

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

2008 - SUMMER COACHING & TRAINING PROGRAMME

Friday's 24th April – 10th July 2009

18:30-20:00 U13's @ Outwood Cricket Club

www.cricketchoach.info/outwood

Week 1 of 12: 24th April 2009:

Time	Activity	Coach	Notes
30	Batting		If time – look at front foot drive (FFT) pull shot, cut
55	NETS / Game		During game look for batting shots with flare. Variations on the FFT pull, cut etc.
5	Summarise		

Week 2 of 12: 1st May 2009:

Time	Activity	Coach	Notes
40	Bowling		Cover all - grip lead arm, arm with ball, run up, delivery stride, follow through
45	NETS / Game		Ask those bowling to experiment with a slower ball – grip change etc.
5	Summarise		

Week 3 of 12: 8th May 2009:

Time	Activity	Coach	Notes
45	Batting Beginning of match? End of Match?		Pull shot orthodox – Pivot Pull Shot, sweep Get them to think about how to bat at different stages of a match.
40	NETS / Game		See fielders – see gaps between them – push singles etc. Running between - communication
5	Summarise		

Week 4 of 12: 15th May 2009:

Time	Activity	Coach	Notes
45	Bowling		Cover one aspect of bowling that is key to a game
40	NETS / Game		Ask Bowlers to think of match tactics they could use.
5	Summarise		

Week 5 of 12: 22nd May 2009:

Time	Activity	Coach	Notes
60	Batting Defensive shots back and front Stopping or hitting that block hole/full toss?		back foot – back foot punch – front foot Stopping that ball, that reaches your toes – the full toss / ball in the block hole etc. drills to replicate – tennis ball throws on the full?
30	NETS / Game		Batting Tactics Where are the fielders, where are they not.

Week 6 of 12: 29th May 2009:

Time	Activity	Coach	Notes
40	Fitness and Agility		Forget cricket for a short while and concentrate on drills that up the tempo, and concentrate on their fitness – endurance strength, agility and balance etc
50	NETS / Game		Fielding Tactics – backup the throw, buddies in the field – field in pairs to boundary etc.

Week 7 of 12: 5th June 2009:

Time	Activity	Coach	Notes
60	Batting On Drive and Pull Shot and Pivot Pull		
30	NETS / Game		Continue Bowlers match tactics - fielders.

Week 8 of 12: 12th June 2009:

Time	Activity	Coach	Notes
35	Bowling Variation of pace? and the Slower Ball!!		
35	NETS / Game		Bowlers experiment in the match with their slower ball – does it work – ask them to adapt and improve it etc.
20	Warm Down – with Injury Prevention exercises		Difficult as Paul not there to demo.

Week 9 of 12: 19th June 2009:

Time	Activity	Coach	Notes
60	Batting Using Your Feet, to spin and the Pull Shot		
30	NETS / Game		

Week 10 of 12: 26th June 2009:

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

Week 11 of 12: 3rd July 2009:

Time	Activity	Coach	Notes
45	Batting Cut Shot Full Face of the Bat		Watch ball on to full face of bat? It down or hit over slips and gulley area. Hit in front of point?
45	Game		

Week 12 of 12: 10th 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.



“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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