

<p><b>Week</b></p>	<p><b>Batting Skill, Drill and Game</b></p> <p>15 mins</p>	<p><b>Fielding Skill, Drill and Game</b></p> <p>15 mins</p>	<p><b>Bowling Drill and Game</b></p> <p>15 mins</p>	<p><b>Game (incl Game Awareness Skill)</b></p> <p>40 mins</p>
<p>10 (26.06.10)</p> <p><b>Skill – Reinforcement of -</b> Grip, stance, backswing, step and drive</p> <p><b>Coaching points, drill and game –</b> Cards 4 and 5</p> <p><b>The Midd KPIs –</b></p> <ul style="list-style-type: none"> <li>• <b>Grip –</b> <ul style="list-style-type: none"> <li>○ Vs point between splice and leading edge</li> <li>○ allows bat to go through straight</li> <li>○ hands together</li> </ul> </li> <li>• <b>Stance -</b> <ul style="list-style-type: none"> <li>○ Feet shoulder width apart</li> </ul> </li> </ul>	<p><b>Skill – Reinforcement of high and close catching –</b></p> <p><b>Coaching points and drill –</b> Card 24 (new drill used frequently by Senior teams) – try with hard ball and encourage intensity/teamwork</p> <p><b>The Midd KPIs – High catching</b></p> <ul style="list-style-type: none"> <li>• Move quickly into position. Head steady and eyes on ball</li> <li>• Hands either basket or reverse cup – no crocodiles</li> <li>• Basket – catch at eye level or above – hands give to chest</li> <li>• Reverse cup – catch</li> </ul>	<p><b>Warm up (10 mins) – Rory's drill 1</b></p>	<p><b>Games on outfield.</b></p>	

Week	Batting Skill, Drill and Game 15 mins	Fielding Skill, Drill and Game 15 mins	Bowling Drill and Game 15 mins	Game (incl Game Awareness Skill) 40 mins
	<ul style="list-style-type: none"> <li>○ Eyes level over toes</li> <li>○ Weight evenly balanced on balls of feet</li> <li>● <b>Backswing –</b> <ul style="list-style-type: none"> <li>○ Bat over middle stump to 2<sup>nd</sup> slip not to leg</li> <li>○ Head still</li> <li>○ Hands close to body – arms and bat form 9 or 6</li> <li>○ Co-ordinate with bowler's delivery stride</li> </ul> </li> <li>● <b>Step and drive –</b> <ul style="list-style-type: none"> <li>○ Backswing and step forward -</li> </ul> </li> </ul>	<p>above eye level - hands give to either side of head</p> <p><b>Close catching –</b></p> <ul style="list-style-type: none"> <li>● Knees flexed, feet shoulder width apart</li> <li>● Hands together, fingers pointing down – basket not crocodile</li> <li>● Watch ball into hands – show bald patch!</li> </ul> <p>Give</p>		

Week	Batting Skill, Drill and Game	Fielding Skill, Drill and Game	Bowling Drill and Game	Game (incl Game Awareness Skill)
	<p data-bbox="1230 528 1257 629">15 mins</p> <p data-bbox="1126 568 1153 730">shoulder dips</p> <ul style="list-style-type: none"> <li data-bbox="951 528 1082 719">○ Front knee bends – comfortable stride</li> <li data-bbox="807 528 906 707">○ Accelerate during downswing</li> <li data-bbox="632 528 762 741">○ Bat through line, follow through, front elbow high</li> </ul>	<p data-bbox="1198 936 1225 1037">15 mins</p>	<p data-bbox="1230 1346 1257 1447">15 mins</p>	<p data-bbox="1198 1749 1225 1850">40 mins</p>