



TADWORTH CRICKET CLUB
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www.surreydowns.org/tadworth

2010 - SUMMER COACHING & TRAINING SCHEDULE

Friday's 30th April – 13th August 2010 – 16 Weeks

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

www.cricketchoach.info/tadworth

Week 1 of 12: 30th 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.
20	Warm up		Anything - Running around, ball to hand etc
85	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.
10	Summarise		First week see you all next week, Remind bring bats next week if they have one

Week 2 of 12: 7th May 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.
40	Hitting the ball		In 2's or 3's one batting etc. Get parent help - They will be watching? Watch ball, Step to ball
60	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: 14th May 2010:

Time	Activity	Coach	Notes
30	Warm Up + Fielding drills		Warm up which includes lots of fielding e.g running around stopping balls, picking up balls, throwing balls etc.
80	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?
10	Summarise		Bring own footballs for next week

Week 4 of 12: 21st May 2010:

Time	Activity	Coach	Notes
10	Catching Warm Up		Use the footballs? Paul will have 10 Size 5 in his car, if youngsters don't bring any.
15	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.
60	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: 28th May 2010:

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

Week 6 of 12: 4th June 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.
20	Hit the Stumps		Several station with easier to more difficult.
10	Re-Cap Front Foot Drive		From week 4
55	Game/ Match		Watch and observe all and comment individually or as a group
5	Summarise		

Week 7 of 12: 11th 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.
30	Wicket Keeping Stance/one hand/two hands?		Intro Wicket Keeping break into smaller groups to practise.
20	Bowling Basics Arm with out the ball? Run Ups?		Arm with out the ball, what should it be doing? Are run ups needed?
55	Game / Match		
5	Summarise		

Week 8 of 12: 18th June 2009:

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

Week 9 of 12: 25th June 2010:

Time	Activity	Coach	Notes
110	Pairs Cricket		Adapt if players struggle. All rotate – in field e.g all bat all bowl all keep, all field etc. so all doing something. If numbers allow
10	Summarise		

Week 10 of 12: 2nd July 2009:

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

Week 11 of 12: 9th July 2009:

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

Week 12 of 12: 16th July 2009:

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

NB: These sessions are only for 12 weeks. You as the Coach and or Assistant can adapt your sessions as needed. The coaching is for 16 weeks therefore this 12 week session plan is exactly that a plan. You may wish to cover areas that need improving post a match or matches – happy for you to adapt the session to cover this.

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

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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)