

Junior Summer Training 2023

Week 6

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 5 - Fielding - Ring field, attacking the ball & backing up

U13s & 15's; Reminder of Week 5 - Fielding - Ring field, attacking the ball & backing up

Warm up;

Game - Either hand hockey, touch rugby, cricketers football (no contact) or tackling) or Test match

U11s

Technical; Batting - Judging length & line

U13s;

Technical - As U11's

U11's to either use artificial or outfield (Suggest use of tennis balls)

U13s to use nets (Tennis or Incredibals) - You can use cricket balls but they will need full kit

Bat, gloves & box

Two to three groups and a coach/helper for each - Need 4 cones (2 pairs the same colour) for each group

Set up stumps - position 2 cones where a full length would be, 2 cones further back where a good length would be (see sketch)

Kids to wear gloves if they have them but no bat required yet.

One at a time, they should get in the set up batting position (Balanced, eye/head level, bat back lift etc)

Drill; Coach to feed overarm - 3 balls - As coach feeds the ball, kid to call out (depending which zone it lands in) - Full, Good or Short.

For a full ball, we are looking for a forward drive or defence - and for them to move as if they were playing a shot but catch the ball



For a good length ball, similarly a forward shot & catch or possibly a back foot shot and catch or just avoid the ball if bouncy or wide.

For a short ball, either avoid the ball or get in the best position to pull/hook/cut and either catch or hit the ball with their glove

They should fetch their own balls if they go anywhere.

Have quite a few rounds of this

Drill; Progress the same drill but they should use their bat. They should also wear a box, helmet and possible at least one pad (front leg)

Repeat as above but hit the ball as necessary.

Watch out for the short ball - Make sure there is space to play the shot but also, make them understand to judge the short ball as from previous sessions they will attempt to play everything and top edge it in the air a lot.

Repeat a few times

For the U11s - Stage 2 is about line.

Kids still using bats.

The coach needs to feed in the full & good length zone only but exaggerate the line of the ball by delivering on or outside off, dead straight or leg/middle & leg.

When the ball is fed the kid needs to shout out - Off, straight or leg

For the U13s - Similar to the U11's except this can be introduced earlier and when either catching or using their bats first time round, so not only shouting out the length but the line too.

E.g. Full off, good off, short off - Good off, good straight, good leg - Short off, short straight, short leg - You could even advance/supersede this further by them calling out the correct shot i.e. Off drive, off defence, cut - Straight drive/sweep, straight defence, pull - Leg drive/sweep, leg glance/flick/defence - Hook or pull

To finish;

U11s - Either fielding or a min match - Coach to come up with plan

U13s - 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 - 8th June

Warm up as U11s/13s

Batting-As U11s/13s

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

If netting bowlers can focus on stock balls for 5 balls and 1 variation ball. Batsman to focus on attacking shots & coming down the pitch.