

Valley District Cricket Club

# **VALLEY JUNIORS**

## **COACHING PROGRAM FOR**

### **Under 8's, 9's and 10's**



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### Under 8's, 9's & 10's (full season)

All modules are run in a **20 minute** skill activity then **40 minute** game based scenario format that actively reinforce the skill activities learnt.

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# Half Season Teams

Half season side will only have 9 weeks of activities available for their VDCC program.

For u/10 half season sides please follow this progression of activities.

Week 1	Game Practice – Match scenarios
Week 2	Game Practice – Match scenarios
Week 3	Running between wickets
Week 4	Bowling - Bowling with increased control(Pt.2)
Week 5	Fielding-stopping the ball/underarm throws
Week 6	Batting - Hitting straight zones
Week 7	Batting - Cross bat shots
Week 8	Throwing
Week 9	Short catches

## Welcome to the Junior Development Cricket Coaching Plan for Valley Cricket Club.

You will no doubt have already heard about our philosophy of enjoyment and participation for all by now. So welcome to day one and please ask any questions about any areas that you may require help with.

Please read through the plans so you gain an idea of what is to follow throughout the weeks ahead. Even though there are ideas to look out for with the week 1&2 plans the basic idea is to play a scratch game each week. This is so that the children can actually get to have some feel of how the game will flow on Saturday. Even those who have played before will have forgotten a lot since they last played so this is a good fun return to cricket for them. Do not worry about pads as you will be using soft balls. Bats and gloves and protectors are needed however. You won't have enough time to pad up and unpad all players in your allotted training time.

Here a couple of tips to follow here and throughout the season for these training sessions.

- Stay positive, use role models, be a role model.
- Be clear and concise with any instructions (demonstrate is always good)
- Do not get bogged down with technical issues or focus on one player
- Follow the simple rule of Skill, Drill, Game.
- Enlist as much help as you can, ask parents standing around to help watch or work with one child on one element.
- Stick to the plans. These have been developed so that introductory cricketers have all the basics that will set them up to progress as players and enjoyers of the game. If you decide to skip one skill because there is an indication that they need more e.g. catching, then the planned skill will be neglected.
- All aspects are about having a go and the final execution of the skill is not overly important at this point.
- Watch your clock as scheduling is important so that everything is energetic and does not run over time.
- Movement and action is vital. Your audience and the fun factor will be lost if fielder become statues.
- Run outs don't matter, encouraging running between the wickets as it is common practice for batters to run a 1, 2 or 3 plus form a ball that has gone a couple of metre. Learn by trying.

Note: Batting skills do not come into focus until week 8. Reason: at this age bowlers control the game. If bowlers cannot get the ball somewhere near the batter the game breaks down for all. Batters will naturally try and wack the ball. Bowling is not a natural skill that can take some time to develop. Bradman may not have scored many if 90% of the balls he face were too wide to hit.

# Coaching Plans

# VALLEY JUNIOR CRICKET TRAINING

## Week 1 and 2 Game Practice- Game Match Scenarios

### Focus: Movement and backing up

Given that the hardest concept to come to grip with in the early stages is the actual game and knowing what to do, it is imperative that the first two weeks of practice allow for players and coaches to become familiar with the components of how to be involved in the game. In other words ...know what to do when Saturday morning game time arrives. Even though some of these under 10's have played 2 or three seasons of cricket they are still at an early developmental stage and the benefit of reinforcing previously learnt skill is important.

### KEY ELEMENTS

To ensure enjoyment the concept of movement must be incorporated into all aspects of the game. Once the players are stationary the learning and fun process comes to a halt and the process begins to break down. This in turn creates a flow on effect which makes any input and direction by the coach and manager very difficult.

- Look to get players aware of field placement markers and where they should start their fielding position.
- Ensure that players are moving in as the bowlers is bowling and to return to their starting position for the next ball. Constant movement is the key to fun and learning.
- Batters to stay alert and back up all the time. The Coach will need to be reinforcing this almost every ball until it becomes second nature for the batters. **NB Batters can invariably run on almost anything. It is not important to whether they get a run out or not.** The concept of distance and speed is a skill that can only come after much trialling. Even though they lose 3 runs when out in a game the advantage of running will far outweighs the negatives of the occasional out. Remember they keep batting anyway.
- Encourage and reinforce the player to move in and be watching the batter as he hits the ball. Rotate players to different positions as bowlers take their over.
- Make this a game like event. However for time sake does not use pads unless you have a dedicated team of helpers who will attempt to pad up and unpad the players. You can spend a lot of downtime on this otherwise. Downtime for the players is to be avoided as not having a focus results into diminishing results for fun and learning.
- When the batters hit the ball encourage them to run as hard as they can.
- Encourage the fielder to pick the ball up and throw it.
- Constant movement and action promotes interest and fun
- Coaches to ensure all players are involved including giving all a go at wicket keeping.

