

TADWORTH CRICKET CLUB,

Mill Road, TADWORTH Surrey KT20 7TE ☎01737 813326

www.surreydowns.org/tadworth**2010 - SUMMER COACHING & TRAINING SCHEDULE****Friday's from 30th April – 13th August 2010****18:00-20:00 U11's – U10's** @ Tadworth Cricket Clubwww.cricketcoach.info/tadworth**Week 1: 30th April 2010:**

Time	Activity	Coach	Notes
30	Warm Up		Running – with cones without – with ball etc
75	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.
10	Summarise		

Week 2: 7th May 2010:

Time	Activity	Coach	Notes
50	Bowling		Reminders about the key points of bowling. Lead arm, arm with ball, vision, run up, delivery stride follow through straight lines to target.
60	Game / Match / Nets		Match tactics for fielding and batting side – stop the game to underline the point, to get them thinking about it.
10	Summarise		

Week 3: 14th May 2010:

Time	Activity	Coach	Notes
60	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 ..
50	Game / Match / Nets		Endeavour to replicate a real match situation, so the players can practise
10	Summarise		

Week 4: 21st May 2010:

Time	Activity	Coach	Notes
10	Warm Up		Quick Warm up – straight into game
40	Match / Game		Endeavour to replicate a real match situation, so the players can practise. Tactics/positions/batters and fielders
5	Summarise		

Week 5: 28th May 2010:

Time	Activity	Coach	Notes
60	Batting Back Front Defence and Back foot Punch		
40	NETS / Game		
20	Warm Down		

Week 6: 4th June 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.
50	Match / Game		Fielding Tactics

Week 7: 11th June 2010:

Time	Activity	Coach	Notes
75	Batting On / Off Drive and Pull Shot		
45	Match / Game		Batting Tactics

Week 8: 18th June 2010:

Time	Activity	Coach	Notes
60	Bowling Variation of pace? and the Slower Ball!!		Get them thinking about how this can be achieved.
60	NETS / Game		

Week 9: 25th June 2010:

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

Week 10: 2nd July 2010:

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

Week 11: 9th July 2010:

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

Week 12: 16th July 2009:

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

NB: These sessions are only for 12 weeks. You as the Coach and or Manager can adapt your sessions as needed, or perhaps include something that needs improving after your own observations in a previous match or matches.

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 bats person 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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Surrey Cricket Board Coach Association (SCBCA)

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