

# NMCC COLTS (UNDER 11s + YOUNGER)

SESSION 2 : SUNDAY 25TH JANUARY 2009 (10.30 - 12.30)

## PROGRAMME

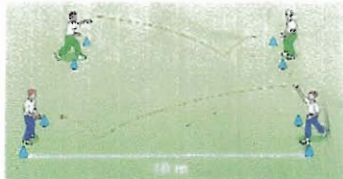
- REGISTRATION / WARM UP / INTRODUCTIONS (15 MINS)
- CIRCUIT (3 ACTIVITIES - BATTING, BOWLING + FIELDING) (1 HOUR)
- GAMES (CONTINUOUS CRICKET WITH LORDS VARIANT (45 MINS))

## CIRCUIT - ACTIVITY 1 - (20 MINS)

- FIELDING - INTRODUCTION TO THROWING
- GAME - CROSS FIRE

### INTRODUCTION TO THROWING

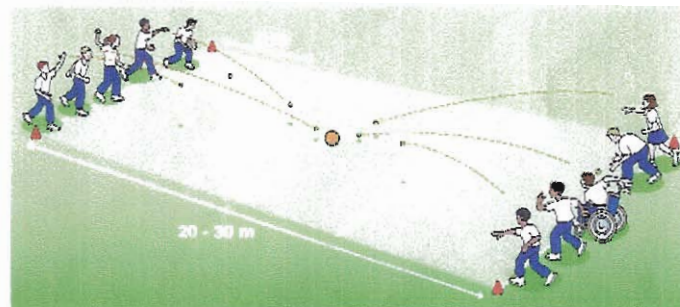
1. Wrist flick (3 metres to target) flick wrist and fingers, bounce ball towards target
2. Elbow flick (5 metres to target) flick elbow, wrist and fingers, bounce ball towards target
3. Upper body rotation (10 metres to target) kneeling on throwing knee, high elbow, full follow through



NB: Coaching points for standing throw may be included during this activity

### CROSS FIRE

- Objective: to score goals by throwing small balls at the large ball.
- A goal is scored when the large ball crosses the opposition goal line.
- When a goal is scored the ball is replaced in the centre.
- Balls can be collected from in front of the goal line but not thrown from there.



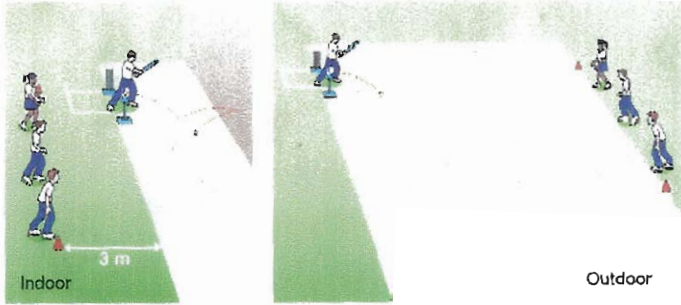
# Activity 2 - (20 mins)

- BATTING - PULL SHOT (INCLUDING REMINDER OF GRIP + STANCE)
- GAME - HITTING BETWEEN CONES + BELOW WAIST HEIGHT

## PULL SHOT



- Batter to hit ball from batting tee / cricket stump
- 4/5 goes each and then rotate
- Left-handed batters No.6, 5, etc
- Depending on the ability of the group, an overarm bounce throw service to hip height of batter may be appropriate



## The Pull Shot

Description: a cross batted, attacking back foot stroke, played to a short delivery which is usually passing over and outside leg stump. This version is usually played against slow bowling.

side view      front view



### COACHING POINTS

RELAXED, BALANCED STANCE  
HEAD STILL EYES LEVEL



BACKSWING & STEP BACK  
EYES FIXED ON BALL THROUGHOUT



FRONT FOOT PULLED BACK  
ESTABLISHING BASE  
HEAD REMAINS FORWARD



SHOULDERS ROTATE HORIZONTALLY  
BAT ACCELERATES TO CONTACT  
IN FRONT OF BODY  
HITTING "HIGH TO LOW"



BAT CONTINUES ON A FULL, NATURAL FOLLOW THROUGH  
BALANCE MAINTAINED

# Activity 3 -

## 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

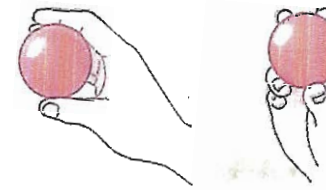
HOOPS TO BE USED FOR TARGET AREAS



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

### 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

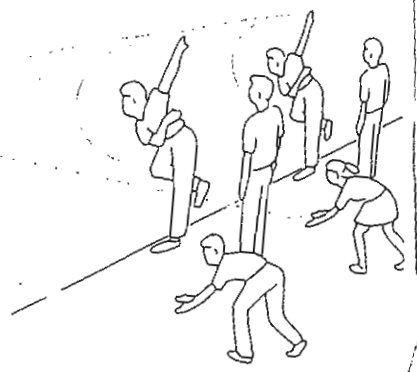


N.B. Some children will naturally bowl with a more 'chest on' action. Amendments to the base position may be made to accommodate this.

### 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).



# GAME - DIVIDE HALL INTO 2 (45 MINS)

## "NON-STOP"/CONTINUOUS CRICKET

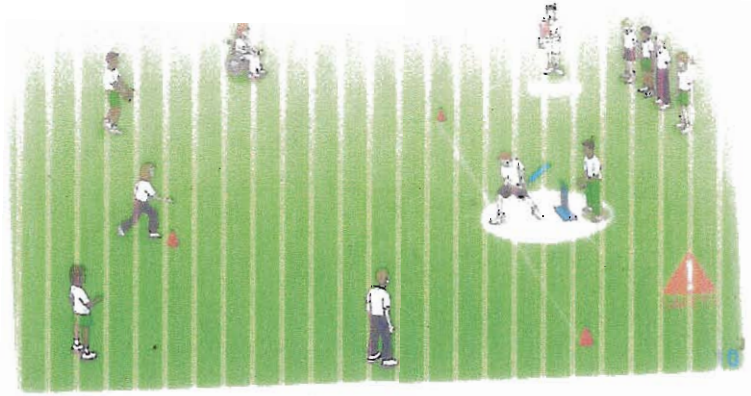
- Divide the players into groups of 10 or 12 and divide each group into two equal teams
- Each team bats for a set period of time (e.g. 8-10 minutes)
- Bowler bowls underarm from a minimum of 10 metres
- Each bowler has six deliveries before being replaced
- Batter has to run whether or not the ball 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



## LORD'S GAME VARIANT -

- BOWLER TO TRY TO DELIVER HALF VOLLEYS ON OFF STUMP
- BATSMEN SCORES DOUBLE RUNS FOR SHOTS PLAYED TO OFF SIDE