

## Junior Summer Training 2023

### Week 3

#### **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 2 Bowling**

**U13s & 15's;**

### **Reminder of Week 2 Batting on early season pitches**

Warm up;

Coaches choice, but must involve stretching to warm up & a short fielding drill

**U11s;**

### **Technical; Calling, backing up and running between the wickets**

Discuss the importance of calling clearly & loudly - the communication is so important in batting partnerships.

Discuss backing up and the importance - A quick run with good backing up can be the difference of staying in or being run out.

Drill 1 - Set up pitch length (Use cones to form the crease line each end), set up a third line of cones each approx 1m from the crease line and a fourth line, as the third, at the other end.

Coach/assistant to mimic a bowler coming in to bowl from the end where all kids are - They listen for the call - Yes, No or Wait.

The kids need their bats - They should ideally be at the third/fourth cone line when call is made.

Yes - they run 1, 2 or 3 runs

Wait - They hold at the third/fourth cone line & then listen for a yes or no

No - They hold at the third/fourth cone line & then return to the crease line

When you've run 10 runs then stop

Go through this without explaining what the third/fourth line of cones are - see if they realise.

Once explained about the third/fourth cone line then go again and see if it improves

Again 10 runs then stop



Talk about when running, facing the fielder where the ball is so they can judge if just 1 or 2 runs (and not turning blind at the stumps)

Drill 2 - Running 2, as we've done in the past - Coach/assistant to swap sides from left to right or right to left so that when they run they are facing the "fielder"  
Demonstrate how to hold the bat when running and that they have it in the correct hand depending on where the "ball" is

Run 5 sets of 2

Demonstrate extending the arm to slide the bat over the line and not needing to run themselves over the line or "dibbing" your bat down and then running back.

**To finish;** A game on the artificial on the lower ground. 4 Ball overs - Split the time left equally for the teams. Set small boundaries, and set cone zones so they score double runs if they hit the zones. Bowlers to work on keeping it tight - Score 10 points if they bowl a maiden, 5 points for a wicket.

## U13s;

### **Technical - Bowling - 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 using a grass wicket ideally 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. (Adapt to suit the groups/kids)

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

Drill 1 - 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)

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.

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

Drill 3 ; Bingo bowling - Using the cards, each bowler must execute whatever the coach tells them.

Drill 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.

To finish;

Fielding drills

Boundary fielding -

Set of stumps with a keeper required

1. One big group; Set two cones up. One cone with the group behind and the other cone approx 10m away, all along the line of the boundary. As the coach hits the ball out, (from the stumps) the front person is looking to attack the ball or stop the boundary. Once they throw the ball back, to the keeper, they stand at the cone on the opposite side. Therefore when everyone has had a go, they are all standing on the opposite site. Then work them back the other way.

2. Split them in to two groups along the line of a boundary approx 10m apart. The front person on each side work as a pair, and are looking to communicate as one attacks the ball and the other backs them up. Once fielded, throw the ball in to the keeper.

3. As drill one but catches

4. As drill two, working as a pair. When the fielder has caught it, they throw it to their mate who throws the ball in



## **U15s - 11th May**

Warm up as U13s

Batting - As U13s

Nets or more fielding - Coaches choice.