



Junior Winter Training 2023

Week 5

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 4's bowling - Swing & Seam/spin

Warm up;

Warm up to throw, don't throw to warm up !

Create a large square with cones with equal amounts of kids around the four sides, and the two opposite sides facing each other.

They are doing a series of activities across to the other side whilst avoiding not only their opposing team mates but those at adjacent sides.

1. Simple jog across and jog back (avoiding/no contact other people)
2. Heel flicks
3. High knees
4. High kicks (Foot to hand both legs)
5. Side to side across but in a slightly crouched position and feet/heels don't touch, side to side back
6. Cross overs or grapevine
7. Back/side spins
8. Jumps across, hops back on weaker leg
9. Jog across with one ball per two sides x 4

Throw warm up

1. Reverse lunge (keeping back straight) and raise both hands up - alternate legs
2. Bit like a star jump - Feet wider than shoulders apart, half squat then thrusting hips forward and raise hands up above head
3. Twisting door knobs - Arms out to sides and twist
4. Chop the tree - In a side on position slightly crouched with a pretend axe in your hand - rock forward, then back, and then forward and bring the arms through as if chopping a tree in front of you (and bring that back leg though)

Technical; Throwing technique (Types of throw - underarm, overarm & side arm)

Briefly discuss - We are concentrating on over arm though

Get to the ball quickly & collect

Hold ball cross seam

Head still and eyes level

Non-throwing arm extended towards target

Shoulders, hips and feet aligned towards target

Wide powerful throwing base established

Throwing arm extended behind throwing shoulder

Powerful, accurate and dynamic over-arm throw

Follow through towards target

Back foot remains in contact with floor

Demonstrate

Drill 1 - All in one line (Curtain side) facing the wall

Stand face/chest on, with no ball, get in to the action of throwing i.e holding ball across seam, arm back pretending to hold ball and front arm up to point where the throw is going and going through the action of throwing but chest on.

Drill 2 - Similar but with a ball

Drill 3 - Use keepers and coaches to receive the ball.

With the ball in their hand and the conventional side on position, throw the ball to their coach or keeper - Around waist to chest high

Drill 4 - Set up stumps - Remove keepers & coaches.

Same thing but aiming at the stumps - Base ideally



Drill 5 - Change and go the length of the hall (rather than across) and get them in to 3 or 4 groups.

Group are approx 10-15m away - They each place the ball on the ground in front of them and step back a few paces - One at a time they approach the ball, pick up, get their stable base, arms in correct positions and over arm throw in to keeper/coach at the top of the stumps. (obviously one at a time) - Keeper or coach to return the ball back to each -

3 goes each

Drill 6 - Lying down, face down, side on to ball, on go, they jump up get in to position and try to hit the stumps directly (No keepers or coaches)

U9 new hardballs can also get involved in this.

To Finish;

Nets - Get them focused - Bowlers stock balls to a good line & length

Batters - Trying to score a run by hitting hard or soft hands.

U13's & U15's;

Warm up - As U11's

Technical - As the U11's

To finish;

Nets - Get them focused - Bat in pairs if required and get them running. Bowlers to focus on consistency & stock balls.

For the better groups & 15s, **harsh reality** - If they are out when batting, that's it net over and they go bowling. This is why bat in pairs, so if one is out the other continues and someone else can pad up. Get them to focus on fields and to be honest with themselves if they are out or not (Coaches will need to be on hand) - If there's an argument, batsman gets the benefit - They need to learn this.

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