

East Lancashire Club

Under 13's Club Coaching Plan

13's



Introduction: East Lancashire Club bases its coaching programme on the extensive advice produced by Warwickshire Cricket Board. The Warwickshire Cricket Board has produced an 18-week coaching plan for clubs to help deliver high quality coaching to children across the county. The plan features 6 winter sessions and 12 summer sessions to replicate the approximate period of time spent coaching children at your club each year. This equates to 18 hours coaching time. The following explanation is taken from this plan:

The aim of the plan is for children in the under 13 age group to enjoy participating in cricket through fun and engaging sessions, with a focus on developing technical and tactical play across all skills within the game.

At under 13's level, the majority of players have had experience of hard ball cricket for at least two seasons and therefore are experienced with the basics of the game. This plan specifically targets developing tactical and technical components of the game, to challenge the players to improve further and prepare for the demands of a faster-paced game at under 13, where players are now stronger and able to bowl strike and throw quicker. The tactical components of the plan explore all three disciplines of the game and include changing the lengths that are bowled, how to bat in situations, playing spin and allowing opportunities for all players to experience captaincy.

WINTER session 1	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Partner Chase – ‘Pop and Go’	Cones	Players work in pairs. The partner in front is looking to run away and not get caught by the partner behind. Chasing partner is just behind at start point.	Both players lie down on the floor, chest downwards and when the coach calls ‘go’, both players must get up as quickly as possible and attempt to either catch or run away. No player is allowed to move before the command of ‘go’.	Differing starting positions: Lie on back. One knee Back to back. 5 press ups before go.	5 mins	
Activity 1: Front Foot Drive	Indoor Nets Cricket Balls Cones Stumps	Teams of 2/3 work together on improving front foot drive technique. Groups take half a lane each and always hit away from the group in the same net. Feeder has a cone 5- 10m from bat.	Player to react to the bobble feed, which will bounce 2/3 times before connection with the bat. Player will look to hit through the line of the ball and establish a strong base to hit from. After 6 balls, the players rotate. Full cricket gear worn for safety.	Advance to throw down (overarm, 1 bounce). Use cones as ‘goals’ to aim for when driving the ball. Variable feeds. Introduce back foot play (decision).	15 mins	Enhanced Technical Batting D’ment 1,2,3 Page 1
Activity 2: Lords Game (Advanced)	Mat (nets) Incredi balls Cones Stumps	Stumps set up at batting end only. 2 ‘goals’ one behind the other as a target for the batters to strike the ball through. Coned ‘pavilion’ for the batsmen awaiting their turn. Coach has 5 balls ready and feeds overarm throw downs.	Each player has 5 attempts to drive the ball through the ‘goals’. These are fed via drop feeds from the coach and 1-2 bounces before connection. 5 runs awarded for the first goal and 10 for the furthest goal. 2 innings per team. If a there is a wicket, continue batting.	Increase/decrease size of the zones. Rewards for fielding team (i.e catch = 5 runs). Variable feeds, incorporate back foot play.	15 mins	Basic Practices Batting Page 1 Lords Game Front foot drive
Activity 3: Run a Ball	Mat (nets) Incredi balls Cones Stumps	Players split into pairs and bat together in sequence.	Batting pair start with 24 batting points, each run scored. Dot ball: minus 2 runs Wicket: minus 5 runs. Plus 2 and 5 for bowlers. Bowling pair start with 24 bowling points, bowlers to minus each run scored by batters from their total All pairs to experience batting/bowling/fielding roles (each bowling pair bowls 12 balls).	Include ‘goals’ for the drive. Bonus 2 runs scored for batting pair. Maiden over rewarded.	25 mins	Enhanced Practices Page 1

WINTER session 2	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: 2 Ends Fielding	Stumps Cricket Balls Catching Mit Cones Fielding Bat	Players divide into 3 groups and have a station each as a starting point. Coach start with the ball and feed a skim catch to Group 1, one bounce throw to group 2, throw at stumps, group 3 return to keeper.	Players to follow their throw and continue to move around the fielding circuit.	Variation of coach feed at the start of each rotation (high, close catches for variation). Increase/decrease distance between stations. How many catches? Stump Hits? In a timed period.	10 mins	Enhanced Practices Fielding
Activity 1: Close Catching	Cones Katchet Boards Cricket Bats Cricket Balls	Players work in pairs and have a cone each, opposite each other approximately 5m apart. Each pair has a cricket ball.	Take close catches for a quick warm up, to ensure technique is consistent and the ball is caught. Aim to progress this activity quickly to more challenging practices.	If there are Katchet boards available, use them to throw the ball onto and create variable stimuli for the catcher to deal with. Can also use a cricket bat and ball to throw the ball onto the bat to vary the throw further. Competitions with partner.	15 mins	Enhanced Technical Fielding D'ment 1,2,3 Page 1
Activity 2: Skim Catching	Cricket balls Cones	Still working in pairs with the cones 5-10m apart.	Players to overarm throw the ball to chest height and a skim catch is taken. Ensure players understand the change of technique.	Additional cones to the side of the central cone, throw to vary between any of the 3 areas, so player has to adjust and react as well as moving into catching position. Increase pace of throw to replicate match situation.	15 mins	Enhanced Technical Fielding D'ment 1,2,3 Page 1
Activity 3: 4 Skill Fielder Challenge	Stumps Cricket Balls Catching Mit Cones Fielding Bat	Players divide into 3 groups and have a station each as a starting point. Group 1 receive a skim catch from the coach, then throw the ball of a Katchet board to Group 2, who throws over arm at a single stump. Group 3 back up and return to keeper.	Players to follow their throw and continue to move around the fielding circuit.	Add new stations. Increase/decrease distance between stations. Variable feed from coach, high, low, pace.	20 mins	Enhances Practices Fielding Page 1

WINTER session 3	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Keep Ball	Cones Cricket Balls Bibs	Groups of 4/5 work in a small coned area, Players number themselves 1-4/5 1 player wears the bib and is the defender.	Aim is for the team to keep the ball away from the defender for as long as possible. Once the defender regains possession, or the ball hits the floor, or is out of play, the next player in sequence defends.	More defenders at once, Smaller/larger area. More than 1 ball. Bounce passes/roll on the floor.	10 mins	Enhanced Physical Warm Ups Page 1
Activity 1: Bowling Technique – Full Action (Alignment)	Indoor Nets Cricket Balls Stumps Cones Poles	Players divided into 4 nets. Pathway of cones set up to ensure straight run up and poles used to keep bowler aligned throughout delivery.	Bowlers bowl 6 balls each before collection, looking to bowl a good length, marked out by a coned 'box'.	Decrease size of box. Add/take away poles based on progress. Encourage a follow through that promotes full use of energy in run up and through the crease,	15 mins	Enhanced Technical Bowling D'ment 1,2,3 Page 1
Activity 2: Bowling – Target Practice	Indoor Nets Cricket Balls Stumps Cones Poles Foam Target	The groups now represent teams and must work together to accumulate as many points as they can.	Points are scored as follows: 1 point for landing the ball inside the box, 2 points for missing the stumps but hitting the box. 3 points if both are achieved.	Decrease/Increase size of box. Take away poles and cones for alignment to test player's ability to maintain alignment in without aids. Add a target to off stump, bonus 3 points for hitting the foam target.	15 mins	Enhanced Technical Bowling D'ment 1,2,3 Page 1
Activity 3: Test Match Bowling	Indoor Nets Cricket Balls Stumps Cones Poles Foam Target	The groups now represent teams and must work together to accumulate as many points as they can.	There are now multiple areas for the bowlers to hit. New 'boxes' for short ball and Yorker now included and bowlers can achieve further points for successfully landing the ball in the target areas. Short Ball – 2 points Yorker 2 points (plus 3 if ball hits the stumps).	Remove the equipment and introduce a batsman. Use of points can still be used however, as a battle between bat and ball. For example, a dot ball or wicket, bowler rewarded. A well- executed shot and the batsman is rewarded	20 mins	Enhanced Practices Bowling Page 1

