

**NMCC: SESSION PLANS 2009 UNDER [7s] [8/9s] [10/11s]**

**(Notes : (1) References to – (a) ‘Cards’ are to Level 1 Coaching Cards on Website – click on Coaches’ Resources and Materials (b) ‘Drills’ are to Drills available on same page of Website**

**(2) Start with warm up drill/game – for examples see under ‘Warm Up/Drill’ on same page of Website)**

<b>Week</b>	<b>Batting Skill, Drill and Game 15 mins</b>	<b>Fielding Skill, Drill and Game 15 mins</b>	<b>Bowling Drill and Game 15 mins</b>	<b>Game (incl Game Awareness Skill) 40 mins</b>
12. (11.7.0 9)	<p><b>Skill</b> – Reinforcement of correct grip, watching the ball, running between the wickets.</p> <p><b>Coaching Drill</b> – Circle Cricket – combines batting and fielding skills – see Card 25</p>	<p><b>Skill</b> – React to ball with hands ready, watch ball into hands, throwing action – aim at base of stumps, other fielders back up throws</p> <p><b>Coaching Drill</b> – Circle Cricket – see Card 25</p>	<p><b>Skill</b> – Bowling line and length</p> <p><b>Coaching Drill</b> – Mikey’s Drill – see Card 26</p>	<p><b>Under 10s</b> – Gubby Allen area semi final</p> <p><b>Under 11s</b> - to use nets with hard balls - alternate with fielding drills – for net safety see Safety Section of Resources and Materials</p> <p><b>Others</b> – suggest have a longer pairs game</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
11. (4.7.09)		<p><b>2 Drills – (both in Resources and Materials)</b></p> <ul style="list-style-type: none"> <li>• <b>Goal Keepers</b> – see Rory’s Drill 5 and use tennis racket to pt pace on balls – object</li> <li>• to teach walking I to get into the ‘set position’ ready to move quickly to either side</li> <li>• how to stop 4s by diving safely in the field – try to land on tummy with limbs off ground to avoid injury</li> <li>• <b>Woolmer’s Drill</b> to reinforce and stress test skills</li> </ul>		<p><b>Under 11s</b> - to use nets with hard balls - alternate with fielding drills – for net safety see Safety Section of Resources and Materials</p> <p><b>Others</b> – suggest have a longer pairs game</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
10 (27.06.09)	<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>Leg Spin Class for selected players to be run by Mick Abrahamson between 10 and 11.</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 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>○ Front knee bends – comfortable stride</li> <li>○ Accelerate during downswing</li> <li>○ Bat through line, follow through, front elbow high</li> </ul>			
9. (20.6.09)		<p><b>Skill</b> – Retrieving slow moving ball using crow hop</p> <p><b>Coaching points, drill and game</b> – Card 23. Game – link to running between wickets drill – modify ‘Run Outs’ game in Section 4 of Card 19 (which</p>	<b>Warm up (10 mins) to be decided</b>	<p><b>As for week 5</b> – please try to use games to reinforce skills covered in this and earlier sessions and game awareness.</p> <p><b>For a trial – anyone being bowled by slogging across the line to a straight well pitched</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
		<p>is a set of ECB Inter Cricket teacher cards) so non batting team roll out ball for player to chase, retrieve and return to run out batsman trying to run 2.</p> <p><b>The Midd KPIs –</b></p> <ul style="list-style-type: none"> <li>• Turn to chase ball – move onto line just to non- throwing side of ball</li> <li>• Slightly overrun and pick up from low position just outside throwing foot</li> <li>• Turn and do crow hop and overarm throw – see Session 8 column 2.</li> </ul>		<b>ball loses 20 runs not just 5</b>
8. (13.6.0)	<b>Skill – Straight Drive – attacking front foot shot played</b>	<b>Skill – Crow hop, two handed</b>	<b>Warm up (10 mins) to be</b>	<b>As for week 5 – please try to use games to reinforce skills</b>

