

Week 2 - u9s- Bowling Focus

Warm up

Chase and Steal

Aims

1. Get Players Moving
2. Work on teamwork
3. Try to get players to use different body parts.

Equipment

ball,cones,bean,bags, wind-balls, tennis balls, tee cones.

Organisation

- ideally 4 groups (could be done with 2 and 3)
- Each group to have their own home area shown by cones.
- In the middle there will be balls, bean bags etc.
- Once at a Time players will need to run in pick one thing up and take it back.
- When every item is taken then you can then you can get them to steal from other groups. (making them think about teamwork)
- Make sure only 1 person at time from 1 team to try and limit clashing of heads.

Change

C - Bigger or smaller playing area. (to get them to run more or run less)

H - Change the items making them only go for certain ones i.e tennis ball.

A - when stealing if safe allow them to throw the ball to teammates but if they drop it it has to be returned to the middle.

N - get them moving in different ways i.e sidesteps.

G- If a team keeps winning give an other team an advantage

E- Change it to a point based game.

Star Fun Bowling.

Aims

1. Get players bowling with the correct action (focus on bowling arm being straight)
2. Get players bowling straight
3. Get Players having fun (Not everyone going to love to bowl)

Equipment

Cones (loads of them), sets of stumps, wind-balls

Organisation

- Set groups 3 or 4. Can keep same groups from warmup.
- Players to BOWL at stumps.
- 1 bowler, 1 wicket keeper and rest wait for their turn.
- After bowling they become the wicketkeeper for the next ball until the next bowler becomes the wicketkeeper.
- If bowler hits the stumps they need to run to the pile of cones and put it on the stump. then the cycle starts again.

Change

C- make bowling area bigger or smaller.

H - Change the size of ball if easier. (I would only make it bigger IMO)

A - Coaches could become wicket keepers to make drill run smoother.

N- Make it Point based game.

G - if you have one group doing very well take a stump or 2 out to make it harder.

E - Could make more groups if it looks like players are getting bored.

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.