

Week	Batting Skill, Drill and Game	Fielding Skill, Drill and Game	Bowling Drill and Game	Game (incl Game Awareness Skill)
1 (25.4.0) 9) (24.4.2010)	<p>Skill – Grip, stance, backswing, step and drive</p> <p>Coaching points, drill and game – Cards 4 and 5</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • Grip – <ul style="list-style-type: none"> ○ Vs point between splice and leading edge ○ allows bat to go through straight ○ hands together • Stance - <ul style="list-style-type: none"> ○ Feet shoulder width apart ○ Eyes level over 	<p>Skill - Close Catching</p> <p>Coaching points, drills and games – Card 2</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • Knees flexed, feet shoulder width apart • Hands together, fingers pointing down – basket not crocodile • Watch ball into hands – show bald patch! • Give 	<p>Skill – Overarm from standing position</p> <p>Coaching points, drills and games – Card 8</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • Head steady, eyes level • Transfer weight from front to back foot • Pull front arm down strongly to hip • Bowling arm to brush ear and then follow through across body 	<p>Game –</p> <ul style="list-style-type: none"> • Pairs Qwik Cricket – 2 overs per pair – Card 11. • Cone boundaries • Score sheets/Rules – see Website • Only one over each until every one has bowled • Reinforce skills taught earlier in Session • Engage fielders by raising game awareness e.g backing up, walking in, purpose (saving one or four?). • Encouragement but no

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	<ul style="list-style-type: none"> ○ Weight evenly balanced on balls of feet ○ toes ● Backswing – <ul style="list-style-type: none"> ○ Bat over middle stump to 2nd slip not to leg ○ Head still ○ Hands close to body – arms and bat form 9 or 6 ○ Co-ordinate with bowler's delivery stride ● Step and drive – <ul style="list-style-type: none"> ○ Backswing and step forward - 			sledging

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	shoulder dips <ul style="list-style-type: none"> ○ Front knee bends – comfortable stride ○ Accelerate during downswing ○ Bat through line, follow through, front elbow high 			

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9				
10				
11				
12				