Special aspects to remember;

This initial two weeks are not about technique or individual elements of coaching. It is about game awareness. Do not get bogged down with individual coaching issues. While you spend 2 minutes open on one coaching there are 10 players who have little direction. You will then have to spend further time bring them back to the focus at hand otherwise.

***You will need to be vocal and repetitive to ensure that the messages shown above are put into action.***

**Week 1 Theme:** Batters are to look to score off every ball. That is the goal is to score 6 runs an over.

**Week 2 Theme:** Fielder to throw at stumps every time they pick the ball up when batters are running.

# VALLEY JUNIOR CRICKET TRAINING

## WEEK 2.

### TODAY

Week two is about consolidating the major factors of running between wicket and throwing the ball.

**Key points – backing up, the ball is not dead if you have scored one run. Be on the lookout for more runs.**

**Objective: Create a sense of ‘game’ and a hunger for runs.**

**Activity: (the whole session)** Batters to work in pairs. No pads (use soft ball) gloves are fine.

Batting pairs will bat for three overs. Their goal is to score at least 5 runs per over.

Fielders aim to stop the batters getting 5 runs per over by actively hunting and wanting the ball.

They will get the regulation minus 3 runs for each run out. Ensure that any wides get re-bowled.

Do whatever it takes to get the bowler getting the ball into the batters hit zone as this keeps the game rolling. 5 wides in a row slow everything down. Little downtime means lots of fun time.

**Coaches: It is very important that you ‘verbally broadcast’ every ball and let the players know how they are going. E.g. “you have scored 3 runs and need to get 2 off this ball.**

**Announce at the end of the over if the batters or the fielders won that over. Please keep reinforcing backing up, throwing the ball at the stumps and for fielders to try and stop over throws.**

Notes:

- Continue with game based goals of rotating the field around each over
- Calling is not important at this point, staying alert and backing up - running hard is the main aim.

**Safety: do not allow wicket keepers to get too close to the stumps as the batter at this age group poses a major risk of swing the bat into the keeper.**

# VALLEY JUNIOR CRICKET TRAINING

## Week 3

Please note that each week individual activities and how to run these skill development sessions will be outlined either verbally and or with a skill sheet summary that will be emailed or available at the noticeboard each week.

All modules are run in a **20 minute** skill activity then **40 minute** game based scenario format that actively reinforces the skill activities learnt.

### TODAY

#### **Objective: Running between wickets- batters verse fielders**

**Activity: (20 Mins)** You will need two sets of stumps(Kanga stumps are fine) set as per game day with two batters and all fielder in a circle 15- 20 metre form the batters. The coach will roll or throw the ball randomly form one set of stumps to or between the fielders. Each pair of batters tries to score a minimum of 2 runs. Encourage the batter to strive and get more runs for throws that miss the stumps. Stay alive and watch the ball. After 4- 6 throws by the coach all fielders rotate (clockwise) to the next fielding position. Each pair will run a minimum of 10 runs. Rotate all players until everyone has batted in a pair.

**Coaching tips:** Encourage all batters to be looking for runs, always keep your eye on the where ball even when you think there are no more runs to be had. Fielders are all involved as most throws will miss and need be backed up or chased again. Be vocal and promote the idea to pick up and throw the ball at the stumps. Remember there is no such thing as a poor throw only a poor back up. Look to praise skills shown as some pairs may get run out many times. This is part of the learning process of judging a run. If two players run hard with no hesitation they will make the run on most occasions.

Introduce the idea of sliding the bat across the crease line. Crease lines should be visible for this drill or can be marked by the supervising coach with a ground marking paint. Ideally the bat should start to slide before the line. This can be developed by placing markers about 1 metre out from the crease as an indicator of where to start the slide of the bat. This concept will take multiple reinforcing for some players.

Remember that judging distance and time is a learnt concept. You can only find out how far it is to run and no how far you have hit the ball by doing it. There will be lots of errors. It does not matter.

**Game scenario: (40 mins)** encourage to the above points throughout. While other aspects of skills may be pointed out the focus is for running between wickets and fielders to all be involved by actively hunting for run outs.



