

## **Under 11 soft ball Coaching Plan**

Warm up : (will be same as hard ball due to space)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

#### Drill 1 - King of the Hill

This is a Fielding Drill with work on close catching (slip catching). With if you catch one you stay where we are however if you drop one you go right down to the bottom. Importance on fingers pointing down and eyes on the ball right into the hand.

#### Drill 2 - Underarm Direct 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.

#### Drill 3 - Long Barrier Focus

This is a fielding drill focused on stopping runs. Where they need to get down in a long barrier position then throw the ball back in to the wicket keeper. Need to be about 20 meters away from the stumps when the ball is rolled out with a decent speed. Players get down into the long barrier position, then throw the ball in.

*All these Drills to be done with wind-balls or incredballs. All these Drills will be using the area next to the net. Leaving space for the hard ball fielding drills.*

### Game - Net

Coach on this group to decide how they want to use the net time. Depending on equipment and how happy they are to bat.