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
9)	<p>to full length ball</p> <p><b>Coaching points, drill and game</b> – Card 5. See also – video -</p> <p><a href="http://www.videojug.com/film/how-to-play-the-straight-drive">http://www.videojug.com/film/how-to-play-the-straight-drive</a></p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Front shoulder dips, step forward just inside line of ball</li> <li>• Weight transfers to front foot with knee bent</li> <li>• Head and eyes on line of ball and level or in front of knee</li> <li>• Hit ball under eyes with straight bat</li> </ul>	<p>intercept and overarm throw</p> <p><b>Coaching points, drill and game</b> – Card 21</p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Watch ball into hands – body low</li> <li>• Pick up between feet side on to target</li> <li>• Throwing foot behind non throwing</li> <li>• For throwing action - See Session 2 column 2 and emphasise elbow above shoulder level, rock back – chin/knee/toe, point with non throwing arm and follow through to target</li> </ul>	<p><b>decided</b></p>	<p>covered in this and earlier sessions and game awareness.</p> <p><b>For a trial – anyone being bowled by slogging across the line to a straight well pitched ball loses 20 runs not just 5</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>• Top hand controls shot with front elbow high</li> <li>• Follow through</li> </ul>			
7. (6.6.09)	<p><b>Warm up (10 mins)</b> – if you haven’t tried it already suggest Rory’s Drill 7 – recommended for Groups of between 10 and 18. Either all catching or roll balls along the longer sides. Use drill to wake Colts up and build teamwork. Use hard ball and under arm throwing only.</p> <p><b>Only 2 drills to allow for more game time at end of session</b></p>	<p><b>Skill</b> – Reinforcement of close catching, throwing and long barrier and one handed pick up taught in earlier Sessions</p> <p><b>Coaching drill and game</b> - ‘Woolmer’s Fielding Drill’ – see under ‘Drills and Warm Ups’ on Coaching and Materials page.</p> <p><b>The Midd KPIs</b> – see under Fielding sections of earlier Sessions</p>	<p><b>Skill</b> – Reinforce discipline in bowling. Bowling wides is just giving the oppo a start and letting team mates down. Apply the ‘you miss I hit’ philosophy.</p> <p><b>Coaching Drill and games</b> – try Bowling Drills 1 and 2 devised by Mikey and Rory. Drill 2 involves building up a pitch map which is very powerful in demonstrating to Colts where they are actually pitching the ball.</p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• <b>See Session1 bowling notes</b> – stress value of straight lines – in</li> </ul>	<p><b>As for week 5</b> – please try to use games to reinforce skills covered in this and earlier sessions and game awareness.</p> <p><b>For a trial – anyone being bowled by slogging across the line to a straight well pitched ball loses 20 runs not just 5</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
			<p>everything to do with bowling – run up, delivery and follow through.</p> <ul style="list-style-type: none"> <li>• <b>Basic Grip –</b> <ul style="list-style-type: none"> <li>○ Seam vertical thumb on seam underneath</li> <li>○ Index and middle fingers on either side of seam on top of ball</li> </ul> </li> <li>• <b>Basics of line and length</b></li> </ul>	
6. (30.05.09)	<p><b>Skill –</b> Hitting full toss to leg</p> <p><b>Coaching points, drill and game –</b> Card 20 then progress</p>	<p><b>Skill –</b> Catching in the deep</p> <p><b>Coaching points, drill and game - Card 2. See also -</b></p>	<p><b>Warm up (10 mins)</b> – if you haven’t tried them already suggest Rory’s Drills 1 or 7 –</p>	<p><b>As for week 5</b> – please try to use games to reinforce skills covered in this and earlier</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
	<p>to hitting through target cones. See also – <a href="http://www.rollestoncc.org.uk/coaching-corner/coaching-corner-5-full-toss-to-leg/">http://www.rollestoncc.org.uk/coaching-corner/coaching-corner-5-full-toss-to-leg/</a></p> <p><b>The Midd KPIs –</b></p> <ul style="list-style-type: none"> <li>• High backswing</li> <li>• Head and front shoulder to line of ball</li> <li>• Front foot forward with knee bent</li> <li>• Eyes level and on ball throughout</li> <li>• Fully extended arms at ball – like chopping down tree</li> <li>• Hit ball in front of body from high to low – to keep ball down</li> </ul>	<p><a href="http://www.rollestoncc.org.uk/coaching-corner-27-high-catching/">http://www.rollestoncc.org.uk/coaching-corner-27-high-catching/</a></p> <p>For game use Rory’s Drill 3 – the Circle Game but make sure you rotate players to avoid stronger catchers dominating. Also allow eliminated players back if team mate makes one handed catch</p> <p><b>The Midd KPIS –</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>both recommended.</p> <p><b>Only 2 drills to allow for more game time at end</b></p>	<p>sessions and game awareness.</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
		above eye level - hands give to either side of head		
5. (23.05.09)	<p><b>Skill</b> – Square Cut</p> <p><b>Coaching points, drill and game</b> – Card 18 then progress to hitting through target cones. See also video – <a href="http://www.videojug.com/film/how-to-play-the-square-cut">http://www.videojug.com/film/how-to-play-the-square-cut</a></p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Back foot across to off stump, head in line with ball</li> <li>• Weight on back foot</li> <li>• Turn front shoulder to point</li> <li>• Swing bat horizontally extending arms at ball</li> </ul>	<p><b>Skill</b> – One handed intercept and throw – aggressive fielding</p> <p><b>Coaching points, drill and game</b> – Card 16 try ‘Partner Rolling’ to start and then move on to team comp – ‘Throw and Catch Relay’</p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Aggressive approach, low crouched position</li> <li>• Head still, eyes level</li> <li>• Pick up ball on outside of throwing foot i.e. if</li> </ul>	<p><b>Only 2 drills to allow for more game time at end</b></p>	<p><b>Quik cricket on outfield with remaining Colts in U11 squad in nets</b></p> <p>In games try to reinforce skills from earlier sessions and game awareness e.g.-</p> <ul style="list-style-type: none"> <li>• Good calling and running between wickets – looking for extra runs on overthrows</li> <li>• Bat on ball – discourage wild slogging (too many misses) – encourage</li> </ul>

