

Junior Winter Training 2024 - Hard Ball

Week 4 - Sweep/reverse sweep.

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 !

Warm up - Hand Hockey. Aims

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)

Drill - Sweep Shot / reverse sweep shot

Aims:

1. to learn the correct technique of the sweep shot/ reverse sweep (for u11s only do sweep)
2. To have confidence in playing the shot and understanding the different types of sweeps.
3. The importance of getting the head over ball, also having a clean strike of the ball, bat swing high to low.

Equipment

1. Bat
2. Gloves

3. Cricket Balls
4. Nets out.

Organisation

- Players to get into groups of 3 where they will take turns of playing the shot after a demonstration from one of the coaches.
- One Batter, One Feeder and another person waiting.
- The feeder will stand on the off side where they will drop the ball allowing it to bounce twice then performing the sweep shot.
- Its very important they stand on the correct side for health and safety.
- When switching to the reverse sweep the feeder to make sure they stand from the leg side.

Last hour - Nets

Split players into abilities/ages then get 2 batters per net and at-least 4 bowlers. If their enough coaches, 1 coach could do work with wicketkeepers. However this is optional. During this net session ask if batters can use the sweep shot and reverse sweep. This will mainly be against spinners.

Most importantly let them have fun and safe and encorunge chat about their own game.