



# Junior Winter Training 2023

## Week 8

### 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 7s Cut shot & back foot drive

**Warm up; Stations - Set up 4 stations;**

1. Eight cones, 4 left, 4 right, staggered & a “gate” at the top - Kids have a side to side movement from one cone to next, set themselves at the top for a catch (Incredi) - As the first kid reaches the top the next kid goes.
2. 4 hurdles - Use two at one end and two at the other, the length of a pitch - In pairs, one at batting end and one at bowlers end, they run two runs, sliding bats under the hurdles and using the techniques of running between the wickets. After the first two have, done, then next pair, then next pair etc
3. 4 cones - 2 at the front & 2 at the back - Thrower about 2m away from the front two cones. Kid starts at back between cones, runs forward to front cones, takes a catch, moves back to back cones, takes a catch, runs forward to front two, takes a catch, moves back & finish. Then next kid.
4. 4 or 5 hurdles & set of stumps, pitch length - Kid has a ball in their bowling hand - They get in to the coil position and hop, in a straight line, over the hurdles, before bowling as they reach the last hurdle.

**Technical; Leg side glance & Full toss (10-15 mins each)**

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

**Full Toss**

**Technical; Batting - Full toss**

You're going to need a bit of space here - Two or three groups (Depending on numbers and coach numbers)

Get them to put helmets on - Use windballs or cricket balls depending on group capability

At Junior level cricket, they is a lot of full toss balls - A lot of the time they avoid the ball when its bowled

Discuss with them what shot they can play - Pull to leg, cut over point or straight down the ground (Anywhere really so it avoids a fielder and/or isn't top edged/edged straight up for a catch)

Coach to underarm on the full and get them to hit it as mentioned.

15 mins



## Technical; Batting - Leg side glance

Quite a bit of bowling from Juniors is down or angled down to legside - As batters they tend to jump out of the way or move to leg.

They should in fact either don't move or move to the off side slightly in order to play it.

Its essential the head is level and not tilted to one side.

Discuss what sort of ball you would play this shot to and/or if they even know what this is? (Its a ball heading towards legside - can be full or short)

Demonstrate the position they need to get in, in order to play the shot (See demo in order to demo!)

Get them to set up - Coach to over arm throw ball short or full and kid to attempt shot - 3 goes each.

15-20 mins

## To Finish; Fielding

Use keepers if any available - Split in to two groups

Two sets of stumps - Under arm roll outs - Kids running in, attacking the ball, pick up, and under arm in. Once they have completed this they stay at the wicket keepers end (out of the way) - Once everyone has been, and they are all at the keepers end, roll the ball out, they chase it down, turn, balance, and throw it in, and stay at the end they were running toward.

Once they've had a few goes, then do a race.

Still in two teams; Four sets of stumps at one end (One set as normal & one set tipped over to only the base is showing) - The kids are at the other end. The ball is rolled out, they need to collect and throw at the stood up set of stumps - If they hit, then the next person is trying to hit the base of the tipped over stumps. If they miss, then the next person is still trying to hit the upright stumps. Once the upright set is hit, the team is then just trying to hit the tipped over set. Continue until the tipped over set is hit.

Once they've had a few goes, race the teams



Finally, if time, still in two groups at the top of the hall, but one set of stumps at the other end; The front two kids in each team attack the ball. The one that gets there first, picks up the ball, passes it to their team mate, who throws the ball in to the keeper (or coach)

Mix it up with catches two, or they do 2, 3,4 pieces of fielding in a round etc.

### **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.**

# **The back foot leg glance**

**Most international players are very strong when the ball is pitched on or around leg stump.**

If you can play this shot well, you'll definitely pick up runs square and behind the wicket on the leg side.

The timing and control of the shot comes from the wrists. A little flick at the moment of impact will close the face of the bat, helping the ball to the boundary.

You'll need good balance when playing the shot, with your head over the ball. It's a great shot to play against opening bowlers because it relies on the ball coming onto the bat.

## **STEP ONE**



Move both feet back towards the stumps, opening your body out towards the ball, but make sure that you keep your leg stump covered.

Keep your head forward and in line with the ball.

## **STEP TWO**



Bring the bat through in as straight a line as possible turning the bat face slightly towards the leg side.

You make contact with the ball in front of the body.