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>High to low and try to roll wrists on contact to keep ball down</li> </ul>	<p>right handed thrower pick up outside right foot</p> <ul style="list-style-type: none"> <li>Underarm throw – point fingers and head to target on release</li> <li>Stay low after release– don’t stand up too early</li> </ul>		<p>pushing good balls into gaps for singles</p> <ul style="list-style-type: none"> <li>Walking in – fielders in ready position (i.e. goalkeeper) on delivery</li> <li>Backing up throws</li> <li>Bowling on off stump – consider calling wide for anything down leg</li> </ul>
4 (16.05.09)	<p><b>Skill</b> – Running between the wickets</p> <p><b>Coaching points, drill and game</b> - Card 17 and ‘Run Outs’ game in Section 4 of Card 19 (which is a set of ECB Inter Cricket teacher cards)</p> <p><b>The Midd KPIs</b> – see Card 17 which says it all.</p>	<p><b>Skill</b> – Reinforcement of close catching, throwing and long barrier and one handed pick up taught in Sessions 1 to 2</p> <p><b>Coaching drill and game</b> - ‘Woolmer’s Fielding Drill’ – see under ‘Drills and Warm Ups’ on Coaching and Materials page.</p>	<p><b>Only 2 drills to allow for more game time at end</b></p>	<p><b>Under 10s Gubby Allen team</b> - to play select U10/11 team on bottom (Park Road) pitch with hard ball.</p> <p><b>Others</b> – Quik cricket on outfield with remaining U111 squad in nets</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
3 (9.05.09)	<p><b>Skill</b> – Straight Drive – attacking front foot shot played to full length ball</p> <p><b>Coaching points, drill and game</b> – Card 5. See also – video -</p> <p><a href="http://www.videojug.com/film/how-to-play-the-straight-drive">http://www.videojug.com/film/how-to-play-the-straight-drive</a></p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Front shoulder dips, step forward just inside line of ball</li> <li>• Weight transfers to front foot with knee bent</li> <li>• Head and eyes on line of ball and level or in front of knee</li> </ul>	<p><b>Skill</b> – Long Barrier and throw</p> <p><b>Coaching points, drill and game</b> – Card 3 and Rory Drill 6 but changed from catch to a rolled ball. Alternatively try ‘Over the Edge’ in Section 3 of Card 19 (which is a set of Inter Cricket teacher cards). See also video –</p> <p><a href="http://www.videojug.com/film/how-to-form-a-long-barrier">http://www.videojug.com/film/how-to-form-a-long-barrier</a></p> <p>For throw – see Session 2 column 2.</p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Attack ball</li> <li>• Turn body so side on to ball</li> <li>• Kneel on non throwing</li> </ul>	<p><b>Skill</b> – Grip for fast bowling</p> <p>Coaching points, drill and game – Card 8. see also video –</p> <p><a href="http://www.videojug.com/film/how-to-grip-the-ball-to-bowl-fast">http://www.videojug.com/film/how-to-grip-the-ball-to-bowl-fast</a></p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Seam vertical</li> <li>• Thumb on seam underneath</li> <li>• Index and middle fingers on either side of seam on top of ball</li> </ul>	<p><b>Game</b> – Pairs games – hard and soft ball options and net session for Under 11.</p> <p>Reinforce skills taught in Sessions 1 to 3.</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>• Hit ball under eyes with straight bat</li> <li>• Top hand controls shot with front elbow high</li> <li>• Follow through</li> </ul>	<p>knee i.e left for right handed thrower</p> <ul style="list-style-type: none"> <li>• Body behind and head over ball</li> <li>• Fingers pointing down</li> </ul>		
2 (2.05.09)	<p><b>Skill</b> – Pull shot – attacking cross bat back foot shot played to long hop/half tracker which bounces between waist and chest height</p> <p><b>Coaching points, drill and game</b> – Card 7 NB safety – in drill keeper to be at least 2m behind batter</p> <p>See also - <a href="http://www.wonderhowto.com/how-to/video/how-to-play-the-pull-shot-8575/">http://www.wonderhowto.com/how-to/video/how-to-play-the-pull-shot-8575/</a></p> <p><b>The Midd KPIs</b> –</p>	<p><b>Skill</b> – Overarm throw</p> <p><b>Coaching Points, drill and game</b> – Card 3 (excluding long barrier). See also Section 1 of Card 19 (which is set of Inter Cricket Teacher Cards). For a game see Rory’s Drill 11.</p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Build up throwing power by working through – <ul style="list-style-type: none"> <li>○ Wrist flick (sitting), Elbow flick (sitting),</li> </ul> </li> </ul>	<p><b>Skill</b> – Basic grip and Overarm with a run up</p> <p><b>Coaching Points, drill and game</b> – Cards 8 and 13. See also Section 10 of Card 19 (i.e Inter Cricket Teacher Cards). See also <a href="http://www.youtube.com/watch?v=bIUUpUQZihh4&amp;feature=related">http://www.youtube.com/watch?v=bIUUpUQZihh4&amp;feature=related</a> <a href="http://www.youtube.com/watch?v=b1FXkbU2FKg">http://www.youtube.com/watch?v=b1FXkbU2FKg</a></p>	<p><b>Game</b> – As in Session 1 but with focus on bowling good line and length</p> <p>Try to reinforce skills covered in columns 1,2 and 3.</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>• High backswing</li> <li>• Back foot moves back and across to off side</li> <li>• Head steady, eyes level and on ball throughout</li> <li>• Fully extended arms at ball – like chopping down tree</li> <li>• Hit ball in front of body from high to low – to keep ball down</li> </ul>	<p style="text-align: center;">Shoulder/upper body rotation (kneeling), Hip rotation (standing)</p> <ul style="list-style-type: none"> <li>• Grip ball across seam to impart backspin/ avoid swing</li> <li>• Side on, throwing elbow level or above shoulder</li> <li>• Long backswing</li> <li>• Aim with non throwing arm</li> <li>• Full follow through to finish with throwing shoulder, hip and foot pointing towards the target.</li> </ul>	<p><b>The Midd KPIs –</b></p> <ul style="list-style-type: none"> <li>• <b>See Session1 bowling notes</b> – stress value of straight lines – everything</li> <li>• <b>Basic Grip –</b> <ul style="list-style-type: none"> <li>○ Seam vertical thumb on seam underneath</li> <li>○ Index and middle fingers on either side of seam on top of ball</li> </ul> </li> <li>• <b>Basics of line and length</b></li> </ul>	

