



FCC Junior Training Plan - Winter 2026 Week 2



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: Catching & Seam Bowling (Grip and Delivery Stride)

Making sure that bowlers are using correct grip for seam bowling and have safe and efficient bowling action

Warm up: Knee Tag

1 on 1 game, multiple games going on at the same time.

Players score 1 point by tapping front of opponent's knee, 3 points for back of opponent's knee.

Run each game for 90-120 secs. Winner plays another winner, loser plays another loser.

Maybe play in badminton court sections, to avoid bumping into each other. Not allowed to run around.

Idea is that they get in low crouched position ahead of catching

Technical: Catching (30 minutes)

Equipment: Cones, balls (tennis, incredi, hard)

Demonstrate correct catching position/set position:



Head/eyes level

Hands out in front

Bend in knees (doesn't have to be this bent)

Feet pointing forward

Weight on balls of feet

Catching in pairs (5 mins)

Partner up - 5-10yds apart. Throw underarm and flat to each other. Make sure using correct position.

After a couple of minutes, see how many catches they can complete in 30 seconds.

Then give them another 30 seconds to beat their own total

Drill rotation

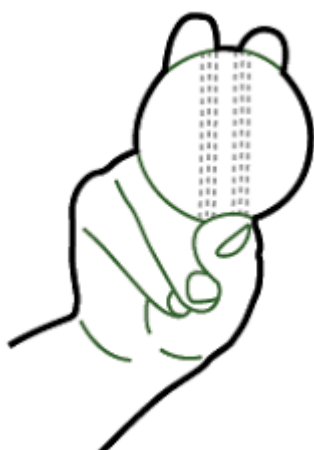
Then into rotation of 3 or 4 catching drills depending on numbers. 5 minutes on each

| | |
|--|--|
| Drill 1 Coach hit tennis ball with tennis racket. One at a time Start close, move back once comfortable. Focus on soft hands with tennis ball | Drill 3 In pairs, standing opposite each other in a circle. Throw flat and underarm to partner. Focus on watching the ball, avoid getting distracted by other balls |
| Drill 2 Moving side-to-side between cones 5 yards apart in low catching stance. Coach randomly throws 3 catches whilst player is moving. One at a time Focus on maintaining position | Drill 4 If needed: Rebound catches off wall. Player stands a couple of yards away from wall, partner from behind thrown tennis ball underarm at wall for a reflex rebound catch |

With each drill, can add in competition of last one standing, which pair can complete most catches etc.

Technical: Seam bowling grip & delivery stride (40 minutes)

Talk about correct grip for bowling seam:



Index and middle finger on top of seam

Thumb resting on bottom of seam

Not too deep or loose in hand - should be able to slide finger between ball and thumb webbing

Grip drill (5 minutes)

In pairs a couple of yards apart, just use a flick of the wrist to pass ball to partner. Don't want too much elbow movement, just wrist.

Aim is have seam stay upright in air. Should feel ball run off finger tips.

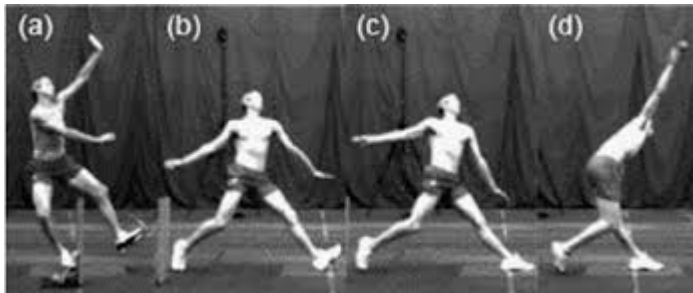
For more advanced players - introduce grip for swing: **(extra 5 minutes)**

| Outswing (to RHB) | Inswing (to RHB) |
|--------------------------------------|--------------------------------------|
| Seam: Pointing towards slips | Seam: Pointing towards batter |
| Shiny Side: On right | Shiny Side: On left |
| Thumb: Side of thumb resting on seam | Thumb: Flat on seam |
| Last point of contact: Tip of index | Last point of contact: Tip of middle |

Again practice this by just using wrist flick to pass to partner. Get the seam

Delivery Stride

Bowling is all about **straight lines**.



For the moment, I think 4 key things to focus on are:

- Front foot pointing down wicket
- Front arm point down wicket
- Bowling arm comes over straight
- Back knee driving through at target

Drill 1 (2-3 minutes) In pairs opposite each other across hall. Starting in position A, look to bowl ball to partner

Drill 2 (5-10minutes) In teams aiming to hit stumps, again from stationary position

Bowling in nets:

Drill 3 (5-10 minutes) Have bowlers hop on back foot (position A) before bowling (avoiding heel contact on back foot)

Drill 4 (5-10mins) Add in run up, but focus is still on delivery stride a seam position

Make drills competitive with points for target areas or hitting stumps