



**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 – 12 Weeks**

**18:30-20:00 Under 8’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   | Registration / Introductions / Aim(s) |       | For youngsters – make sure they have water for this and future weeks. Cone an area for water bottles to live!! No need for them to run off and get them.                |
| 15   | Warm up                               |       | Anything - Running around, ball to hand etc   |
| 55   | FUN / Match / Games / Play            |       | First week: let them play cricket. If the numbers are big, split the group so two or three matches going on at the same time. Gives you a chance to observe their play. |
| 5    | Summarise                             |       | First week see you all next week, Remind bring bats next week if they have one  |

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

| Time | Activity  | Coach | Notes  |
|------|---|-------|--|
| 10   | Batting – How to hold (grip) setup and stance?          |       | Demo how it is suggested that a cricket bat should be held.                                      |
| 30   | Hitting the ball  |       | In 2’s or 3’s one batting etc. Get parent help - They will be watching? Watch ball, Step to ball |
| 40   | Game(s), with emphasis on Batting setup / stance / grip |       | All should have a bat, and perhaps a bowl. So split group so it happens.                         |
| 10   | Summarise   |       | Get players to tell you how to hold a bat and how to stand etc.                                  |

**Week 3 of 12: 6<sup>th</sup> May 2010:**

| Time | Activity                     | Coach | Notes   |
|------|------------------------------|-------|---|
| 30   | Warm Up +<br>Fielding drills |       | Warm up which includes lots of fielding e.g running around stopping balls, picking up balls, throwing balls etc.  |
| 55   | Game(s)                      |       | Remind them about previous weeks, how to grip bat and stand when batting. Mention – fielding backing up for a throw. Keeper has vanished to field the ball – what should happen – fielder come in and manage the stumps etc etc or? |
| 5    | Summarise                    |       | Bring own footballs for next week   |

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

| Time | Activity                   | Coach | Notes  |
|------|----------------------------|-------|--|
| 5    | Catching Warm Up           |       | Use the footballs?<br>Paul will have 10 Size 5 in his car, if youngsters don't bring any.  |
| 10   | Basic Catching             |       | Watch ball into hands. use footballs encourages to catch with fingers and then normal move to normal sized balls – should be easier? |
| 30   | Batting – Front Foot drive |       | Intro orthodox front foot shot, off tees/cones or drop / bobble feed.  |
| 40   | Match / Game               |       | All to have a go at all cricket disciplines e.g. Bat, Bowl, Keep, Field. Split group so it happens.                                  |
| 5    | Summarise                  |       |  |

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

| Time | Activity       | Coach | Notes   |
|------|----------------|-------|---|
| 10   | Bowling Relay  |       | As catching relay but introduce bowling into it.  |
| 20   | Bowling Basics |       | Overarm action – demo from standing base, introduce a step towards target if they master. |
| 20   | Target Bowling |       | In pairs at stumps 1 set 2 sets (paired) or 4? Big target / small target.                 |
| 35   | Game / Match   |       | All to do all disciplines, but observe the bowling, to target?                            |
| 5    | Summarise      |       |   |

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

| 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. Paul/Joey/Ian can demo if needed |
| 10   | Hit the Stumps                         |       |   |
| 10   | Re-Cap Front Foot Drive                |       | From week 4   |
| 35   | Game/ Match                            |       | Watch and observe all and comment individually or as a group              |
| 5    | Summarise                              |       |   |

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

| Time | Activity  | Coach | Notes   |
|------|---|-------|---|
| 10   | Cricket Bat (Hockey) Dribble Relay & Bat Balance/Bat Taps |       | Use cricket bats, grips to be established, dribble through course of cones. |
| 20   | Wicket Keeping Stance/one hand/two hands?                 |       | Intro Wicket Keeping break into smaller groups to practise.                 |
| 15   | Bowling Basics<br>Arm with out the ball?<br>Run Ups?      |       | Arm with out the ball, what should it be doing?<br>Are run ups needed?      |
| 40   | Game / Match  |       |   |
| 5    | Summarise   |       |   |

**Week 8 of 12: 10<sup>th</sup> June 2009:**

| Time | Activity                          | Coach | Notes  |
|------|-----------------------------------|-------|--|
| 30   | Running Between the Wickets       |       | Bat in both hands!!<br>Introduce face correct side & Introduce calling.<br>Also if good and have time Straight lines /Protected area |
| 10   | Bowling basics<br>Follow through. |       | Ball is delivered what should you be doing next? Straight lines to target.   |
| 55   | Game                              |       | Try pairs Cricket<br>Bowling themselves<br>Those not batting should field, rotate round  |
| 5    | Summarise                         |       |  |

**Week 9 of 12: 17<sup>th</sup> June 2010:**

| Time | Activity      | Coach | Notes   |
|------|---------------|-------|---|
| 80   | Pairs Cricket |       | Adapt if players struggle.<br>All rotate – in field e.g all bat all bowl all keep, all field etc. so all doing something. |
| 10   | Summarise     |       |   |

**Week 10 of 12: 25<sup>th</sup> June 2009:**

| Time | Activity                    | Coach | Notes                             |
|------|-----------------------------|-------|-----------------------------------|
| 10   | Running Between the Wickets |       | Re-cap from week 8                |
| 10   | Fielding Drills             |       |                                   |
| 50   | Match / Game                |       | Pairs cricket                     |
| 20   | Some Warm Down Exercises    |       | See Paul – or Paul will run/demo. |

**Week 11 of 12: 2<sup>nd</sup> July 2009:**

| Time | Activity            | Coach | Notes  |
|------|---------------------|-------|--|
| 80   | Pairs Cricket match |       | Rotate field each over<br>mention positions.<br>Score if you can,<br>scoreboard? so is “real”? |
| 10   | Summarise           |       |  |

Week 12 of 12: 9<sup>th</sup> July 2009:

| Time | Activity                      | Coach | Notes |
|------|-------------------------------|-------|-------|
| 10   | Warm up / to include fielding |       |       |
| 80   | Game / Match                  |       |       |

**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 and RESPECT for all”*

## **Paul Griffiths**

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

☎07802 712702 ☎01293 779139 ☎0845 643 4146

**email:** paul@cricketcoach.info **email:** cricket@paulgriffiths.info

**web:** www.cricketcoach.info **web:** www.paulgriffiths.info

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)