

Junior Summer Training 2023

Week 4

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 3 Running between the wickets

U13s & 15's;

Reminder of Week 3 Bowling - Basics

Warm up;

Coaches choice, but must involve running & a ball

U11s;

Technical; Batting - Driving and coming down the pitch

11's to use the nets this week

It all starts from the set up - Discuss the batting set up

Discuss what sort of ball you would drive ? Discuss what sort of ball you would come down the pitch too (Could be any)

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

Head, hands and feet move in sequence towards ball

Head still and eye fixed on ball

Some consistency in quality of strike

Some power applied through contact

Contact made just under or just in front of eyes

Some flexion of the back leg

Inconsistent back foot base

Bat follows through in line with ball

Drill; Bats & gloves required - Up to the groups abilities as to whether you use cricket balls, Incredis or tennis balls

Demonstrate a drive and what they are looking to do & achieve (Demo for each stage)

Split them in to groups.



1. They set up - Coach or partner drop feeds a ball in front of them, that they then attempt to drive (with the above characteristics) - 3 or 4 balls each, then the next person goes (Get them to hit in to the net or the other waiting can stop the ball)

You could set up cones if you like to give them zones for straight drive, off drive & on drive.

They are looking to hit along the floor

Key here - In order to make them wait & think about the movement, they are looking to execute the drive on the balls 2nd bounce.

Call them in to discuss

2. Similar to above but, they set up, the coach (or partner) is in front of them giving a slow under arm feed that the batter is looking to drive. Again set cones up for hitting zones. Also, they are waiting for the ball to come to them and hitting under their nose.
3. Coach or helper to demonstrate using their feet to get to the pitch of the ball. Similar to 1, but once they are set up, the coach drops the ball say 2m away in front of them and they are coming down the pitch to drive the ball. Again use cones as hitting zones

To finish;

Net them - Split them in to appropriate groups - Bat in pairs & bowlers in pairs - May be look to have two nets of batters/bowlers, a third net of throw downs and a fourth net of just bowling working on line/length ?

Whatever you do, give them some focus to work on something.

U13s;

Technical - Batting - Fast hands

Ask them, what does fast hands mean ? How can they help our game ?

Either use the artificial or it'll be using the outfield.

For hitting, split in to two groups, one is hitting the other is fielding/stopping the ball. Get keepers involved so once a shot has been played, a fielder can attack the ball and then throw it in to the keeper (or fitted coach)

This does rely heavily on the feeder and being accurate. Use Incrediballs or tennis balls, and the batters can just use bats & gloves (Otherwise they will need full kit)

It needs a good demo too, based on the below

1. Batsman sets up - They are looking to play two shots in quick succession. A Blackfoot drive, quickly followed by a front foot drive. The feeder needs to throw a full toss (wait high) for the back foot drive - Batter plays the shot. off the back foot. Shortly after the feeder feeds an underarm feed (low full toss or half volley), and the batsman need to get back in position to enable the drive. The second feed is literally seconds after the first.

Have 2 or 3 rounds per group then swap them over.

2. Drill two - Quick fire pull shots - Again good demo required - Batsman sets up - Feeder feeds waist high full toss, batter pulls with a short punch. Repeat 3 more times and on the 5th feed ,the batter plays a full blooded pull (Full extension & follow through) - The feeds are quick fire within seconds of each other.

You'll need to move the fielding group appropriately to suit the shot.

Have 2 or 3 rounds per group then swap them over.

3. Drill three - Two half pulls in quick succession followed by a drive - Set the fielding group appropriately - Needs a demo - Batsman sets up - Feeder under arms two waist high full tosses as in drill 2, then the third feed is a low half volley or full toss they are looking to drive. Again the feeds are quick fire and the batter is looking to be quick in between feeds.

Batters need to have quick movements - Feeders need to be quick & accurate

To finish;

Fielding - Ring fielding and attacking to stop singles. Use the artificial, and a batter (or two) to run a single, with the three fielders attacking and attempting a run out (Direct hit or to keeper)

- Close catching/slip catching. Ramps or nicks.

U15s - 25th May

Warm up as U13s

Batting - As U13s

Nets or fielding - Coaches choice. If netting make sure there is focus - You could use the net focus as per the U11s.