

Junior Winter Training 2024 - Hard Ball

Week 3

Intro :

1. Health & Safety - Point out potential of fire alarm & what to do if it goes off and point out fire exits
2. Safety - General about being sensible, not waving equipment around, throwing balls anywhere/ at someone who's not looking and about the nets going up & down. Net safety - Always face the net watching for balls coming out, don't turn your back. Bowlers waiting don't throw balls up walls/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
3. 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.
4. 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.
5. Chat to them -e
Keep it light, brief and fun - The quicker you are engaging them the easy it should be !

Warm up : (same as u11 soft ball) 3,2,1.

Aims

1. Get all body parts Moving and get heart rate pumping.
2. Making sure all players are warmed up and ready to go into session/drills.
3. making sure everyone is having fun and enjoying them self.

Equipment

Cones

Organisation

set into 3/4 groups (could put soft ball players together however)
Then set out 3 cones for each group with the nearest being 1 then 2 then 3.
Then a Coach will call out an number and this is the one they need to run to.
They could do 1 and 3 for example.

Drill Fielding Circus

1. Diving Catch Practice - For this what is needed is Cricket Balls and the Mats. What will happen is a Coach will underarm throw a ball over the mat and the players need to dive on to the matt and catch the ball. Focusing on watching the ball into the hand and when possible diving with 2 hands to catch the ball.
2. Orange Board fielding. - This a focus on reaction catching. As it hits the board it can go in any direction so watching the ball is really important and having soft hands is really curtical as the ball will come at players quite quickly.
3. King of the Hill - Focus on Close Catching and really keeping eyes and hands on the ball with if you drop a catch you go straight back to the bottom. So having considency of catching is really important. This adds fun and competition which will hopefully get players more involved.
4. Underarm Throw -This is a fielding drill on trying to get a run out this will be when being close to the bat and most likely when they are 10 meters away from the bat and want to get the ball into the stumps as fast as they can. For this stumps need to be set out and fielders to stand about 10 meters away where the ball will be rolled out. Players need to attack the ball and underarm in at the stumps.

Nets.

Then for the rest of a session get into ability and get into nets where the focus now turns to batting and bowling. If someone did not bat last week make sure they bat first this week. Making sure that we have 30-45 min for the nets.