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## Wellow & Plaitford Cricket Club Junior Coaching Policy\Training Plan 2017

The club has approximately 45 players aged under 18. We run teams at U9, U11, & U13.

We have 1 Level 2, and 2 level 1 coaches.

For Colt's training, we meet for training on a Wednesday evening at the Wellow Recreation Ground.

U9 train from 5.30 - 6.30pm

U11 train from 6.30 - 7.30pm

U13 train from 6.30 - 8pm

In the event of bad or uncertain weather, your age group manager should contact you to confirm if training is to take place.

There will also be a post on Facebook, Twitter and on the website no later than 30 minutes before training is due to start.

## COACHING PLAN

With a greater number of motivated coaches, the opportunity for players to excel will increase. Players who have regular exposure to qualified and experienced coaches are more likely to play for the club longer!

This coaching plan will offer the chance for players to develop through your guidance, in a challenging and rewarding environment. With the opportunity to be coached by coaches who will give them the necessary tools/skills to grow and develop into more competent and competitive cricketers.

* We will run the following basics each week which will save having to produce a weekly session plan.
* Ensure continuity, not performing same tasks weekly - Specific training to help recent gameplay.
* Feedback from managers.

**Managers:** Please email any training request 3 days prior to training days

## COACHING PROGRAM:

**General Warm Up (10-20 min)**

[The warm up is vital to reduce the risk of injury,](http://www.pitchvision.com/?p=62) so don't do what most club players do and skip straight to the skills session. (As you will be working on cricket specifics for most of the session there is no need to undertake the cricket specific portion of the warm up)

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| **BATTING** | **CORE COMPETENCY SKILLS SHEET** |
|  | **Basic** | **Extension** |
| **U9** | **Back lift / Stance** |  |
|  | **Guard (point of reference)** | **Pull shot (spin and pace)** |
|  | **Front foot defence** | **Cut shot** |
|  | **Front foot drive** |  |
|  | **Leg Glance** |  |
|  | **Calling / Backing up** |  |
| **U11** | **Back lift / Stance** | **Preparation in stance (fighting position)** |
|  | **Guard (point of reference)** | **Sweep shot** |
|  | **Front foot defence** | **Gapping the ball** |
|  | **Front foot drive** | **Hitting over the top** |
|  | **Soft hands** | **Cover drive / Straight drive** |
|  | **Calling / Backing up / Turning** | **Using non-natural arm (front shoulder / hand)** |
| **U13** | **Calling / Backing up / Turning** | **Hitting over the top** |
|  | **Sweep shot** | **Creating length (using your feet)** |
|  | **Cut shot / Late cut** | **Game plan / Routines** |
|  | **Cover drive / Straight drive** | **Engaging front shoulder in all shots** |
|  | **Gapping the ball** | **Batsmanship (run collection)** |
|  | **Using non-natural arm (front shoulder / hand)** | **Pre-match preparation (thoughts)** |
|  | **Preparation in stance (fighting position)** | **Thoughts (considerations) during match** |

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| **Bowling (Pace)** | **CORE COMPETENCY SKILLS SHEET** |
|  | **Basic** | **Extension** |
| **U9** | **Grip** | **Front arm awareness** |
|  | **Run - up / Approach** | **Completing bowling action** |
|  | **Follow through** | **Characteristics of the ball (Shiny side / rough side)** |
|  | **Basic Action** |  |
| **U11** | **Grip** | **Wrist position / Ball positioning (for swing and** |
|  | **Run - up / Approach** | **Awareness of length to bowl** |
|  | **Follow through** | **Field placements** |
|  | **Front arm awareness** | **Efficiency of Run up / Take off** |
|  | **Completing bowling action** | **Lock up in action** |
|  | **Characteristics of the ball (Shiny side / rough** |  |
| **U13** | **Grip** | **Leg drive / Use of non-natural arm (front shoulder)** |
|  | **Run - up / Approach / Take off (Power)** | **Bowling plans - routines / field placements** |
|  | **Characteristics of the ball (Shiny side / rough** | **Key focus points in run - up (base of off)** |
|  | **Follow through** | **Use of crease (close / mid crease / wide)** |
|  | **Front arm awareness (Lock up)** | **Pre-match preparation (thoughts)** |
|  | **Completing bowling action** | **Thoughts (considerations) during match** |
|  | **Wrist position / Ball positioning (for swing and** |  |
|  | **Awareness of length to bowl** |  |
|  | **Field placements** |  |