WINTER session 4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>All Around Catching</p>	Cones Cricket Balls	<p>Players are in pairs.</p> <p>Pairs are 5m apart and there are 2 lines of partners along the playing area, with the central players 'back to back'</p> <p>Each pair has a tennis ball.</p>	<p>Each pair must complete as many close catches as possible.</p> <p>When the coach calls 'inside change', the 2 players on the inside of the catching area, must swap partners and continue catching. 'Outside change' is where the 2 players on the outside of the area swap.</p>	<p>'Ball change'. Where you must swap balls with any other pair as quickly as you can. 'Team change'. The outside players must find a new partner to work with.</p> <p>Continue to mix up the commands. Use incredi-balls. Body movements between changes.</p>	5 mins	<p>Basic Physical Warm Up Catching Relay.</p> <p>Use catching relay video for understanding, this game is a progression.</p>
<p>Activity 1:</p> <p>Cut Shot Technique</p>	Indoor Nets Cricket Balls Cones Stumps	<p>Teams of 2/3 work together on improving front cut shot technique.</p> <p>Groups take half a lane each and always hit away from the group in the same net.</p> <p>Feeder has a cone 5- 10m from bat.</p>	<p>Player to react to the underarm feed, which will not bounce.</p> <p>Player will look to hit through the line of the ball and establish a strong base to hit from.</p> <p>After 6 balls, the players rotate. Full cricket gear worn for safety.</p>	<p>Advance to throw down (overarm, 1 bounce).</p> <p>Use cones as 'goals' to aim for when driving the ball.</p> <p>Variable feeds. Introduce back foot play (decision).</p> <p>Player to start in base position after foot movement.</p>	10 mins	Enhanced Technical Batting D'ment 1,2,3 Page 1
<p>Activity 1:</p> <p>Pull Shot Technique</p>	Indoor Nets Cricket Balls Cones Stumps	<p>Stumps set up at batting end only. 2 'goals' one behind the other as a target for the batters to strike the ball through.</p> <p>Coned 'pavilion' for the batsmen awaiting their turn.</p> <p>Coach has 5 balls ready and feeds overarm throw downs.</p>	<p>Player to react to the underarm feed, which will not bounce.</p> <p>Player will look to hit through the line of the ball and establish a strong base to hit from.</p> <p>After 6 balls, the players rotate. Full cricket gear worn for safety.</p>	<p>Advance to throw down (overarm, 1 bounce).</p> <p>Use cones as 'goals' to aim for when driving the ball.</p> <p>Variable feeds, incorporate back foot play.</p> <p>Player to start in base position after foot movement.</p>	10 mins	Enhanced Technical Batting D'ment 1,2,3 Page 1
<p>Activity 3:</p> <p>Hit the Gaps (Nets)</p>	Indoor Nets Cricket Balls Cones Stumps	<p>Net sessions, players split into the nets so that there are 4/5 players per lane.</p> <p>Coned 'goals' set up in various fielding positions around the net. Straight, covers, point, mid-wicket and square leg. Cover and straight marked yellow and remainder, blue.</p>	<p>Batters score points for scoring 'goals' through the zones. 10 points for blue 'goals' and 20 points for yellow 'goals'.</p> <p>Bowlers can also score points. 10 points for play and miss. 10 points for hitting the pad. 20 points for a wicket.</p> <p>Combined total will formed and winner will reflect performance in both disciplines.</p>	<p>Increase/decrease size of the 'goals'.</p> <p>5 bonus runs for well executed cut and pull shots.</p> <p>Adjust position of 'goals' – therefore adjustments in shot played will also be a factor.</p>	35 mins	Enhanced Practices Page 1

WINTER session 5	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>4 Pod Drill</p>	Cones Incredi-balls	<p>Each pair has 4 cones, each representing a different colour.</p> <p>The cones are set out in a diamond shape (1-2m to each cone) and the player starts in the middle of the diamond.</p>	<p>Player are moving in a lateral direction, firstly to the cone in front of them, then back to the middle, before moving to the cone to the right, behind and left, returning to the centre point every time.</p> <p>Players take turns to complete the task.</p>	<p>The partner who is not active becomes an instructor and can call out any colour, to which the player has to respond and return to the middle.</p> <p>Addition of a ball, every time a player returns to the centre, a catch is taken. Progress to hard ball.</p>	5 mins	Basic Physical Fast Page 1
<p>Activity 1:</p> <p>Fielding - Diving</p>	Cones Cricket Balls	<p>2 cones are approximately 10m apart from each other, with a cricket ball on top.</p> <p>Players work in threes. One player is the active fielder, one player collects the balls and replaces onto the cones and the other acts as the keeper.</p>	<p>Player starts by walking in to the centre of the cones before listening for a call from the keeper, which will be a colour (ensure cones are different colours). The player then has to dive to the ball, pick it up and throw it back to the keeper as quickly as possible.</p> <p>3 attempts each before rotating positions.</p>	<p>Increase/decrease distance between cones (longer/shorter dive). Moving ball.</p> <p>non-active players each have a ball and set up to roll the ball, but only one of them lets go of the ball. Tests reactions and agility to get to the ball.</p> <p>Advance to ball coming off the bat. Game specific variables.</p>	10 mins	Enhanced Technical Fielding D'ment 1,2,3 Page 1
<p>Activity 2:</p> <p>Retrieve and Throw Drill</p>	Stumps Cones Cricket Balls	<p>Players split into groups of 4/5 and each have their own station to work on.</p> <p>One set of stumps in play per group.</p>	<p>The 3 active fielders all have a cone, 10-15m apart from the player next to them.</p> <p>The non-active player acts as the keeper and feeds the ball out. All active players walk in and the nearest player will attack the ball whilst the others 'back up'. The ball is returned overarm to the keeper, who will swap places on every 3 attempts.</p>	<p>Vary pace, width and distance of throws to encourage the diving technique in the previous activity. Encourage communication within fielders.</p> <p>Competition between group. Points for good technique in all aspects of the game (pick up, throw, dive).</p>	15 mins	Enhanced Practices Fielding D'ment 2,3 Page 1
<p>Activity 3:</p> <p>Indoor Cricket</p>	Stumps Incredi-ball Bats	<p>2 teams of equal amount. Batters in pairs face 2 overs each.</p>	<p>Standard indoor cricket rules:</p> <p>Scoring: 1 point – hitting the side wall or wall behind the keeper. 2 points – completing a run between the wickets. 4 points – hitting the back wall with ball contacting the floor. 6 points – hitting the back wall in the air. -5 points – loss of a wicket.</p>	<p>Introduce 'goals' for bonus runs. Switch 4 and 6, sow more reward for a shot along the floor.</p> <p>Powerplay overs: Batting, double runs and bowling: 2 sets of stumps to aim for.</p>	30 mins	Enhanced Practices Page 1

