

Under 9 coaching Plan week 3 - fielding focus

Warm Up: Head, shoulders, knees and Ball.

Aims :

1. Quick and to improve reactions.
2. Listening to calls
3. Competition whilst keeping it fun.

Equipment :

1. Balls
2. Cones.

Organisation

- All under 9 players to find a partner and place them either side of a Cone.
- All players to do what the coach says ; head, eyes, knees etc.
- When the Coach says ball its a race for them to beat their partner to the ball.

Ways to Change

- Different sized balls
- Smaller or bigger amounts of instructions
- Shorter distance to ball or bigger distance to ball.
- Speed up or slow down instructions.
- Could start with players with their backs to each other.

Drill 1 : Catch Clapping.

Aims :

1. Have the right hand position when catching.
2. Watching the ball into hands
3. get used to catching the ball making sure no crocodile hands.

Organisation

- Each player to get a wind ball (or tennis ball) and get into space.
- Players need to throw the ball in the air.
- Whilst the ball in the air players got to clap as many times as they can.
- Then catching the ball.
- For every clap that is caught that is 1 point.

Ways to Change :

- Bigger or smaller throws in the air.
- Different size ball.
- Less or more claps.
- If someone is really making good progress then they can try with 1 hand.

Drill 2 : Can you hit the stumps with a throw.

Aims

1. try and get players to be able to throw the ball at the stump.
2. Have them aiming at the stump

3. also to have fun.

Equipment :

Stumps, ball and cones.

Organisation :

- Split Players into 2 groups with trying to have even ability on both teams.
- set up 2 stumps up then have a cone about 10-15 meters away this is where the players will stand.
- Coaches are the wicket keepers.
- Coaches roll the ball out then players to pick up and throw in at stumps. (could talk about long barrier here)
- When players have had their go they need to go to the back of the line.
- Can make it into a fun and healthy competition.

Ways to Change.

- Different sized ball.
- Shorter throwing area
- Longer throwing area.
- Coach can throw ball harder or lighter depending on the ability.

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.