

Under 9s - Week 4 - Batting Focus

Warm up - Head shoulder Knees and Ball

Aims

1. Fast Reaction
2. Listening
3. Competition and fun

Equipment

1. Ball
2. Cones

Organisation

- All Coaches to get into groups of 2 facing each other.
- Needs to be a ball on a cone between the two players.
- The cone and ball needs to a few yards away from players.
- Coach will shout out name parts (could say other things to make sure there are listening)
- When they hear ball they go for ball. Also when cone is called they race for the cone.

How to change

- Less calls
- More time between instruction.
- Different sized balls
- Make the calls more challenging
- Could start with their backs to each other
- Could start with starting on their back.

Drill - The Space Race

Aims

1. To be able to hit a moving ball.
2. Hit the ball with a free swing of bat.

Equipment

1. Ball,
2. Bat
3. Cones

Organisation

- Players need to visit as many goals (set by cones) as they can. By dribbling through a goal with their bat.
- Trying to get the players to go to as many goals/planets as possible.
- Making sure we are getting many players moving.

how to Change

- Decrease size or increase the size of planets
- Move around without ball
- Different sized and shaped balls
- Play in teams
- bounce ball on bat
- complete as an individual or in pairs.

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.