

NET SAFETY + PROCEDURES (1)

NET COACHING - SOME GUIDELINES

Traditionally a great deal of cricket 'training' has taken place 'in the nets'. If you have access to nets you should consider the following:

1. Nets should only be used when players can bat/bowl sufficiently well, using hard balls. Players up to, and including, Under 13 age group (usually Year 8) use a smaller 4 ¾ oz ball. The necessary skill level should be developed using group coaching.
2. Given the use of cricket balls SAFETY becomes a major consideration, and the coach is responsible for checking:

Lighting

Netting (for holes/length/flexibility)

Surfaces

Batter's/bowler's equipment including protective equipment

Net discipline

Organisation

Ideally, each net should have **no more than 6** participants:

- 1 batter
- 1 padding up
- 4 bowling

This ensures that individuals are able to practice purposefully, and no overcrowding means less likelihood of accidents.

All participants must be aware of **how to remove a ball from the side netting** and must **never** be allowed to place their **head in to or near the netting**.

Only **one ball**, the **bowler** and the **batter** should be in the main part of the net at any one time. All participants must face the batter when a ball is in play.

Bowlers should be given an order in which to bowl and should be constantly encouraged and coached. Equal attention should be given to batters and bowlers.

The coach should be mobile, but generally operate 'in line' with the stumps.

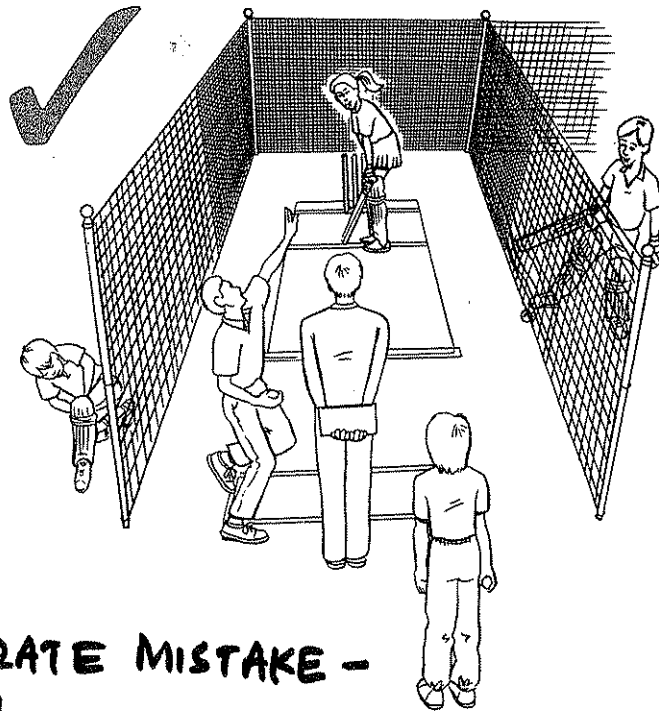
The coach should try to ensure 'continuity' in the net. The majority of the time should be taken by the cricketers batting and bowling. Technical points should be made concisely. Young cricketers will have difficulty in focussing on more than one technical point during any one session.

Given the restriction on numbers, it may be necessary to set up further practices/drills for those not taking part in the nets, for example fielding practice.

NET SAFETY + PROCEDURES (2)

NET COACHING - THE RIGHT WAY

1. Tight nets (with canvas or heavy netting at batters end)
2. No holes
3. Batter padded
4. Mat taped (across front)
5. Crease markings (bowler and batter)
6. All participants facing action
7. Next door batter retrieving correctly - bat in to net, use foot to retrieve ball
8. Coach central (umpiring) position
9. Batter padding up in safe area



NB: SPOT DELIBERATE MISTAKE - NO HELMET!

NET COACHING - THE WRONG WAY

1. Slack netting
2. Holes
3. Batter - no protection
4. Mat crumpled / torn
5. No pitch markings
6. Balls off pitch
7. Previous bowler in danger area
8. Shoe laces undone
9. Bowler and batter padding up with back to action
10. Coach in wrong place - not concentrating

