



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 2008

18:30-19:30 Under 7's @ Outwood Cricket Club

www.cricketchoach.info/outwood

Week 1 of 12: 23rd April 2009:

Time	Activity	Coach	Notes
5	Registration / Introductions / Aim(s)		For youngsters – make sure they have water for this and future weeks. Cone an area for water bottles to live!!
10	Fielding Relay / Catching Relay		Anything - Running around, ball to hand etc
25	Batting Basics, GRIP, Followed by a game to practise the grip		Remind of how to hold a bat during game. Game - coach or helper feed ball so all get same
15	Basic Bowling		Have a look – and see who can and can’t. Concentrate on arm with ball.
5	Summarise		Ask how session went, and remind grip.

Week 2 of 12: 30th April 2009:

Time	Activity	Coach	Notes
10	Fielding 1 or 2 Handed Pick-Up		2 hands if needed / long barrier – their decision.
30	Hitting off Front Foot		Tee’s or bobble feed Reminder on Grip
15	3-Tee Game		3 pitches to be used if large group Will need batting tees.
5	Summarise		

Week 3 of 12: 7th May 2009:

Time	Activity	Coach	Notes
10	Warm Up		Coach to decide content
30	Hitting off Front Foot (FFT)		Introduce drop feed One bounce or second bounce
15	Bowling		As week 1 basics but add Vision – look at target – as arm comes over
5	Summarise		Bring own footballs for next week

Week 4 of 12: 14th May 2009:

Time	Activity	Coach	Notes
5	Catching Warm Up		Use the footballs
15	Basic Catching		use football & rugby ball encourages to catch with fingers and then normal balls
35	Batting - Pull Shot		Intro orthodox pull shot. Add a game
5	Summarise		

Week 5 of 12: 21st May 2009:

Time	Activity	Coach	Notes
10	Bowling Relay		As catching relay but introduce bowling into it.
15	Bowling Basics Add run up		Run up from where? Why?
10	Target Bowling		In pairs, stumps..
20	Lords Game - FFT Drive/Pull Shot		2 games played back to back
5	Summarise		Could someone bring a beach ball ???

Week 6 of 12: 28th May 2009:

Time	Activity	Coach	Notes
10	Overarm Throw Relay (Chase & Retrieve)		Fielding game, include pick ups and throws overarm.
20	Introduction to Throwing		How to throw – what arm should be doing.
	Hit the Stumps / Cross-Fire		“beach” ball if not windy
10	Re-Cap Pull Shot (lob feed on full toss if they are able)		Split groups into same ability.
15	Lords Game – Pull Shot		Ensure all play e.g. get a bat.
5	Summarise		

Week 7 of 12: 4th June 2009:

Time	Activity	Coach	Notes
10	Hockey Dribble Relay & Bat Balance/Bat Taps		Use cricket bats, grips to be established, dribble through course of cones.
25	Wicket Keeping		Intro Wicket Keeping break into smaller groups to practise.
20	Bowling Basics Arm with out the ball?		Arm with out the ball, what should it be doing?
5	Summarise		

Week 8 of 12: 11th June 2009:

Time	Activity	Coach	Notes
30	Running Between the Wickets		Bat in both hands!! Introduce face correct side & Introduce calling. Also if good and have time Straight lines /Protected area
25	Game		Try pairs Cricket Bowling themselves Those not batting should field, rotate round
5	Summarise		

Week 9 of 12: 18th June 2009:

Time	Activity	Coach	Notes
50	Pairs Cricket		Adapt if players struggle. All rotate – in field e.g all bat all bowl all keep, all field etc.
10	Summarise		

Week 10 of 12: 25th June 2009:

Time	Activity	Coach	Notes
20	Running Between the Wickets		face correct side / bat in correct hand so you can see the ball at all times when running
20	Game		
20	Some Warm Down Exercises		See Paul – or Paul will run.

Week 11 of 12: 2nd July 2009:

Time	Activity	Coach	Notes
50	Pairs Cricket		Rotate field each over mention positions.
10	Summarise		

Week 12 of 12: 9th July 2009:

Time	Activity	Coach	Notes
10	Warm up / to include fielding		
20	Running Between the Wickets		Straight lines and avoid Protected area / remember where is the ball – face ball so you can see it at all times
30	Game		Could be a 50min game?

Always consider a drink break half way through the session – or as you (coach) deems necessary. Try and ensure it is only 5mins – remind them that it is their cricket time!! (Hence the Water Bottle Coned area mentioned in week 1)

**Make sure all enjoy it – make it fun
for players, helpers, coaches and spectators.**



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

Paul Griffiths

Cricket Coach

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

☎07802 712702 **email:** paul@cricketcoach.info **web:** www.cricketchoach.info

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