



FCC Junior Training Plan - Winter 2026 Week 3



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 - footwork, head position and balance

Making sure that batters are getting into a good position to access the ball and strike the ball on the floor from a balanced position

Warm up: Fitness Circuit (15 minutes)

Each exercise will focus on one area of fitness (endurance, agility, strength, flexibility). All are key aspects to the game. Encourage kids to give each exercise their best effort. It doesn't matter if they struggle, the whole point is that it will give them an idea of what area(s) might be their weakness and therefore to work on.

4-5 exercises, 2-3 minutes on each depending on numbers:

<p>Downward Dog Walks (Flexibility/Strength) Starting in downward dog position, move hands forward until in a plank position. Then walk feet forward until back in downward dog. Do for 10 yds</p> <p>Try to keep back and legs straight at all times</p> <p><small>Yoga Sequence Builder</small></p> 	<p>Plank Catches (Upper Body Strength) In a plank position, players toss themselves catches between left and right hand. Keep going as long as they can - can take short rest if needed.</p>
<p>Running 2s (Speed endurance) One at a time, each player runs a 2. They tag the next person and they run a 2. Keep going for full 2-3 minutes at max effort.</p>	<p>Half Volley Pick Up (Lower Body Strength) In pairs, 5 yds apart, players underarm half volley pick up. Half volley means they have to stay low (bend knees, not back)</p>

Have a cone at far end then have to touch at turn - idea of getting low	Try to go for whole time, can take short break if needed.
5-point Star run (Agility) Cones laid out in 5-point star shape. One at a time, starting from the centre and facing forwards the whole time, players must touch each cone, returning to centre point each time before going to next cone	

In quick debrief, explain that fitness isn't just being able to run for a long time. Ask if players found one exercise in particular difficult - that's their area of fitness to work on.

Technical: Batting - footwork, head position, balance (30 minutes)

Before we start, recap what we did in week 1 - playing straight with a vertical bat.

Cycle through drills that should allow players to work out comfortable/balanced position to hit ball on floor. Don't want to get too bogged down in feet going to specific position. As long as batter is balanced and outcome is effective, not too concerned. 10 minutes on each.

I would go soft ball - bats, gloves, helmet (adds weight to head, which is often the reason for poor balance)

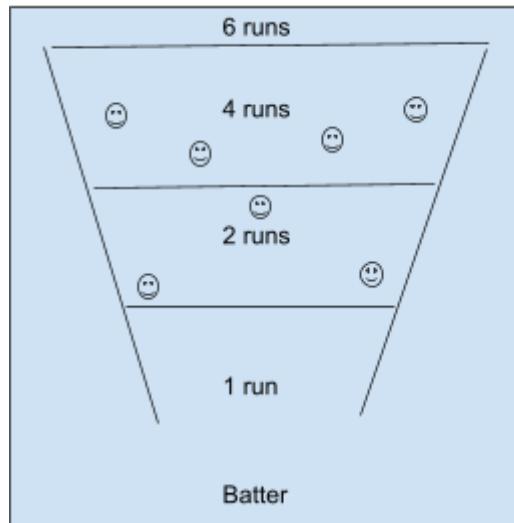
No Foot Movement (Head position) Players receive underarm feeds in batting stance. Without moving feet, players aim to drive the ball with vertical bat. Aim to get head over the ball to still play it on the floor. Try to hold pose after shot - use core to keep balance	Footwork Catching (Footwork/Head) In batting stance, but without a bat, batters receive a low or high feed. Batters aim to catch the ball. Must move feet and head to get low to catch ball, or move back to catch high ball. Again hold pose after catch
Front Leg only (Balance) Only stand on front leg, players receive feeds and try to play a straight drive Can add in backfoot only if needed. Hold pose after shot	

Feed can be from coach or players depending on number of players/coaches

Progress into Range Hitting Game (20 minutes)

Split players into 2 teams

From underarm feed and hitting tennis ball, batters play straight drive to try to beat fielders who are spread out in scoring zone. Only score runs for shot along floor.



Caught = -5 runs

Technical: One hand pick up & Underarm throw (15 minutes)

Not used too much in actual game (only very close to bat), but gives good practice to key principles

Key Points:

- Attack the ball (give target to intercept ball before)
- Get low (airplane, not helicopter)
- Pick up next to strong side (right hand next to right foot)
- Throw on next step (release as quickly as possible)

Drill:

Roll ball out, return to keeper/coach. Add in competition and races

Advanced/Bit of fun: Diving release

If group needs more advanced to keep engaged, introduce diving release. Use gym mats in sports hall store.

Diving release allows for quicker/more powerful release.

Have stationary ball just in front of mat, technical follows exactly the same key points. On release dive forward towards straight towards target. Use hands to break fall, try to land on hip.

Homework:

Do 1 thing to work on fitness weakness

Shadow batting - hold pose to check in balance