

Introduction

1. Safety

- a. Play by the Rules – Child Protection - Harassment and Discrimination
- b. Training facilities prior to training
- c. Pre game – check playing field (report to RJCC/NSJCA)

2. Resources

- a. Training facilities – nets and outfield (under utilised)
- b. Equipment (plastic stumps, tennis rackets, baseball mitts, tennis balls/tape)
- c. Coaching staff (2 ideal so that you can split between field and nets)
- d. Time (typically one hour per week so be organised!)



Basics

1. Enjoyment

- a. Share the roles around (batting/bowling order and fielding positions)
- b. Winning helps (see notes on Improving win/loss ratio)
- c. Skill acquisition – work on all facets so players feel they can contribute in all parts of the game

2. Skill Development

- a. Level 1 (get it...RJCC is offering to arrange training)
- b. Parents may have skills that you could tap into (be inclusive)
- c. Encourage players to do extra sessions outside of team sessions
- d. Specialist ‘intervention’ – RJCC is a community with a lot of specialists who can help (reach out)



Improving Win/Loss Ratio

1. Winning is great but the primary concern is fostering a love of the game and the skills to enjoy the game
2. It does help the enthusiasm if the players can see that their efforts are earning wins
3. Simple things make the difference
 1. Reduce the number of extras per game (byes, wides and no-balls) – count them and challenge team to beat their ‘team best’ each week.
Mostly can be controlled through improving bowling technique
 2. Running singles – winning teams almost always collect the most singles
 3. Fielding – both individual skills and set field positions



Planning a Training Session

1. Start and end sessions with a short group activity to separate “goofing-around” from the training
2. Explain and demonstrate to team that “goofers” miss out on development time (batting time in nets/skill demonstration). Keen cricketers will learn fast that it does not pay to waste time
3. Spend at least half of the allocated training time on fielding (can combine other elements such as running between wickets as you get more advanced)
4. Try and get all players into nets during session by using two (striker and non-striker) per net and two nets = 4 ‘batting’ in 6 minute segments or longer if you have longer sessions



Batting Drills – warm up (5 - 10 minutes)

1. Always start with basic drills (in pairs) before net session
 - Hitting stationary balls (tees on on ground)
 - Underarm toss to front foot shot
 - Over arm pitch to front foot shot
2. Focus on technique - correct back lift, weight transfer, top hand control and playing ball under eyes
3. Start on defence before attack
4. Add cross-bat drills (either in nets or in groups of 3 – bowler, batter and fielder)
5. Cross bat shots focus – high hands, high to low and straighten arms. (start on paddle shots)



Batting Nets (20 - 25 minutes)

1. Bat in pairs (striker and non-striker) = opportunity to practice running between wickets in protective gear
2. Rotate strike – ask batsman to push a single every third ball (authentic calling/running) and towards end of their time push them to run a “3” to practice turning and concentration under fatigue
 - Key development points
 1. Head behind line of ball
 2. Play ball ‘late’ or under eyes
 3. Watch ‘longer/play later’ assists in better shot selection (defend or attack)



Bowling Drills – warm up (5 - 10 minutes)

1. Always start with basic drills before net (in pairs)
 - Stationary - balance on back foot/hold position and then bowl (reduced length)
 - Using only a few steps – focus on alignment/tall at delivery and follow through
 - 5 metre run – target stumps on full length pitch (use oval)
2. Checklist – Balance in delivery, accelerate to delivery stride, front knee brace (optimal), run ups direct to target ‘straight line’
3. Run up drill – see DG (separate one-on-one drill)
4. Last 5m in run up is critical. Focus on alignment and acceleration. Use cones to create ‘straight channel’ (allow for umpire/stumps) = slight angle. ‘Straight’ is actually a 2° angle
5. Use cones to identify correct length (5 steps in advance of stumps)



