

Junior Summer Training 2023

Week 2

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 easy 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;

Reminder of Week 1 batting (Hands through the ball)

Warm up;

Coaches choice, but must involve running and working on plyometrics

Technical - Bowling - The basics - ABCDE

- Grip - Differentiate between quicks/seamers, off spin & leg spin
- A = Alignment , B= Bound or Balance, C=Circle, D= Direction E=Energy
- Talk about run ups /approach - Consistent & repeatable
- Talk about stock balls & variations

Whilst performing this skill, a player's execution may be characterised by:

Rhythmical approach to stumps

Hips and shoulders aligned

Direction of run-up, delivery and follow through generally aligned towards target

Seam presented in upright position

Head and eyes fixed on target throughout

Vigorous action and follow through

Set up cricket pitch length or use nets. Normal set of stumps batsman's end, bowlers end two sets of stumps forming a gateway with cones going back towards run up as an alley (See sketch) - Also add a corridor of cones passed the stumps to encourage follow through

Coach to act as keeper or use keepers - Get them to mark out a run up, if they have one.

Drill; Line and length - See if they know what they are attempting to do. If they don't understand briefly explain. (Aiming top of off stump for this drill ideally)

1. Just get them to bowl to see what happens - Coach to encourage but not say anything else at this stage. After a few balls each, bring them in and ask how they thought it went, what they could improve on.



2. Put some cones out as a landing zone for a good length ball - Get them to hit/be close as possible.

3. If brave enough, coach to act as a batsman. (Defend only of course) - It does get them to focus a bit more.

4. Competition - Insert a second set of stumps at batsmen's end and their aim is to hit them. Each time they hit, take a stump out and see if they can hit them all.

5. If time, two balls each, with one stump to aim at.

To finish; If they did fielding last week then use of nets for batters & bowlers to focus on technique but also consistency (Batters looking to score runs, bowlers looking to take wickets or bowl constant deliveries)

U13s;

Technical - Batting - Understanding early season pitches

Ask them what we mean by an early season pitch (Soft & slow normally)

Liaise with U11s as to who uses the nets - If you go in the nets use cricket balls, if using the field, use incrediballs.

Set up a pitch - Coach to feed - Use keepers too if any.

Split into teams with one set batting & the other fielding

Feeding the ball on a half volley length, get the batters to understand what they need to do in order to manoeuvre the ball for runs.

If the ball is there to drive, then drive but caution that the ball can hold in the pitch & they end up just chipping a catch. Similarly with pull shots or cuts - It's about watching the ball, judging the pace and, early season, perhaps playing the ball later.

Give each batter a couple of goes each, before the next. When one group has completed, get them to swap over.

Do two rounds for each group i.e a 2nd innings.



It's trying to get them to understand, early season, the ball isn't there to hit & can stick in the pitch, so big shots can end in little runs & getting out early. Once adjusted to the conditions, they can then settle in to appropriate shots and more attacking.

Fielding wise, its good for them to get used to outside/grass. Attack the ball & throw in to the keeper or coach.

If you use the nets, then you won't need fielders - So split them in to groups and it will need coaches & assistants to feed or sensible kids to feed each other.

To Finish;

If netted last week then do fielding - Particularly catches.

If did fielding last week, then net them with focus on bowlers consistency and batting looking to score every other ball, if not every ball. Set fields for bowlers & inform batters.

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)

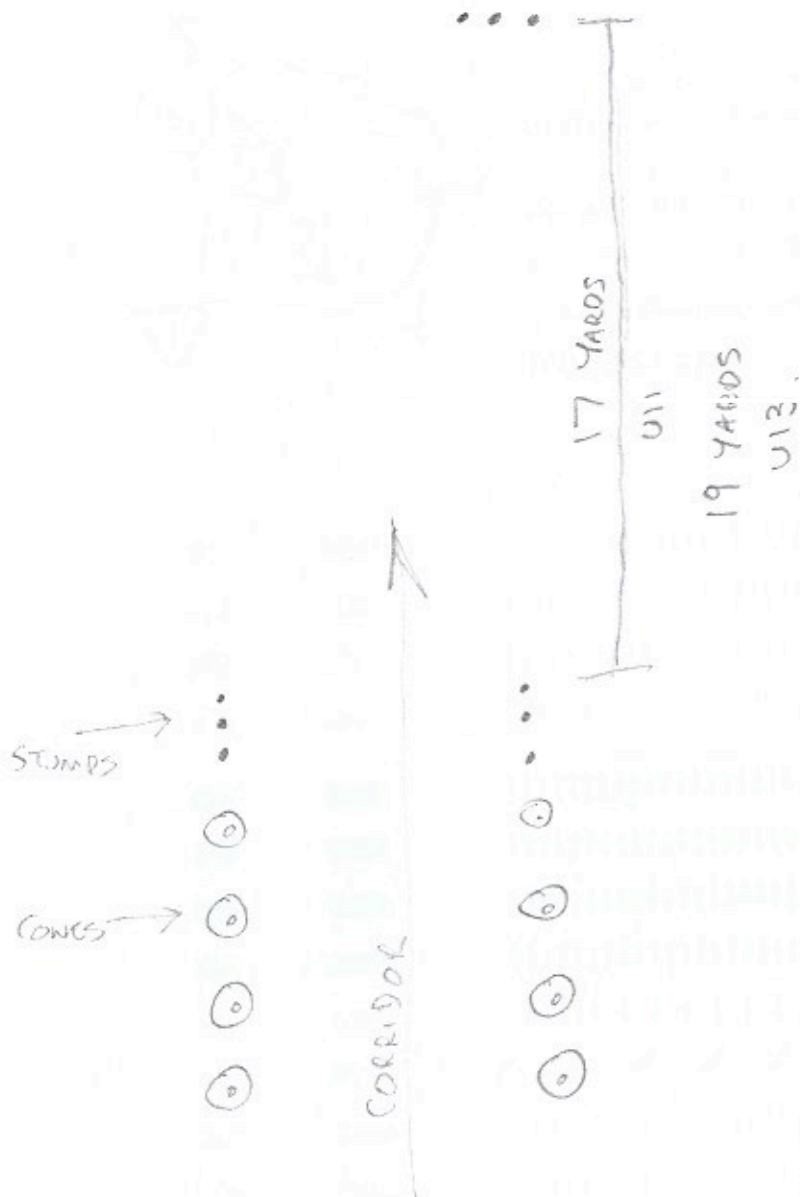
U15s - 27th April.

Warm up as U13s

Batting - As U13s

Nets or more fielding - Coaches choice.

BOWLING



You'll need to adapt if any left armers.

