

## **Junior Winter Training 2023 - u11/u13/u15**

### **Week 6 - Running between the Wickets and**

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 -e  
Keep it light, brief and fun - The quicker you are engaging them the easier it should be !

### **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).

*(I was at the u13s game this week. Where they lost by about 30 runs. However I feel that they left about 30-35 runs out there by poor running and not backing up. So will be focusing on this session to try and improve these areas to have better success indoors and outdoors.)*

### **Drill - Running between the wickets and backing up.**

#### **Aims :**

1. Being able to run fast between the wickets
2. Be able to slide your bat in to have shorten distances when batting.
3. Reacting to a Call.
4. Backing up

Equipment : Full Batting equipment even pads and helmet.

### Organisation

1. Call will be called and players will have to listen to the call. (yes, no, wait and if there 2 or more runs.
2. When Sliding in its really important to have a full stretched arm to cover as much distance as possible.
3. When Turning for 2 its important for players to get low and ready to turn shorting the distance for the 2nd run.
4. When running for the 2nd run its important to make sure that they do not blindly run for 2nds making sure they turn and look where the ball is.
5. After doing this work on them backing up and running for 2. On the Backing up they should be nearly half way down the wicket (this was where they lacked a lot of runs on friday for the u13).
6. Finally to finish this off. split players into 3/4 groups and have a race to see which team can have everyone to run 2 runs.

### Nets

1. batters to focus on a goal and work in pairs and every 3 balls run hard as they are in a game situation
2. bowlers to focus ( coach decision or player)
3. If enough coaches have a net for the wicket keepers.