



OUTWOOD CRICKET CLUB

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

2010 - SUMMER COACHING & TRAINING PROGRAMME

Thursdays 22nd April – 8th July 2010

18:30-20:00 Under 10's @ Outwood Cricket Club

www.cricketcoach.info/outwood

Week 1 of 12: 22nd April 2010:

Time	Activity	Coach	Notes
10	Registration / Introductions / Aim(s)		Drinks – bring their own?
20	Fielding Relay / Catching Relay		
25	Batting, Front Foot Drive (FFT) Check Setup Grip & Stance		Check grip, stance and setup. Front foot drive checking grips as you observe
30	Bowling		Check actions, emphasise lead arm. Assess if some need bowling basics – split group or groups?
5	Summarise		

Week 2 of 12: 29th April 2010:

Time	Activity	Coach	Notes
10	Fielding Drills for warm up		match the drill to a match situation!!
30	Batting – Front Foot Drive Batting – Back Foot Drive/Punch		Tee's or bobble feed. In Pairs/groups. One feed one bats/one keeps. Rotate after 6 balls. Check feet are moving / working!!
40	Batting Game(s)		Look for back foot punch and front drive.
10	Summarise		

Week 3 of 12: 6th May 2010:

Time	Activity	Coach	Notes
10	Fielding Warm up		Example Paul's Triangle?
20	Wicket Keeping		Basics plus diff. takes. Emphasis posture and straight lines (sideways).
20	Bowling		Any observations from Week 1? Cover those and Run up and Delivery emphasis straight lines to target.
35	Match / Game		Try and avoid those waiting to bat sitting around.
5	Summarise		

Week 4 of 12: 13th May 2010:

Time	Activity	Coach	Notes
10	Running between the wickets Where is the ball? Bat should be where?		Vary ball to both sides of wicket, so they have to change to face where the ball is.
15	Re-Cap Front Foot and back foot punch shots from Week 2		
25	Hitting over the top		To site screen over bowlers head – straight "V". Ask them for the How?
35	Game / Match		
5	Summarise		

Week 5 of 12: 20th May 2010:

Time	Activity	Coach	Notes
(10)	Running Between the Wickets (with calling)		Emphasis – straight lines
15	Fitness and Agility training		Combine with first 10mins running between wickets (25mins)
60	Game / Match		Pairs if OCC have entered that type of League?

5	Summarise		
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Week 6 of 12: 27th May 2010:

Time	Activity	Coach	Notes
10	Keep Ball / Hand Hockey		Start with a Football move to tennis/incredi?
10	Fielding - drill		Emphasis on fitness
35	Bowling Variations:		Depends on assistant helpers - otherwise General bowling, plus seam/spin. yorkers/swing/spin/rotations
30	Cricket Match / Game		pairs? All rotate – so get aware of all fielding positions, and don't stand still!!
5	Summarise		

Week 7 of 12: 3rd June 2010:

Time	Activity	Coach	Notes
10	Warm Up		
10	Batting – Running Between		Popping crease, face ball protected area – what's that? How to turn? Fitness needed to run one – look for two run two etc
20	Fielding		20mins not long, but cover fielding next to boundary or?
45	Simulate / Replicate Match All take part though.		Pairs cricket
5	Summarise		

Week 8 of 12: 10th June 2010:

Time	Activity	Coach	Notes
15	Fielding		Next / close to bat
70	Pairs Cricket		Any areas that need re-visiting put in this week before playing pairs cricket. (Bowling?)
5	Summarise		

Week 9 of 12: 17th June 2010:

Time	Activity	Coach	Notes
10	Warm Up		
70	Simulate / Replicate Match		Any areas that need re-visiting? (Batting?) One match. All take part Pairs Cricket.
10	Summarise		

Week 10 of 12: 24th June 2010:

Time	Activity	Coach	Notes
10	Warm Up		
70	Batting Clock & Simulate / Replicate Match		Any areas that need re-visiting? (Fielding?) One match. All take part Pairs Cricket.
10	Summarise		

Week 11 of 12: 1st July 2010:

Time	Activity	Coach	Notes
10	Warm Up		
60	Match		All take part Pairs Cricket. Batting and gaps, tactics, field tactics.
15	Warm Down – FUN Exercises if done correctly		Injury Prevention exercises – Paul can demo.
5	Summarise		

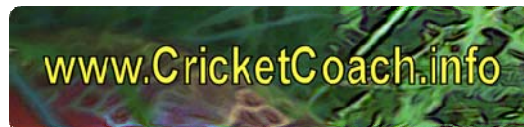


Week 12 of 12: 8th July 2010:

Time	Activity	Coach	Notes
10	Warm Up		
75	Match/Game		All take part, Pairs / Normal Cricket?
5	Summarise		

Schedule drinks break? So about two in your session??– consider drinks bottle area – so do not have to run off to Club House – and you should be able to guarantee 5mins for a drinks break instead of 15!!

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



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

Paul Griffiths

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

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Member of the:

ECB Coach Association (ECBCA)

Surrey Cricket Board Coach Association (SCBCA)

ECB Association of Cricket Officials (ECBACO)

FA Coach Association (FACA)

Surrey Football Coach Association (SFCA)