

Learning to train and training to train group

Main theme: Bowling – Fitness and Core Conditioning

Aim: To increase fitness and awareness of the need to maintain fitness levels

Warm Up (15 min)

Gentle jog, static stretches

Core Conditioning (5-10 min each)

Eight exercises carried out in pairs rotating between exercises.

30 m sprint and jog back in between exercise.

1. Ankles and legs: Speed skipping

Two foot, one foot, jogging

2. Trunk and arms: T-press ups

From conventional press up to T-presses, straight back and stack feet holding on each side for 30s.

3. Balance and Agility: Ladders

On one leg through ladder turning 90° between each rung. Increase difficulty by touching toes with hand.

4. Arms and back: Swiss Ball

Feet together raise ball over head and bounce once to partner with arms following through with ball.

5. Stomach and sides: Sit-ups

Sat on ground with knees bent and shoulder off ground. Hold football in both hands and move from side to side

6. Thighs and legs: Squats

Arms crossed or using stretch band do knee squats. Advance to overhead squats. Hold position for 30s

7. Trunk: Superheroes

Opposite arm and leg then both together keeping head down. Slow repetitions hold for 30s.

8. Follow through

Bowler balls ball slow over-arm to opposite stump to partner to field. Bowler runs to cone offset from stumps midway between the two, touches it, runs back to starting position. Fiedler throws ball to bowler who then returns it for partner to bowl. Repeat cycle.

Review session so far. Ask why?

Target bowling: (45 min)

Coaching objective: Consolidate fundamentals of bowling and the importance of line and length and varying pace.

Stock Delivery

Every player has a weighted tennis ball or cricket ball.

Divide into groups of 3; bowler, wicket keeper, observer/scorer.

Groups on field in marked out lanes of 21 yards. Player bowls 4 balls aiming at a target area just short of length marked out with cones (3 rows of 6). Players rotate around the three positions with Observer keeping score.

Stop after one round identify most accurate bowler and offer coaching points.

Bowling at the Death:

Introduce yorker length target area (four cones) and repeat sequence.

Stop and assess after each player has bowled; identify highest scoring bowler

Mixing it up:

Repeat but with Observer indicating to bowler the length of ball to ball (raised left hand= full length; right arm raised =Yorker length)

Bowling the slower ball:

Demonstrate the grip options. Let players experiment in same groups and format as before.

Stop, discuss and assess.

Game for all players:

Lords Game (20-30 min)

21 yard pitch with stumps at each end.

Batting team bat in pairs for 2 overs.

Fielders rotate around field to bowl at least one over per innings each (2 each if time permits)

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

Maintain safe distance for fielders.

Equipment: Incrediball, 2 sets of stumps.az`