

East Lancashire Club

Under 15's Club Coaching Plan

15's



Introduction: East Lancashire Club bases its coaching programme on the extensive advice produced by Warwickshire Cricket Board. The Warwickshire Cricket Board has produced a 6-week coaching plan for clubs to help them deliver high quality coaching to U15 players across the area. The plan features 6 sessions that challenge players.

The focus of the sessions is to develop technical and tactical play across all skills within the game, using game-based practices predominately, to implement the fundamental basics learned from under 9's into situations where players need to apply tactical understanding and execution of skills, whilst retaining technical components.

This is particularly important at U15 level due to the amount of senior cricket that players are being exposed to, where the demands are intensified. The tactical components of the plan explores all 3 disciplines of the game and include changing the lengths that are bowled, how to bat in varying game situations, playing spin, power hitting and allowing opportunities for all players to experience captaincy. The sessions are also designed to focus on a specific skill in activity 1, which is then tested within a variable practice in activity 2, followed by activity 3, which is game-based, implementing the skills learned within a game-based activity.

Session 1	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. 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. Use a tennis racket or cricket bat to feed (realistic).</p>	5-10 mins	Enhanced Physical Coordinated
<p>Activity 1:</p> <p>Bowling Circuit</p> <p>Strong Back Foot Contact</p>	Ladders Hurdles Cones Cricket Balls Poles	<p>Players to work on 4 stations in a circuit format, looking to work on balance and strength of the bowling action at the back foot contact phase of delivery.</p> <p>Players to spend 5 minutes at each activity.</p>	<p>1) Ladders: Players to hold a ball to the chin, non-bowling side arm and leg to be raised. Players hold balance on back foot as they progress through ladders. 2) Hurdles: Player to be in static position on back foot before landing on front foot and bowling to a partner. 3) Walk through, over hurdle bowl at a partner. 4) Jog through, increasing run up speed as confidence grows.</p>	<p>1). Change direction of the back foot contact to test balance. Clockwise rotations. 2). Increase number of hurdles to 3 before delivery. 3 and 4). Use poles to ensure body is aligned.</p>	20 mins	Enhanced Physical Strong + Balanced. Page 1 Stability Ladders
<p>Activity 2:</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. Place a flat spot on an exact area to land the ball. Ask player to do this independently. Introduce the same targets for different areas of the pitch.</p>	15 mins	Enhanced Practices Bowling Page 1
<p>Activity 3:</p> <p>'Make the Batter Play'</p>	Stumps Cones Nets Cricket Balls	<p>This game is taking a soft ball practice (shown on iCoach) and taking it to a net situation with a few adaptations.</p> <p>Players are divided evenly between the amounts of net/hard ball facilities available.</p>	<p>Aim is for bowlers to bowl a consistent line and length utilising the practice from both prior activities.</p> <p>Batters are instructed to play their natural game with no direct instructions.</p> <p>Batters score a point for a run-scoring shot, (determined by coach). Bowlers score a point for defensive shot played, or a play and miss. 5 points scored for a wicket.</p>	<p>Provide batters with 'goals' to aim for, to simulate gaps in the field.</p> <p>Intervene when the time is right and have a discussion with the players about tactical aspects.</p> <p>How can bowlers trouble this batter? How can batters counteract that?</p>	30-60 mins	Enhanced Practices Page 1 The video will help you understand the scoring system, however it has been adapted to incorporate net play for U15 players.

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: Using Feet Against Spin (Front Foot)	Stumps Cricket Balls Cones Nets (ideal – but tennis balls on outfield can be used). Focus is on moving feet to play spin bowling on the front foot.	Players divide into groups of 4. Each groups sets up with a batsman, feeder and 2 fielders. There are 4 coned 'goals' set up as targets for the batsman to play the ball through. Extra cover, Mid Off, Mid On, Mid-Wicket. Feeder underarms the ball (no spin to start with).	Each batter faces 10 balls before players rotate positions. Emphasis is on quick, decisive movements towards the ball, ensuring that batters remain still at contact point and are committing the shot they are playing, wither defensive or attacking. 1 point for every goal scored.	Feeder can add spin to the ball. Begin to talk about the type of spin on the ball. Question batsmen in terms of 'playing with the spin'. Smaller 'goals'.	10-15 mins	Enhanced Technical Batting Page 2 'Leaving crease' All Videos.
Activity 2: Lords Game Against Spin (Front Foot)	Bats Tennis balls Cones Stumps	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 mid-wicket.	Batters have 6 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.	Ensure players understand why these 4 fielding positions are important for hitting straight and which type of ball, based on line should be hit towards a particular goal. Smaller/larger goals. More variable feeds. Fielders can block the gaps.	15 mins	Basic Practices Batting Hitting the space
Activity 3: Scoring Against Spin	Cones Cricket Balls Stumps Full batting kit.	Pairs game format set up, with a boundary and stumps 22 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
Session 3	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. (weak hand only – extension). Ball rolled along the floor for fielding based game	5 mins	Basic Physical Page 1
Activity 1: Close and Skim 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.	Close: 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. Skim: 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.	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. Increase pace of throw to replicate match situation.	15 mins	Enhanced Technical Fielding D'ment 1,2,3 Page 1
Activity 2: Catching Circuit	Cones Cricket Balls Fielding Bats Tennis Racket Tennis Balls Crash mat (if available)	4 catching stations to test the players' use of core principles in variety of situations.	Slip catching game. Diving catching. Tennis racket skim (pace). 1 Reaction catching.	1) Drop catch = gully 'champion' = first slip. 2) Crash mat, both sides diving, competitions. 3) Test of reactions from a ball at pace. Start facing back to ball/on floor and catch.		Enhanced Technical Fielding D'ment 1,2,3 Page 1 *Not all drills are available but very useful and stretch the players.
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
Session 4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video