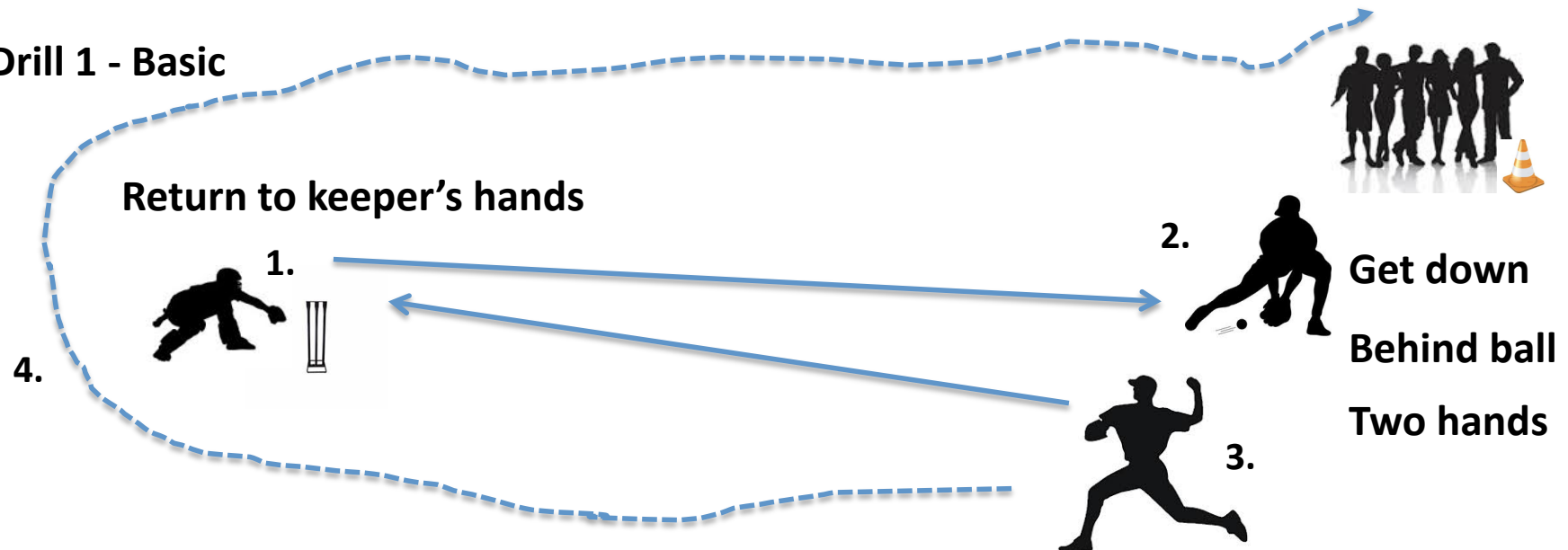
The 'DG' Quick Diagnosis Kit (Bowlers)

1. **Full toss** – off balance at delivery (too fast into delivery stride/ cricketer has not trained to hit crease at that high a speed)
2. **Short ball** – decelerating into delivery stride. Could be caused by fatigue (run up too long/inconsistent). Also caused by bowler doubts over the popping crease (needs extra and specific work on run up)
3. **Leg side wides** – bowler is falling to offside and over compensates – balance and alignment
4. **Offside wides** – bowler may be either off balance or arc of bowling arm may be following poor (wide) arc of front arm. Draw leading non-bowling arm tight into body in delivery



Fielding Drills – (20 - 25 minutes)

