



## **Junior Winter Training 2023**

### **Week 4**

**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 3's bowling -ABCDE

**Warm up;**

Warm up - 1. Stretches - Squat x 10, Twist from the waist x 10, Alternate leg lunges x10, Back stretches x 5, Push ups x 10, sit ups x 10 - 5 mins

In groups - 3 cones laid out in front of each group - Cone 1, 2 & 3. Call out numbers and they touch cone & run back - Dummy run then race between teams

Eg Call 12 - Run out touch cone 1, then back to start, run out touch cone 2 then back to start. Person at the front of the group runs, not everyone.

Approx 10 mins

**Technical - Continuation of bowling - Swing & seam (Plus spin variations)**

**Drill;**

First of all talk to them about the line - Middle and off/off stump line is what we are looking for (hitting top of off)

Once satisfied, move on to show finger position and ball shine position for swinging the ball.

Get them to bowl and have a few rounds and see if they can get it to swing - out swing and in swing. See attachment (Use the swing balls we bought in the summer too)

Try not to compromise the line though, still get them to think about line.

For spinners, its slightly different but still looking for the correct line (different line for off and leg spin obviously) - talk about the pivot position, imaginary hoop for ball trajectory etc) and trying to spin the ball via fingers/finger position

## **Set up;**

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

Lay out cones for landing zone & length if necessary.

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)

Mention finger spinners and wrist spinners

Bowling around 20-30mins

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

To Finish;

Nets - With a focus

Split them up in to their relevant ability groups

Get the bowlers to focus on one thing to work on specifically - i.e Yorkers or stock ball or trying to swing the ball

Likewise, batters, work on something specific eg sweeping or leg side shots or manoeuvring the ball

Suggest bat in pairs - Get them running

Get them to assess themselves or each other How might they improve? Are they succeeding?



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

Warm up - As U11's

Technical - Continuation of bowling as the U11's

They should have more of an idea how to swing or rather what they need to do in order to swing it. I'd have a guess they can swing the ball one way but perhaps not the other - So a good focus point

Talk about stock balls and using different methods as the "surprise" ball

However, for the more capable, most of them can swing the ball but generally more one way than the other as mentioned - Get them to specifically work on their weaker way and see what success they have.