Warm Up: Low and Throw	Fielding Bat Stumps Cones Cricket Balls Catching Mit	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.	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. Safety: Ensure Players travel around the outside of the square when moving groups.	One hand only to pick the ball up. Provide the team with a target. How many successful stump hits? How many throws into the mit? Variety of feed: introduce high and flat catches.	10 mins	Enhanced Practices Fielding Page 1
Activity 1: Bowling – ‘Energy towards the target’	Cricket Balls Stumps Cones Net facilities/ Square Poles	Players to work in small teams (3-4) and each have a bowling lane to use. Focus of this activity is to improve the energy created towards the target, particularly the follow through.	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. 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.	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. The same drill and core principles can be applied for spin bowlers. Targets: off stump foam, coned area on 'good' length. Poles can be used for a target line.	15 mins	Enhanced Technical Bowling Swing Bowling D'ment 1,2,3 Page 1
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 bowlers 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. Introduce a batsman, game specific contest. (ensure cones etc are moved).	20 mins	Enhanced Practices Bowling Page 1
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
Session 5	Equipment	Set Up	Rules	Progressions	Time	iCoach Video

Warm Up: All Around Catching	Cones Cricket Balls	Players are in pairs. Pairs are 5m apart and there are 2 lines of partners along the playing area, with the central players 'back to back' Each pair has a tennis ball.	Each pair must complete as many close catches as possible. 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.	'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. Continue to mix up the commands. 2 balls per pair. Work at pace.	5 mins	Basic Physical Warm Up Catching Relay. Use 'catching relay' video for understanding, this game is a progression.
Activity 2: T20 Batting – Power Hitting	Incredi-balls Cones Stumps	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.	Batsmen to wear gloves and 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 will be half volleys 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.	Start in batting stance. 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. Complete the same process for power hitting on the off side.	10 mins	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 and contact under the eyes.
Activity 1: Reverse 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 reverse 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 off side, square, or behind square. 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. Link to conventional sweep, decision now to be made. Adjust feed 'spin' so batters can learn to play with pin. Net scenario.	10 mins	Enhanced Technical Batting Page 3 Sweep Shot Dev'ment practices.
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. Encourage use of power hitting and reverse sweep as practiced.	45 mins	Enhanced Tactical Page 1
Session 6	Equipment	Set Up	Rules	Progressions	Time	iCoach Video

Warm Up: 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 (close, skim, high) with more reward for higher difficulty catches.	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 200pts – team catch (2 people relay) Coach feeds using a fielding bat and a throw returns the ball to the mit.	Include bonus points (discretionary) 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 1: Fielding Challenge	Stumps Pop up Nets Cricket Balls	Players divide into even groups of 4. Game is set up with 2 sets of stumps. One to the left of the thrower, one to the right. The 2 at the side have a pop up net next to them. Players take turns to be the thrower. Every player has 1 throw in relay. 9 throws before change.	Feeder rolls out the ball to the thrower, who attacks and picks up the ball. They then attempt a throw. Stumps are called keeper (left) and bowler (right). 5 points for each hit in a completion between players. Sessions can develop as follows: Bowlers end. Keepers End. Feeder calls. Feeder calls late. Angle of start point varies.	Linking to point 5). This can be introduced throughout the activity, to vary the angle of the pick-up and approach to the ball. The pace and direction of the throw can be varied. Add a diving stop and throw.	10-15 mins	Enhanced Technical Fielding Page 2 Start of stage. This is a very basic example of the drill outlined in the text, continued progress.
Activity 3: Hit the Gaps (Nets)	Indoor Nets Cricket Balls Cones Stumps	Net sessions, players split into the nets so that there are 4/5 players per lane. 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.	Batters score points for scoring 'goals' through the zones. 10 points for blue 'goals' and 20 points for yellow 'goals'. Bowlers can also score points. 10 points for play and miss. 10 points for hitting the pad. 20 points for a wicket. Combined total will formed and winner will reflect performance in both disciplines.	Increase/decrease size of the 'goals'. 5 bonus runs for well executed cut and pull shots. Adjust position of 'goals' – therefore adjustments in shot played will also be a factor.	35 mins	Enhanced Practices Page 1
Activity 3: Pairs Cricket – Hit and Run	Cones Cricket Balls Stumps Full batting kit.	Pair's game format set up, with a boundary. 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.	There is an 'inner ring' which is 20-25 yards from the pitch, all around the playing area. 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. Pairs start on 200, runs scored as normal with loss of 5 runs for a wicket. Each pair lasts 4 overs.	Introduce points for bowlers and fielders. 5 runs for both a wicket, catch, or run out, which is added to their team score. Add scoring zones for batters, 2 runs plus runs scored for each zone. 'Pressure over' – Need 15 off next 6 balls. Coach can call this at any time.	30 mins	Basic Practices Page 1