

NMCC COLTS (U11s + YOUNGER)

SESSION 1 : SUNDAY 11TH JANUARY 2009 (10.30 - 12.30)

PROGRAMME

- REGISTRATION/WARM UP/INTRODUCTIONS (15 MINS)
- CIRCUIT (3 ACTIVITIES - BATTING, BOWLING + FIELDING) (1 HOUR)
- GAMES (CONTINUOUS CRICKET) (45 MINS)

CIRCUIT - ACTIVITY 1 - (20 MINS)

- FIELDING - HIGH CATCHING/CATCHING IN THE DEEP
- GAME - CATCHING TENNIS

HIGH CATCHING



- Continuous catching
- Different heights
- Service to draw catcher forwards
- Catcher stands closer and service to send catcher backwards
- "Mixed Service" organisation picture

CATCHING TENNIS



- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce
- If they succeed they score a point
- Players in the other zone try and do the same



COACHING POINTS

MOVE QUICKLY
BALANCED & LOW

HEAD STEADY
WATCH THE BALL

HANDS RELAXED & READY
(Prepared at or just above eye level - orthodox. Prepared above eye level - reverse)

CATCH AT OR JUST BELOW EYE LEVEL - ORTHODOX.
CATCH ABOVE EYE LEVEL - REVERSE

"GIVE"

ORTHODOX



REVERSE



Activity 2 -

• BOWLING - ACTION

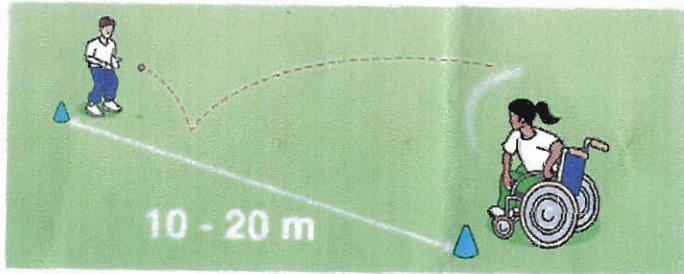
→ GAME - TARGET BOWLING

THE BOWLING ACTION

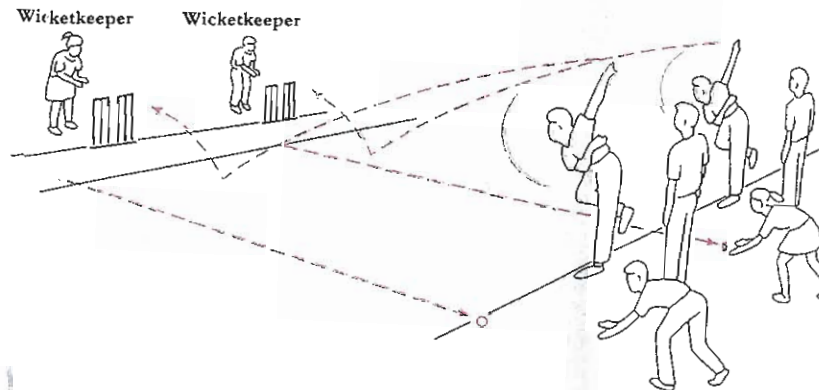


- Bowling in pairs (tennis ball with chalked seam or soft ball with seam)
- Distance depends on age
- Target areas
- Game
- Be flexible - adapt to each individual (side on, front on, midway)

NB: Coaching points for bowling from the base position may be included during this activity



TEAM TARGET BOWLING



Organisation: Divide the group into 2 equal teams. Each bowler has 'x' attempts to hit the target (bowling from coil). One member of each team acts as wicket keeper and returns the ball to a non-active member of the bowling team (rolls ball). Team with the most hits at the end of the time wins. Ball should only bounce once depending on ability.

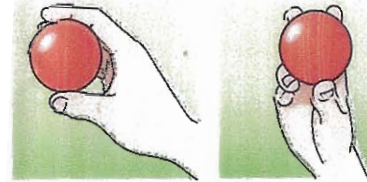
Equipment: 2 tennis or *incrediballs* per team. Targets (1 or 2 sets of stumps or chairs/cones).

