

Junior Summer Training 2022

11th July 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 !

U11 & U13s ;

Reminder of last weeks session; High catching U11s & 15s - Cut shot U13s

Focus this week; Skim & close catching

Warm up;

Coaches choice - Must involve stretching

Rest & drink.

Whilst performing this skill, a player's execution may be characterised by:

'Triple threat' position established (Stable base, hands ready, head still)

Eyes track into hands

Consistent success

Hands stay firm on line of ball during impact

We will work stations - 2 to 3 stations for each skill

Equipment required - 1nr table with red tennis balls or Incredibals OR the bouncy net , tennis racket & tennis balls, Katchit ramp (Cricket ball or assess group for ball type), bat & cricket ball, 1 set of stumps

Skim Catching

Station 1 - Set up table - Coach one end approx 1-2m away and juniors the other end approx 2 m away - Coach to throw ball so it skims off table (around chest height) and juniors catch, preferably over hand but however they are comfortable so long as it has technique (Body position, hands out in front so they can see etc)

AND/OR

Use bouncy net where coach stands to side & behind and throw the ball at the net. Junior to stand 2.5-3m away to take catch.

Skim Catching & Close catching

Station 2 - Two sets of cones - 1 pair approx 2 m away from thrower and 2nd pair approx 5 m. Coach has tennis racket and tennis balls.

Juniors start at second set of cones, set and coach hits a chest height catch. Ball is returned to coach. They then move to front set of cones, set and take a wast high/low/to the side/slip type catch.

Then, next junior etc - Looking for the technique & principles and not rushing. Coach or hitter needs to make sure at the second catch not to rush so they have time to settle

Station 3 - Katchit ramp - Again use cones positioned similar to above. Juniors start at the back and them move to the front. The front "slip" catch is slightly slower in terms of the throw. Use Incredibals perhaps.

Close catching

Station 4 - Coach to have bat and cricket ball - Kids to line up, approx and set at 1.5/2m away - Coach holds bat at length and bounces/skims ball down blade to produce a simulated slip catch.



Have about 5 minutes at each station

Lastly two groups;

Might be best to use artificial or nets but outfield will also be fine

Groups 1 - Up to you what type of ball you use but suggest Incredible - Set up stumps, Coach as batter and assistant/other coach as feeder - Juniors field at square leg, mid wicket, point, cover, slip and/or keeper. Ball is fed on the full either to pull, cut or possible nick/miss - Fielders ready to receive catch. Move round once a catch is taken

Group 2 - Use Incedibal or hard red tennis ball ball but again up to you what to use. Set of stumps, coach as batter and assistant/other coach as feeder - Juniors field short leg, leg slip, slip and/or keeper, short cover. Feeder feeds underarm, quite hard, one bounce - Coach to chip up or edge to the fielding positions. Move round once catch taken.

Depending on numbers of coaches will mean if you can run both at the sometime or just one at a time.

Remind them about the technique for this and look for them to achieve some success by getting in the right position/getting some of the technique right

To finish - Either;

1. Mini game - No big hitting, but soft hands for quick singles/manoeuvring the ball in to gaps. Fielders to be ready for run out (Do tip & run if you like but this sometimes encourages poor shots & technique)

Give both sides a min 10mins each to bat (or however long time)-I f batters are out and there is time, get them to come back in once everyone has had a go

OR

2. Use nets - Set batters targets/pretend fields, to simulate singles, rotating the strike and running between the wickets. Get bowlers to have a plan and bowler certain deliveries.

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

U15s - 14th July 2022

Warm up - Coaches choice

Technical; As U11's & U13's

To finish - Coaches choice

U18's - As per Loz