# VALLEY JUNIOR CRICKET TRAINING

## WEEK 4

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### TODAY

**Objective: Bowling at targets.**

**Activity: (20 Mins)** Players to work in pairs. Players will run up (short run up) and aim to bowl between 2 markers at pitch distance with the partner backing up the ball. The back player then bowls back to the other player aiming between the markers. (4 markers per pair, one ball per pair)

*Safety: Spread over enough space that wayward balls are not being retrieved in the path of other bowlers. (Soft balls preferred)*

Points can be scored for bowls going between the markers as the skill level increases. One point can be scored for each bowl that goes between the markers for each pair.

**Coaching tips:** Keep all movement in a straight line towards the target (head and eyes level, take a few steps after bowling (follow through).

Remember that some will have trouble in bowling with a straight arm. This will resolve over time but is not the major concern of today. Getting the ball close to a target is the aim. (I will work with those for a small time that are throwing). Please see notes on bent arm corrections available from VDCC junior segment website.

**Game scenario: (40 mins)** encourage to the above points throughout.\*

Bowling targets (markers) should be set up in the game to aid aiming.

**NB You will still need to reinforce the points of backing up for batters and moving in for fielders through the games sequence; as per weeks 1&2.**

\* To ensure maximum involvement and movement, this session could be run with soft skill ball and no pads, just bats.

# VALLEY JUNIOR CRICKET TRAINING

## Week 5

Please note that each week individual activities and how to run these skill development sessions will be outlined either verbally and or with a skill sheet summary that will be emailed or available at the noticeboard each week.

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### TODAY

**Objective: Fielding - stopping the ball and underarm throws**

**Activity: (20 Mins)** Players to work in pairs. Both underarms throws and fielding of the ball are combined in this activity. Players will stand opposite each other at around 10 metres and try to score a point by under arming a soft ball along the ground between his partner's goals (marker cones)

Coach to demonstrate under arm throws. - Low body position throughout throw and push arm at target rather than wrist flick as this will go to high in the air.

When stopping the ball encourage the player to attack the ball with both hands. Two hands made into a large pan shape is easier to gather the ball than one small hand or two hands apart. Do not worry if the ball is missed. This activity is not about defensive fielding

To keep enthusiasm going swap partners throughout the exercise.

Adding to the drill

- scoring for each underarm stopped with hands
- try your other hand (actually helps those struggling with thinking about how it is done and helps them then with their dominant hand)
- Move distance apart extra metres, players can underarm on the full to score through goals.

*Safety: Spread over enough space that wayward balls are not being retrieved in the path of other players. (Soft balls preferred)*

### **Coaching tips:**

Push your arm at the target

Take a step after the thrown ball (follow through)

Remember each "practice game" session includes the add on activity and looks to recaps all skills covered thus far. If a player need additional spot help do not stop the whole activity. Enlist a coach or helper to work with one item with this player. This means no down time for the bulk of the group.

**Game scenario: (40 mins)** encourage to the above points throughout.\*

\* To ensure maximum involvement and movement, this session could be run with soft skill ball and no pads, just bats.

# VALLEY JUNIOR CRICKET TRAINING

## Week 6

Please note that each week individual activities and how to run these skill development sessions will be outlined either verbally and or with a skill sheet summary that will be emailed or available at the noticeboard each week.

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### TODAY

#### **Objective: Bowling with increased control (Part 1)**

*Over the next few weeks the skills of bowling will be built upon and reinforced. Depending upon level of development of the individual, some players may focus on one area of bowling. EG if their arm is straight they may work on landing the ball in target zones or if the ball is bouncing more than twice they can improve energy by faster rotation of arms and taking more steps in follow through.*

#### **Bowling:\***

Message 1: Straight bowling arm (brush ear with arm and elbow) (Keep head level)

Message 2: Holding the ball (hold in front half of fingers, not back in the palm, holding the ball strongly with all 5 fingers makes it hard to let go of). Hold the ball; don't squeeze the juice out of it.

Message 3: Target bowling (look at the target where you want the ball to land as you let the ball go)

\*Keep the message simple and only work on 1 item at a time. Adults will struggle to work with 2 or more concepts. Children will need to focus on one aspect at a time and feel comfortable with this before moving to the next.

**Key coaching tip:** *as bowler sets up to bowl, ensure ball hand moves as it would normally as if you were simply running i.e. the back of the ball hand should be visible to the batter when bowler begins run up.*

#### **Activity: (20 Mins)**

Activity: (A) bowling to partner – bowling arm to brush past ear. (Incorporate grip basics of sitting forward in fingers) *Do not despair if some persist at throwing (remember this is trickle feed info that will take time and modelling for some)*

Activity: (A) + landing the ball in a target area in front of partner, then bowled back.

