

Learning to train group

Main theme: Batting

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Aim: Introduction to basic batting skills

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Warm Up                      Agility and strength conditioning                      (10 min)

Coach reminds players of importance of strength and conditioning. Review drills.

On coaches command players carry out the following:

- a. Run throughs
- b. T press-ups
- c. Overhead squats
- d. Superheroes

Batting warm up                      Round the stumps relay                      (15 min)

Four teams of equal numbers, On the word "run" the first player in each team dribbles a cricket ball, hockey style, 19 yards, round the stumps and back to starting line. He passes ball to next player, who must remain behind the line until the returning batsman has crossed it. Continue until last batsman is back over starting line. Winning team is the one whose last player is first over the line.

Batting skills drills

1. Grip, stance and backswing (in pairs)                      (5 min)

2. Forward defensive shot (in pairs), feeder bobble feeds incrediball. Coach checks for correct technique                      (10 min)

3. Front foot drive (in groups of four), drop feeder, mid on and mid off fielders; batter has 6 goes then rotate players. Advance to underarm feed.                      (10 min)

4. Pull shot. Coach demonstrates the pull. Individually players have a go without ball. Coach looks for and coaches on:                      (20 min)

- i. Relaxed, balanced stance, head still, eyes level
- ii. Backswing and back foot steps back and across stumps –chest facing bowler
- iii. Front foot pulled back to establish base
- iv. Shoulder rotate horizontally, bat accelerates, hitting high to low, balance maintained

Game to reinforce pull shot                      (20 min)

Groups of six, divided into 2 batsmen, 2 fielders at midwicket standing between two cones (goal), bowler and wicketkeeper.

Bowler balls tennis to long hop length in line with stumps to reach groin height (coach can be bowler if player has problems bowling correct ball). Batsman attempts to hit ball into goal (10 m) between fielders at midwicket at distance of 30 m. Batsmen attempt one or more runs while fielders field and return ball to wicketkeeper or to bowler at non-strikers end. Batsman can only run if ball is in goal area. Each pair bat for 2 overs losing 5 runs if out caught or run out. Players rotate until every pair has batted. Highest score wins.

Lords Game (1 or 2 areas depending on numbers)

(20 min)

19 yard pitch with stumps at each end, coach provides feed for front foot drive or pull shot.

Batting team bat in pairs for 2 overs.

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

Maintain safe distance for fielders.

Equipment: Tennis ball, 2 sets of stumps.