Drill 1 - Basic

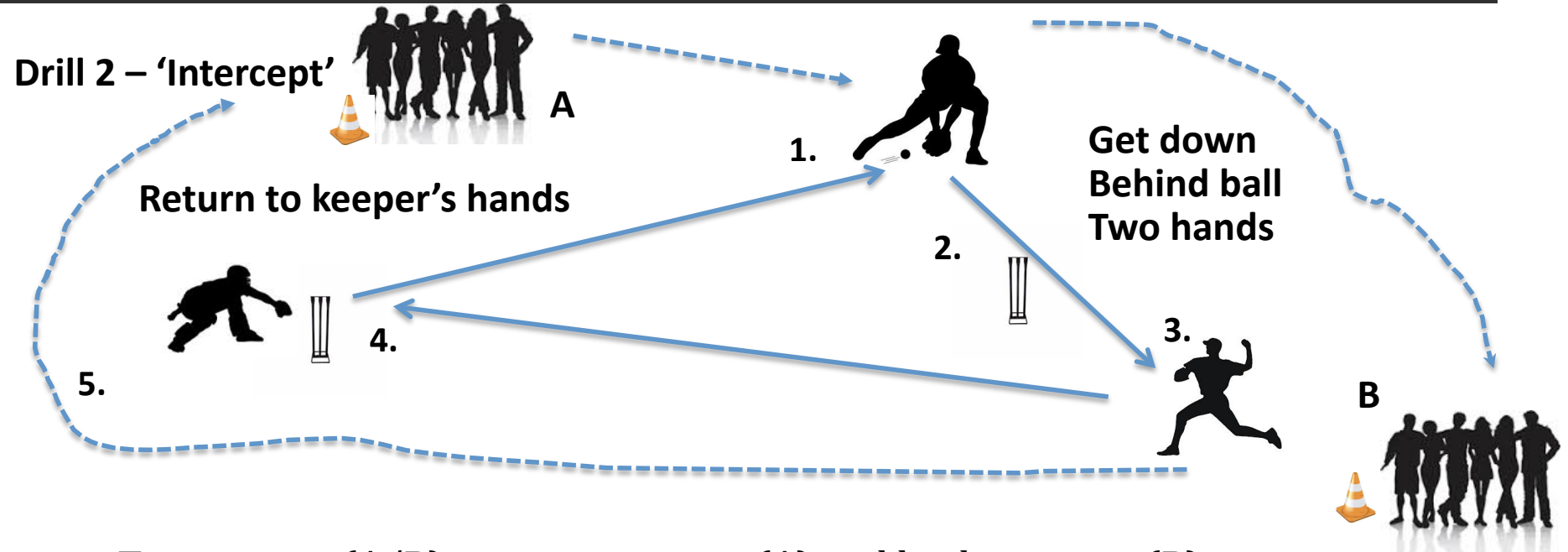


1. Roll ball to fielder
2. Fielder intercepts (in upright position) and
3. Throws return to keeper
4. Fielder returns to back of queue around back of keeper (outside of arena)

Split into two groups to ensure those in queue aren't inactive for too long



Fielding Drills – (20 - 25 minutes)

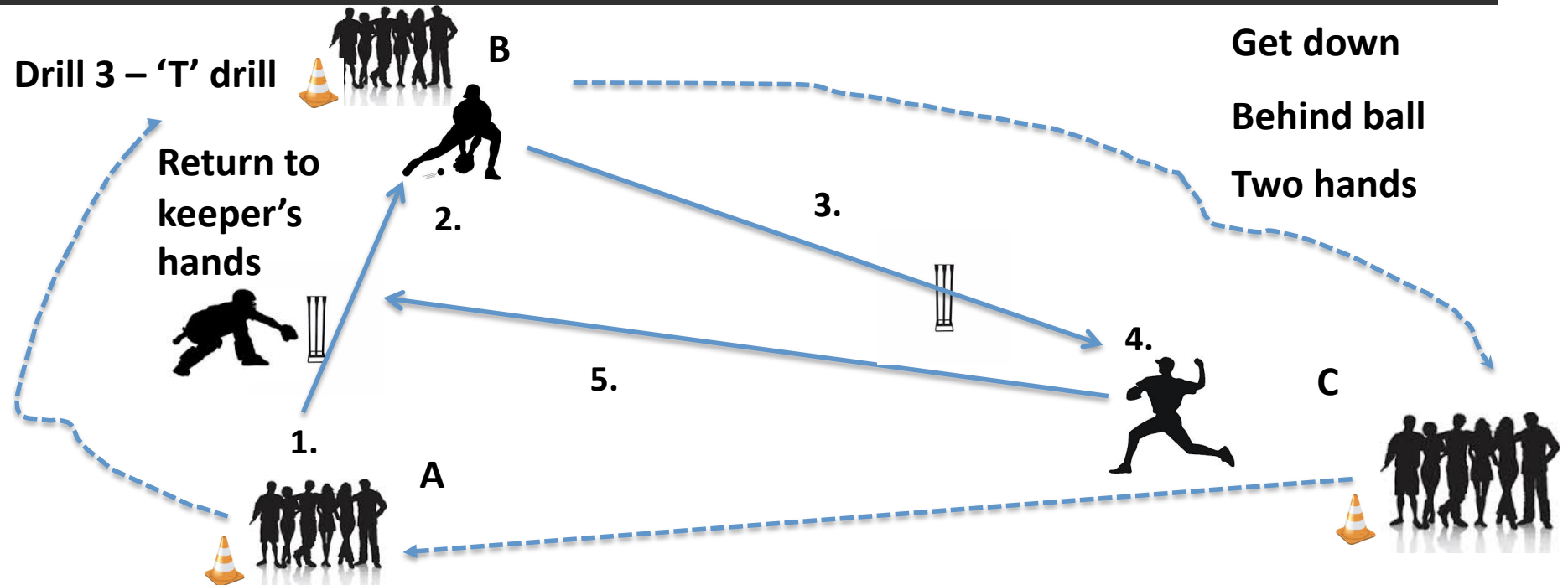


Two queues (A/B) – interceptors at (A) and backing up at (B)