Activity (A) + after releasing the ball follow through – move in the direction of target. Finish in a follow through marked zone. Zone can be a single marker cone.

Anyone or a combination of these drills can be used.

To keep enthusiasm going swap partners throughout the exercise.

**Safety:** *Spread over enough space that wayward balls are not being retrieved in the path of other players. (Soft balls preferred)*

# VALLEY JUNIOR CRICKET TRAINING

## Week 7

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### TODAY

**Objective: Bowling with increased control (Part 2)**

#### **Week 7 – Bowling:\***

**Message 1: Body direction** (*Run up and follow through in straight lines*) Energy can be increased to run through the crease and head towards target, remember to keep striving to keep head upright throughout)

*Additional power and direction can be achieved from the leverage created from the non bowling or leading arm. By throwing this arm upwards toward target overall balance is improved. The non ball hand is underrated and plays a big role in shoulder rotation and issues of speed and height.*

**Message 2: Basic grip refresh** (Ball held in front half of fingers; seamers should avoid five fingers on the ball as it makes it difficult to release. Held firmly but not squeezed)

**Message 3: Straight bowling arm + target bowling**

Shoulder to brush ear

\*Keep the message simple and only work on 1 item at a time.



**NB Please note that many bowlers will be at different stages of development. However the activity of bowling and working on refining each step is paramount in this stage of the overall plan. For batters to progress and for fielders to be active, bowlers need to get the ball somewhere near the batter. This is the key to what follows from here. Even if some bowlers are going well the enjoyment level of getting better and more accurate should not be overlooked. Remember positive encouragement all the way.**

**Activity: (20 Mins)**

**Activity: (A)** bowling to partner – bowling arm to brush past ear. Keep looking at target; change your aim if you need to. Look at Stumps or keeper.

**Activity: (A) +** getting the ball to hit the target harder (quicker arm speed & body direction. (Incorporate grip basics of sitting forward in fingers) (*Remember this is trickle feed info that will take time and modelling for some*)

Any one or a combination of these drills can be used.

To keep enthusiasm going swap partners throughout the exercise.

*Safety: Spread over enough space that wayward balls are not being retrieved in the path of other players. (Soft balls preferred)*

# VALLEY JUNIOR CRICKET TRAINING

## Week 8

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### TODAY

**Objective:** Controlling the cricket bat

#### ***Week 8– Batting:\****

**Message 1:** Set up – feet shoulder width apart- hands together in the middle of the handle, legs slightly bent.

**Message 2:** Step toward the ball and stop.

**Message 3:** Swing the bat through to hit the ball in the direction of the goal.

### NB

\*Keep the message simple and only work on 1 item at a time.

*Issues to look for –*

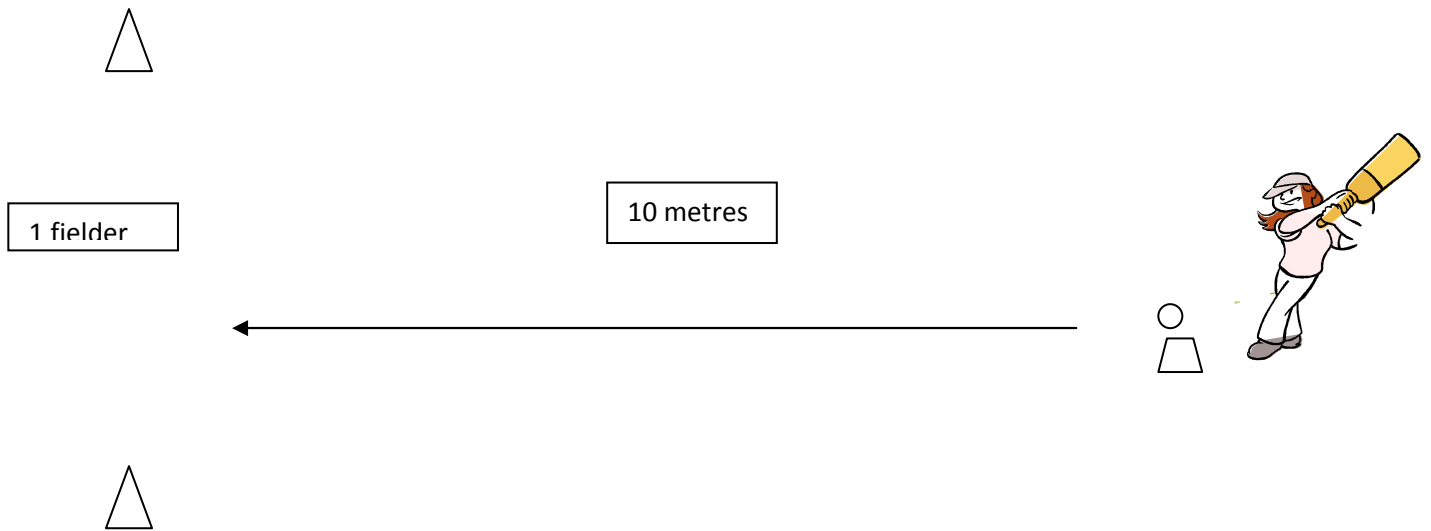
1. *Lifting head just before contact – keep eyes on ball even until hit.*
2. *Stepping away from the ball – you must towards the ball otherwise you can't reach it*
3. *Falling over or away during and after the hit – Ensure step is a comfortable one not too small or too large, just enough to be balanced*

