

Junior Winter Training 2023

Week 1

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 - Ask if anyone has been to any other training, who got in to Spartans and/or Kent, tell them a joke. Tell them if they are welcome to ask questions and we will try to answer.
Keep it light, brief and fun - The quicker you are engaging them the easier it should be !

u11s/u13/u15s

Warm up - Hand Hockey.

Aims

1. To get players warm and active then getting ready to focus on a the session.
2. Work on Teamwork and tactics.
3. Remembering the Fielding basics in the Warm Up.

Equipment

2 set of Stumps, Cones, Wind-ball/cricket ball. (cricket ball for u13s and u15)

Organisation

- 2 sets of stumps either side of the sports hall with them both in line (15m - 20m) away.
- A set of cones around the stumps this is where no one can stand to make sure players do not just stand in front of the stumps in trying to defend.
- Then in the game they are put in two teams. One attacking one way and the other attacking the other way.
- This Game Works like netball you can move when you do not have the ball but when you have the ball you have to be still and find a pass. (this could be a roll or a lobbed throw, overarm or underarm).

time : 15 mins.

Drill 1 : Running between Wickets.

Aims

1. To remember about sliding in when running between the wickets.
2. To know which hand to hold the bat in when running between the Wickets.
3. To know what to do when running for 2 or 3 or 4 to make the running distances shorter.

Equipment

Each Player with their bat and their gloves, if they do not have their equipment they can borrow a bat but will not have gloves.

Organisation

- There being a Stump between the length of an u11s Pitch. Which is 17 yards. u13s is 19 yards, u15 being 22 yards.
- In this Drill Players will be the non striker batter and be practicing their running between the wickets.
- Improving and remembering to slide their bat in.
- When running for 2 or 3 runs that they slide the bat in and turn to make the length of the pitch smaller so they can make more ground.
- The Coach will call a number 1-4 and whatever number they gets affects how many runs they have to run.

Time : 15 mins

Drill 2 : Forward drive from a Drop Feed.

Aims

1. To Play the Forward Drive with a straight bat.
2. To play the shot with control and along the ground
3. Making sure the Head is over the ball.

Equipment

Bat, Gloves incrediballs/windballs (hardballs- this is for the u13s and u15s)

Organisation

- Get the nets out
- Get into Groups of 3 depending on Numbers.
- In Each group one is the batter one is the feeder and waits.
- The the feeder stands on the offside and drop the ball in front of the batter to let them step in and play the forward drive.
- Making sure they are hitting into the side of the net just to make sure for health and safety.
- The Person not batting to needs to make sure that they are not in the way of being hit.
- A Demonstration will show the forward drive and how the shot works then they go into their small groups.

Time : 20 mins

Game - Nets

Aim

1. Bowlers Focusing on getting back bowling focusing on apart of their bowling.
2. Batters to focus on something on their batting this could be to include the Forward Drive
3. u13s/u15s to think about the mental and tactical side of the game.

Equipment - all batting equipment and a Ball for the bowler.

Organisation

- Put Players into groups of ability making sure the best batters and facing the best bowlers and so on. Also Making sure the u9 Development (if happening) are bowling and batting at each other.
- Make Sure your Speaking to batters and bowlers with what they gonna do during the nets. This can help understand how they are thinking and how they are approaching their cricket.
- make sure u11s bowl from 17 yards. u13s bowl from 19 yards and u15s bowl from 22 yards.

Time: 40 mins

Also Remember first Session Players might be rusty and Comfort them to give them confidence.