

Learning to train and training to train groups

Main theme: Agility, flexibility and coordination

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Aim: To develop and improve agility and coordination

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**Warm up:**

(15 min)

Strides – stride forward bending both knees at same time raise clasped hands above head x5 forward/backward

Heel stand – stride forward with front straight leg & heel only touching ground reach with both hands to below knee...x5

Hurdle strides – exaggerated high and straight leg ..x5 forward/backward

Squats – feet apart squat with upper leg parallel to ground ..x10 arms across chest, x10 arms out in front

Skipping strides – high knee and across swing arms x5 forward/backward

Sideways skip – lifting and lowering arms ...x10 in each direction

All fours – on hands and toes run forward/backwards...x10 each direction

Heel taps – jog across hall touching heel with right/left hand

**Coordination and agility warm up**

Dodge Ball. Equipment - cones for boundary area and 4 footballs

(15 min)

Two teams face each other across the hall using cones to mark out boundary areas. Start with one football each side. Anyone hit sits out.

**Fielding Drills:**

(15 min each)

**1. Ball Train.** Reinforce stance and catching technique. Equipment – 6 seamed tennis balls

Two teams of equal numbers, start with one for each team.

Players line up facing each other in slip catching position.

At start player 1 throws ball underarm to opposite player who throws to player opposite standing next to player 1, and so on. After player 1 has released ball they peel off and sprint to opposite end of line ready to receive the train of balls. This continues until team reaches end of hall. No player may hold more than one ball. Increase difficulty by increasing number of balls, catching one handed, bounce throws.

Progression: Add second and third ball.

Review important points and then assess and reinforces technique.

**2. Around the stumps.** Reinforce pick up and accurate throwing. Equipment - 2 sets of stumps, two balls.

Two teams equal numbers in single file facing stumps at other end of hall. Lead players have ball in hand and on command sprint to stumps putting ball down on batting crease line. Player then runs round stumps, picks up ball and throws to next player in line.

Winning team is first one to have players in starting positions.

**3. Colour Coordination.** Improve eye and body coordination and reaction time.

Equipment – 2 sets of stumps, red, yellow, white coloured balls and 2 cones each of same colour as balls.

Three coloured cones are set up on either side and at equal distance from stumps roughly corresponding to point/square leg, cover/mid-wicket and in front of stumps at strikers end). Two teams line up either side of stumps. Coach stands next to and slightly behind the line of sight of the first player in line and rolls a coloured ball to stumps and wicketkeeper at other end of hall. Players run to and around the cone that is the same colour as the ball returning to the starting line. First team to win 10 individual races wins.

Progression: Introduce additional coloured balls – coach rolls two/three balls and calls the colour of the cone to run to.

Review important points, assess and reinforce correct technique.

**Reinforce drills: Multi-Fielding Drill**

(45 min)

**(See separate sheet in Fielding Folder)**