

Week	Batting Skill, Drill and Game	Fielding Skill, Drill and Game	Bowling Drill and Game	Game (incl Game Awareness Skill)
<p>5. (22.05.19)</p> <p>Skill – Square Cut</p> <p>Coaching points, drill and game – Card 18 then progress to hitting through target cones. See also video – http://www.videojug.com/film/how-to-play-the-square-cut</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • Back foot across to off stump, head in line with ball • Weight on back foot • Turn front shoulder to point • Swing bat horizontally extending arms at ball • High to low and try to roll wrists on contact to keep ball down 	<p>Skill – One handed intercept and throw – aggressive fielding</p> <p>Coaching points, drill and game – Card 16 try ‘Partner Rolling’ to start and then move on to team comp – ‘Throw and Catch Relay’</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • Aggressive approach, low crouched position • Head still, eyes level • Pick up ball on outside of throwing foot i.e. if right handed thrower pick up outside right foot • Underarm throw – point fingers and head to target on release • Stay low after release– don’t stand up too early 	<p>Only 2 drills to allow for more game time at end</p>	<p>Quik cricket on outfield with remaining Colts in U11 squad in nets</p> <p>In games try to reinforce skills from earlier sessions and game awareness e.g.-</p> <ul style="list-style-type: none"> • Good calling and running between wickets – looking for extra runs on overthrows • Bat on ball – discourage wild slogging (too many misses) – encourage pushing good balls into gaps for singles • Walking in – fielders in ready position (i.e. goalkeeper) on delivery • Backing up throws • Bowling on off stump – consider calling wide for anything down leg 	
	<p>15 mins</p>	<p>15 mins</p>	<p>15 mins</p>	<p>40 mins</p>