



# Junior Winter Training 2023

## Week 7

### 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 6's Catching

**Warm up;**

**Circle Pass Out** - Two teams (Depending on numbers possible two lots of two teams)  
Form a circle of cones approx 15-20m diameter, with a 1m x 1m square in the centre.  
Team 1 - One member in the square who starts with the ball, the rest of the team on the outside of the circle.  
Team 2 - Are on the inside of the circle but not allowed in the square.  
To score a point; Team 1s man in the square must throw the ball to a team mate on the outside of the circle, and that team mate can either throw it back or pass to another team mate around the circle but eventually return to the man in the middle.  
It is Team 2s job to attempt to block the ball/stop it getting back to the man in the middle.  
If the ball is blocked/stopped/dropped/hits the floor, the teams swop over.

**Technical; Back foot drive & Cut shot**  
**Get the nets down for hitting**

**Set in ability groups**

Either get them in to groups and the coach feeds or get them in to pairs and they feed each other (Probably best if coach feeds!)

Again reiterate the importance of the set up to be ready to receive the ball - Quite a few of them benefitted last week of getting that right and waiting for ball, it was an improvement in their head, hand and feet alignment.

## Back foot drive

Characteristics;

Head level, eyes fixed on ball throughout – distribution of weight may fall towards back leg

Synchronised movement of head, hands and feet

Inconsistent contact made at times underneath or just in front of eyes

Back foot moves back and across towards line of the ball

Front foot follows and sometimes establishes side on position

Inconsistent base established

Inconsistent bat path through strike

Inconsistent quality of vertical bat strike

This will need a good demo as to what we are looking for - After set up, the “trigger” movement of back & across for playing the off side drive (and similar for on drive). However, perhaps for the better ones and maybe not out of the coaching manual, the modern technique is to actually be positive and press forward slightly before going back to play the shot - its about how quickly they are picking up the line and length of the ball and that split second decision of continuing forward or to go back.

1. Drill 1; In their pairs - one batter, one feeder. Get them to assume the back foot drive position and hold it as their start position. Then the feeder, feeds a full toss for the batter to drive. Lots of goes each - **Important the feed is good and sensible !**
2. Drill 2; In their pairs - one batter, one feeder. From the normal batsman set up position the feeder, feeds a once bounce feed for the batter to get in to the position & drive. Lots of goes each - **Important the feed is good and sensible !**

## Cut shot

Characteristics;

Assertive movement back and across towards line of the ball

Eyes fixed on the ball and head still

Hips and shoulders rotate horizontally to allow for high backswing

Eyes fixed on ball through contact, contact made parallel to head

Vigorous strike down through the ball

Consistent quality of contact with some power

Transfer of weight through ball towards target U9 new hardballs can also get involved in this.



Again, needs a good demo

Drill 1; In their pairs - one batter, one feeder. Get them to assume the back foot cut shot position and hold it as their start position. Then the feeder, feeds a full toss for the batter to cut around waist high. Lots of goes each - **Important the feed is good and sensible !**

Drill 2; In their pairs - one batter, one feeder. From the normal batsman set up position the feeder, feeds a once bounce feed for the batter to get in to the position & cut. Lots of goes each - **Important the feed is good and sensible !**

Make sure with this their weight is going in to the shot/towards the ball - When playing the cut shot, or any offside shots come to that, they tend to step the opposite way, dragging their head/alignment away from the ball

To Finish;

Nets - A good long session - Get them in bowling partnerships & batting partnerships - Bowlers have a plan of what they want to achieve each ball. Batters playing the right shots to the right ball & looking to score a run every ball or every other ball - Get the batters running

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

Warm up - As U11's

Technical - As the U11's

**To finish;**

As U11s

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