

OUTWOOD CRICKET CLUB,
 Scott's Hill / lane Opposite Gayhouse Lane,
 OUTWOOD Surrey ☎01342 844423
 www.outwoodcricketclub.co.uk

2009 - SUMMER COACHING & TRAINING PROGRAMME

Thursdays 23rd April – 9th July 2009

18:30-20:00 U11's @ Outwood Cricket Club

www.cricketchoach.info/outwood

Week 1 of 12: 23rd April 2009:

Time	Activity	Coach	Notes
15	Warm Up		Running – a-b – with cones without – with ball etc
70	Batting Batting Setup Front Foot Drive (FFT) Hitting Gaps		Check grip – big group for 5mins When to start watching ball.
5	Summarise		

Week 2 of 12: 30th April 2009:

Time	Activity	Coach	Notes
40	Bowling		Reminders about the key points of bowling. Lead arm, arm with ball, vision, run up, delivery stride follow through etc..
45	NETS / Game		Match tactics for fielding and batting side – stop the game to underline the point, to get them thinking about it.
5	Summarise		

Week 3 of 12: 7th May 2009:

Time	Activity	Coach	Notes
45	Batting at Start of Match at Middle of Match at End of Match		? to Coach? Does this matter? As all their games are 20/20 style???
40	NETS / Game		
5	Summarise		

Week 4 of 12: 14th May 2009:

Time	Activity	Coach	Notes
45	Fitness, agility and fielding With some running between the wickets		
40	Game		
5	Summarise		

Week 5 of 12: 21st May 2009:

Time	Activity	Coach	Notes
50	Batting Back Front Defence and Back foot Punch		
30	NETS / Game		
10	Warm Down Injury Prevention intro.		Paul can demo one or two.

Week 6 of 12: 28th May 2009:

Time	Activity	Coach	Notes
60	Bowling Spin Bowling & Grip		
30	NETS / Game		Fielding Tactics

Week 7 of 12: 4th June 2009:

Time	Activity	Coach	Notes
60	Batting On Drive and Pull Shot		
30	NETS / Game		Batting Tactics

Week 8 of 12: 11th June 2009:

Time	Activity	Coach	Notes
60	Bowling Variation of pace? and the Slower Ball!!		Get them thinking about how this can be achieved.
30	NETS / Game		

Week 9 of 12: 18th June 2009:

Time	Activity	Coach	Notes
50	Batting against spin		Options? Go and get it or wait?
20	NETS / Game		
20	Warm Down – Injury prevention exercises		Paul can demo!!

Week 10 of 12: 25th June 2009:

Time	Activity	Coach	Notes
45	Bowling Swinging the ball out? Swinging the ball in?		
45	NETS / Game		Match Tactics

Week 11 of 12: 2nd July 2009:

Time	Activity	Coach	Notes
30	Batting Cut Shot Full Face of the Bat		Watch ball on to full face of bat?
45	NETS / Game		Match Tactics
15	Warm Down – Injury Prevention exercises		

Week 12 of 12: 9th July 2009:

Time	Activity	Coach	Notes
90	NETS / Game		Skill drills as required, but emphasis on Game/Match Situation

Timings are approximate, and will be at the discretion of the Coach at the time of training. **Don't forget drinks breaks.**



“to instil the sport of Cricket with FUN for all”

Paul Griffiths

Cricket Coach

ECB UKCC Level 2 / ECB Umpire Level 1 / ABSAT Coach

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Member of the ECB Coach Association & ECB Association of Cricket Officials