

Learning to train group

Main theme: Fielding – Movement and Balance

Aim: To improve balance and coordination

Warm Up

(10 min)

Strides – stride forward bending both knees at same time raise clasped hands above head x5 forward/backward

Heel stand – stride forward with front straight leg & heel only touching ground reach with both hands to below knee...x5

Hurdle strides – exaggerated high and straight leg ..x5 forward/backward

Squats – feet apart squat with upper leg parallel to ground ..x10 arms across chest, x10 arms out in front

Skipping strides – high knee and across swing arms x5 forward/backward

Sideways skip – lifting and lowering arms ...x10 in each direction

All fours – on hands and toes run forward/backwards...x10 each direction

Heel taps – jog across hall touching heel with right/left hand

Movement and Balance Skills

4 Pod Drill

(15 min)

Four coloured cones mark out diamond. One player in centre of each diamond. Staged movement drills.

Side-to-side. On toes, heels raised moving around cones as coach calls numbers. When coach calls change another player swaps with one in diamond

Cross over. Leg in front across

Leg behind.

Progress. Mix up technique with coach calling base number or colours for movement.

Introduce ball –coach calls base number/colour partner underarm throws ball to player as they return to centre of diamond. Progress to decreasing time in centre before catching ball, throw ball at different height.

Technique: On toes, balanced using arms, alignment of legs and hips. Working towards automatic, smooth, efficient and economical movement

One Foot In

(15 min)

Players in four groups using row of 9-10 cones.

Butterfly Wings: Players touch top of cones with alternating left and right toes moving down the line of cones. Second player in line starts after first player moves beyond four cones. Weight of toe touch should be light.

Over. When coach calls “over” player moves to opposite side of row of cones while one toe on cone.

Change. Coach calls “direction” players move along cone line in opposite direction.

Plus Ball. One player moves along line of cones while attempting to catch ball thrown by partner.

Challenge. Player uses all skills learnt to move around 9 cones within an area of ~arms width. Player moves around bases using wide range of feet movement.

Tape/Disc Drills

(20 min)

Working the line. Players face a line of tape or discs and advancing down the line bounce toes on either side of tape/disc without touching them.

Technique: Eye line upright, push off with outside leg, one heel up one heel down, range of movement through feet. Players should stay on their toes throughout.

The Ali shuffle. Facing tape/discs players use alternate feet and toes to touch the ground over the tape or discs while moving down the line.

Progress:

Change direction.

In pairs. Players then work in pairs –side-by side on Ali Shuffle and facing each other on working the line drill. One player in each pair calls for change in direction – aim is for pairs to remain together.

Introduce ball. For walking the line third player throws ball to one of players moving down the line. Change height and speed of ball.

Reinforcing the drills

(40 min)

1. Goalkeeping

Players in each group take it in turn to field a tennis ball between two cones (goal) hit by coach with tennis racket. Ball can be hit up for a catch or bounced for fielding.

Progress. Hitter moves further back increasing pace of delivery. Change to incrediball, which is thrown to skim the ground to be fielded at different angles.

Technique: Advancing to ball, anticipating direction, reacting to hit ball, head in line with ball.

2. Slip Catching

Use slip catching cradle or the catching ramp to work on reactions of players to catching fast moving ball at close distances. As players improve the advance closer to the ramp or cradle. For ramp catching a coach should feed the ball.

3. Reaction Catching

(10 min)

Players form lines of 4 facing coach who hits tennis balls to players in front line to catch. If players miss or drop ball they move to back line with second line moving forward. After set time players in front line win the competition.

Continuous Cricket

(20 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.