



Junior Winter Training 2023

Week 6

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 5's Throwing

Warm up;

Technical; Catching

Briefly discuss -

Explain the technique of catching - Strong balanced position to receive the ball, present a comfortable and maximised catching area of the hands, hand & head in line with the ball.

Types of catches - High, low, close, skim (chest), diving

Set in ability groups (U11 main team, U11 second team, U9 up & coming hard ballers, fourth group if necessary)

Use cricket balls (Younger ones can switch out to Incredi's if necessary)

Catching stations;

You'll need the heavy/thick matt out for diving

Katchit ramp (use Incredibals)

Tennis racket and tennis balls - Between two cones

A table for skim catches (use Incredibals)

Cones for front & back catch

High catch

Danger catch - One by one they face the opposite way to the thrower - on the shout of turn they turn & take a catch

High catch over the shoulder

Caught & bowled - Use a bat or the Skyer (Suggest Incredibals) - Set up stumps, they bowl and coach (as a batter) hits ball back to simulate caught & bowled



Slip catch - Need a coach batter and a coach thrower - Either roll hard along the floor and chip up to slip or on the full for the better/older groups

Obviously there won't be enough coaches/helpers but we can move round each station when required. We can roll back or miss out some stations for the younger ones if required

We can integrate keepers too.

Adjust the catching to suit group abilities i.e. Some of the close catching maybe too much so just stick to basics.

U9 new hardballs can also get involved in this.

To Finish;

Coaches choice;

Either drag out the catching , with the different stations, to last the whole session or extend it with fielding, catching & throwing

OR

Nets to finish up with some purpose - If nets, have one net for throw downs before they go in to bat against bowlers

U13's & U15's;

Warm up - Is as the Technical below.

Technical - Catching but skim & close catching only

Explain the technique of this type of catching -

Triple threat' position established consistently

Catch completed from 'Z position'

Head still and eyes level

Eyes track ball into hands

Large catching area established

Consistent catch from a variety of angles and velocities

Catching stations for warm up;

You'll need the heavy/thick matt out for diving

Katchit ramp (use Incredibals)

Tennis racket and tennis balls - Between two cones

A table for skim catches (use Incredibals)

Caught & bowled - Use a bat or the Skyer (Suggest Incredibals) - Set up stumps, they bowl and coach (as a batter) hits ball back to simulate caught & bowled

Slip catch - Need a coach batter and a coach thrower - Either roll hard along the floor and chip up to slip or on the full for the better/older groups

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Drill

Two equal groups (or 3 if enough kids & coaches)

Group one - A thrower & a batter (Coach) - Two fielders on the leg side at just behind square & just in front of square - Thrower feeds to the ball & the batter pulls towards the two fielders who attempt to catch. Once ball returned to thrower, next two kids step up to catching position & keep going through.

Group two - A thrower & a batter (Coach)- Two fielders on the off side at just behind point & just in front of point - Thrower feeds to the ball short, one bounce, outside off & the batter cuts towards the two fielders who attempt to catch. Once ball returned to thrower, next two kids step up to catching position & keep going through.

Group three - A thrower & a batter (Coach) - Kids come in to fielding positions - keeper, two slips, gully, short leg, short mid off (Depending on numbers) - Thrower feeds ball & the idea is to pop up little catches to the close fielders.

To finish;

As U11s

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