

Junior Summer Training 2023

Week 7

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 6 - Batting - Judging length & line

U13s & 15's; Reminder of Week 6 - Batting - Judging length & line

Warm up;

Coaches choice - must involve stretching and a competition involving a ball

U11s

Technical; Bowling and the run up

U13s;

Technical - As U11's

U11's to either use artificial or outfield

U13s to use nets

Split in to two groups (or more if more coaches/helpers)

Appropriate pitch length with coach at the bottom keeping, or use keepers or partners.



Drill 1 - To work on balance, comfort of action & upper body
- Start on one knee with the lead leg out in front (See picture)

Bowl to correct line & length (without toppling over) using the principle of head etc going towards target.

Spinners can do the same.

Whilst doing this, also work on the grip and keeping the wrist behind the ball.

Have a good few goes



Drill 1 finish position.

There may well be those that struggle with the action anyway, so coach will need to adapt and getting them working on the basics.

Lots of encouragement.

Drill 2 - Same principle but from a standing start in the coil position.



Again, focus on the action and everything going forward towards the target. Use cones for follow through.



Drill 2 Finish position

Drill 3 - Full action with run up.

For those that don't have a run up, perhaps split them off so they can work on a run up - Simplest way is for them to run through from a start point and bowl when they feel comfortable to bowl - Coach will need to mark that point. They should then do this several times to make sure its the same point each time or close.

Use cones on the way to the stumps and after the stumps for follow through.



Principle;

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

Provide landing areas where required.

Focus on the smooth approach, trying to make sure everything is repeatable at every delivery. Also on the follow through position.

Stress on the focus for bowling and trying to get match intensity i.e. Not messing about when it's their go to bowl and focussing. (Well, not messing about at all ideally, but....)

To finish;

U11s - Complete match from last week with other side batting. Bowlers to utilise the principles of the technical

U13s - Nets or Fielding - Coach to decide. If nets, please make sure its focused and they all are working on something i.e. Bowlers utilising the technical principles, batters working on a specific shot, or even working out how/why they are regularly getting out



U15s - 15th June

Warm up as U11s/13s

Batting-As U11s/13s

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