

Learning to train and training to train groups

Main theme: Fielding – Movement and Balance

Aim: To increase agility and movement in the field

Basket (cricket) Ball warm up game prior to start of session. (10 min)

Use ball buckets placed on ground as baskets.

Discuss coaching theme for evening – Fielding (5 min)

What are the qualities that make a great fielder? (Keeping low, always concentrating, extremely quick across ground, powerful throwing arm, 100% safe hands, wanting the ball, great reflexes, anticipation, attacking the ball)

Agility Warm Up Game **Cone Shuffle** (15 min)

Two rows of cones with a tennis ball on top of one row. On command players in turn zig-zag between the cones moving ball to opposite line of cones. Once player reaches end of line of cones next player goes. Progress to using one hand only and advancing down line backwards.

Technique: Low body position, sideways movement, pushing off with outside of foot, moving ball from hand to hand.

Movement, Balance and Agility Skills

4 Pod Drill (15 min)

Four coloured cones mark out diamond. One player in centre of each diamond. Staged movement drills.

Side-to-side. On toes, heels raised moving around cones as coach calls numbers. When coach calls change another player swaps with one in diamond

Cross over. Leg in front across

Leg behind.

Progress. Mix up technique with coach calling base number or colours for movement.

Introduce ball –coach calls base number/colour partner underarm throws ball to player as they return to centre of diamond. Progress to decreasing time in centre before catching ball, throw ball at different height.

Technique: On toes, balanced using arms, alignment of legs and hips. Working towards automatic, smooth, efficient and economical movement

Stopping and Throwing Bases (15 min each)

Players in four groups rotate around bases each working on different aspects of ground fielding.

Base 1: Goalkeeping. Players take turns to field a tennis ball between two cones (goal) hit by coach with tennis racket. Ball can be hit up for a catch or bounced for fielding.

Progress. Hitter moves further back increasing pace of delivery. Change to incrediball, which is thrown to skim the ground to be fielded at different angles.

Technique: Advancing to ball, anticipating direction, reacting to hit ball, head in line with ball.

Base 2: Ramp Catching. Players attempt to cleanly catch an incrediball or cricket ball thrown off the ramp by coach. Players advance along a line of 4-5 cones towards the ramp upon each successful catch. Progress to using a hard cricket ball and one handed catching.

Technique: Advancing to ball, anticipation and reflexes, head and body alignment with ball

Base 3: Flick Throwing. Players in turn jog between two bases set ~10m apart. Coach rolls ball from stumps placed midway between bases. Player uses underarm throw, flick, to return cricket ball to coach using left and right hand on the run (running between stumps). Players complete circuit with a diving underarm throw in front of stumps. Progress to bobble feed and lobbed ball.

Technique: Low stance, pick up inside foot of throwing arm and under head, wrist flick to deliver ball

Base 4: Get up and throw! Players situated at midwicket recover from a kneeling position to throw a ball placed on ground to their left or right side to one of two wicketkeeper positioned behind stumps placed ~10m apart. Advance to players laying on stomach then back, introduce batsman between wickets with a staggered call from coach for batters to run and fielder to field the ball and attempt to run out batsman.

Technique: Minimum number of movements to assume throwing position, solid base for throwing, correct throwing technique.

Game to finish

(10 min)

Reaction Catching: Players form lines of 4 facing coach who hits tennis balls to players in front line to catch. If players miss or drop ball they move to back line with second line moving forward. After set time players in front line win the competition.

Continuous Cricket

(20 min)

19 yard pitch with stumps at each end.

Batsman bat in pairs.

Coach bowls underarm, with second coach keeping wicket, third coach keeps score.

Batsman can be out bowled, caught or run out. Check for running technique and calling.

Maintain safe distance for fielders.

Equipment: Windball/Incrediball 2 sets of stumps.