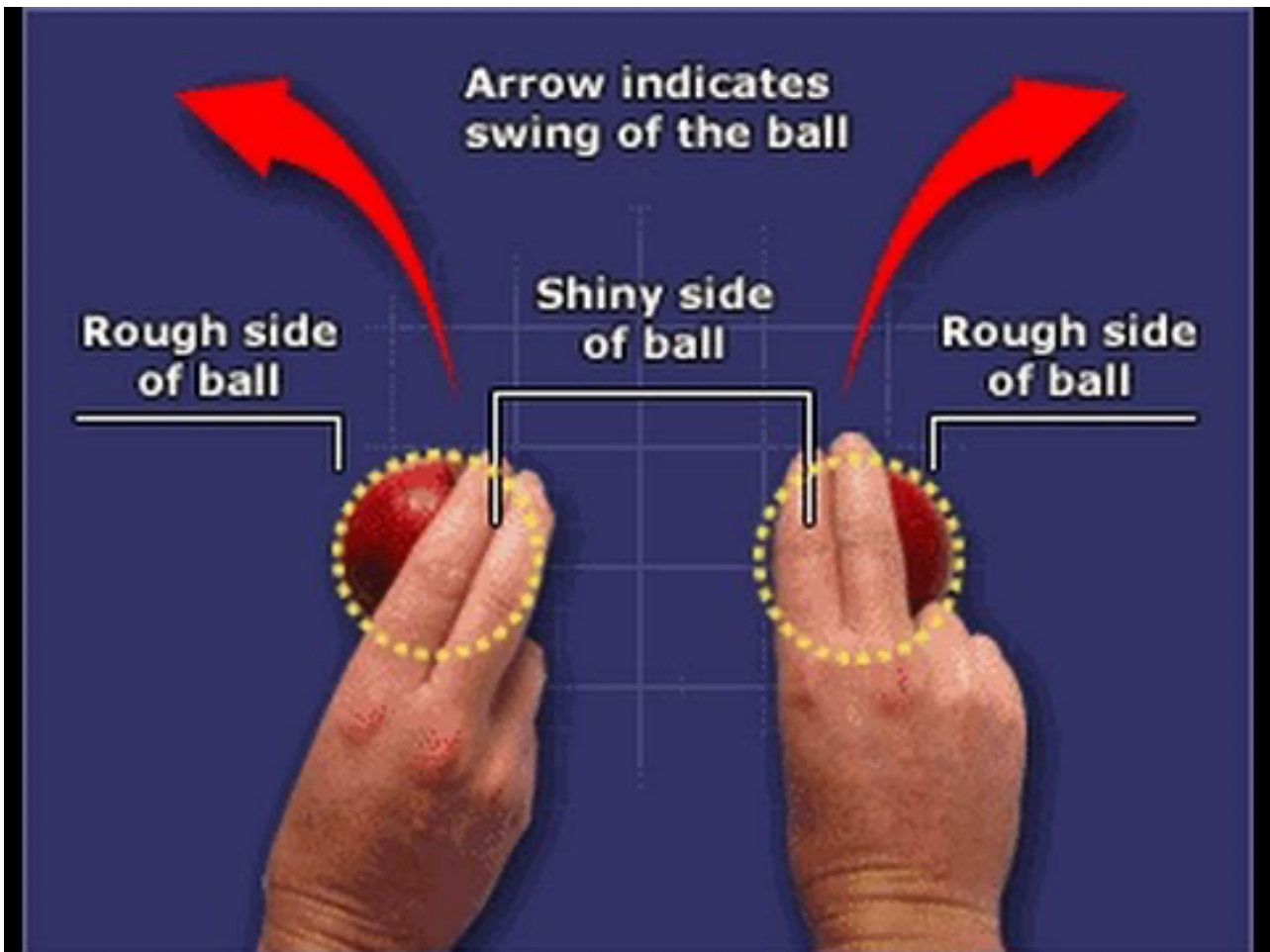
## **To finish;**

Nets down - As U11s - Focus on executing skills & testing themselves. Bowlers to use focus in their run up, line and swinging the ball. Also get the bowlers to lay out cones for their set field.

For batters, the focus is trying to rotate the strike and look to score off every ball - Focus on soft hands for singles as well as the big shots. Pick the right ball to play the appropriate shot.

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

The below demonstrates the basics of ball shine and grips but these aren't the only methods - Body finish position can also play a roll



## ***Away/Out swing***

A Right-armed bowler bowling outswing will move the ball away from a right-handed batsman.

The 1st and 2nd fingers are placed on the top of the ball and spread either side of the seam.

The side of the thumb is placed on the underneath of the ball directly on the seam.

To make the ball swing, ensure that the seam remains vertical and angled away from the batsman



## ***Inswing***

A right-arm bowler bowling to a right handed batsman will move the ball into them.

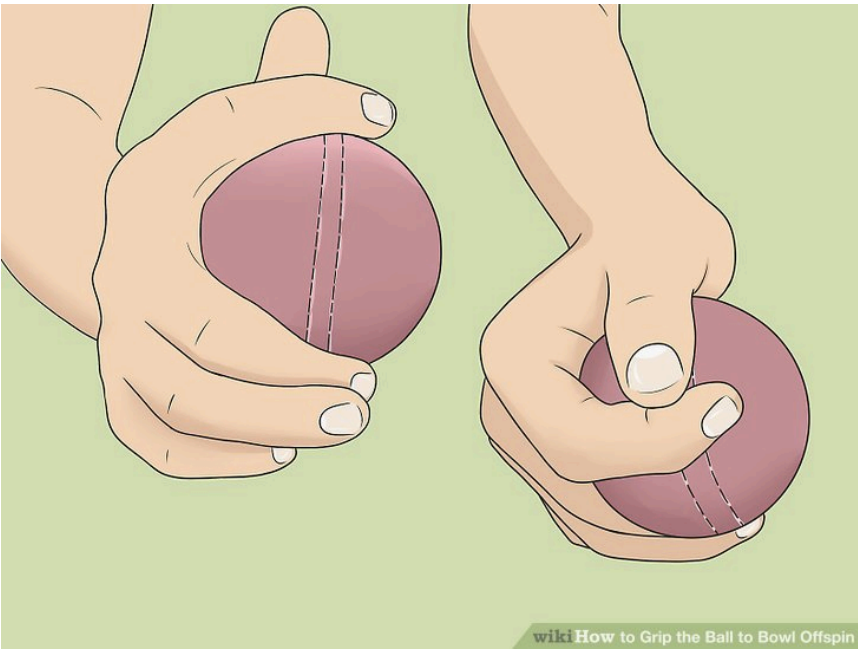
The index and second finger should be placed either side of the the seam.

The flat side of the thumb should be placed on the underneath of the ball.

Ensure that the balls seam remains vertical and is angled towards the leg side.



# Off spin





## ***Leg spin***