#### **Activity: (20 Mins)**

**Activity: (A)** In Pairs using soft balls. Player a sets up stance and steps to batting tee hitting the ball firmly but not wildly to player B who is a goalie between 2 marker approx 10 metres apart. He then rolls the ball back to be teed up again. 10 hits then rotate. Coach to check components of Messages 1-3 as you go.

**Fun factors:** Allow batters to set up and then close eyes and then step to ball and strike. This enables other senses to be used and creates more awareness of feet and hands in relation the ball.

ACTIVITY DIAGRAM - NEXT PAGE



Each batter hit ten times to the fielder who return the ball underarm back to batter to be teed up for next hit. The pair swaps roles after ten hits. **COMPETITION:** who can get 10 out of ten between the markers?????

# VALLEY JUNIOR CRICKET TRAINING

## Week 9

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### TODAY

**Objective:** Maximizing bat and ball contact.

**Message 1: READY** Set up – feet shoulder width apart- hands together in the middle of the handle, legs slightly bent.

**Message 2: SET** Step toward the ball and stop.

**Message 3: GO** Swing the bat through to hit the ball in the direction of the goal.

### NB

\*Keep the message simple and only work on 1 item at a time. As players become familiar with this drill the coach should be able to instruct Ready, Set, Go and observe the sequence.

*Issues to look for: – moving through the set drill and not stopping to allow a good base to hit the ball. A stable solid base to hit off is imperative. If you are moving it is hard to hit a moving ball or even a still one.*

*Hands should be together on handle not apart.*

### Activity: (20 Mins)

**Activity: (A) In pairs using soft balls.** Player A sets up stance and steps to batting tee hitting the ball firmly but not wildly to player B who is a goalie between 2 markers approx 10 metres apart. He then rolls the ball back to be teed up again. 10 hits then rotate. Coach to check components of Messages 1-3 as you go.

As part of the concept to increase bat awareness a closing drill that is recommended is holding the bat by the handle with two hands and bouncing a ball on the face for at least five consecutive bounces. Ensure enough space between boys. TIP: keep the bounces small – easier to control. It may take 5 mins to get up to 5 bounces or more. (High level of fun for the boys) Reinforce issues of being still with the head if possible.

# VALLEY JUNIOR CRICKET TRAINING

## Week 10

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### TODAY

**Objective: Hitting a selected target.**

### ***Week 10– Batting:\****

Warm up or warm down: Cricket Hockey -Players to run to a point on the field (50+ meters) and return by dribbling a ball along the ground with their cricket bat.

*Two batting tees per batter with partner fielding the struck soft ball. One ball on marker set up to the off side (outside where off stump would be and one to the on side just outside or the line of leg stump). Ideally 2 soft balls per pair but one ball reset to a different marker each time is also OK.*

### **Activity: (20 Mins)**

Activity: (A) **In pairs using soft balls.** Message 1: as batter steps to hit the ball they dip shoulders and head towards the ball and hit at the selected marker (one for each tee). 10 hits then rotate.

Message 2: **reinforce previous messages of grip and stance.**

Message 3: emphasise that 'dipping' means the struck ball will go to direction of the head and shoulder dip. Also means that eyes remain on the ball until hit.

### **NB**

\*If the concept of targets is too difficult for some the major aim is to get the head and shoulders dipping at wherever the ball is. Hitting between targets is not of high importance at this point. Hitting the ball with messages 1.2 & 3 is.



# VALLEY JUNIOR CRICKET TRAINING

## Week 11

Please note that each week individual activities and how to run these skill development sessions will be outlined either verbally and or with a skill sheet summary that will be emailed or available at the noticeboard each week.