WINTER session 6	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Hand Hockey	4 stumps Tennis Balls Cones Bibs	2 pitches, 4 teams. Pitch 20m long approximately. Coned area around the stumps.	Teams are attacking opposite ends of the pitch. Players must move the ball round their team by throwing and catching. At any point, players can throw at the target to score a point for their team. If the ball touches the floor, possession is given to the opposing team.	5 catches before a throw at goal. Cannot throw the ball back to the same person who threw it to you. One handed only. Ball rolled along the floor for fielding based game	5 mins	Basic Physical Page 1
Activity 1: Bowling – Wrist Position Drill	Cricket Balls Electrical Tape Cones	Players in pairs focus on their wrist position when bowling to improve ability to swing/seam/spin the ball. Opposite each other, 5m.	Players start by holding ball in their grip, and plan placing their non-bowling hand on the wrist joint of the bowling hand. Wrist up to shoulder height and then a smooth 'flick' and attempt to keep the seam upright.	Progress to holding elbow, freeing the movement of the wrist. Progress to gentle action of overarm bowling. Electrical tape will give an indication of how upright the seam position is,	10 mins	Enhanced Technical Bowling D'ment 1 Seam Bowling Page 2
Activity 2: Bouncer, Length, Yorker	Indoor Nets Cricket Balls Cones Stumps	4 lanes of bowlers, all with 3 differing target areas (marked with a box of cones). Bouncer (short) Length (good) and Yorker. Players take it in turns within their lane to score as many points as possible,	The game works as a mental challenge as the delivery that is to be bowled is only known to the bowler just before the jump and bound. It is the job of the previous bowler to let the next player know what type of ball is to be bowled. Each successful area hit, is 5 points.	Delay the information even further, challenging the bowler's ability to react to stimuli faced in a game. Smaller target areas. Bonus 5 points for hitting stumps with good or Yorker length.	20 mins	Enhanced Practices Bowling Page
Activity 3: 'Make the Batter Play'	Stumps Cones Incredi-ball Indoor Mat Bats	Stumps set up at either end of the pitch. Fielders have a cone to which they walk in from and field the ball.	Batters are instructed to defend the ball they deem to be 'good' and leave alone balls that are off target (stumps). Batters score a point for a leave. Bowlers score a point for defensive shot. Each player receives 12 balls.	Provide batters the freedom to play attacking shots and score runs (include a boundary etc) and also a partner to also incorporate fielding, Full pairs game,	25 mins	Enhanced Practices Page 1

SUMMER session1	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: 2 Ends Fielding	Stumps Cricket Balls Catching Mit Cones Fielding Bat	Players divide into 3 groups and have a station each as a starting point.	Coach start with the ball and feed a skim catch to Group 1, one bounce throw to group 2, throw at stumps, group 3 return to keeper. Players to follow their throw and continue to move around the fielding circuit.	Variation of coach feed at the start of each rotation (high, close catches for variation). Increase/decrease distance between stations. How many catches? Stump Hits? In a timed period.	10 mins	Enhanced Practices Fielding
Activity 1: Sweep Shot Technique	Cones Bats Tennis balls. Batting Gloves	Players in groups of 3. Each group has a station, with one set of stumps, a bat and a cone to signify where the feeder should stand. 3 rd player acts as the fielder. Ensure all groups are hitting in the same direction for safety.	Players attempt 3 sweep shots with feeds coming at waist height without a bounce. After 3 attempts, the feeder becomes the batter, batter becomes the fielder and the fielder becomes the feeder. Aim is for the batter to cleanly strike the ball through the leg side. Introduce fundamental technical points to help players improve.	Scoring points for success of shot. 10 points through your goal, 5 points for either side or 2 points if the ball is in the air. 0 points for anything else.	10 mins	Enhanced Technical Batting Page 3 Sweep Shot Dev'ment practices.
Activity 2: Sweep Shot 'Progression'	Cones Bats Tennis balls. Batting Gloves	Players in groups of 3. Each group has a station, with one set of stumps, a bat and a cone to signify where the feeder should stand. 3 rd player acts as the fielder. Ensure all groups are hitting in the same direction for safety.	Bobble feeds, (2-3 bounces) will be delivered to the batters. They now have to react to the pace and line of the ball. Progress to underarm feeds, 1 bounce.	Attempt slog sweep and reverse sweep in similar format. Place drills into a lord's game format and allow the batters a shot selection in terms of gaps for sweep or considering the progression including all 3 sweep shots.	10 mins	Enhanced Technical Batting Page 3 Sweep Shot Dev'ment practices.
Activity 3: Scoring Against Spin	Cones Cricket Balls Stumps Full batting kit.	Pairs game format set up, with a boundary and stumps 21 yards apart to match league regulations. Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls). Wicket keeper in play. Game designed to test tactical awareness in all aspects of the game. All bowlers must bowl spin.	Each batting pair has 4 overs batting time (simulating middle overs of a game) in which they use tactics to play against spin. Runs are scored as normal rules, however a 'goal' is positioned for a sweep shot and a bonus 5 runs are scored for each 'goal' plus runs scored. Start on 200, lose 5 runs for a wicket. Use questioning to understand thought processes.	'Inner ring set up to signify that 2 runs must be attempted if the ball passes that area. Increase number of 'goals' in play to expand player's tactics. Elect a captain within fielders for each pair. Adapt game for last 4 overs of an innings, boundary scoring options for batsmen.	30-60 mins	Enhanced Tactical

