

Junior Summer Training 2022

18th 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.
7. Sun & Heat Protection - Sun cream, drinks, hats etc

Keep it light, brief and fun - The quicker you are engaging them the easier it should be !

U11 & U13s ;

Reminder of last weeks session; Skim & Close catching

Focus this week; Under arm throwing inc attacking

Warm up;

Coaches choice - Must involve a ball

Rest & drink.

Technical; Under arm throwing inc attacking

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

- Low speedy approach towards the ball
- Ball established in throwing arm
- Some attempt to stay low throughout throw
- Some attempt to point non-throwing arm towards target
- Ball release and follow through towards target synchronised
- Throw at or above stump height

Equipment required -

1 set of stumps, cricket balls

Probably two or three groups (Depending on the amount of coaches & helpers, or even get them involved as the thrower & catcher and they take turns/rotate round)

Drill 1; Coach or keeper at stumps. Group 3-4m away (Use cone as starting pointing) - Coach rolls ball out on the floor, and fielder attack s ball, one handed ideally (as throw won't be fast), collects and underarms ball to keepers gloves or coaches mitt positioned at the top of the stumps.

At this stage, just give them a run through a few times.

After a few goes each, stop them and run through the stages/importance of the quick approach, low approach (We want aeroplanes & not helicopters), trying to pick the ball up on the outside, and slightly in front, of our lead foot and one smooth movement, in the low position, to the top of the stumps.

Have another run through and see if they can improve.





We talk about body position and momentum going towards the target.

Drill 2; Similar to Drill 1 except coach to roll ball out to the left and they attack in the same way but involves more agility and stability, but for the same result. Make sure they attack directly towards the ball and not run round it.

After a few goes, roll out to the right hand side - For the fielders this is likely to be the majorities “weaker” side/hand - Get them to adapt by using their weaker hand to throw and see how they go - Encourage the use and practice.

You can go to the extreme and throw very wide, and see if they can side flick the ball in

Drill 3; Back to drill 1, but slower on the roll out. The fielders attack and forward dive the throw, with the intention of hitting the stumps directly (Keeper/coach just need to back up)



To finish -

Two groups

Group 1 - Either using the artificial area or an actual pitch - Getting run ups right & bowling.

Set up stumps as in a normal game - Use keeper or helper

Get them to mark out or run up and then mark out. Get them running in and bowling

Looking for consistency & repeatable

Group 2 - Either;

- a) Game of test match with coach or helper as bowler Two teams - Use tennis ball —
Two sets of stumps on half a pitch length - Keeper, slips and fielders all round the bat plus some at bowlers end - One batting team and One batsman at a time - No attacking shots (Its about soft hands, playing the ball late, forward defence/back foot defence) - Batters need to score as many runs as possible - They must attempt a run within any 3 balls they receive - Fielders can only run them out by throwing to the end the batsman is running to - Fielders will need to back up bowlers end - Batsman can run two or as many as they want - Batsman out bowled, caught, run out or one hand one bounce. Adapt the game as necessary. Split time between teams, batsman can keep coming in once everyone has batted. Rotate the fielders around
- b) 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 - 21st July 2022

Warm up - Coaches choice

Technical; As U11's & U13's

To finish - Coaches choice

U18's - As per Loz