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### TODAY

**Objective:** Hitting a moving ball in straight zones

### Week 11– Batting:\*

**ACTIVITY LAYOUT:** 2 x batters with stumps, 1 x wicketkeeper. Coach is about 10 metres from the batter. Coach should have at least three cricket balls and throws on the full (underarm) to the batters offside and onside in. Batter is to hit along the ground between the markers. One point scored for each shot going in the “Vee”. Ten throws each. Fielders return the ball back to the coach. Batters can run once they have hit the ball in the gap of the “Vee”.

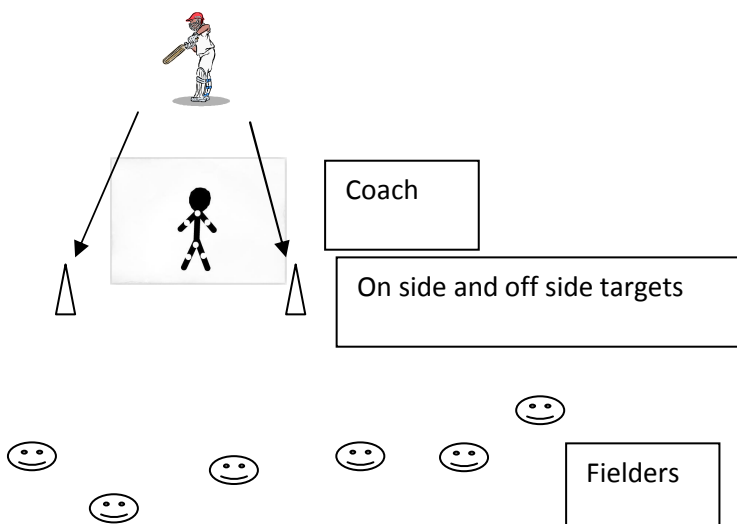
*Add on.* – Second time though each Player can hit in the air though the Vee but must retain the same qualities of “Dip and point” and keep balance when hitting long. Same scoring but lose a point if caught. NB if you can enlist mum dad helpers you can make two groups –better involvement

**Using any type of ball (match style preferred).**

**Activity: (20 Mins)**

**Message 1:** reinforce previous messages of grip and stance.

**Message 2:** emphasise that ‘dipping’ means the struck ball will go to direction of the head and shoulder dip. Also means that eyes remain on the ball until hit.



# VALLEY JUNIOR CRICKET TRAINING

## Week 12

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### TODAY

**Objective:** Cross bat Shots (pull shot).

### Week 12– Batting:\*

#### Layout Structure

*Depending upon team numbers; 3-4 batters using high batting tees. Each batter will have two fielders to gather and return the ball back after hitting. Batter is to hit along the ground between the markers. Tee is placed so that the hit zone is approx level and parallel to hip.*

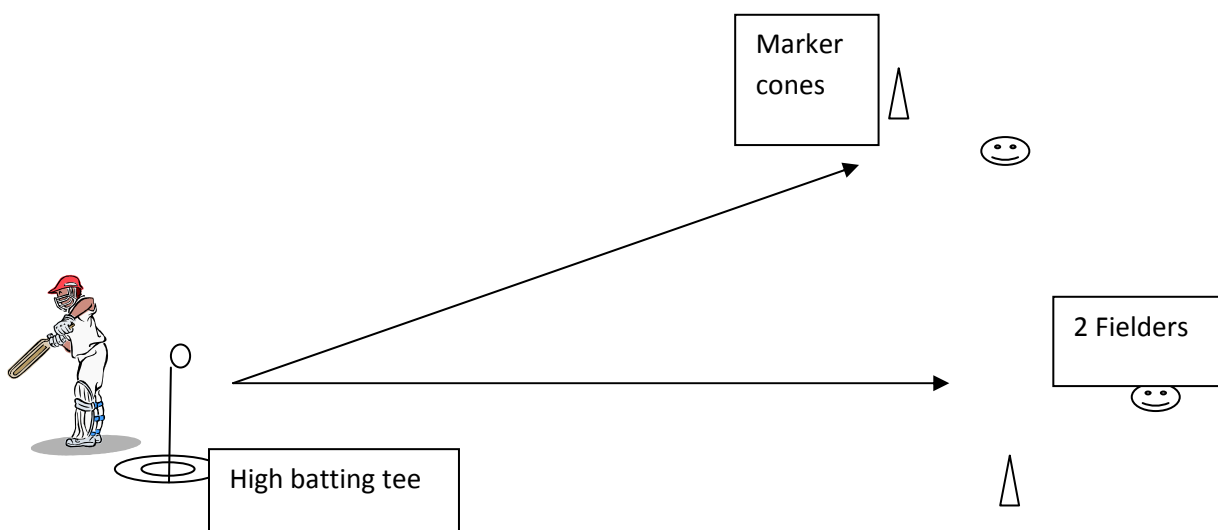
*\*Please note that if there is insufficient high batting tees that a single kanga stump and rubber batting tee placed on stumps works fine as well. As this is power shot extra distances should be allowed for fielders. A major scoring shot in junior cricket but often missed because of lack of bat speed and balance.*

