

Junior Winter Training 2023

Week 2

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 !

u11/13/15s

Warm up - Fitness/fielding

Aims

1. Warm players up.
2. Work on there fitness.
3. Getting everyone Active

Equipment

cones, cricket ball

Organisation

- Players will run 10-15 meters where they will complete a Burpee. (drop to the ground do a press up and jump back up.
- Run another 5 meters where a Coach will give a close catch.
- This should be done at high speed.
- After they have done this for a good amount of time. Make it into a competitive game between the groups. (which should bring the intensity up to their maximum)

Time : 20 mins

Yorker Practice

Aims

1. Get back into the swing of bowling
2. Find good rhythm back in their own bowling.
3. Remember the importance and how to bowl a Yorker.

Equipment

Cricket ball, cones.

Organisation

- Get nets out split them into 2/3/4 groups depending on numbers.
- Get them bowling at the start to get back into rhythm. u11s : 17 yards, u13s : 19 yards and u15s : 22 Yards.
- Do this for 15mins to try and remember their right action and delivery
- Then focus on bowling Yorkers.
- Put a cone out on where they think a Yorker is and make a target for them to hit.
- Then get them to aim to hit the cones and practice their Yorkers.
- This is something they may struggle to control at the start of this.
- Do this for 15 mins

Time : 30 mins

Game - nets

1. Batters and bowlers to be focusing on their skills.
2. 1 net for the wicket keepers.
3. Making sure everyone enjoying and involved in their cricket.

u13/15s

- in top 2 nets in u13s and in u15s get them to focus on bowlers bowling Yorkers and how the batters are going to adapt. Linking to game situation. Which is something very common in 20 20 and indoor cricket.