

# Junior Summer Training 2023

## Week 1

### **Intro ;**

- 1. Health & Safety - Point out areas of harm - concrete steps, swinging equipment around, potential of glass/debris**
- 2. Safety - General about being sensible, not waving equipment around, throwing balls anywhere/at someone who's not looking etc**
- 3. Net safety - Always face the net watching for balls coming out, don't turn your back. Bowlers waiting don't throw balls up/up the 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**
- 4. 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.**
- 5. 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.**
- 6. 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)

**Girls;** Can follow the U11s or if Malcolm/Heather/someone has a plan, then go for it.

**U11s;**

**Focus; Batting - Set up, set up set up & watching the ball/Hands through the ball**

Warm up;

Set up - Lines of cones to suit however many groups - Work up the left hand side and back the right hand side

1. Gentle jog forwards and return jog backwards
2. High knees up & return with flick ups (to bottom)
3. On the spot - 10 simple squats getting as low as possible (Make sure weight is not over front of knee)
4. On the spot - 10 simple star jumps
5. Jump from standing still to as far forward as possible (Long jump), all the way to the top and return 3/4 pace using arm pumps
6. 10 push ups
7. Sprint up & jog back
8. Start sideways - sprint up, jog back.
9. 9. Start backwards turn & sprint up and return sprint backwards
10. 10. Lie down, jump up & sprint up and return jog back
11. Plank

## Technical - Batting

Getting back in to it, outdoors that is. Basics & importance of the set up and hitting the ball - Its about the set up and then the hitting (Full face of bat, going through with the shot etc etc)

Briefly discuss the set up position and getting everything right and being comfortable - i.e. Feet, body position, head, back lift, grip

If on the outfield the coach will need to split the groups in to two - Feeds would need to be on the full i.e a full toss or possibly a bobble feed.

One group can "bat" and the other group "filed" then swap them over after a few goes.

If they are dry & available, a groups could use the nets and even the new artificial.

Set up; One set of stumps per group to bat from

Use Incredis or tennis balls

1. Simply, they set up (Grip, feet, base, head, back-lift etc) - Coach bobble feeds or on the full, feeds the ball, the batsman does NOT move their feet but snaps their hands/wrist through the ball right under their nose/head - The idea is they are playing it as late as possible without moving but to get their hands through the ball (Ideal position is hitting just in front of or at their front leg knee position if possible) - This is all about get their hands through the ball. The ball should be hit along the floor in the "V" NOT in the air.

Vary the feeds between fast and slow so they can feel for the ball - If they hit it in the air, generally, they are playing it too early.

You can use some of the others to field the ball if required

2. Similar to 1 above except they start in the forward drive position - Coach feeds the ball and they hit



### 3. Back to normal - Set up, and forward to drive the ball

These drills are about getting your hands through the ball, nice back swing and follow through, and timing the ball more by playing it later. It's also important to stress getting the head in the right position too, talk about alignment to the ball - I would guess that a lot of them will struggle in not moving their feet, so we need to make them understand why they are doing this.

To Finish;

Am anticipating the outfield not being great so catches;

1. Put two stumps approx 5-10m apart, with a group at each end. One ball with the first person of the group - They feed the ball, underarm, to the opposite person, in to their hands at the top of the stump, and follow their ball to join the opposite group. Having hopefully caught the ball, the other person underarms it back to the first group who has come passed their stump in an attacking position - Keep going for 5 mins - You can mix it up by doing left side, right side, one handed etc
2. A few flat catches
3. A few high catches - Mix it up. Have a competition, use different balls, make them sit down to catch, start them lying down & getting up to catch etc.

**Last 10 mins** - Run 21- They run five fours, resting for 10 secs between each four, and a single to finish (Using bats, and technique of running - Again, this will work if outfield not too wet)

Remember, its just the first session

If the nets are dry enough then potentially a group can use these, but I suggest catching & getting used to the ball & being outdoors again.

### **U15s - 20th April.**

Warm up as above

Batting - As above

Catching as above