#### Use soft ball type of ball

#### Activity: (20 Mins)

**Message 1:** (A) Bat and hands goes up (back lift) (B) Down (to hit the ball) and (C) back up with hands ending near your head (follow through). In this way the ball should be hit with maximum power in a downward or flat path.

**Message 2:** Foot movement is based upon other weeks with initial front foot movement towards the ball and swing. (Elements of balance and back foot will be built upon later)



# VALLEY JUNIOR CRICKET TRAINING

## Week 13

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### TODAY

**Objective:** Cross bat Shots (sweep shot). This shot can be played to any slower ball outside leg stump

### Week 13– Batting:\*

Aim and Objective: This is a another horizontal bat shot which can be used a lot due to the high amount of balls going down leg side at reduced pace or even second bounce. The ability to get the bat in a horizontal position hitting through the ball will result in a greater degree of contact and runs scored. This shot provides a major scoring opportunity in younger age groups.

### Layout Structure

(1) Batter will start in low position (On one knee – knee touching ground is farthest from the ball) with bat ready to strike as per image (2) Batter to strike ball with bat flowing through and ending with the toe of the bat up over the shoulder.

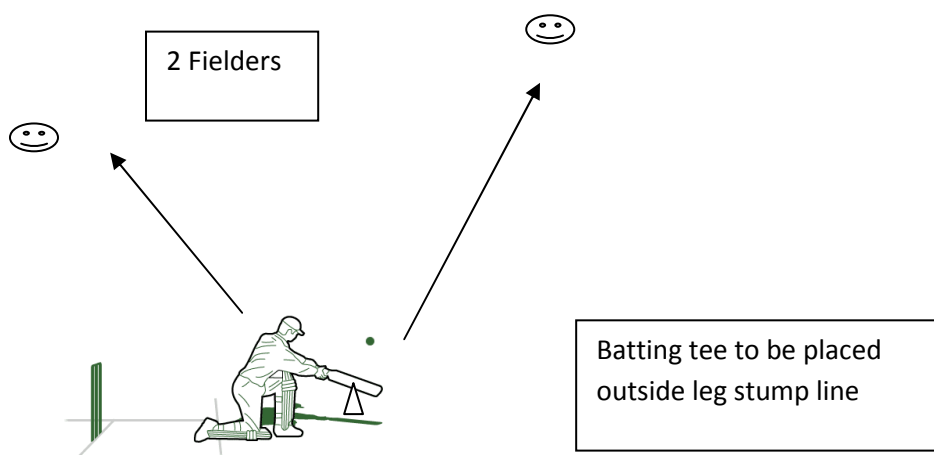
Depending upon team numbers; 3-4 batters using batting tees. Each batter will have two fielders to gather and return the ball back after hitting. Batter is to hit along the ground between the markers.

### Use soft ball type of ball

### Activity: (20 Mins)

**Message 1:** (A) Bat and hands goes up (back lift) (B) Down (to hit the ball) and (C) back up with hands ending near your head (follow through). In this way the ball should be hit with maximum power in a downward or flat path. Remain low throughout the shot and as the term implies the bat needs to get through in sweeping motion a close to parallel with the ground as possible.

**Message 2:** Coaches discretion: as a follow up after first drill has been grasped, batter may go from standing stance to shot.



# VALLEY JUNIOR CRICKET TRAINING

## Week 14

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### TODAY

**Objective: Over arm throwing; ability to throw with ease and hit a chosen target zone over a short distance.**

Be sure to always have players stretch their arms prior to throwing games. (Shoulder rolls and pulling hands back and upwards is one way to do this) DON'T let players pick up a ball until their arm is warm.

\*Gather ball with both hands and bring hands together with ball to body midpoint (belly button).

When throwing the ball, get those front shoulders pointing straight at the target.

\*Take a small step toward the target when throwing the ball, and follow through.

Get those arms bent at the elbow, up above the shoulder, when throwing the ball ("Down, Back & Up").