1. Fielder intercepts an
2. underarms at non-striker's stumps (run out)
3. Single fielder backs up at mid off (positions to stop over throws)
4. Returns by over arm throw to keeper's gloves
5. Each participant joins back of opposite queue (via outside of arena)



Fielding Drills – (20 - 25 minutes)



Three queues (ABC)

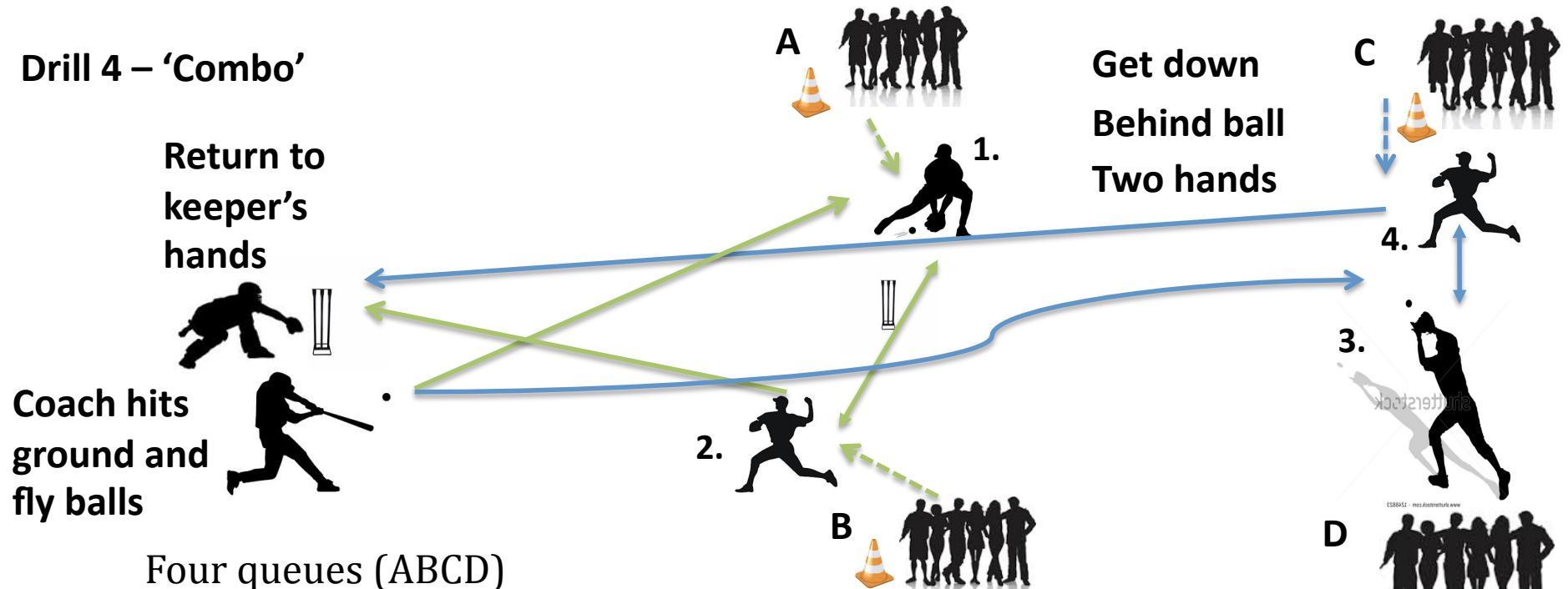
1. Participant (A) underarm at striker's end stumps (side on)
2. Participant (B) backs up and
3. Throws (over arm) at non-striker's end
4. Participant (C) backs up throw an
5. Over arm returns to keeper

Each participant joins back of opposite queue (via outside of arena)



Fielding Drills – (20 - 25 minutes)

Drill 4 – ‘Combo’