SUMMER session2	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Random Catch Feed</p>	Cricket balls Cones	<p>Players divided into pairs and each pair use 5 cricket balls.</p> <p>Cones separated 5m apart from feeder to catcher.</p> <p>2 further cones placed 2m either side of catcher.</p>	<p>The feeder will throw all 5 balls in quick succession to the catcher. The next ball will be thrown once the previous ball has been caught. The catcher will drop the ball on the floor in front of him before being ready for the next catch.</p> <p>Feeds are to be varied in pace, width and height (game specific).</p>	<p>Decrease distance between players to decrease reaction time.</p> <p>Move the cones to the side further apart to increase the 'catching area' and therefore the difficulty of the throw.</p>	5-10 mins	Enhanced Physical Coordinated
<p>Activity 1:</p> <p>Bowling – 'Energy towards the target'</p>	Cricket Balls Stumps Cones Net facilities/ Square	<p>Players to work in small teams (3-4) and each have a bowling lane to use.</p> <p>Focus of this activity is to improve the energy created towards the target, particularly the follow through.</p>	<p>Bowlers start in a static position in back foot contact phase. There will be a line of cones between back foot and where front foot will land. A trail of cones also placed in a tunnel through to target.</p> <p>Aim for bowler is to land and follow through by driving back leg forward and allowing bowling arm to travel to alternate side of body.</p>	<p>This can be progressed by allowing for more of a run up in progressive stages, from a couple of paces, through to full run up, ensuring that the focus of the drill isn't lost.</p> <p>The same drill and core principles can be applied for spin bowlers.</p>	15 mins	Enhanced Technical Bowling Swing Bowling D'ment 1,2,3 Page 1
<p>Activity 2:</p> <p>Bowling – Target Challenge</p>	Cricket Balls Stumps Cones Net facilities/ Square	<p>The groups represent teams and must work together to accumulate as many points as they can.</p> <p>Focus is still maintaining a consistent and repeatable increase of energy towards the target.</p>	<p>There are now multiple areas for the bowlers to hit. New 'boxes' for short ball and Yorker now included and bowlers can achieve further points for successfully landing the ball in the target areas.</p> <p>Short Ball – 2 points Yorker 2 points (plus 3 if ball hits the stumps).</p>	<p>Remove the equipment and introduce a batsman.</p> <p>Use of points can still be used however, as a battle between bat and ball. For example, a dot ball or wicket, bowler rewarded. A well-executed shot and the batsmen are rewarded.</p>	20 mins	Enhanced Practices Bowling Page 1
<p>Activity 3:</p> <p>Under the Bar</p>	Cricket Balls Stumps Cones Net facilities/ Square Poles	<p>Players remain in their teams, however, there is now a specific target, to bowl 'under the bar' which is positioned on a good length.</p> <p>Cones to encourage follow through still in use.</p>	<p>The 'bar' is made up of 2 taller cones and a pole resting across it. The length target area symbolises a 'good' length, an area which is difficult to play as a batsman. It will also highlight the small margins for error, if bowling too full or short, which makes batsman's decision easier. 5pts for hitting the target, 10pts – through target.</p>	<p>Increase/decrease height of the pole to increase/decrease difficulty.</p> <p>Introduce the same targets for different areas of the pitch to engage players tactically, by linking game to bouncer, length, Yorker and calling the ball to be bowled just prior to delivery.</p>	15 mins	Enhanced Practices Bowling Page 1

SUMMER session3	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Overhead Bat Squat Relay	Cricket bats Cones	Players divided into teams, with 3 players maximum per team. 15m distance between starting cone and finishing cone. Relay format.	Teams compete to run with the bat, using techniques used in gameplay. At the end of the first 'run' 3 squats are completed with the bat raised above the head. Sprint back!	Increase number of squats completed. Increase running distance to 21 yards to replicate game practice. Players in full batting gear to replicate a game.	5-10 mins	Enhanced Physical Strong/Balanced Page 1
Warm Up: Press Up and Catch	Cricket Ball Cones	Cones placed 5m apart, players in pairs with one cricket ball.	Players attempt 5 catches each before switching roles. The ball is caught, before the catcher completing a press up between catches.	Increase the amount of press ups completed between catches. Change physical challenge to burpees, sit ups or plank.	5-10 mins	Enhanced Physical Strong/Balanced Page 1
Activity 1: Fitness Circuit	Ladders Hurdles Cones	Players work in small groups (3-4) and complete 8 different fitness tasks, to work on the physical side of the game. 2 minutes per station, before moving on.	1. Animal Walks. 2. Depth Jump and Catch. 3. Full Leg Wipers. 4. Stability ladders. 5. Superheroes. 6. Sit Ups. 7. Accelerate and Turn. Mirror Hurdle Challenge.	Increase time period per station. Rest period every 2 drills. Help players understand why fitness is important.	20 mins	All drills are on iCoach, under Enhanced/Basic and Physical headings.
Activity 2: Opening Up 'First 10 overs'	Cones Cricket Balls Stumps Full batting kit.	Pair's game format set up, with a boundary and stumps 21 yards apart to match league regulations. Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls). Wicket keeper in play.	The game is tactical based. The scenario is playing within the first 10 overs of a longer form game. Each batting pair will bat for 4 overs, with runs scored as normal. Pairs start on score of 0 and aim to score 15 runs and lose no wickets. Contest is batting pair vs fielding pair.	Coach using intervene tool to understand the decisions being made by batters, bowlers, captain and fielders. Role of captain provided to a new player in each contest. Encourage a formulated plan by asking questions mid game to individuals.	45 mins	Enhanced Tactical Page 1

SUMMER session4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Partner Reactions</p>	Tennis Balls Cones	Players work in pairs and set up a 3x3m box.	Players take turns to become the feeder. The feeder will drop/bounce 2 balls (one at a time) and the retriever has to attempt to catch the ball before the second bounce. Feeders are encouraged to use the whole area to create as much movement as possible. Once the retriever has both balls they become the feeder.	Feeder is now still and holds both balls (one each hand) and stretches both arms out. They then choose to drop one of their choice and the receiver has to catch before the second bounce.	5-10 mins	Basic Physical Co-ordinated Page 1
<p>Activity 1:</p> <p>Fielding - Retrieving Short and Long</p>	Cricket Balls Catching Mit Stumps Cones	<p>Players work in pairs and start in the same position, marked by a cone.</p> <p>Players in pair, numbered 1 and 2.</p> <p>Part 1: Retrieving short</p> <p>Part 2: retrieving long</p>	<p>Player 1 starts as feeder and feeds the ball 10-15m past player 2, who will retrieve and throw the ball overarm back to player 1.</p> <p>After 3 attempts, the roles reverse and player 2 is the feeder.</p> <p>For Part 2, the feed is further, at 20-25m</p>	<p>Pairs team up, to make a team of 4 and field in pairs.</p> <p>Develop techniques and introduce slide before pick up.</p> <p>Competition:</p> <p>Clean pick up – 5 points Clean throw – 5 points Misfield – lose 5 points</p>	10-15 mins	Enhanced Technical Fielding Page 3
<p>Activity 2: Stopping 2</p>	Cricket Balls Catching Mit Stumps Cones	<p>Players divided into pairs.</p> <p>2 sets of stumps set up, 15m apart 2 bases for fielders to chase down the ball from, either side of the wicket.</p> <p>Coach acts as feeder (bowlers end) and keeper in place.</p>	<p>Coach feeds the ball and the fielding base to the left will attempt a run out first. When the ball is released, the batters can attempt to run a 2. If there is a successful run out, it is 2 points to the fielders and a success for the batters is 2 points also.</p> <p>New batting pair after 5 attempts, 10pts on offer.</p>	<p>Increase length of pitch therefore higher difficulty for the batters.</p> <p>Coach to vary feed between retrieving short and long.</p> <p>Fielders from both bases to chase down the ball and work together if necessary to retrieve ball as quick as possible.</p>	15 mins	Enhanced Practices
<p>Activity 3:</p> <p>Pairs Cricket – Hit and Run</p>	Cones Cricket Balls Stumps Full batting kit.	<p>Pair's game format set up, with a boundary and stumps 21 yards apart to match league regulations.</p> <p>Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls).</p> <p>Wicket keeper in play.</p>	<p>There is an 'inner ring' which is 20-25 yards from the pitch, all around the playing area.</p> <p>When the ball passes the inner ring, batters must attempt 2 runs, however, when the ball doesn't pass the inner ring, 1 run must be attempted.</p> <p>Pairs start on 200, runs scored as normal with loss of 5 runs for a wicket. Each pair lasts 4 overs.</p>	<p>Introduce points for bowlers and fielders. 5 runs for both a wicket, catch, or run out, which is added to their team score.</p> <p>Decrease running distance for batters, if fielders are dominating run out opportunities.</p> <p>Add scoring zones for batters, 2 runs plus runs scored for each zone.</p>	30 mins	Basic Practices Page 1

