

Learning to train group

Main theme: Batting – Attacking and Defensive Shots

Aim: Further development of attacking and defensive shots for players of differing ability

Warm Up Agility and strength conditioning (10 min)
Static stretches, head to toe. Finish with squats, press-ups, T-press ups, superheroes, gentle jog.

Divide into two groups: Group A for more advanced players, Group B for developing players

Group A

Coaching objectives: Developing the range of attacking shots

The Square Cut

Coach discusses when and how to play the square cut. (20 min)

Coach feeds balls underarm to player 3 m distant in finishing hitting position to check correct head and bat movement.

Advance to playing shot from starting position.

Game to reinforce square cut.

Groups of six-seven, divided into batsman, 4-5 fielders between gully and extra cover standing between two cones (goal) and wicketkeeper. Adjust field for left handed batsman. Coach feeds ball. (20 min)

The Back Foot Drive (20 min)

Review decision-making process – when to play the shot. Coach demonstrates the shot.

Coach feeds ball underarm to player 3m distant in finishing hitting position checking for correct head position and punching the ball with straight bat played through line of ball.

Advance to playing shot from starting position looking for.

- i. Relaxed, balanced stance, head still, eyes level
- ii. Backswing and back foot steps back and across off stump –side on to bowler
- iii. Base established.
- iv. Shoulders rotate vertically to begin downswing
- v. Bat accelerates and punches ball through the line and completes follow through, balance maintained

Game: Decision Making: (20 min)

Batsman, 4 fielders on leg side between square leg and midoff standing between two cones (goal) and wicketkeeper. Adjust field for left handed batsman.

Coach bowls (weighted) tennis ball or hard cricket ball for square cut or back foot drive. Batsman attempts to hit ball into goal (10 m) between fielders on offside at distance of 30 m. Player bats for 10 balls losing 5 runs if out caught or run out. Players rotate until every player has batted. Highest score wins.

Group B

Coaching objectives: Playing defensive and attacking shots off front foot with a straight bat.

Review batting basics:

Grip, stance and guard

Coach demonstrates correct grip and stance, taking guard at the crease and importance of playing strokes with a straight bat.

Hitting Straight:

Drill: (15 min)

Groups of 3 (batter, feeder and fielder); each group has an incrediball and 2 cones

Batsman attempts to hit incrediball from drop feed in straight line through a gate (cones ~1m apart) and to the fielder 2-3 m away. Fielder returns ball to feeder. Rotate after three successful hits by each batsman. Move onto holding bat with two hands.

Coaching Points: Role of top and bottom hands, check for grip, stance and coordinated feet and hand movement, correct for hitting across the line, controlled hitting, when to defend and when to attack – judging the length of the ball

Progression: Progress to bobble feed.

Defensive versus attacking strokes off the front foot:

Coach discusses when to play defensive versus attacking shots off front foot.

Coach demonstrates both shots with assistant feeding ball.

Drill: (15 min)

In same groups of 3 players. Feeder aims to pitch ball for defensive versus attacking shots by batsman. Attacking shots played to hit ball through target cones to fielder. Rotate after six attempts.

Coaching Points: Appropriate backswing and follow through, foot to pitch of ball, balance and coordinated movement.

Game: (15 min)

2-3 teams of equal numbers. Holding bat with correct grip and two hands the first player attempts to hit incrediball from bobble feed by feeder through a gate 5m away with a teammate acting as a fielder behind the gate. The fielder returns the ball to next in line; the feeder becomes the next batsman with the next in line becoming the feeder with batsman swapping position with fielder. If ball doesn't pass through gate the fielder returns ball to feeder for another attempt. First team in which all players complete the circuit are the winners.

All Players:

Lords Game (1 or 2 areas depending on numbers) (20-30 min)

19 yard pitch with stumps at each end, coach provides feed for offside shots. Equipment: Incrediball, 2 sets of stumps.

Batting team bat in pairs for 2 overs. Batsman can only score on the offside unless ball pitches outside leg stump then legside shots can score. Batsman can be out bowled, caught or run out. Check for taking guard, correct stance, running technique and calling. Maintain safe distance for fielders.