



Junior Summer Training 2023

Week 5

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 4 Batting - Driving and coming down the pitch

U13s & 15's;

Reminder of Week 4 Batting - Fast hands

Warm up;

Coaches choice, but must involve stretching & speed

Technical; Fielding - Ring field, attacking the ball & backing up

U11s

Technical; Fielding - Fielding in the ring - Movement, body position, approach/walking in, quick to the ball, smooth collection and throw in. Backing up the keeper & bowler at all times.

For attacking and underarm throw, whilst performing this skill, a player's execution may be characterised by:

Stable base established

Some assistance from non-throwing arm

Some alignment of shoulders, hips and feet with target

Some follow through towards target

Increased accuracy and consistency

Set up;

One set of stumps - Set out a ring of cones as per a standard ring field, (around stumps) Kids to be positioned at conventional fielding positions approx 1-2m back from the cones. Use keepers if they are available.

Get them to decide if using cricket balls or wind balls

Drill; First of all talk to them about the importance of being ready & getting to the ball quickly and why. Also about backing up behind.



Coach to roll out ball, one at a time, to each of the fielding positions - Kids should be walking in/slightly crouched and then collecting the ball for an underarm throw in to the keeper (or coach if no keeper) at the top of the stumps. (Technically, picking up the ball in front of their lead leg i.e if right handed, they should be collecting the ball just in front of their right leg)

You can change this for the more advanced groups by having batsmen running, to give it a more realistic run out scenario.

Have a couple of rounds and see what happens.

Once it has been done a couple of times, see if they can improve - All be ready, all walking in, and a really important one is are they backing up the keeper (or coach) should they miss the ball.

Drill; Same thing but move the “fielders” back so they are having the same approach but over arm throw in to keeper. Looking for the one handed pick up, set position ready to throw and throw in.

Initially it's about technique and getting all the stages/positions right before speed.

Drill; Introduce a second set of stumps bowlers end (Cricket pitch length) - This time same as last but coach calls “Bowlers” or “Keepers” - Therefore bowlers end they are aiming at the base of the stumps with others backing up, or someone is running to the stumps so it can be thrown full to them. At the keepers/coaches end, in the gloves (But every time backing up in case its missed)

To finish;

Either further fielding by doing catching.

Simple high catches first, in one big group.

Split them in to two groups, front two work as a pair, one catches and passes it to the their mate who throws it in.

Split them in to two groups - A set of stumps for each group, and a coach/helper for each group - They all line up behind the stumps. Roll outs for them to collect, turn & throw in to coach or keeper.

Mix it up

OR do a mini game, using the fielding focus (tip & run)

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



U13s;

Technical - As U11's

To finish;

Nets - Bat in pairs - Batters to focus on soft hands/dropping the ball for a quick single & running.

Bowlers to focus on line, then towards the end of the batters innings, yorkers.

U15s - 1st June

Warm up as U13s

Fielding - As U13s

Nets or fielding - Coaches choice. If netting make sure there is focus.

If netting bowlers can focus on yorkers. Batsman to focus on soft hands/dropping the ball under their eyes for a quick single.