



# Junior Winter Training 2023

## Week 9

### **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 8s Full Toss & Leg side glance

**Warm up;**

2 or 3 groups

Line of 10 cones in front of each group and 1 cone 2m away from top cone.

1. One foot in between each cone, when they get to the top, jog back down the side
2. Two feet in between each cone, ditto
3. Side to sides through the cones, ditto
4. Left foot hop between cones, ditto
5. Right foot hop between cones, ditto
6. Feet together & jump between cones, ditto.

One person from each group, will start with a ball in their hand and be at the top cone ready to throw a catch.

7. Two feet in between each cone, when they get to the top, they set themselves and the man at the top cone throws them a catch about waist high. They take the catch, and then move to the cone to become the thrower. The thrower re joins the group.

8. Side to sides through cones and when they get to the top, ditto

9. Side to sides through the cone but this time the thrower at the top will keep giving them catches as they go through the cones. The man going through the cones will need to throw the ball back each time they catch it. Swap over at the top, with the thrower re joining the group.



Technical;

A full game - Get two equal sides, two captains. You will need to keep score.

Use an Incredible.

1 run for hitting the side walls, curtain, ceiling. 4 & 6 for the back wall.

You can be caught off the side walls & ceiling (not back walls)

Encourage batters to be running & scoring as much as possible.

Encourage bowlers to keep a good line & experiment with a different ball once an over.

Mix up the rules at various points - Make a run worth 4, hit the back wall with 8, recut 10 runs if there's a wicket etc etc.

Bat each team by time, so say 30 mins each. If the whole team is out, get the batters to come back in, in the original order.

Adapt to suit each team & the kids - Fun but so they think about it.

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

Warm up;

1. Stretches
2. Stamina & fatigue;

With two cone or use a line marking, define this as the bowling crease

Get them across the hall in one line.

Using the clock as a timer, they run up as if bowling and fake bowl - After bowling, they return (as a group) and bowl again-Bowl 6 balls, all within 1 minute.

After 6 balls, they rest for 30 seconds.

After 30 seconds, they pair up, and getting as low as possible, fairly close, throw each other catches for 1 minute, constantly.

Rest for 30 seconds, then they bowl another 6 balls etc etc.

Do this 4 or 5 times.



Technical - Due to space, I'd suggest nets. The 13s could attempt a game but that's up to the coaches/managers.

If nets, nets as a game situation. Bowlers bowl in pairs, batters bat in pairs.

Get the bowlers to set fields and bowl to that field. Experiment with 1 or 2 balls an over of something different i.e. Yorker, short ball, cutter, etc etc

Batters, plan how they will attack the bowling. However if they get bowled or knick off, they are out and that's them done.

Batters also run depending on the shot.

Get both bowlers & batters to self assess, and see what they could do better, what went well etc.

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