SUMMER session5	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Dynamic Warm Up - Ladders</p>	Ladders Cones Cricket Balls	<p>Players split into small groups (4-5) and each group has a ladder to use.</p> <p>Players complete a number of ladder challenges in relay format. The proceeding player can begin once the player ahead has reached halfway.</p>	<p>Challenges:</p> <p>2 feet in each square. 1 foot in each square.</p> <p>Sidesteps (1 and 2 feet) Lateral movements (2 feet in each square).</p>	<p>Include a catching/fielding skill at the end of each shuttle. A player within the team can act as the fielder.</p> <p>High knees, bounds (2 feet together), balance (one leg).</p> <p>For an ambitious activity, look to create a ladders circuit incorporating whole group and fielding challenges.</p>	10 mins	Enhanced Physical Warm Up and Cool Down
<p>Activity 1:</p> <p>Back Foot Defensive /Drive Technique</p>	Bats Tennis balls Cones Stumps	<p>Batting stations set up a safe distance apart from one another. A coned 'goal' is set up for each batter to aim for (straight)</p> <p>4 players per station. One player is the feeder. Other players keep wicket/field.</p>	<p>Batters receive 3 balls each.</p> <p>Players then swap positions.</p>	<p>Vary the pace, height and length of the ball to encourage the batter to think about defending or attacking the ball.</p> <p>Add scoring zones for both defend (near to bat) and attack (further away) to encourage decision making. 5 points for each zone the ball travels through.</p>	10 mins	<p>Basic Technical Batting Back Foot</p> <p>*Search Back Foot</p>
<p>Activity 2:</p> <p>Length Batting</p>	Bats Tennis balls Cones Stumps	<p>2 pitches, 4 teams. Stumps set up at opposite ends of the pitch. Coned 'pavilion' set up for the awaiting batters. 'Gaps' marked as cones 2-3m apart at mid-off, mid-on, extra cover and cover.</p>	<p>Batters have 3 balls each per turn to score as many runs through the gaps as possible. 10 points for each score. Fielders are not allowed to block the gaps, however they can move once the ball has been struck. They can field between goals. Balls will be delivered variably. Some will be full (front foot) and others aimed at the hips (back foot).</p>	<p>Introduce pull shot 'goal' to further increase the amount of decisions made and test the player's ability to make the 'correct' decisions as often as possible.</p> <p>Move goals closer/further apart. Use chalk to give the batter a map, a visual clue as to where the ball will pitch (full or short).</p>	15 mins	Basic Practices Batting Page 1
<p>Activity 3:</p> <p>Pairs Hitting Gaps</p>	Cones Cricket Balls Stumps Full batting kit.	<p>Pair's game format set up, with a boundary and stumps 21 yards apart to match league regulations.</p> <p>Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls). Wicket keeper in play.</p>	<p>Each batting pair lasts 4 overs. A pair of bowlers alternately bowl 2 overs each. Bowler sets the field.</p> <p>Batters start from 0 and accumulate runs as normal, however, an additional 10 runs are scored if the ball travels through a gap between 2 fielders. There is also a yellow coned area, straight between mid-off and mid-on, which is worth 20 runs. A wicket ends the individual's innings instantly but continue to run for their partner.</p>	<p>Smaller yellow scoring zone. Bonus 5 runs awarded for attempted sweep/cut/back foot drive to incentivise a wider range of shots played to develop players technically and tactically.</p> <p>Change wicket rule to a loss of runs, so the 'out' batsman has an opportunity to continue batting and learn how to improve their game.</p>	30-45 mins	Enhanced Practices Page 1

SUMMER session6	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Hand Hockey	4 stumps Tennis Balls Cones Bibs	2 pitches, 4 teams. Pitch 20m long approximately. Coned area around the stumps.	Teams are attacking opposite ends of the pitch. Players must move the ball round their team by throwing and catching. At any point, players can throw at the target to score a point for their team. If the ball touches the floor, possession is given to the opposing team.	5 catches before a throw at goal. Cannot throw the ball back to the same person who threw it to you. One handed only. Ball rolled along the floor for fielding based game	5 mins	Basic Physical Page 1
Activity 1: T20 Bowling Skills	Cricket Balls Cones Stumps	3 lanes of bowlers, all with a different type of delivery to work on. Players take it in turns within their lane to practice the various skills, which are: Slower Ball Yorker Bouncer	Players spend 5 minutes in each lane working on the skills. Each lane has a small, coned target area to aim for as a visual guide.	Include a point-scoring system. 5 points for each target hit, with a bonus 5 points for hitting the stumps. Decrease size of the targets. Encourage bowlers to experiment and learn for themselves what feels most comfortable and works for them, particularly the slower ball.	15 mins	Enhanced Technical Bowling
Activity 2: Bouncer, Length, Slower, Yorker	Cricket Balls Cones Stumps	3 lanes of bowlers, all with 3 differing target areas (marked with a box of cones). Bouncer (short) Length (good) and Yorker. Players take it in turns within their lane to score as many points as possible,	The game works as a mental challenge as the delivery that is to be bowled is only known to the bowler just before the jump and bound. It is the job of the previous bowler to let the next player know what type of ball is to be bowled. Each successful area hit, is 5 points.	Delay the information even further, challenging the bowler's ability to react to stimuli faced in a game. Introduction of slower ball, call. Advance to slower ball Yorker and bouncer. Bonus 5 points for hitting stumps with good or Yorker length. Smaller target areas	20 mins	Enhanced Practices Bowling Page 1
Activity 3: 'Opening Up' T20 Scenario Batting	Cones Cricket Balls Stumps Full batting kit.	Pair's game format set up, with a boundary and stumps 21 yards apart to match league regulations. Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls). Wicket keeper in play.	The game is tactical based. The scenario is playing within the last 4 overs of a T20 game. Each batting pair will bat for 4 overs, with runs scored as normal. Pairs start on score of 0 and aim to score 40 runs and lose no more than 2 wickets. Contest is batting pair vs fielding pair. Batters encouraged to be very positive and attacking, using shots that have been practiced throughout the sessions to expand tactical and technical play.	Coach using intervene tool to understand the decisions being made by batters, bowlers, captain and fielders. Role of captain provided to a new player in each contest. Encourage a formulated plan by asking questions mid game to individuals and encouraging use of T20 skills bowling session.	45 mins	Enhanced Tactical Page 1

