

Soft Ball Plans - Week 6

Warm Up: Head, shoulders, knees and Ball.

Aims :

1. Quick and to improve reactions.
2. Listening to calls
3. Competition whilst keeping it fun.

Equipment :

1. Balls
2. Cones.

Organisation

- All under 9 players to find a partner and place them either side of a Cone.
- All players to do what the coach says ; head, eyes, knees etc.
- When the Coach says ball its a race for them to beat their partner to the ball.

Ways to Change

- Different sized balls
- Smaller or bigger amounts of instructions
- Shorter distance to ball or bigger distance to ball.
- Speed up or slow down instructions.
- Could start with players with their backs to each other.

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.

Forward Drive of A Tee Cone.

Aims

1. Being able to hit the ball Straight.
2. Start to use a straight bat when playing this shot.
3. Having Control Over the Shot trying to get the ball on the ground and not in the air.

Equipment

Tee Cones, Cricket Bats, Cones, Tennis Balls/Wind balls.

Organisation

- Two Teams
- 1 the batting team/ 1 the fielding team
- A ball is Placed on the Tee Cone their is 3 of them.
- Each batter Players 3 Forward Drive.
- The fielding side to stand a goal set out out by cones (10-15m but you can change it) - The fielders need to stop the ball from going in the goal.
- This is a game between batters and fielders.

Change

C- The Players have a bigger/smaller area to hit the goal due to the ability.

H - The Ball be changed (Bigger Ball if they are struggling to hit it).

A - Scoring system they get a point if they hit it through the gap .

N - 1 point if they hit it straight but do not reach the goal, 3 points if goes past goal in the air. 5 points if goes through the ground after bouncing.

G - If the fielding team catches the ball the batter loses 5 points.

E - Competition to see how their technique changes when there a bit of pressure.

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.