Catching drills

1. In pairs, close and using tennis balls – focus on technique (soft elbows/ moving sideways/athletic position)
2. Progress to hard ball (under 10s+)
3. Tennis racket and taped tennis balls (high catches) – focus on footwork and positioning (body and hands)
4. Progress to hard ball struck off bat
5. Combine with fielding ('Combo Drill')



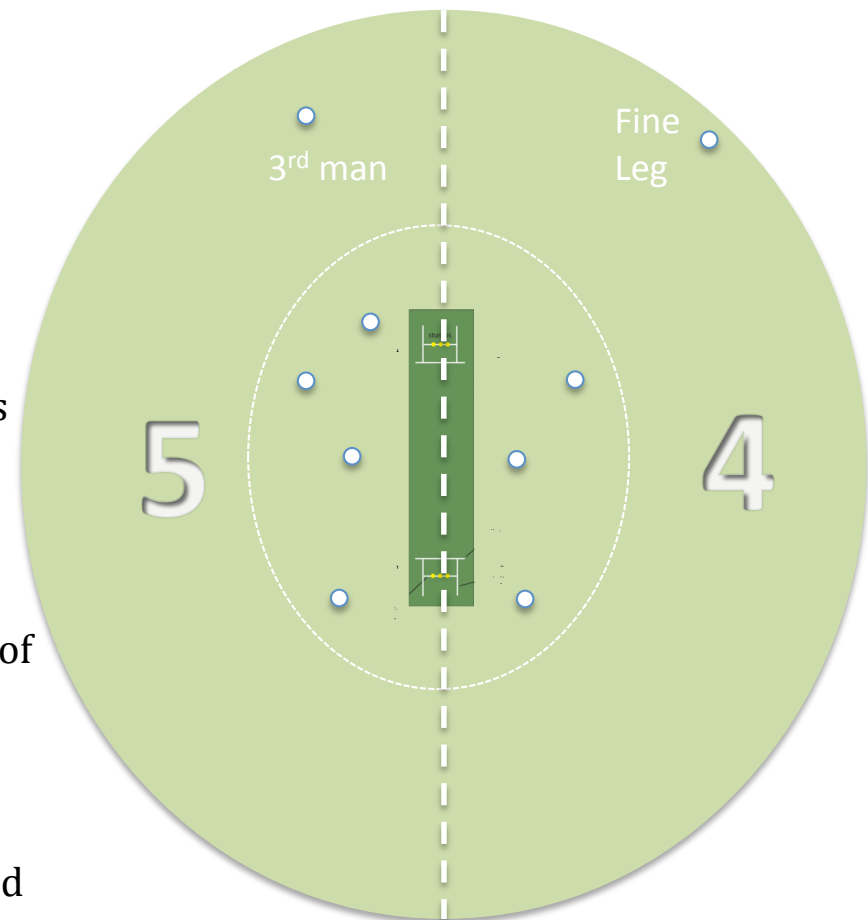
Training – warm down activities (10 minutes)

1. Touch football (walk or run)
2. Soccer
3. Fielding 'volleyball' – team eliminations
4. Fielding 'netball'
5. Taped tennis ball high ball team challenge



Setting your field

- Keep simple. Even balance of fielders (5 on offside/4 on onside) in 'mirror image'
- Minimal change between LH and RH batsmen (gully and small adjustments to 3rd man/fine leg)
- Players to learn to watch their captain who has responsibility for making field adjustments
- Spay paint dots on ground to make it easier!
- Close enough to stop runs but not within 10m of the bat (11 to 15 metres)
- Save movement – 3rd man and fine leg become mid on/off for next over. Gully changes end and other players relatively stationary



Typical problems - field

1. Players moving from their positions (spray paint?)
2. Too deep - cannot prevent runs or take catch (gully/slip)
3. Fielders set to stop boundaries not on boundary!
4. Wrong angles – mid on/off too straight (hiding behind bowler's follow through)
5. Not reading situation – crowd in the new batsmen or put the sweepers out for established batsmen
6. Captains inventing new fielding positions (keep it simple!)



Game Day – Fielding tips

1. The game within the game – keep count of runs saved by players (players compete to have best record)
2. Ensure players rotate to get experience in different positions in the field
3. Ensure team moves into position immediately upon new batsman entering the field of play (avoids lost time)
4. Players should expect ball to come to them every delivery
5. Players to ration concentration – focus once bowler starts run up and can tune out once ball is ‘dead’