\*(**Coaching tip:** "Thumb to the Thigh, Knuckles to the Sky".) Elbow comes through first followed by hand and ball, fingers on top of the ball.

\*Follow through on your throws by bringing the *Throwing Side Hip* around on your follow through. In other words take another step towards the target after releasing the ball.

In throwing, work on keeping the throwing elbow UP. Don't sling it, push it or side-arm it. Throwing "over the top" increases strength, velocity and accuracy. It also protects the arm from injury.

**Coaching tip:** it is worthwhile to go through the process step by step as above and do this several times through the throwing game.

### Activity: (20 Mins)

**In Pairs:** 20 – 30 metre apart with one stump target in between the pair. Continue throwing at target incorporating the above steps. Score 1 for each pair hitting target. Ensure enough space between each pair as some throwers will be off target.

# VALLEY JUNIOR CRICKET TRAINING

## Week 15

Please note that each week individual activities and how to run these skill development sessions will be outlined either verbally and or with a skill sheet summary that will be emailed or available at the noticeboard each week.

All modules are run in a **20 minute** skill activity then **40 minute** game based scenario format that actively reinforce the skill activities learnt.

### TODAY

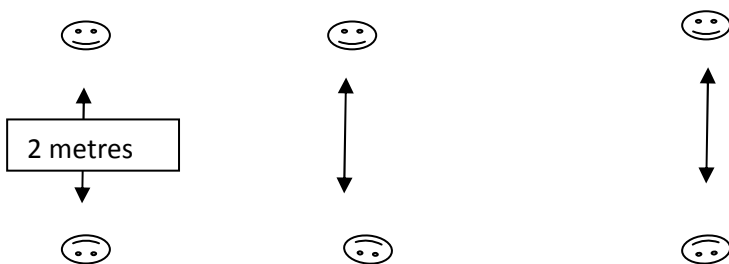
**Objective:** Short catches; able to confidently receive short flat catches.

To achieve any good outcome in sport **balance** is a good starting point. In order to take and be alert for short catches players should be balanced with a stable base. This means that their feet should be about shoulder width apart with knees slightly bent.

**Hands** should be ready as one “mit”. Often younger players will slap hands together or sprout hands outwards towards the ball. Hands need to out in front ready take the catch. By doing this hands can travel back towards the body therefore lessening impact. This is called “length of catch”. The better the length of the catch the higher the chance of catching the ball and avoiding it bouncing out of hands that don’t travel.

**Eyes** should watch the ball until it is stopped. Many players will only partially track the ball and hope the ball will fall into their hands. By ‘watching the ball until it is stopped’ the eyes keep tracking the path of the ball at all times.

### Activity: (20 Mins)



- One soft ball per pair.
- Simple underarm to each other.
- Hands ready (big target)
- Watch till stopped
- Length of catch
- Variation increase distance to 5 metres

Competition: How many catches can you get in one minute? Give each group a second ball.....

# VALLEY JUNIOR CRICKET TRAINING

## Week 16

Please note that each week individual activities and how to run these skill development sessions will be outlined either verbally and or with a skill sheet summary that will be emailed or available at the noticeboard each week.

All modules are run in a **20 minute** skill activity then **40 minute** game based scenario format that actively reinforce the skill activities learnt.

### TODAY

**Objective: High catches.**

*Week 16– catching:\**

Aim and Objective: Ability to watch and position head and hands in correct position for high ball catches.

Enlist some helpers as the key is for the players to have as little standing around time as possible. One coach throwing to 11 kids is less than ideal. If you cannot get helpers it is best to then have the boy's pair off and throw to each other. Quality of throws will be down in this scenario.

**Use soft ball type of ball**

**Activity: (20 Mins) Use soft balls**

**Coach and helpers to underarm a ball 5 to 10 metres into a high ball catch. Players to be position about 5 meters from coach. Players to be grouped 2-3per coach.**

Messages: **(A) Hands ready together – as early as possible-making a big cup or target. (B)Hands to start high – at or above eye level (C) Hands will give as you catch the ball to cushion the stop – “watch it till it stops.”**

The length of the catch (cushioning of arms/hands) is vital in controlling the ball and preventing it from bouncing off hands. Let the ball come into your hands. **Variations:** (1) try using one hand at a time. What is your success rate with your non dominant hand? (2)Throw two different coloured balls and only catch the nominated colour (use soft balls)

# VALLEY JUNIOR CRICKET TRAINING

## Week 17

### TODAY

**Objective:** Skill games. Fun, fun, fun. As a close off activity these games can be used through the entire session.

### Games

**Baseball Cricket**

**Continuous cricket**

**Tip and Run**