

**OUTWOOD CRICKET CLUB,**

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

**2010 - SUMMER COACHING & TRAINING SCHEDULE**

**Thursdays 22<sup>nd</sup> April – 8<sup>th</sup> July 2010**

**18:30-20:00 U12's** @ Outwood Cricket Club

[www.cricketcoach.info/outwood](http://www.cricketcoach.info/outwood)

**Week 1 of 12: 22<sup>nd</sup> April 2010:**

Time	Activity	Coach	Notes
15	Warm Up		Running – with cones without – with ball etc
70	Play / Fun / Game / match / Play		Let them play. Observe see how they organise themselves. Step in only if you need to. Split group if large.
5	Summarise		

**Week 2 of 12: 29<sup>th</sup> April 2010:**

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 straight lines to target.
45	Game / Match / Nets		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: 6<sup>th</sup> May 2010:**

Time	Activity	Coach	Notes
45	Bowling at Start of Match at Middle of Match at End of Match		Same ball throughout? Allow the player to develop variation balls. Talk about grip(s)/shiny side/swing/ the science of it all? Talk about reading the batsperson – what are they doing, stance etc ..
40	Game / Match / Nets		Endeavour to replicate a real match situation, so the players can practise
5	Summarise		

**Week 4 of 12: 13<sup>th</sup> May 2010:**

Time	Activity	Coach	Notes
45	Batting at Start of Match at Middle of Match at End of Match		Should you bat the same at start of match / start of your innings? Communication with your other batter. Is this important? Why? The Gaps – where are they?
40	Match / Game		Endeavour to replicate a real match situation, so the players can practise
5	Summarise		

**Week 5 of 12: 20<sup>th</sup> May 2010:**

Time	Activity	Coach	Notes
50	Batting Back Front Defence and Back foot Punch		
30	NETS / Game		
10	Warm Down		

**Week 6 of 12: 27<sup>th</sup> May 2010:**

Time	Activity	Coach	Notes
60	Bowling Spin Bowling & Grip		Split the group – perhaps have separate sessions for seam bowlers, depends on coaches and help available.
30	Match / Game		Fielding Tactics

**Week 7 of 12: 3<sup>rd</sup> June 2010:**

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

**Week 8 of 12: 10<sup>th</sup> June 2010:**

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: 17<sup>th</sup> June 2010:**

Time	Activity	Coach	Notes
50	Batting Quick Singles		Communication/Soft hands/Place the ball. Reading the field. Fielder not quite close in – pinch a single to them?
30	Match / Game		Perhaps include with Quick Single(s)
10	Warm Down		Injury prevention exercises for core

**Week 10 of 12: 24<sup>th</sup> June 2010:**

Time	Activity	Coach	Notes
45	Bowling Swinging ball out/ ball in?		Have some fun with them experimenting with trying to swing the ball.
45	Match / Game /		Match Tactics

**Week 11 of 12: 1<sup>st</sup> July 2010:**

Time	Activity	Coach	Notes
30	Batting Pivot Pull and or Cut Shot		Watch ball and Full Face contact
45	NETS / Game		Match Tactics
15	Warm Down		Injury prevention exercises for core

**Week 12 of 12: 8<sup>th</sup> July 2009:**

Time	Activity	Coach	Notes
90	Game / Match		Last week – so let them manage the whole session themselves? Warm up to match to warm down?

I would also suggest that going in the nets is avoided, unless the bowlers have proved they can deliver great balls 6 out of 7 times. i.e. the batsperson gets great service – they have to play most of them.

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 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)