



## Junior Winter Training 2023

### Week 2

**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 easier it should be !**



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

**U11s;**

Reminder of Week 1's batting & hitting - Re iterate the set up

**Warm up - Running & sprints - Get them in to 3/4/5 groups (Depending on numbers)**

Line of cones for each group to about half the hall or 2/3 of half the hall Get the front person of each group to work with each other.

1. Gentle jog up RHS of cones and return LHS of cones - Start the next person when they reach half way up the cones
2. 3/4 pace sprint up, jog back
3. Start side on, turn and sprint up - Jog back
4. Start side on but the opposite way, turn and sprint up - jog back
5. Start face backwards, turn, sprint up, jog back.
6. Start lying face down, jump up, sprint & jog back.
7. Now in twos, one in front of the other (1m apart), both lie face down and on go the back man tries to catch the front man - jog back

## **Technical - Batting - Using your feet & sweep shots (to spin or seam)**

Technical - Discuss what sort of bowling, typically, you'd use your feet to or sweep.

4 types of main sweep;

- Paddle sweep
- Conventional sweep
- Slog sweep
- Reverse sweep

Use tennis balls - Get them to pair up or coach can feed depending on numbers.

Nets down for this.

For each drill, have 5 goes each then swap

U9 new hard ballers can get involved too

### **Drill 1 - Paddle sweep**

Demo - Get down in the sweep position i.e low, back leg nearly touching the floor, front leg out/down the crease. Then get the bat out in front of you, as if to sweep paddle (See picture at bottom)

Someone to feed the ball on the full (underarm) or one bounce, and from the sweep position just, dink the ball to leg/behind square/towards fine leg - There's no hitting involved as such its just using the pace of the ball.

**Drill 2** - After a few goes of drill 1, change it up and start in the set up position and then get down to paddle sweep



### **Drill 3 - Conventional sweep**

Again, set up in the sweep position except this time your bat is coming from high to low from behind you /slip to play a sweep shot from any where from fine leg to mid wicket. (Click on the animation)

Again feeder to do bobble feed under arm.

It's important the ball is swept out in front of you and the kids don't fall back to play it.

**Drill 4** - After a few goes of drill 3, change it up and start in the set up position and then get down to paddle sweep

### **Drill 5 - Slog sweep**

Again, set up in the sweep position except this time your bat is coming from low to high or more of a horizontal position (to get under the ball). You are trying to hit the ball (in the air probably) from anywhere from left of square leg to wide long on - Its all in the back swing

Again, feeder to do bobble feed under arm.

Its important the ball is swept out in front of you and hard and the kids don't fall back to play it.

**Drill 6** - After a few goes of drill 5, change it up and start in the set up position and then get down to paddle sweep

### **Drill 7 - Reverse sweep**

The position is the same as the conventional sweep except your hand position ( which can differ depending on dexterity) will change as you bring your hands over so your top hand becomes your bottom hand and bottom hand becomes your top hand - So as a right handed bat, you have a left handed in grip

The bat position is as per the conventional sweep i.e high to low but obviously the bat comes from the other side i.e left to right for a right hander

Again, feeder to do bobble feed under arm.



**Drill 8** - After a few goes of drill 7, change it up and start in the set up position and then get down to reverse sweep - Remembering they need to swap legs.

The reverse sweep may be a step too far for the U9 new hardballs and some of the less able U11s, in which case you, as the coach, need to judge and reign it back and stick with the 3 basic sweep shots

### **Drill 9 - Using your feet.**

Demo - Batter gets in set up position. Feeder to drop feed the ball say 2 strides away from the batter, who will then, once the ball is dropped, come down the pitch and hit the ball down the ground, preferably on the floor, in the V. (Ask them where the V is and show them if they don't know) - This can be offside, straight or legside.

Once in their pairs and they've had a few goes;

**Drill 10** - Slow, low, underarm feeds for the batsman to come down the pitch and hit in the V again.

Using your feet is ideally about stopping a spinning bowl from moving around by getting to it first before it spins. It's also good for them to get in to a good driving & hitting position with head over the ball, and forward, to hit along the floor. Some will no doubt hit in the air. That's ok, so long as they hit through the shot but also think about where fielders might be.

That may well take up the time, which is the idea. However, if it doesn't then finish the time with fielding drills - Under arm attacks & flicks. Then move back for attack over arm throws.

Please use any keepers available too, to get them used to the ball If you have several, get them to rotate, taking turns

Adapt the session to suit the groups.

Important that they understand the low **balanced** position and the head going towards the ball (use the analogy of eating the ball if you like) - Also important the feed is good and not too bouncy.

U13's & U15's;

Warm up - Either a bleep test or sprints as above

Technical - Batting as U11s

**Use time for the sweep etc shots but to finish, if there's time**

Fielding drills as above

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



Paddle sweep (Start position)



Conventional sweep