

Learning to train group

Main Theme: Batting – Shot Selection

Aim: To acquire and develop decision making skills and to improve shot selection

Warm Up

(10 min)

Dynamic Stretches

Arm circles, open and close, wrist circles, leg swings front+rear, walk on toes, hump and slump, lying twist

Pulse Raising

Squat jumps, lateral jumps, depth jumps, jog one toes, jog straight legs, short sprints-quick turns

Batting Warm Up: Batsman Running

(20 min)

Two teams of equal numbers line up in single file behind wicket. On command first player sprints 19-21 yards, touches down behind popping crease and returns down pitch. As soon as bat has been run over line next batsman goes.

Technique: Correct running stance, low running style, bat held out in front of body, sliding bat into crease, change of hands to face the ball and incoming throw.

Progression. Introduce ball that must be hit hockey style.

Equipment. Stumps (x2), bats for each player, sponge ball (x2).

Batting Drills (two groups)

1. Line Batting

(20 min)

Balls (tennis balls) are served by coach into channels (marked by tape or discs) marked out in front of wicket for batters to select and apply different front foot shots according to line. Position fielders at ~5m distance in hitting zones marked by cones on leg and off side and at mid off/on. Rotate fielders and batsman after 5 balls. Batsman uses blue plastic bat.

Technique: Correct stance, head level, foot movement forward/backwards to align head with ball, dipping front shoulder and vertical rotation through line of ball, head over ball at point of contact.

Progression. Vary pace and line of serve, vary size of hitting zones.

Equipment. Stumps (x1), 5 tennis balls, 10-15 cones. Kwik cricket blue plastic bat (x2).

2. Length Batting

(20 min)

Balls (tennis balls) are served by coach before or ahead of a tape/disc line parallel to batting crease to encourage batters (using plastic bat) to decide to play forward or back. Award points for correct shots. Position fielders at ~5m distance in hitting zones marked by cones on leg and off side and at mid off/on. Rotate batsman with fielders after 5 balls.

Technique: Correct stance, head level, foot movement to align head with ball, dipping front shoulder and vertical rotation through line of ball, figure 9 shape with arms, high front elbow on completion.

Progression. Vary line and pace of serve, vary size of target zones.

Equipment. Stumps (x1), 5 tennis balls, 8-10 cones, Kwik cricket blue plastic bat (x2)

Game to reinforce drills (groups of 6-8)

Hitting to Space

(25 min)

Fielders positioned in numbered areas marked by cones positioned ~5m from wicket at point and cover on offside, at square leg and mid wicket on leg side and, at mid on and mid off. Once batsman has hit (using plastic bat) underarm serve (tennis ball) he runs to opposite wicket (distance depends on space available) and coach shouts a fielders number who then retrieves the ball and throws it back to the fielder who is the next number (e.g. if fielder 2 retrieves ball he throws it to fielder 3). Batsman scores as many runs as possible until the appropriate fielder catches the ball. Rotate batsman with fielders after 5 balls. Batsman cannot run if he hits ball directly to a fielder.

Progression. Increase/decrease fielding areas, use bigger (sponge) ball, use different serves.

Technique. Use of feet to manoeuvre ball into the gaps, foot movement forward/backwards to align head with ball, dipping front shoulder and vertical rotation through line of ball, head over ball at point of contact keeping ball on ground and using momentum for running between wickets.

Equipment. Stumps (x2), 20-25 cones, 5 tennis balls, Kwik cricket blue plastic bat (x2)

Practice Wrap Up

(5-10 min)

What has been learnt?

How do you decide which shot to play?

What must you do and in what order in order to play the selected shot?

Continuous Cricket

(20-25 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.