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| **Bowling (Spin)** | **CORE COMPETENCY SKILLS SHEET** |
|  | **Basic** | **Extension** |
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| **U9** | **Grip** | **Front arm awareness** |
|  | **Approach** | **Completing bowling action** |
|  | **Follow through** | **Set up (in approach)** |
|  | **Basic Action** | **High Release** |
| **Year U11** | **Grip** | **Wrist / Finger positioning (variation in spin)** |
|  | **Approach** | **Awareness of length to bowl** |
|  | **Follow through** | **Field placements** |
|  | **Front arm awareness** | **Efficiency of Run up / Power through crease** |
|  | **Completing bowling action** | **Fielding off own bowling** |
|  | **Set up (in approach)** | **Variation in pace / flight** |
|  | **High release** |  |
| **U13** | **Grip** | **Leg drive / Use of non-natural arm (front shoulder)** |
|  | **Approach / Take off (Power)** | **Bowling plans - routines / field placements** |
|  | **Follow through** | **Key focus points in run - up** |
|  | **Front arm awareness (Lock up)** | **Use of crease (close / mid crease / wide)** |
|  | **Completing bowling action** | **Deception (variation in flight / pace)** |
|  | **Wrist / Finger positioning (variation in spin)** | **Pre-match preparation (thoughts)** |
|  | **Awareness of length to bowl** | **Thoughts (considerations) during match** |
|  | **Field placements** |  |
|  | **Variation in pace / flight** |  |

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| **FIELDING** | **CORE COMPETENCY SKILLS SHEET** |
|  | **Basic** | **Extension** |
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| **U9** | **Defensive fielding (Long barrier / Two handed pick** | **Over arm throw (technical aspects)** |
|  | **Moving to the ball (confidence)** | **Attacking fielding (two handed pick up and throw)** |
|  | **Close catching (mid height)** | **Fielding positions** |
|  | **Focus: Volume** | **Focus: Volume** |
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| **U11** | **Defensive fielding (Long barrier / Two handed pick** | **High / Low catching (high hands / finger positioning)** |
|  | **Moving to the ball (confidence)** | **Over arm throw (power for long distance / accuracy)** |
|  | **Close catching (mid height)** | **One handed pick up** |
|  | **Over arm throw (technical aspects)** | **Ball preservation and maintenance** |
|  | **Attacking fielding (two handed pick up and throw)** | **Movement off the ball / backing up (angles)** |
|  | **Fielding positions** |  |
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| **U13** | **Defensive fielding (Long barrier / Two handed pick** | **Under arm throw (from both one and two handed** |
|  | **Moving to the ball (confidence)** | **Crow hop and throw** |
|  | **Close catching (mid height)** | **Attacking the ball (in the ring and outfield)** |
|  | **Over arm throw (technical aspects)** | **Sliding stops / Diving** |
|  | **Attacking fielding (two handed pick up and throw)** | **Pre-match preparation (thoughts)** |
|  | **Fielding positions** | **Thoughts (considerations) during match** |
|  | **High / Low catching (high hands / finger** | **Chasing in two's** |
|  | **Over arm throw (power for long distance /** |  |
|  | **One handed pick up** |  |
|  | **Ball preservation and maintenance** |  |
|  | **Movement off the ball / backing up (angles)** |  |

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| **LEADERSHIP** | **CORE COMPETENCY SKILL SHEET** |  |
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|  | **Basic** | **Extension** |
| **U9** | **Fielding Positions** | **Field Placements for bowlers (Plans)** |
|  | **Encouragement (on and off the field)** | **Identifying leaders in Year group** |
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| **U11** | **Fielding Position** | **Tactical awareness** |
|  | **Encouragement (on and off the field)** | **Match awareness / Reading the game** |
| **Field placements for bowlers (Plans)** | **Identifying leaders in Year group** |
| **Pre Match preparation (warm ups)** |  |
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| **U13** | **Fielding Positions** | **Decision Making (Tactically and Tactfully)** |
|  | **Encouragement (on and off the field)** | **Managing players (Individually and as a Group)** |
|  | **Field placements for bowlers (Plans)** | **Initiate active debrief (players thoughts)** |
|  | **Identifying leaders in Year Group** |  |
|  | **Tactical Awareness** |  |
|  | **Match Awareness / Reading the Game** |  |

