

OUTWOOD CRICKET CLUB

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

2011 - SUMMER COACHING & TRAINING PROGRAMME

Thursdays 21st APRIL – 7th JULY 2011

18:30-20:00 Under 9's @ Outwood Cricket Club

www.cricketcoach.info/outwood

Week 1 of 12: 21st APRIL 2011:

Time	Activity	Coach	Notes
10	Registration / Introductions / Aim(s)		
20	Fielding Relay / Catching Relay		
30	Batting, Front Foot (FFT) shots Check Setup Grip & Stance		Check grip, stance and setup. Front foot drive checking grips as you observe
25	Bowling		Check actions, not mixed - emphasise lead arm. Assess if some need bowling basics – split group or groups?
5	Summarise		

Week 2 of 12: 28th APRIL 2011:

Time	Activity	Coach	Notes
10	Fielding 1 or 2 Handed Pick-Up		2 hands if needed – their decision.
30	Batting - FFT		Tee's or bobble feed. In Pairs/groups. One feed one bats/one keeps. Rotate after 6 balls
40	Batting Game(s)		Looking at FFT Shot?
10	Summarise		

Week 3 of 12: 5th MAY 2011:

Time	Activity	Coach	Notes
10	Fielding Warm up		Paul's Triangle? Other?
25	Wicket Keeping		Basics plus diff. takes. Emphasis "K" & two hands "cup". 3 drills.
50	Bowling		Lots of time to cover all aspects of bowling. Run up and Delivery and if time follow though?
5	Summarise		

Week 4 of 12: 12th MAY 2011:

Time	Activity	Coach	Notes
10	Bat Taps & Dribbling Relay		
15	Re-Cap FFT Drive (bobble feed)		
25	Pull Shot (lob – bounce feed)		
35	Game (FFT Drive &/or Pull Shot)		Lords or other?
5	Summarise		

Week 5 of 12: 19th MAY 2011:

Time	Activity	Coach	Notes
15	Running Between the Wickets (with calling)		Emphasis – straight lines
25	Fitness and Agility training		
45	Game Cricket		Pairs and Put into Practise
5	Summarise		

Week 6 of 12: 26th MAY 2011:

Time	Activity	Coach	Notes
10	Keep Ball / Hand Hockey		Move to fielding drill quickly.
10	Fielding - drill		Emphasis on fitness
35	Bowling Circuit: Off Spin / Leg Spin / Swing Bowling		Depends on assistant helpers - otherwise General bowling, plus seam/spin (leg and off)10mins each station?
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: 2nd JUNE 2011:

Time	Activity	Coach	Notes
10	Warm Up		
30	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
45	Simulate / Replicate Match All take part though.		Pairs cricket
5	Summarise		

Week 8 of 12: 9th JUNE 2011:

Time	Activity	Coach	Notes
85	Pairs Cricket		Any areas that need re-visiting put in this week before playing pairs cricket. (Bowling?)
5	Summarise		

Week 9 of 12: 16th JUNE 2011:

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: 23rd JUNE 2011:

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: 30th JUNE 2011:

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: 7th JULY 2011:

Time	Activity	Coach	Notes
10	Warm Up		
50	Replicate Match		All take part, Pairs Cricket?
15	Warm Down – FUN Exercises		As week 11
15	Summarise		

Schedule at least one drinks break

**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

Cricket Coach

ECB UKCC Level 3 / ECB Umpire Level 1 / ABSAT Coach

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