

Warm Up Games

Catching Cross

Set out 4 pitch markers in a cross shape approx 15 metres apart. Position an equal number of players on each marker. Using two tennis or incrediball balls opposite players throw an under arm catch to each other then throw the ball to the players at the station to their left then run to the end of the line of players. Repeat. Key skills are catching, co-ordination and concentration. Progress by adding two more balls, and the players run to the second and third bases.

Multiball Circle

Set out a large circle of pitch markers. Place all players on the outside of the circle facing inwards. Distribute 4 rugby balls at various points around the circle. Players then begin to pass the balls to each other around the circle in clockwise direction. Add other size balls such as tennis balls, incrediballs and footballs. If a player drops a ball they have to run around the circle back to there position. Progress by getting players to kneel down and then lay down.

Dynamic stretches and ladder run

Serious of dynamic stretches and ladder drills concentrating on running style and fitness (see separate Ladder Drills file).

Fielding Squares

Warm up squares; place an equal number of players on each corner of the square and using 2 balls players roll the ball across the corner to the next player. Progress to a catch and speed the drill up.

Follow the leader /coach warm up

Coach leads the players who follows behind, jog, side to side, zig zag, hop, skip, jump, sprint,

Divide players into pairs with a ball between them. Play a Simon says game. Coach calls a body part i.e. head, toes, knees and player moves his hands to the part called and when ball is called first player to collect the ball wins. Increase the speed of this drill.

Shuttle run ball pick up

Divide players into teams of 4-6 (depending on numbers) give each team a name. Set out a line of 4-6 pitch markers each with a tennis ball placed on it, numbers of pitch markers must correspond with the number of players in the team.

Players in turn run and collect a ball (player 1 to the furthest marker and so on) and return to the back of the line, once all players have collect a ball player 1 returns his ball to the first marker and runs back. Winning team is the first one to complete the drill. Losing teams have to complete 5 press ups or something similar.

Circle chase

Position all players around the circle each with a tennis ball. Players jog around the circle throwing themselves a two handed catch. Coach give three further instruction's

1. Change direction,
2. Put your ball on floor and pick up ball in front,
3. Throw your ball in the air and catch the ball in front.

Using the same circle complete a Multiball fun warm up using rugby, tennis, incrediballs and basket balls.

Traffic Lights

Players line up in one of three lines, initially jogging on spot.

They must react to commands as soon as possible.

Commands include:

- "Swap" – swap places with team mate in same line
- "Check" – turn 180 degrees
- "Floor"- touch the ground
- "Star"- jump
- "Squat" – and jump
- "Change" move from one line to another based on colour or name -cricket teams, playing cards

Stump to stump

Set up 2 stumps approx 20 yards apart, position a group of players at each stump with a pitch marker place at half distance.

Using an incrediball get the first player to run to the far stump and pass the ball to the player waiting at the stump, repeat this until all players have changed ends.

Progression:

Player with ball runs to middle marker and throws ball to player at stump, repeat in other direction.

Player without the ball runs to the middle marker and takes a catch from the player on the other stump then turns and throws the ball back from to the next player in the line, player at other end runs to the middle marker and repeats the drill.

Round the stumps relay

Four teams of equal numbers, On the word "run" the first player in each team dribbles a cricket ball, hockey style, 19 yards, round the stumps and back to starting line. He passes ball to next player, who must remain behind the line until the returning batsman has crossed it. Continue until last batsman is back over starting line. Winning team is the one whose last player is first over the line.

Single stump target!

As players arrive put them into one of two teams at either end of hall, cones mark out a boundary line beyond which player must not advance up the hall. Coach throws in 2-4 tennis balls which teams use to knock a ball (or bail) off the top of a single stump in the middle of the hall equidistant from each end. Team with most hits by the time the coach calls players in to start main session are winners.

Hand Hockey

Two teams play within a rectangle marked with cones with single stump at opposite ends. Each team aims to hit stump by passing incrediball to teammates until close enough to aim at stump, players cannot run with ball. Drop or missed catch results in hand over to other team.

Progression: Change ball to hard cricket ball; pass ball along ground, field ball using long barrier, bounce ball before catching etc.

Fast feet ladders

Set up two drills with half the group on each. Need one agility ladder for each group.

Drill 1: Coach feeds ball from stump after player has reached the end of the ladders players retrieved the ball and throws into the stumps then returns to the end of the line.

Drill 2: Coach feeds ball from stump after player has reached the end of the ladders players intercept the ball picks up one handed and underarm throws the ball to the coach ball who then feeds a high catch over the players head, ball is then thrown back to the coach and player returns to the end of the line.

Dynamic Stretches

- 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

Pulse Raising

- Squat jumps
- Lateral jumps
- Depth jumps
- Jog one toes
- Jog straight legs
- Short sprints-quick turns

Coordination and agility warm up

Dodge Ball. Equipment - cones for boundary area and 4 footballs

Two teams face each other across the hall using cones to mark out boundary areas.

Start with one football for each side. Anyone hit sits out.

Progression: Increase number and or type of ball used. Reduce size of boundary areas.

Bowling agility and strength conditioning

Coach explains purpose and importance of the drills for bowling

All players do exercises together (2-3 min each)

- **Run throughs**_Players run at 2/3 maximum speed over distance of 20 m then jog back. Check for correct running stance. Repeat after correcting stance.
- **T press-ups**_Players do 3 on each side.
- **Sumo squats**_(groin stretches)_Players squat with hands on knees feet wide apart. Lean left, straightening right leg. Lean right, straightening left leg. Repeat each side 5 times. Walk forward 5 metres in stance.
- **Overhead squats** Knee squats with arms raised or crossed in front of chest, butt-kiss the ground!
- **Superheroes** Players lay on stomach and raise opposite leg and arm off ground together then alternate with other arm and leg. Follow with run through.
- **Static stretches** focusing on upper body.