

Learning to train and training to train groups

Main theme: Running between the wickets.

Aim. To improve batters communication and running between the wickets

Warm up Dynamic stretches and ladder run (15 min)

Serious of dynamic stretches and ladder drills concentrating on running style and fitness

Relays (15 min)

Have a relay race over a normal wickets length. Each player must have a cricket bat (and other equipment if possible). All players must run a three. If a player does not slide his bat into his ground he must go to the back to run again.

The first team to complete their runs win.

Running Between the wickets (20 min)

Each player has a bat and stands along a line of pitch markers as a non-striker would. On coach command players run to another line of pitch markers approx 19 yards away. Look for the following technical issues:-

Sliding the bat / holding the bat when running / holding the bat in the correct hand when waiting to run

Progress the drill by calling a number of runs to complete such a 2, or 1, and tell them where the ball has been hit and look for players turning blind.

Progress the drill by splitting the players into pairs and add calling to the drill. Coach demonstrates correct calling.

Game to reinforce the drill

Running between the wickets games (30 min)

Depending on numbers divide players into 4 teams and run 2 games that focus on running between the wickets techniques.

Rules as follows:-

- 6 over's per team coach to keep score
- Batting in pairs
- Players bowl and field

Batsman can be out in the usual way plus the following:-

- Not calling correctly / no call
- Turning blind
- Not sliding bat

Continuous cricket**(40 min)**

Adjust normal format to improve run judgement.

Setup a practice game with pairs of batters. Everyone else fields as normal.

Each batting pair gets 2 overs, then swap pairs.

A batter must run from every ball they hit.

A batter is out if he does not call clearly.

If a batter is out they lose 4 runs and change ends.

Whichever pair has the most runs wins.

To simplify, forget about batsmen playing shots and instead have the coach roll the ball into the outfield from the strikers end and the batsmen call as they would in the game.

Alternatively, make it a quick single only game - not allowing shots that pass the inner ring of fielders (the ball goes dead).

As another alternative, set up the game to practice a single shot (pull, forward defensive, etc) and the batters still have to run every time the ball is hit.