



FCC Junior Training Plan - Winter 2026 Week 1



Key Points:

- Keep it fun
- Keep it safe
- High Volume of practice - keep down time to a minimum
- Respect each other - supporting and encouraging
- Respect the coach - listening

Main Focus: Batting Set Up/Stance, Playing with a Straight Bat

Making sure that batters are in a balanced, comfortable stance. Batters swinging through with straight bat

Warm up: Dynamic warm-up (5 minutes)

Pulse raiser, activate muscle groups, mobility

Cones 10-15yds apart

- Jogging
- High Knees
- Heel Flicks
- Shoo the Chickens
- Lunges with twist
- Squats
- Side to sides
- Arm rotations
- Sprints

Technical: Stance (5 minutes)

Equipment: Bats and gloves.

Batters stand with feet just over shoulder-width apart and bat pointing with handle towards them. Creating a V shape with thumb and fingers, batters reach down and pick up the bat.

Want to see the following things in the batters stance:

- Side-on to bowler
- Slight flex in knees
- Bat pointing towards slips
- Level head and eyes watching the bowler

Playing with straight bat (20 minutes)

Once batters are in a comfortable stance move into playing shots with the bat coming down and through the ball nice and straight.

The idea of “showing the bat face to the bowler” and the bat pointing where the ball is going. Make sure batters get into stance before playing shot

Can split into smaller groups and rotate:

1. Hitting off Tees (set up stumps as gates for bat path)
2. Drop Feed (set up stumps as gates for bat path)
3. Underarm Feed

Start with batters just having top hand on the bat to focus on being top hand dominant. Then both hands on the bat to add power into the shot.

Ideally shots are on the floor, but focus is just have the bat coming through straight

Nets & Fielding running simultaneously (40 minutes)

To avoid nets being overcrowded, keep 2 nets to just 2 x batters and 4 x bowlers. Rest can do fielding game.

Nets	Fielding Game (diagram below)
Can split soft ball and hard ball depending on ability. Want to give batters a chance to put technical into practice. Emphasise batters to get into their stance before each ball to reset. Get batters to play as straight as possible, especially against full balls. Bowling focus: Full and straight, encouraging batters to play with straight bat	2 teams. Aim is for green team to roll it to each other. Aim for red team is to intercept the ball. Tennis or incredi Green score a point by successfully receiving ball - cannot fumble ball Red score a point by successfully intercepting with hands First to 21 wins Adjust numbers and court size depending on numbers

