

Junior Summer Training 2022

23rd 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; Bowling lengths & line

Warm up;

Coaches choice

Rest & drink.

Technical; Bowling lengths & line

Briefly discuss the 3 main lengths of bowling (Short/Good/full - simplifying it)
Briefly discuss best line (Take in to account, seam/swing right arm, left arm, off spin, leg spin - Different types of bowlers will have different lines & possibly lengths) - Generally we're looking for top of off ideally

Set up; Either utilise the nets or set up a pitch on the outfield - two sets of stumps
Set cones out as per picture to show short, good & full length

Bowlers to mark out run ups and run in & bowl.

Start with - Good length - 3 goes each to land in the right length & ideally on the right line
i.e Middle/middle & off

- Full length - As above but looking for that yorker

- Short - Probably the most difficult for them being quite young - You will need to explain to them the best technique in bowling the short ball - Again 3 goes each

Next - Random; Coach to call out what length each should bowl prior to them starting their run up - Again a good few goes each

Next - Again random, but this is about adjusting and making split decisions. Coach to call out appropriate length when the bowling is running in. You can also utilise not saying anything which means they are to bowl a good length

Obviously for short ball the line needs to be adjusted to be straighter, around middle/middle & leg

Make sure they attempt to keep the line as consistent as possible for the good length ball.

If you wish, you can add batsmen but obviously they'll need full kit or coach can go if feeling brave

At U11 & U13 level, we should chat to them about the short ball and how difficult it could be to bowl unless they are taller and stronger i.e as they get older, or unless they are express pace for their age - There are one or two of them that are big & strongish for their age but its not many

To finish;

U11s & U13s - Fielding drills - Attacking the ball in a ring field - Use batsmen if you wish. Set up a pitch with two batters. Set a ring field. Coach to hit the ball out and batters to attempt run, fielders to get run out. Use keepers where applicable - Get people to back up

Second - Boundary fielding - using the rope or a line of cones, they work in pairs to attack & stop the ball. The guy who is not getting the ball should be backing up behind in case they miss.

You can introduce catches too

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

U15s - Thursday 26th May

Warm up - Coaches choice

Technical; As U11's & U13's

To finish - Coaches choice

U18's - As per Loz

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/// FULL ///

1 ○

1 ○ ←

CONES 1
(Same colour)

/// GOOD ///

2 ○

2 ○ ←

CONES 2
(Same colour)

/// SHORT ///