SUMMER session7	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: 4 Pod Drill	Cones Incredi- balls	Each pair has 4 cones, each representing a different colour. The cones are set out in a diamond shape (1-2m to each cone) and the player starts in the middle of the diamond.	Player are moving in a lateral direction, firstly to the cone in front of them, then back to the middle, before moving to the cone to the right, behind and left, returning to the centre point every time. Players take turns to complete the task.	The partner who is not active becomes an instructor and can call out any colour, to which the player has to respond and return to the middle. Addition of a ball, every time a player returns to the centre, a catch is taken. Progress to hard ball.	5 mins	Basic Physical Fast Page 1
Activity 1: Cone Catching	Cricket Balls Cones	Players work in pairs and each have 3 cones to work with (different colours). The cones make a triangular shape. Player catching is in the centre of the triangle, with one cone behind and 2 to the side of the player. 5 catches taken before players change positions.	Players await a call from the feeder, which will be a colour. Catcher has to adjust body position and take a catch on the correct cone. The aim is for this to be a 'quick-fire' drill with lots of catches being taken.	Increase/decrease distance between the cones. Use a catching board to vary the feed. Adjust the pace, height and line of the throw to test out technique and reaction time (game- related). Add further cones to give the catcher more decisions to make.	10 mins	Enhanced Practices Fielding Page 1
Activity 2: Extreme Catching	Cones Stumps Cricket Balls	Players divided into 2 teams and compete to score as many points as possible by taking a variety of catches, with more reward for higher difficulty catches. Coach feeds using a fielding bat and a throw returns the ball to the mit.	10pts – two handed catch 50pts – one handed catch 75pts – catch on knees 100pts – catch on one leg 100pts – press up + catch 200pts – sit on floor + catch	Include bonus points for hitting a set of stumps with a direct hit throw. Include a boundary so that the catches are close to the rope and players have to think about special awareness.	15 mins	Enhanced Practices Fielding Page 1
Activity 3: Run a Ball	Cones Cricket Balls Stumps Full batting kit.	Pair's game format set up, with a boundary and stumps 21 yards apart to match league regulations. Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls). Wicket keeper in play. The game is tactical based. Each batting pair will bat for 4 overs, with runs scored as normal with a few adaptations.	Bowling and batting teams start on 24 runs. Each run is added onto the batting team total. Dot ball = -2 runs and wkt = -5. Bowlers lose runs from 24 for runs conceded but gain 2 and 5 for dots and wkts. Pairs start on score of 0 and aim to score 40 runs and lose no more than 2 wickets. Contest is batting pair vs fielding pair.	Coach using intervene tool to understand the decisions being made by batters, bowlers, captain and fielders. Role of captain provided to a new player in each contest. Increase consequence of a run out and dot ball to place pressure on the batting team. 'Inner ring' where batters must attempt a 2 if the ball goes through.	45 mins	Enhanced Tactical Page 1

SUMMER session8	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Random Run Through Traffic	Cones	Players are divided into 2 pitches. Each pitch has 2 groups. A 'Runners' group and a 'walkers' group. A 15-20m coned playing area signifies the start and end point for each 'run'. There are 2 cones close together to signify the exact start point for the 'runners' group.	The 'walking' group spread themselves out across the playing area and walk across the area in a horizontal line. Walkers can start in varying positions. The aim is for the 'runners' to be able to find a passage through to the end of the playing area, dodging past the walking group. One a runner completes, next runner can begin immediately.	Increase the range of movement walkers are allowed to complete. Curved walking, jumps, hops, sidestep. Implement 'gates' that the runners have to pass through. These can be increased in difficulty to practice agility.	5-10 mins	Enhanced Physical Page 2
Activity 1: Front Foot Drive	Cricket Balls Cones Stumps Hardball kit Nets (ideal)	Teams of 2/3 work together on improving front foot drive technique. Groups take half a lane each and always hit away from the group in the same net. Feeder has a cone 5-10m from bat.	Player to react to the bobble feed, which will bounce 2/3 times before connection with the bat. Player will look to hit through the line of the ball and establish a strong base to hit from. After 6 balls, players rotate. Full cricket gear worn (safety)	Advance to throw down (overarm, 1 bounce). Use cones as 'goals' to aim for when driving the ball. Variable feeds. Introduce back foot play and leave (decision).	10 mins	Enhanced Technical Batting D'ment 1,2,3 Page 1
Activity 2: Line Batting	Cricket Balls Cones Stumps Hardball kit	2 pitches (4 teams). Pitches set up with 4 scoring zones. These are placed at the key positions for a front foot drive – Cover, Extra Cover, Mid-Off and Mid- On. Game ideally played on the square/artificial pitch. Use of hardballs and batsmen in full batting equipment adds to the reality of a game situation.	Each batting team receive 30 balls, divided equally between players on each team. The feeds are to be variable, based on line. This means the aim of the game is to test the batsmen's ability to pick up line & adjust movements accordingly, in order to perform the drive to the appropriate area of the field. Each 'goal' scores 4 runs, and a wicket-4.	Introduce running between the wickets with a partner (face double the amount of balls) This adds intensity to the game, with run outs, decisions for batters with calling. Feed with a sidearm (ensure coach is confident using it). This adds pace to the feeds. Smaller/larger goals.	20 mins	Basic Practices Batting Page 1
Activity 3: Danger Man	Cricket Balls Cones Stumps Hardball kit	2 teams play on a decreased sized pitch, with smaller boundaries, but pitch length remains the same as standard (21 yards). Coned 'pavilion' for remaining batters, who will score the match.	Batters provide a batting order and score runs as per normal cricket rules with the exception of boundaries, where runs are halved due to the small size of the pitch. Each team nominates a danger man, this player has the power to complete the following: Batting Danger man = double runs. Fielding Danger man wicket/run out/catch = batting innings over. The team with the most runs after 8 overs per side will win. Game can be repeated with new danger men.	Introducing coned 'goals' too add to tactical play. These goals must be unguarded and act as a gap for batters to score through. Additional 2 runs scored. Reduce the punishment of the close of an innings if a wicket from the danger man is taken. A run deduction plus the fall of a wicket provides opportunity for all batters to play.	30-60 mins	Enhanced Practices General Games Page 1

