

Junior Winter Training 2023 - u11/u13/u15

Week 2 - Using the Feet to spinners

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 easy it should be !

Warm up - Fitness Related

Aims

1. Get Players Moving and Active
2. work on their fitness
3. Try to prevent injuries

Equipment

1. Hurdles
2. Cones
3. Ball

Organisation

1. Split into 3/4 groups where they will start on the front cone.
2. Then for the first 10 meters do side to side touching each cone (these cones will be diagonal)
3. Then the next bit will be jumping over a hurdle 5 times on each side.
4. Then there will be a line of cones set out where you need to do high knees for 5-10 meters then their a catch from a Coach.

Drill Working on using feet when batting.

Equipment

1. Nets
2. Bat and Gloves
3. Tennis Ball

Aims

1. To be able to use your feet to get close to the ball
2. When facing spinners it allows you to get to the ball before the turn.

3. Allowing players to strike the ball.

Organisation

1. Get the nets out and get the batters when hitting to facing the end of the nets.
2. The feeder will stand on the offside and drop the ball.
3. The First Time the batter to only take 1 step
4. Then after that dropping the ball further away so they need to skip to the ball.
5. Really important that you get close to the ball to make it less likely to miss it.

Game - nets

1. Batters and bowlers to be focusing on their skills.
2. 1 net for the wicket keepers.
3. Making sure everyone enjoying and involved in their cricket.