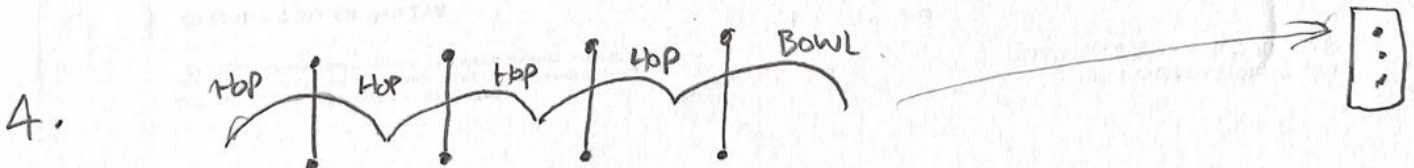
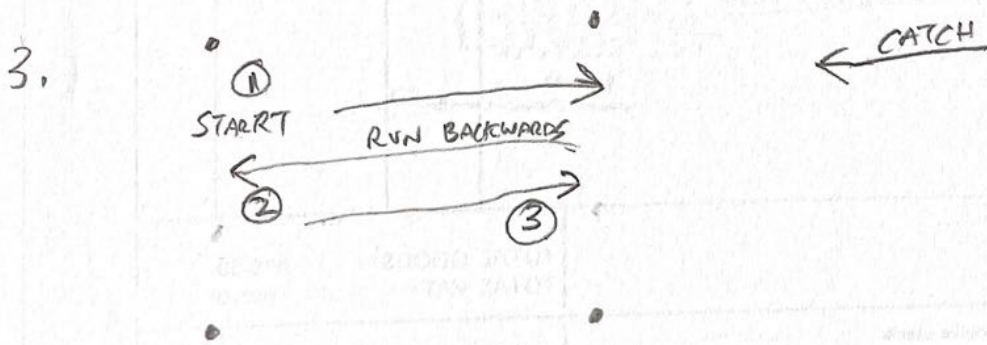
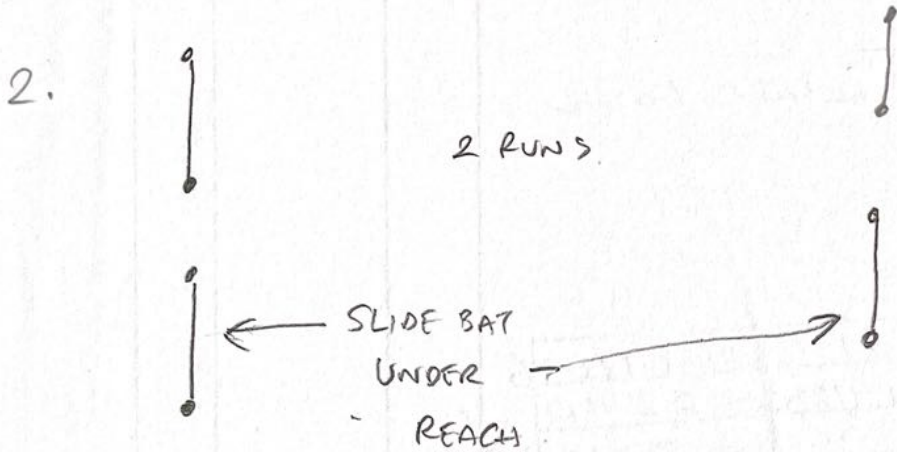
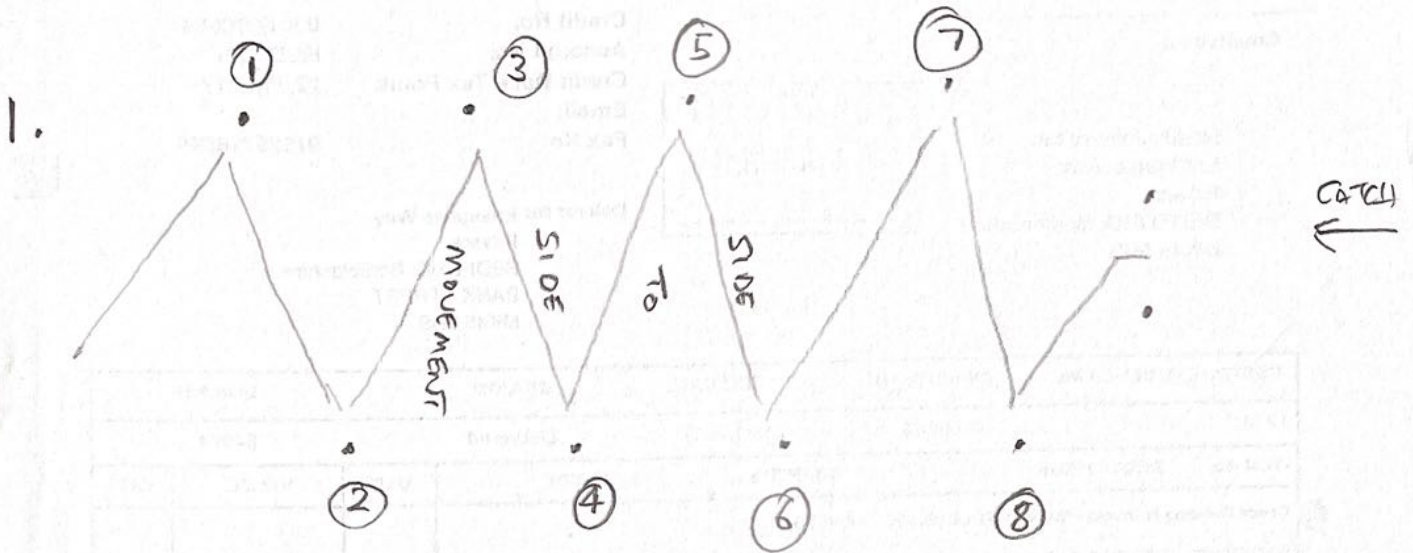
## **STEP THREE**



Control the shot with the top hand, glancing the ball away

# WEEK 8

WARM UP.



# WEEK 8

## FIELDING

