shout (Yes/No/Wait) - Running the first one quickly - Holding the bat whilst running - Extending out & slide bat over line before turning - Watching the ball (who is watching) - Calling for the second - Not turning blind - Sliding the bat in

Briefly discuss the fielding - What are the ultimately looking to do ? And/or what are the ultimately looking to stop? What can they do to stop runs ? Where are they throwing and who to ?

Set up; Two Teams (Ideally 4 batting & 4 fielding) - Two sets of stumps with cones as the crease line-Use keeper if any or coach to keep

Use cricket balls

First pair of “batters” start - one backing & one is if they were facing

First pair of fielders down at deep mid on and deep mid off.

Coach or assistant hits ball out to mid on/mid off. At the point of hitting the batters run (hard) and using the technique mentioned, run one and decide if there is a second (By calling but they are ultimately trying to get two)

Meanwhile the fielders attack the ball (Again get them to pair up so whilst one attacks the other is backing behind them in case they miss it) and they throw the ball in to the nearest end (to keeper or coach) in attempt to either run out or at least stop a second run.

Have 3 or 4 goes.

The fielders can swap out after each go, and batsmen change to the other pair after 3 or 4 goes running - Depending on numbers batters have 2, 3 or 4 goes each.

Then swap the teams over i.e batters now field etc

You can change this up by also hitting catches to the fielders, or changing the field to deep cover and deep mid wicket, or getting them to throw to the longest end. Adapt as necessary and according to the group.

It's to get them to use the technique of running but to also think about running quickly, looking, calling and getting a second run. Likewise fielders attacking to stop the second run or getting the run out.

To finish;

U11s & U13s - Either set up a mini game or use of nets. Either way the batsmen should work on something specific and bowlers likewise (Be good for bowlers to work on yorkers)

If there are lots of kids, take a group out and do some further catching utilising the cachet ramps and/or the bouncy net

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

U15s - Thursday 19th May

Warm up - Coaches choice

Technical; As U11's & U13's

To finish - Coaches choice but suggest fielding as they netted last week

U18's - As per Loz

F2

F1

F2

F1

F1 = FIELDING
PAIR 1

F2 = FIELDING
PAIR 2

HIT.

TRYING TO GET 2.

B2

B1

K

...

CREASE

O

O

O

CREASE

O

...

HIT.

B1/B2 = BATSMEN

K = KEEPER OR COACH

