



Junior Winter Training 2023

Week 1

Intro ;

- 1. Health & Safety - Point out potential of fire alarm & what to do if it goes off and point out fire exits**
- 2. Safety - General about being sensible, not waving equipment around, throwing balls anywhere/at someone who's not looking and about the nets going up & down. 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
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**
- 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 easy it should be !

U9s; As All Stars ideas (Leave that with Alwyn)

U11s;

Warm up - Cone work to start - 8 cones approx 300mm (12 inches) apart and one 2m away (top) - Depending numbers but 5 in a group

1. Two feet between and sprint to top (Go round & return down the LHS) - New person starts once first reaches the end of the line of cones
2. Side to side through cones and ditto as above
3. One person from their team needs to be at the top cone as thrower - Once they have been through the cones, they set themselves for a catch — the man at the top underarms it (around waist high), team mate takes the catch and runs to the top cone as the thrower. The thrower returns to the team line
4. As 3 but side to side through cones as 1.
5. Introduce a hurdle after line of cones to the left - As 3 but after they have taken the catch they return it to the thrower, they then move side to side and jump the hurdle (meanwhile the thrower is also moving side to side) and the take another catch once over the hurdle as the thrower should be on the same line - Keep the ball after catching as they become the thrower

Technical - Batting

Getting back in to it, basics & importance of the set up and hitting the ball - Its about the set up and then the hitting (Full face of bat, going through with the shot etc etc)

Drill;

Get nets down

Use tennis balls

They need bats & gloves

1. Batsman steps up, gets in to their set up, shouts ready to coach, coach drop feeds a ball a stride in front of them (Either straight, off or leg/on side)

Give them two each, then return to back of queue and next one steps up.

Not looking for aerial hits, but on the floor.

It's about hitting the ball hard & getting their hands through the ball

Watch them and see what each one does - Ideally take notes on each one if possible.

At this stage we're looking for front foot shots - Not back foot, no ramps, reverse sweeps etc.



When balls run out, get kids to fetch them and bring back to coach/helper

Go for about 10 mins of just ball hitting.

2. Full toss hitting to leg - One line - This is about being quick and getting their hands through the ball. They are looking to power hit the first ball, quickly get back in to the set position to receive ball 2, then ball 3

They set up as before - Coach is in front of them with 3 balls in hand. Throw ball around chest height, they are hitting the ball in front of them to leg. Once hit, quickly reset to receive the next ball, and ditto for a third.

Get as many hits in as poss in 10 mins

If we are short on coaches/helpers, kids will need to take turns & feed

Again it's about getting back in to the game of hitting the ball - Don't worry in this first session too much about technique - Obviously its in important but first session, whack a ball !

Last hour; Nets - Get them in to skill set appropriate groups. Trying to get them all to have a bat - Maybe bat in pairs - For the better group, get them to think about field placings i.e where fielders may be and get them to comment on their shot. Again, first session, we want them to be getting back in to it.

Bowlers - Look for the correct line/length and consistency as much as possible. The better group perhaps coaches can advise/comment but I'd keep it to a more observation session than anything else.

Pack up - 10 mins before end - Move nets back.

Run 21 - 5 x 4 runs and last one single (As quickly as possible, dependant on fitness of group - If they get tired its ok to stop or sit out or even still completing as quick or slow as they can, we don't want them injured or ill - but it is about pushing themselves, endurance & stamina

U9 new hardballs can also get involved in this.



U13s & U15s;

Intro as U11's but also would like to start thinking about the mental & tactical side of the game

Warm up - As 11's

Technical - Batting
As 11's

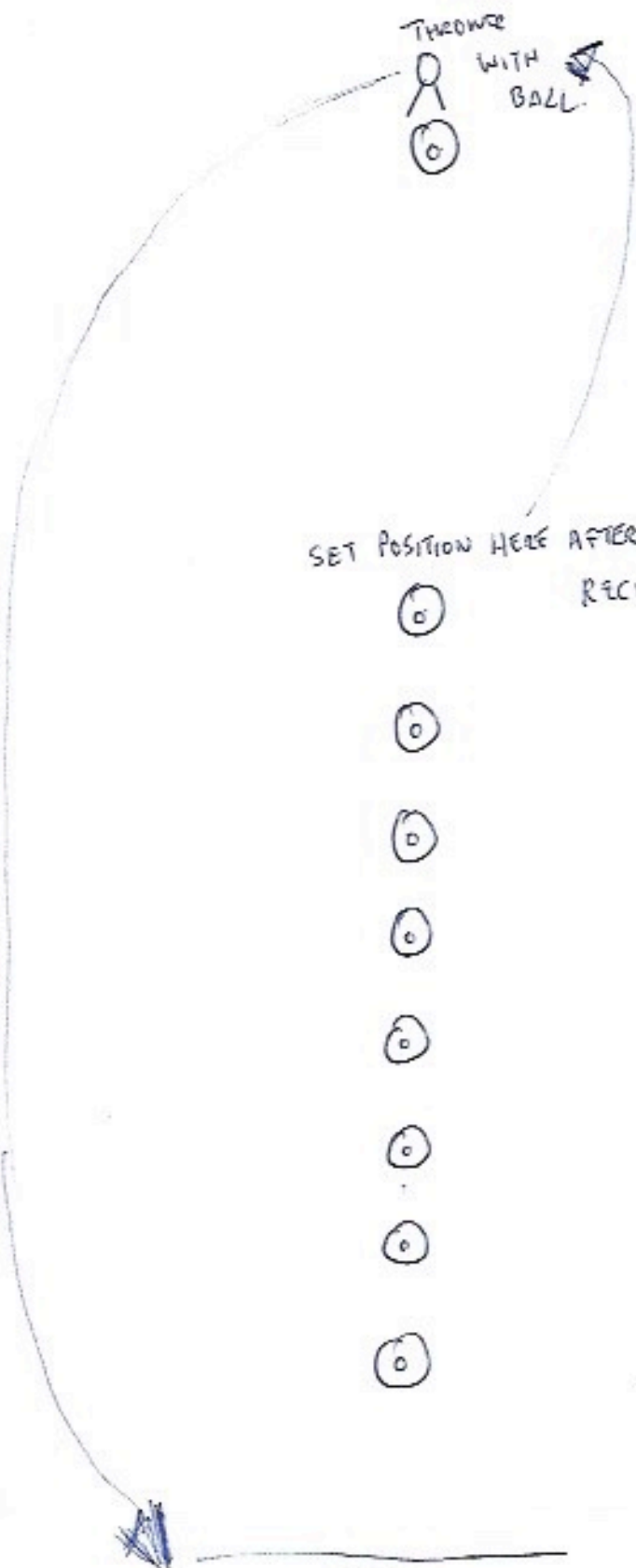
Nets - Coaches to organise as appropriate and as 11's BUT these must have purpose - Set some goals, work on skills rather than just run up & bowl/hit the ball anywhere

Last 10 mins - Run 21

Remember, its just the first session

WEEK 1

WARM UP 3 & 4.



SET POSITION HERE AFTER GOING THROUGH COMES
RECEIVES CATCH THEN RUNS
TO THROW POSITION.

START.

WEEK 1

WARM UP 5.