THE BOWLING ACTION - Bowling from the 'Base Position'

Description: the bowling action is a sequence of movements which take place just before and just after the ball is bowled.

side view

front view



COACHING POINTS

BASIC GRIP

(Seam vertical, side of thumb on seam underneath ball. Index and middle fingers on either side of seam)

'BASE POSITION'

BACK FOOT PARALLEL, COMFORTABLE STRIDE TOWARDS TARGET (HIPS & SHOULDERS IN LINE, BODY WEIGHT FORWARD, HANDS GATHERED IN FRONT OF FACE



ACTION

FRONT ARM PUSHES OUT TOWARDS TARGET, BOWLING HAND PUSHES OUT & DOWN, FULL ARM SWING AND SHOULDER ROTATION, BACK LEG STEPS THROUGH, HEAD STEADY THROUGHOUT



N.B. Some children will naturally bowl with a more 'chest on' action. Amendments to the base position may be made to accommodate this.

Activity 3

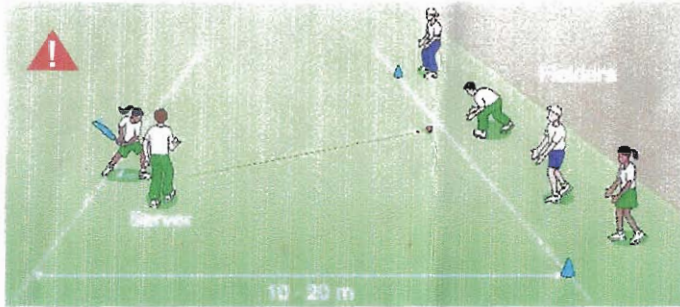
- BATTING - HITTING OFF FRONT FOOT (INCLUDING GRIP, STANCE, BACKSWING & STEP)
- GAME - DRIVING THROUGH TARGET CONES

HITTING OFF FRONT FOOT



- Players number themselves 1 to 6
- Number 1 bats
- Number 2 serves/replaces ball on batting tee
- Number 3, 4, 5 and 6 field
- Four or five goes each then rotate

NB: Coaching points for grip, stance, backswing & step may be included during this activity



GAME - DIVIDE HALL INTO 2 (45 MINS)

"NON-STOP"/CONTINUOUS CRICKET

- Divide the players into groups of 10 or 12 and divide each group into two equal teams
- Each team bats for a set period of time (e.g. 8-10 minutes)
- Bowler bowls underarm from a minimum of 10 metres
- Each bowler has six deliveries before being replaced
- Batter has to run whether or not the ball is hit and may run more than once
- Batter has to run around a cone (two are provided, one on each side, to cater for left- and right-handers)
- Fielders throw the ball underarm back to the bowler, as quickly as possible, who bowls when ready
- The batter is out when bowled, caught or hit wicket, and the next batter moves in quickly to take their place
- A batter who is not out after facing six balls must change with the next batter
- The team with the most runs wins
- Batters take turn to umpire and score.

Easier / harder

- Decrease / increase
 - the length of the pitch
 - the size of the wicket
 - distance between cones & wicket

Including disabled children

- Vary distance batters need to cover
- Reduce stumps
- Have fewer fielders or have them stand further back or further apart
- Use a larger ball
- Allow adapted or single-handed grip
- Measure score by distance hit
- Fielders work in pairs: one stopping, one returning
- Batter may use a runner

GRIP, STANCE, BACKSWING AND STEP

GRIP

- Fingers and thumbs wrapped around the bat
- 'V' in line between splice and edge
- Hands close together
- Top hand against inside front thigh

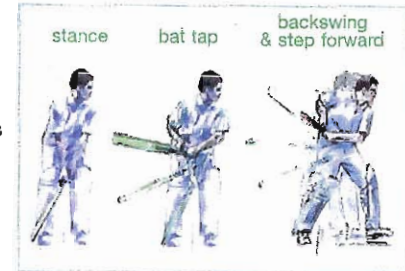


STANCE

- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

STANCE & BAT TAP

- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders



BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball

