

# Junior Summer Training 2022

6th June 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 .
4. 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.
5. 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.
6. 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;**

### **Reminder of last weeks session; Bowling lengths & line**

### **Focus this week; Fielding - Ring fielding, movement & backing up**

Warm up;

Coaches choice - Must involve a ball

Rest & drink.

### **Technical; Fielding - Ring fielding, movement & backing up**

Fielding in the ring - Movement, body position, approach/walking in, quick to the ball, smooth collection and throw in. Backing up the keeper & bowler at all times

Set up;

One set of stumps with one stump in it - Set out a ring of cones as per a standard ring field, (around stumps) and set a further ring 2m around these (Approx 8 cones for the standard fielding position - Kids can double up if necessary and take turns) Kids to be positioned at each cone of the outer ring as their start point.

Use keepers if they are available

Get them to decide if using cricket balls or Incrediballs

Drill; First of all talk to them about the importance of being ready & getting to the ball quickly and why. Also about backing up behind.

Coach to roll out ball, one at a time, to each of the cone positions - Kid should be walking in/slightly crouched and then collecting the ball for an underarm throw in to the keeper (or coach if no keeper) at the top of the stumps. One handed if they want but always attacking. The fielder to the left should be attempting to get round behind the attacking fielder in case they miss it. Also at the point of the throw in the fielder closest to behind the keeper should be getting round behind the keeper in case they miss it. (The keeper or coach can miss some on purpose too)

Have a couple of rounds and see what happens.

Once it has been done a couple of times, see if they can improve - All be ready, all walking in, and a really important one is are they backing up the keeper (or coach) should they miss the ball.

Drill; Same thing but move both sets of rings out slightly further/back so they are having the same approach but over arm throw in to keeper. Looking for the one handed pick up, set position ready to throw and throw in.

Initially it's about technique and getting all the stages/positions right before speed.

Drill; Introduce a second set of stumps bowlers end (Cricket pitch length) - This time same as last but coach calls "Bowlers" or "Keepers" - Therefore bowlers end they are aiming at the base of the stumps or if someone is running to the stumps, it can be thrown full to them. The keepers/coaches end goes in the gloves (But backing up in case its missed)

**To finish** - Either;

1. Mini game involving running singles and rotating the strike - Form a ring of cones as an exclusion zone and no fielders are allowed to enter until the ball is hit or the batters decide to run. Get batters to bat in pairs with people who they normally bat with. Batters must not play attacking shots or they are out - it's all about the singles. Fielders need to attack and back up.

Give both sides a min 10mins each to bat (or however long time)-If batters are out, the pair are out. They can come back in

OR

2. Use nets - Set batters targets/pretend fields, get bowlers to have a plan and bowler certain deliveries. Work on attacking the quicker bowlers

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

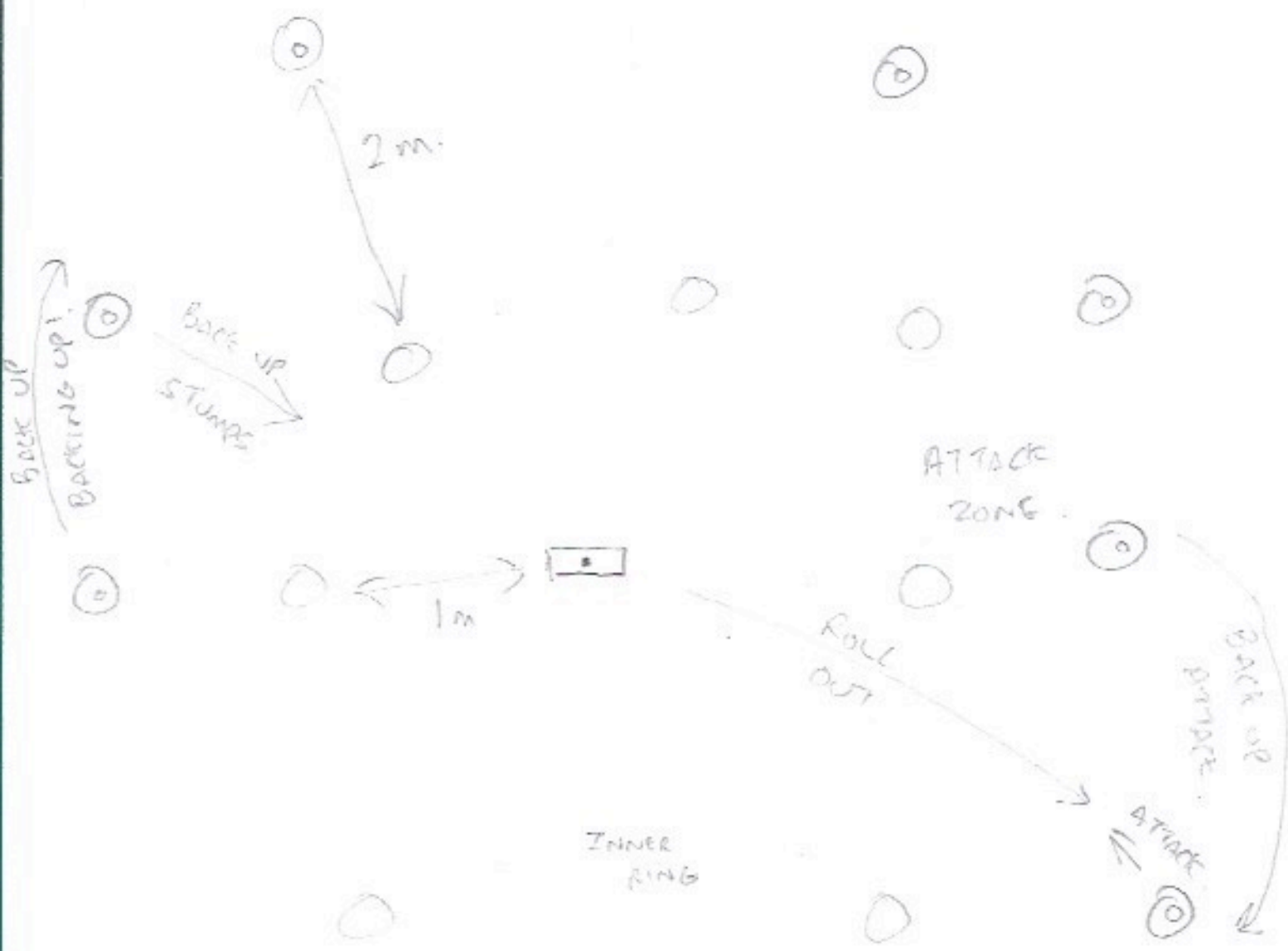
### **U15s - Thursday 9th June 2022**

Warm up - Coaches choice

Technical; As U11's & U13's

To finish - Coaches choice

### **U18's - As per Loz**



INNER RING

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USE FLAT DISCS FOR INNER RING IF ENOUGH AVAILABLE.