SUMMER session9	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Low and Throw</p>	<p>Fielding Bat Stumps Cones Cricket Balls Catching Mit</p>	<p>The group are divided into 4 stations, in a square area. Each corner of the square represents a station for a group of fielders to start. The coach has a fielding bat, a selection of cricket balls and a mit and is positioned by a set of stumps at the top end of the square, between 2 groups.</p>	<p>The drill works as a circuit. Coach feeds the ball to the back right cone, who throws the ball at a set of stumps in the centre of the area; the ball is backed up by front left who returns to the coach. Coach then hits the ball to back left and the same process is completed on the opposite side. Every player follows their throw. Game is fast paced.</p> <p>Safety: Players travel around the outside of the square when moving groups.</p>	<p>One hand only to pick the ball up.</p> <p>Provide the team with a target. How many successful stump hits? How many throws into the mit?</p> <p>Variety of feed: introduce high and flat catches.</p>	<p>10 mins</p>	<p>Enhanced Practices Fielding Page 1</p>
<p>Activity 2:</p> <p>T20</p> <p>Batting – Ramp Shot</p>	<p>Incredi-balls Cones Stumps</p>	<p>Players work in groups of 4 and each are provided with a set of stumps to create small wicket.</p> <p>The feeder will be 10 yards from the bat, and 2 fielders will guard a ‘goal’ placed where a short fine leg would stand.</p>	<p>Batsmen to wear gloves and face 10 balls each, starting on one knee with the bat in a ‘ready’ position to ramp the ball. Feeds will be a full toss and at a decent speed to simulate game play. The aim is for the batters to find the gap between the fielders as many times as possible. Players switch roles after 10 balls. Feeder changes to batter and batter moves to fielding. Remaining fielder becomes the feeder.</p>	<p>Standing start in batting stance.</p> <p>Competition within groups, 5 runs for a ramp saved between goal and 10 for a finding the gap.</p> <p>Complete the same process for reverse ramp shot. The difference being the angle of the bat heading towards third man.</p>	<p>10 mins</p>	<p>There are no videos on iCoach that replicate the drill, however, looking at the sweep videos will translate the key basics of the ramp shot. The final part the shot is the major difference.</p>
<p>Activity 2:</p> <p>T20</p> <p>Batting – Power Hitting</p>	<p>Incredi-balls Cones Stumps</p>	<p>Players work in groups of 4 and each are provided with a set of stumps to create small wicket. The feeder will be 10 yards from the bat, and 2 fielders will guard a goals placed between mid-off and mid-wicket.</p>	<p>Batsmen to wear gloves & face 10 balls each, starting in a ‘ready’ position to strike the ball with the front leg open to leave a clear bat path to the ball. Feeds are half volleys & at a decent speed to simulate game play. The aim is for the batters to find the gap between the fielders as many times as possible. Players switch roles after 10 balls. Feeder changes to batter & batter moves to fielding. Remaining fielder becomes feeder.</p>	<p>Start in batting stance.</p> <p>Competition within groups, 5 runs for a ‘strike’ saved between goal and 10 for a finding the gap, either in the air or on the floor. 5 runs to the catcher if taken.</p> <p>Complete the same process for power hitting on the off side. The difference being the angle of the bat heading towards third man.</p>	<p>10 mins</p>	<p>There are no videos on iCoach that replicate the drill, however, looking at the front foot videos will translate the key basics. Power hitting requires a strong base & still head</p>
<p>Activity 3:</p> <p>‘Maintaining Momentum’</p> <p>Clear the Ropes</p>	<p>Cones Cricket Balls Stumps Full batting kit.</p>	<p>Pair’s game format set up, with a boundary and stumps 21 yards apart to match U13 league regulations. Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls). Wicket keeper in play.</p>	<p>The game is tactical. Scenario is playing within the last 4 overs of a T20. Each batting pair will bat for 4 overs, with runs scored as normal. Pairs start on score of 0 & aim to score 50 runs and lose no more than 2 wickets. Boundaries scored count as double runs (i.e. 4/6 = 8 runs & 12 runs). Batters encouraged to be positive & attacking, using shots that have been practiced throughout the sessions to expand tactical and technical play. Focus on attempting to score as many boundaries as possible.</p>	<p>Coach using intervene tool to understand the decisions being made by batters, bowlers, captain and fielders. Role of captain provided to a new player in each contest. Encourage a formulated plan by asking questions mid game to individuals and encouraging use of T20 skills bowling session. Help players understand that is an opportunity to learn new scenarios.</p>	<p>45 mins</p>	<p>Enhanced Tactical Page 1</p> <p>This game is an adapted version of ‘Maintaining Momentum’ where the tactical design of the game is to score as many boundaries as possible.</p>

SUMMER session10	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>All Around Catching</p>	<p>Cones Cricket Balls</p>	<p>Players are in pairs.</p> <p>Pairs are 5m apart and there are 2 lines of partners along the playing area, with the central players 'back to back'</p> <p>Each pair has a tennis ball.</p>	<p>Each pair must complete as many close catches as possible.</p> <p>When the coach calls 'inside change', the 2 players on the inside of the catching area, must swap partners and continue catching. 'Outside change' is where the 2 players on the outside of the area swap.</p>	<p>'Ball change'. Where you must swap balls with any other pair as quickly as you can. 'Team change'. The outside players must find a new partner to work with.</p> <p>Continue to mix up the commands.</p> <p>Use incredi-balls.</p> <p>Body movements between changes.</p>	<p>5 mins</p>	<p>Basic Physical Warm Up Catching Relay.</p> <p>Use catching relay video for understanding, this game is a progression.</p>
<p>Activity 1:</p> <p>Fitness Circuit</p>	<p>Ladders Hurdles Cones</p>	<p>Players work in small groups (3-4) and complete 8 different fitness tasks, to work on the physical side of the game.</p> <p>2 minutes per station, before moving on.</p>	<p>Animal Walks.</p> <p>Depth Jump and Catch.</p> <p>Full Leg Wipers.</p> <p>Stability ladders.</p> <p>Superheroes.</p> <p>Sit Ups.</p> <p>Accelerate and Turn.</p> <p>Mirror Hurdle Challenge.</p>	<p>Increase time period per station.</p> <p>Rest period every 2 drills.</p> <p>Help players understand why fitness is important.</p>	<p>20 mins</p>	<p>All drills are on iCoach, under Enhanced/Basic and Physical headings.</p>
<p>Activity 2:</p> <p>2 Ends Fielding</p>	<p>Stumps Cricket Balls Catching Mit Cones Fielding Bat</p>	<p>Players divide into 3 groups and have a station each as a starting point.</p>	<p>Coach start with the ball and feed a skim catch to Group 1, one bounce throw to group 2, throw at stumps, group 3 return to keeper.</p> <p>Players to follow their throw and continue to move around the fielding circuit.</p>	<p>Variation of coach feed at the start of each rotation (high, close catches for variation).</p> <p>Increase/decrease distance between stations.</p> <p>How many catches? Stump Hits? In a timed period.</p>	<p>10 mins</p>	<p>Enhanced Practices Fielding</p>
<p>Activity 3:</p> <p>Pairs Cricket – Hit and Run</p>	<p>Cones Cricket Balls Stumps</p> <p>Full batting kit.</p>	<p>Pair's game format set up, with a boundary and stumps 21 yards apart to match league regulations.</p> <p>Players are placed into pairs and the remaining players act as fielders and bowlers. Bowlers bowl within their pairs, 2 balls in play to speed the game up (alternate balls).</p> <p>Wicket keeper in play.</p>	<p>There is an 'inner ring' which is 20-25 yards from the pitch, all around the playing area.</p> <p>When the ball passes the inner ring, batters must attempt 2 runs, however, when the ball doesn't pass the inner ring, 1 run must be attempted.</p> <p>Pairs start on 200, runs scored as normal with loss of 5 runs for a wicket. Each pair lasts 4 overs.</p>	<p>Introduce points for bowlers and fielders. 5 runs for both a wicket, catch, or run out, which is added to their team score.</p> <p>Decrease running distance for batters, if fielders are dominating run out opportunities.</p> <p>Add scoring zones for batters, 2 runs plus runs scored for each zone.</p>	<p>30 mins</p>	<p>Basic Practices Page 1</p>