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
1 (25.4.09)	<p><b>Skill</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> <li>○ Eyes level over</li> </ul> </li> </ul>	<p><b>Skill</b> - Close Catching</p> <p><b>Coaching points, drills and games</b> – Card 2</p> <p><b>The Midd KPIs</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> <li>• Give</li> </ul>	<p><b>Skill</b> – Overarm from standing position</p> <p><b>Coaching points, drills and games</b> – Card 8</p> <p><b>The Midd KPIs</b> –</p> <ul style="list-style-type: none"> <li>• Head steady, eyes level</li> <li>• Transfer weight from front to back foot</li> <li>• Pull front arm down strongly to hip</li> <li>• Bowling arm to brush ear and then follow through across body</li> </ul>	<p><b>Game</b> –</p> <ul style="list-style-type: none"> <li>• Pairs Qwik Cricket – 2 overs per pair – Card 11.</li> <li>• Cone boundaries</li> <li>• Score sheets/Rules – see Website</li> <li>• Only one over each until every one has bowled</li> <li>• Reinforce skills taught earlier in Session</li> <li>• Engage fielders by raising game awareness e.g backing up, walking in, purpose (saving one or four?).</li> <li>• Encouragement but no</li> </ul>

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
	<p>toes</p> <ul style="list-style-type: none"> <li>○ Weight evenly balanced on balls of feet</li> </ul> <ul style="list-style-type: none"> <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>			sledging

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>shoulder dips</li> <li>○ Front knee bends – comfortable stride</li> <li>○ Accelerate during downswing</li> <li>○ Bat through line, follow through, front elbow high</li> </ul>			

<b>Week</b>	<b>Batting Skill, Drill and Game 15 mins</b>	<b>Fielding Skill, Drill and Game 15 mins</b>	<b>Bowling Drill and Game 15 mins</b>	<b>Game (incl Game Awareness Skill) 40 mins</b>
9				
10				
11				
12				