

week 1 Coaching

u9s

### **Volcanoes and Creators.**

#### Aims

1. Get Ready for Action making sure all players are running around and being very active.
2. Trying to use different body part Movement.
3. Teamwork (try to get them to workout on how to win)

#### Equipment

Balls, Cones, Bean Bags.

#### Organisation

- Two Teams
- 1 team being volcanoes with the other team being creators.
- The team of the Volcanoes need to get the cones facing down .
- The Team of Creators need to to get the cones facing upwards.
- Each team needs to turn as many cones as they can in the time period. (I suggest 3mins)
- Cones cant be protected
- Try to get the Players to use different type of moving to try and help their team win.

### CHANGE

- C- Smaller playing Area - This can change the way they move to win in the warm up.
- H- Change what hand is needed (Both hands, Left hands, Right hands)
- A- Match Players by ability(this is to make sure that the teams are fair, keep changing teams.
- N- Introduce a ball or Bean Bags to put on the cone ( this will think about tactics / movement
- G - Play with unfair Teams to give one team an Advantage (to see how the players react)
- E - Go back to using cones.

### **Forward Drive of A Tee Cone.**

#### Aims

1. Being able to hit the ball Straight.
2. Start to use a straight bat when playing this shot.
3. Having Control Over the Shot trying to get the ball on the ground and not in the air.

#### Equipment

Tee Cones, Cricket Bats, Cones, Tennis Balls/Wind balls.

#### Organisation

- Two Teams
- 1 the batting team/ 1 the fielding team
- A ball is Placed on the Tee Cone their is 3 of them.
- Each batter Players 3 Forward Drive.
- The fielding side to stand a goal set out out by cones (10-15m but you can change it)
- The fielders need to stop the ball from going in the goal.
- This is a game between batters and fielders.

### Change

C- The Players have a bigger/smaller area to hit the goal due to the ability.

H - The Ball be changed (Bigger Ball if they are struggling to hit it).

A - Scoring system they get a point if they hit it through the gap .

N - 1 point if they hit it straight but do not reach the goal, 3 points if goes past goal in the air. 5 points if goes through the ground after bouncing.

G - If the fielding team catches the ball the batter loses 5 points.

E - Competition to see how their technique changes when there a bit of pressure.

### **Game - Continuous Cricket.**

#### Aims

1. Batters Score Runs (Maybe Bonus points if they Play the Forward Defensive.
2. Fielders to help with wicket taking.
3. Teamwork and Tactics.

#### Organisation

- 2 teams.
- A batter Team and a Fielding team.
- Coach / Volunteer.
- When a Batter hits the ball they run around a cone which is 5 meters away. the cone is where backward point would be. This is how they score a run.
- Batters stand behind the wicket keeper to make sure they are safe when waiting to bat.
- When the ball has been hit the fielders need to get the ball back to the bowler.
- Batters can only be out caught and bowled and not run out.
- Three hits per batter then the teams switch.

#### Change

C - include Scoring Areas.

H - Use a smaller Ball.

A - Use Larger Ball.

N - Players bowl (if they feel confident).

G - Increase the number of fielders

E - Decrease the Running Distance.