SUMMER session11	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Hand Hockey</p>	<p>4 stumps Tennis Balls Cones Bibs</p>	<p>2 pitches, 4 teams.</p> <p>Pitch 20m long approximately.</p> <p>Coned area around the stumps.</p>	<p>Teams are attacking opposite ends of the pitch. Players must move the ball round their team by throwing and catching. At any point, players can throw at the target to score a point for their team. If the ball touches the floor, possession is given to the opposing team.</p>	<p>5 catches before a throw at goal.</p> <p>Cannot throw the ball back to the same person who threw it to you.</p> <p>One handed only.</p> <p>Ball rolled along the floor for fielding based game</p>	<p>5 mins</p>	<p>Basic Physical Page 1</p>
<p>Activity 1:</p> <p>Bowling – ‘Energy towards the target’</p>	<p>Cricket Balls Stumps Cones Net facilities/ Square</p>	<p>Players to work in small teams (3-4) and each have a bowling lane to use.</p> <p>Focus of this activity is to improve the energy created towards the target, particularly the follow through.</p>	<p>Bowlers start in a static position in back foot contact phase. There will be a line of cones between back foot and where front foot will land. A trail of cones also placed in a tunnel through to target.</p> <p>Aim for bowler is to land and follow through by driving back leg forward and allowing bowling arm to travel to alternate side of body.</p>	<p>This can be progressed by allowing for more of a run up in progressive stages, from a couple of paces, through to full run up, ensuring that the focus of the drill isn't lost.</p> <p>The same drill and core principles can be applied for spin bowlers.</p>	<p>15 mins</p>	<p>Enhanced Technical Bowling Swing Bowling D'ment 1,2,3 Page 1</p>
<p>Activity 2:</p> <p>Under the Bar</p>	<p>Cricket Balls Stumps Cones Net facilities/ Square Poles</p>	<p>Players remain in their teams, however, there is now a specific target, to bowl 'under the bar' which is positioned on a good length.</p> <p>Cones to encourage follow through still in use.</p>	<p>The 'bar' is made up of 2 taller cones and a pole resting across it. The length target area symbolises a 'good' length, an area which is difficult to play as a batsman. It will also highlight the small margins for error, if bowling too full or short, which makes batsman's decision easier. 5pts for hitting the target, 10pts – through target.</p>	<p>Increase/decrease height of the pole to increase/decrease difficulty.</p> <p>Place a flat spot on an exact area to land the ball. Ask player to do this independently.</p> <p>Introduce the same targets for different areas of the pitch to engage players tactically, by linking game to bouncer, length, Yorker and calling the ball to be bowled just prior to delivery.</p>	<p>15 mins</p>	<p>Enhanced Practices Bowling Page 1</p>
<p>Activity 3:</p> <p>Hit the Gaps (Nets)</p>	<p>Indoor Nets Cricket Balls Cones Stumps</p>	<p>Net sessions, players split into the nets so that there are 4/5 players per lane.</p> <p>Coned 'goals' set up in various fielding positions around the net. Straight, covers, point, mid-wicket and square leg. Cover and straight marked yellow and remainder, blue.</p>	<p>Batters score points for scoring 'goals' through the zones. 10 points for blue 'goals' and 20 points for yellow 'goals'.</p> <p>Bowlers can also score points. 10 points for play and miss. 10 points for hitting the pad. 20 points for a wicket.</p> <p>Combined total will formed and winner will reflect performance in both disciplines.</p>	<p>Increase/decrease size of the 'goals'.</p> <p>5 bonus runs for well executed cut and pull shots.</p> <p>Adjust position of 'goals' – therefore adjustments in shot played will also be a factor.</p>	<p>35 mins</p>	<p>Enhanced Practices Page 1</p>

SUMMER session12	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>All Around Catching</p>	<p>Cones Cricket Balls</p>	<p>Players are in pairs.</p> <p>Pairs are 5m apart and there are 2 lines of partners along the playing area, with the central players 'back to back'</p> <p>Each pair has a tennis ball.</p>	<p>Each pair must complete as many close catches as possible.</p> <p>When the coach calls 'inside change', the 2 players on the inside of the catching area, must swap partners and continue catching.</p> <p>'Outside change' is where the 2 players on the outside of the area swap.</p>	<p>'Ball change'. Where you must swap balls with any other pair as quickly as you can. 'Team change'. The outside players must find a new partner to work with.</p> <p>Continue to mix up the commands.</p> <p>Use incredi-balls.</p> <p>Body movements between changes.</p>	<p>5 mins</p>	<p>Basic Physical Warm Up Catching Relay.</p> <p>Use catching relay video for understanding, this game is a progression.</p>
<p>Activity 1:</p> <p>2 x 10 Over Games</p>	<p>Astroturf or Grass Wicket</p> <p>Boundary Cricket Balls Cones Stumps</p>	<p>Players are divided into 2 teams and play in 2, 10 over matches.</p> <p>These games will provide coaches an opportunity to see how much improvement has been made from the previous sessions and how players utilise tactics and behave in a game,</p> <p>The boundary will be set at an appropriate size.</p>	<p>Each team will bowl 10 overs per innings and the score will start at 0.</p> <p>In each game, the captain of each team must nominate half the team (dependent upon numbers) to be the designated batters for that innings. If wickets fall, the nominated batters can come back in.</p> <p>If a batter loses their wicket, they are out.</p> <p>Captains also nominate bowlers, who can bowl a maximum of 2 overs each. In game 2, the roles reverse. Team with the most runs will win.</p>	<p>Include a power play over for both batting and fielding teams, where runs are doubled for batting PP and there are no boundaries available in bowling PP.</p> <p>Include 'goals' within the pitch to encourage batters to find the gaps – bonus 2 runs per 'goal'.</p> <p>Bonus 5 runs for fielding team for every catch or run out taken.</p> <p>'Inner ring' where batters must attempt a 2 if the ball goes through.</p> <p>2 penalty runs for wides/no balls.</p>	<p>60-90 mins</p>	<p>This game is not featured on iCoach cricket however, the pairs cricket game (found below) can help in terms of game set up and organisation.</p> <p>Basic Practices Page 1</p>