**Wicket Keeping**

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| Specific Outcome | Area of Game | Name of Activity | Explanation/Diagram |
| Learning to catch with softhands | Skill / Technique | Tennis racquet and tennis ball drill | With a partner about 10 metres apart, one hits theball with the racquet whilst the other catches. Hit flat thigh high catches to begin with, then begin to hit either side. Place cones 2- 3 metres either side of the catcher and see whether they can protect a set of goals. Use this drill with a combination of gloves on and the gloves off. Make the drill harder by hitting different heights and half volleys. When doing this drill emphasise a long catch. |
| Learning to catch with softhands | Skill / Technique | Golf ball against the wall | With wk inners on throw a golf ball against a (brick) wall. The golf ball springs off the wall so it tests reflexes. Get about 2 metres from the wall and bounce the ball at different angles i.e. wall to ground and then ground to wall. |
| Learning to move side- ways | Skill / Technique | Goal Keeper | With cones at least 5m away, the keeper stands in the middle. The hitter hits cricket balls from about10 metres away. The batsman aims to get the ball between the cones whilst the keeper aims to move their feet sideways to the ball. |
| Learning to take the ball andconcentrate on the ballwhen there are distractions | Skill / Technique / Mental | Shadow batsman | With a thrower, a batsman and a keeper, find a flatsurface of the oval. Over 15 metres get the thrower to throw spinners and although the batsman faces up in front of a set of stumps the batsman aims to miss the ball. The keeper needs to take the ball with a long catch trying to imagine the ball will come to them even though the shadow batsman makes it hard for the keeper. Practice the ball going between bat and pad, down the leg side etc. |

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| Learning to take the ball when the batsman is cutting with spinners | Skill / Technique / Skill / Mental | Stump Cut Drill | In a group of four you need a batsman with astump, a wicketkeeper, a slip fielder and thrower. The batsman begins by going down on their front knee with a gap of 5 metres between himself/herself and the thrower who will throw the cricket ball underarm. The keeper situates himself/herself in their stance right behind the batsman as if a spinner was bowling. The slip stands about two metres behind the keeper (at first slip). The thrower underarms the ball straight at the keeper on the full at between knee and thigh level. The batsman triesto glide the ball to slips. The keeper needs to take the ball with a long catch. |
| Learning to move sidewaysand catch underpressure | Technique / Skill / Mental | Catch and Touch drill | Put two cones 5 metres apart with the keeper in themiddle. Another person (feeder) stands out from the cones about 7 metres from the keeper. The keepers aim is to sideways step moving between the two cones and touch them with their appropriate hand. The feeders role is to underarm the ball, or if accurate hit the ball to the keeper when they get to the middle of the cones. |
| Learning to take the ball ona rough / inconsistentsurface | Technique / Skill / Mental | Rough Surface Drill | On any area of the oval work in pairs with a set of stumps and a cricket ball. Over about 12 metres throw medium paced spinners that land on a good length. Thekeeper aims to have a long catch and bring the ball back to the stumps each time. |
| Learning to take balls thatbounce inconsistently | Technique / Skill / Mental | Different Ball Drill | Get a box of balls (balls of different consistency). Either on a hard pitch, or flat area on an oval,throw the ball onto a good length. Depending on the ball, it may bounce sporadically, skid, hold up etc. The keeper aims to stay low, watch the ball andhave a long catch. The ball is thrown by the feeder over about 12 metres. |
| Learning to take the balls inthe nets where thereare lots of distractions | Competition / Skill / Mental | Keeping in the Nets | You can learn to keep in the nets with medium paceand spin bowlers. You may need to wear a helmet. Learn to imagine that every ball will come to you and move into best position to do this. Ensure that bowlers do not bowl bouncers. When taking the ball take it back to the stumps each time. |
| Catching bat pad catches | Competition / Skill / Mental | Bat Pad Catches | Using an incrediball, have a batsman, a feeder andthe keeper work together out on the oval on flat area about 12 metres long. The feeder throws the ball to the batsman who plays forward defences so that the ball gets caught up around the knee area. The feeder aims to get bat pads so the ball bounces up within a metre or so of the batting area. The keeper aims to firstly take the ball if it comes through but if there is a bat pad to run around and catch it.If the ball gets hit in front of the wicket the wicketkeeper should be running around to try to prevent runs or create runouts – work-rate is important. |

