



## Junior Winter Training 2023

### Week 3

**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;**

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

### **Warm up - Hand ball/hockey**

One stump at each end with circle of cones around (Approx 2.5m diameter) - No one is allowed inside circles - Split them in to two teams - Start with tennis ball but use a variety of balls during warm up. Start under arm not above head height, then overarm any height, then one bounce.

10 mins

### **Technical - Bowling**

**Drill;**

Technical - Bowling

Start with the basic grip of seam bowling (Two fingers across the top of the seam, fingers spread slightly apart and thumb underneath)

Discuss the ABCDE of bowling -

A= Alignment (Side on/point forward) - Some chest on bowlers (But don't mix the action as it causes back injuries)

B = Base (Solid Base)

C = Circle (Arm coming round)

D = Drive (Going forward/follow through) E = Energy

Talk to them about a run up - Smooth & rhythmical & repeatable (IMPORTANT) - Run in a straight line i.e Don't weave in & out - Lots of energy

- Rhythmical, balanced and aligned approach to crease

- Head in optimal position for you (player) to enable focus on target area (adaptable) throughout action

- Jump and gather towards target

- Strong, tall and aligned (hips and shoulders) at back foot contact (throughout action to



release)

- Increase energy towards target throughout delivery

- Maximum energy from the action transferred to ball at point of release (to enhance pace, seam, swing or spin)

- Energy continues towards target through to full completion of action and follow-through

If Treddy is available, get him a group to show spin, the grip & the different set up etc

### **Drill;**

Equipment - 6 sets of stumps - cricket balls or Incrediballs Two or three groups depending on numbers.

U11s pitch length is 17 yards.

Coaches will need to keep or use any keepers ideally. Coach really needs to be at the bowling end

Get them to bowl a few - Next lay out cones as a channel for them to run through so they are going straight - Next lay out cones so they know roughly where to follow through.

Lay out cones for landing zone & length

Talk to them about different grips to make the ball swing.

For spinners its about trying to spin the ball, the pivot movement at the crease (Up, over and down) and length (Get them to imagine a rope or line or hoop 2/3 down on the length of the pitch but in the air and them having to get the ball over the rope)

Bowling around 20-30mins

To Finish; Fielding

Set the stumps up - 2 to 3 groups - Keepers/coaches at one end - Simple roll outs, pick up and under arm in.

After a while get them to do a competition between the groups. First team to complete wins.

Then move them back, for over arm.



Then remove keepers and get them to hit base of stumps.

Lastly, get them to start at the stumps with the keeper, roll out and get them to field, turn and throw to keeper/coach at stumps.

Put some catching in there too or make them work in pairs.

If time 5 mins, at end cone game (Heads, shoulders, knees - Cone)

**U9 new hardballs can also get involved in this.**

### **U13's & U15's;**

Warm up - As U11s

Technical - Bowling

Again as above but they should know more on what they are doing - With the older ones its more about a stock ball and the addition of a variation. Consistent run ups, speed build up, gather and follow through.

Do they know how to swing the ball for in swing or out swing? Slower ball? Knuckle ball? etc etc

Do a competition of points for landing the ball in a certain zone (Use cones) and for hitting the stumps

**To finish;**

**Either**

Nets down - Use the bowling methods/technique of this week. Make it realistic and meaningful with them working on certain things and/or getting them to assess their own shots or balls bowled or the ultimate if they're out they're out !

OR

Fielding drills as above

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