

Learning to train group

Main theme: Batting - Footwork and Controlled Power Hitting

Aim: Further development of shot selection and attacking shots for two groups of 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 and power hitting with control

Review of Fielding identify areas for improvement (15 min)

1. Diving in the field
2. Duncan's close fielding drill

Review of Batting identify areas for improvement

The Square Cut (20 min)

Coach discusses when and how to play the square cut.

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. (15 min)

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.

The Lofted Drive (20 min)

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

Players hit tennis ball off batting tee placed just short of length aiming to hit straight and high between mid on and mid off.

Coaching points: Foot movement to pitch of ball, opened stance to make room for full swing of bat, bat accelerates and travels in straight line to hit ball with full (open) face of bat, head down at impact, full follow through, stable base and balance.

Progress to hitting bobble feeds of increasing pace.

Advance to hitting ball off tee placed further away from batsman requiring use of feet and steps down wicket (heel cross over) aiming to hit 6 runs.

Progress to hitting bobble feeds of varying pace.

Game to reinforce lofted drive: (15 min)

Groups of 6 players: Batsman, wicketkeeper and fielders at mid off, mid on, long off and long on positioned between two target cones at wide mid off / on and wide long off / on. Coach underarm feeds weighted tennis balls of different lengths for lofted drive. Batsman attempts to hit and land ball between (4 runs) or beyond fielders (6 runs) within target zone without being caught or stumped (-5 runs). Each batsman has 6 balls, then rotate. Highest score wins

Group B

Coaching objectives: Playing attacking shots around the wicket.

Review batting basics: (Coach to review and demonstrate grip and stance, forward defensive and attacking shots)

1. Front foot drive (20 min).

In groups of four, drop feeder, mid on and mid off fielders; batter has 6 goes then rotate players. Coach checks for correct technique. Head in line and down, foot to pitch of ball, chin-knee-toe alignment – figure 9 with arms and body, angled bat, stopping ball with bat – follow through, balanced stance

Advance to underarm feed.

Progression: Mixed feed for correct shot selection

2. Pull shot. (20 min)

Coach discusses when and how to play the pull shot. Individually players have a go without ball.

Coach looks for and coaches on:

- 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-seven, divided into 2 batsmen, 4 fielders at midwicket standing between two cones (goal) and wicketkeeper. Adjust field for left handed batsman.

Coach bowls (weighted) tennis ball to long hop length in line with stumps to reach groin height. 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 coach 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) (20-30 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.