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| Learning to detect variations | Skill / Mental / Competition | Working with a spinner drill | With the bowlers that you are likely to take intogames, work with them either in the nets or out on the oval. Get them to bowl all of their variations with a red + white ball, and as you get better, justwith a red ball. Try and pick the ball as it comes out of the hand and then say what it is on the way down. Take the ball and bring it back to the stumps. |
| Learning to detect variationsand take balls landingjust in front of you | Skill / Mental / Technique | Competitive spin drill | In pairs with one keeper and one spinner. You needfour cones and one cricket ball. Place two cones (goals) 2.5 metres apart with the keeper in the middle with only their inners on. The spinner puts their cones 8 metres away with them being opposite goals (2.5m apart). The spinner stands in the middle of them. Each player bowls the ball so that it lands about 2m in front of their opponent. The aim is to get the ball past your opponent. If you get one past your opponent you get a point.Best to three wins. The spinner aims to trick the keeper by using their variations. The keeper bowls the ball back to the spinner trying to get it past them. The fielder(person fielding the ball) can move side-ways and forwards but they cannot move backwards or let the ball go through the cones. |
| Learning to take the ball with distractions. | Technique / Skill / Mental | Chair Drill | On the oval, or on a hard wicket, create a pitch areaof about 15 metres. You will need a bowler, a cricket ball, a set of stumps, a cone and a chair. Put the cone 15m from the wickets. The bowler bowls spinners from this end. Place the chair in a position about 1 metre in front of the batting crease. The bowler aims to bowl at off stump and occasionally at the chair. The keeper will have the ball obscured by the stumps at different times but still has to take the ball. |
| Watching the Ball | Skill / Mental | Noughts and Crosses Drill | With two balls (one with noughts on it and one with crosses) which begin held behind the feeders back, he/shethrows one of the balls at the wicketkeeper. As the ball comes down the wicketkeeper focuses on the ball trying to say what’s on the ball before it hits their hands. The feeder stands about 7 metres from the keeper. The feeder tries to hide the noughts and crosses from the keeper. |
| Ability to spot weaknesses in batsman | Mental / Competition / Skill | Ability to Spot Batsman’s Weaknesses | As a keeper you are in a position to reveal vitalinformation that can influence your team’s strategies. Try to look at the batsman and their setup, where their head is in the stance, their grip, their backlift and pre-movement which will influence the way that they play. Balance is also a determining factor with faults. Also look at whether they can play well off the back and/or front foot. Look at their hitting zones whether that be leg side, strong through the off side, square of the wicket or whether they hit straight. Work with your captain and bowlers on the knowledge that you have worked upon. |

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| Ability to work with your captain andassist with tactics. | Mental / Competition / Skill | Ability to work with your captain | Due to the fact you are in a good position to see howthe batsmen are responding to the bowlers, you are able to see the line the bowlers are bowling, where the batsman’s eyes are at delivery, their feet movements when the ball is short, their bat-swing and so forth. It is also important to look at their hitting zones and where they hit in relation to the fielding positions (for example angles). |
| Learning to run to stumps totake balls | Skill / Technique / Fitness | Run up to stumps and take the ball drill | With two people in this drill, one being the keeper,the other being the fielder, you will need a set of stumps, two cones and a ball.Set the stumps up on the oval with the keeper standing next to a cone 10 metres from the stumps i.e. as if they were standing 10 metres back to a bowler. Place the ball 20 metres from the stumps at square leg. Set the other cone up at mid-wicket 8 metres from the ball. The fielder stands next to the cone. On the call of go, the fielder runs across to the ball, picks up and throws towards the stumps,trying to bring into play the keeper. On the call of go the keeper tries to get to the stumps to take the ball. The keeper must get to the stumps asap and keep balance, take the ball and take the stumps. |
| Learning to throw at the stumps | Technique / Skill / Fitness | Throw at the stumps drill | You will need three people with this drill. Mark outa pitch on a flat area of the oval. The keeper stands about 10 metres back from the stumps. A fielder (feeder) stands at short cover and another fielder starts at 15 metres behind the bowlers end stumps. The ball gets thrown by the feeder at short-cover. The ball gets thrown into two areas either straight to the keeper who will underarm the ball at thebatsman, or the ball gets fed to about leg slip. This is where the keeper runs around when the feeder yells‘batsman’s end’ or ‘keeper’s end’ and the keeper throws the ball either underarm at the batsman’s end or overarm at the bowlers end. The fielders backup the throws. It is better if each fielder has a baseball glove. |
| Rhythm | Skill / Technique | Rhythm and long Catch Drill | Using a flat area, get someone to stand twenty metres away. Place the stumps between you at the10 metre mark so that only one stump is showing. Get the thrower to throw only one side of thestumps so that the keeper knows which way the ball will be thrown. The keeper goes across and takesthe ball with a long catch and good rhythm. When one side is done, do the other side. To get more bounce an incrediball can be used. |

If there are any parents who are interested in coaching, we will fund the necessary training courses. We will also encourage children who wish to follow the coaching pathway.

The philiosophy of Wellow & Plaitford Cricket Club is to lay the foundations that will enable our junior players to learn and grow as cricketers; to develop the necessary core skills to compete; to excel in years to come.

Claire Oliver

Colts Coordinator

Wellow & Plaitford CC