

NMCC COLTS (UNDER 11s + YOUNGER)

SESSION 3 : SUNDAY 8TH FEBRUARY 2009 (10.30 - 12.30)

PROGRAMME

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

CIRCUIT - ACTIVITY 1 - (20 MINS)

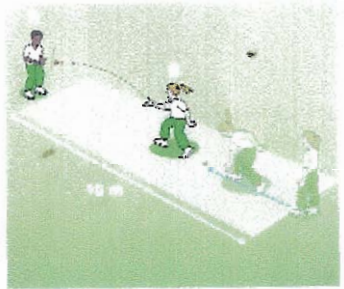
- FIELDING - ONE HAND INTERCEPT + UNDERARM THROW
- GAME - AROUND THE KEEPER

ONE HANDED INTERCEPT & THROW

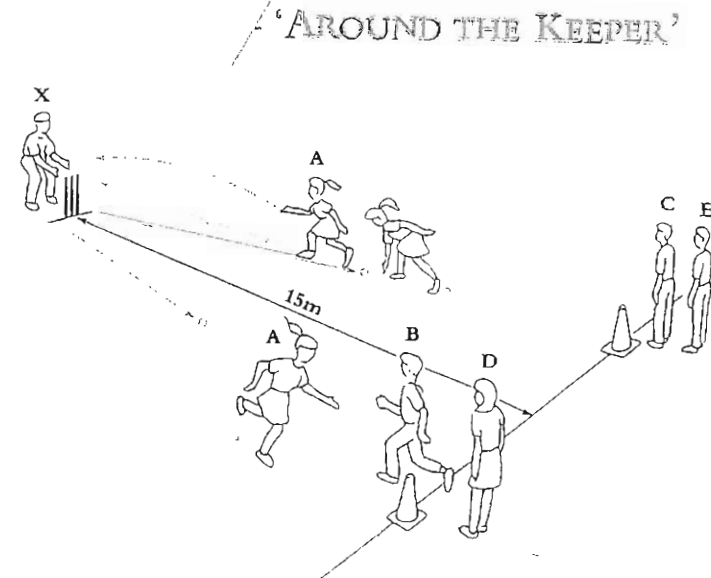
- No.1 rolls the ball to halfway point
- No.2 attacks the ball
- Underarm to partner (no bounce)
- 5 goes each and change



- Balanced and low
- Watch the ball, pick up outside throwing foot. Stay low
- Throwing hand arm and body follow through towards target

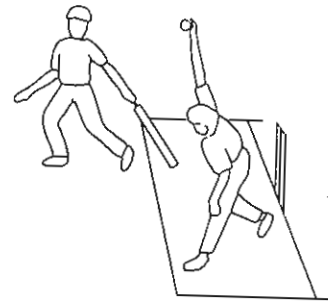
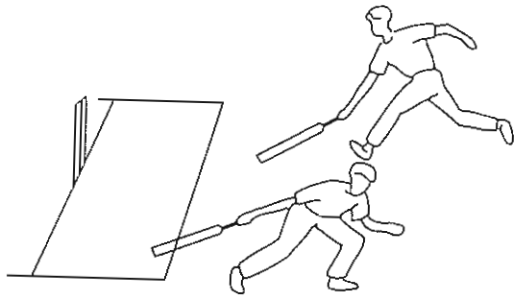


Organisation: Divide main group into smaller groups of 6-8 and organise as shown in the diagram. Player X rolls the ball to player A who moves towards it, picks up and throws underarm back to player X. Player A then runs round the back of player X to join the back of the other team. Player X rolls the ball towards to player B who repeats the process. Activity continues until all players have run and thrown twice. With more able groups, player X may use 2 balls, rolling to alternate sides.



ACTIVITY 2 — (20 MINS)

- RUNNING BETWEEN THE WICKETS
- GAME — RUN THEM OUT



AWARENESS

Batters should:

- work as pairs and be aware of each other.
- look for runs from defensive as well as attacking shots.
- identify the strong and weak fielders.
- identify and remember the gaps in the field.

ATTITUDE

Batters should:

- always be ready to take quick singles.
- value every run.
- put fielders under pressure to create errors.
- be ready to look for overthrows and more runs.
- run aggressively.
- attempt to turn 1's into 2's and 3's.

BACKING UP BY NON-STRIKER

Batters should:

- keep bat in hand nearest the bowler.
- stay balanced.
- not set off too early for a run.
- move down the pitch as the ball is released.
- expect a run every ball.

GOOD CALLING

Batters should:

- use loud and clear calls of 'Yes', 'No', or 'Wait'.
- know who has the responsibility to shout (usually the striker unless the non-striker has a better view e.g. behind the wicket on the leg side).
- take responsibility on multiple runs when running towards the 'danger end'.
- be ready to accept calls and not hesitate.

RUNNING AND TURNING

Batters should:

- run in straight lines - shortest route.
- carry the bat in both hands when possible. This improves balance, particularly with youngsters.
- Turn quickly by getting low to improve braking and power away from the turn. Face the fielder when necessary, keeping the head up.
- 'ground the bat'. This means that the bat is either touched or 'slid' beyond the popping crease as a run is scored.

RUN THEM OUT GAME

- Divide the players into groups of 8 and then into 2 teams of 4
- One team running between the wickets, and other fielding & returning ball to a wicket keeper
- Wicket keeper rolls ball into fielding area (6 to 12 m). As soon as ball is rolled, batter tries to reach the far crease & back (2 runs)
- Fielder runs and tries to hit the wicket with the ball or return the ball to wicket keeper to break the wicket before the batter has completed 2 runs
- Single runs do not count so no runs are scored when a batter is out

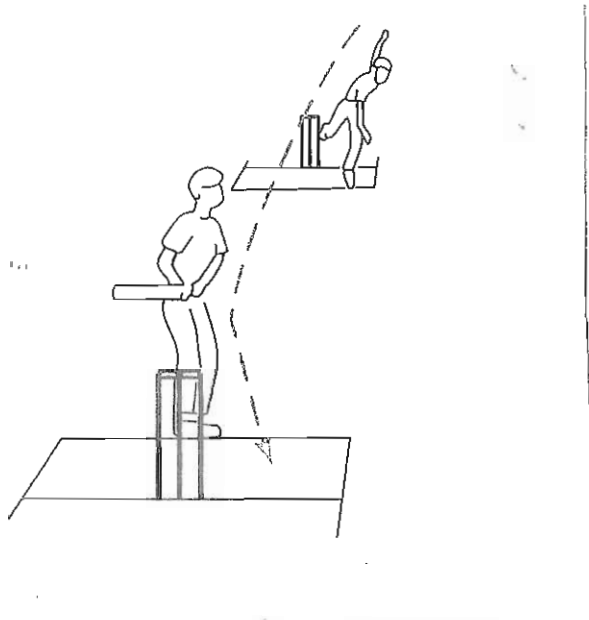


RUN THEM OUT GAME

- Batters, when turning to reach out with bat and turn with the body in a low position. The movement should start with a turning of the head and focus on a new target.
- Fielders to approach the ball with short strides, low, balanced and maintain momentum towards target

ACTIVITY 3 —

• BOWLING — OUT SWING BOWLING



GRIP

The orthodox grip for the out swinger. First two fingers close together on the seam. *Seam angled towards first finger in a vertical plane*. Side of thumb underneath the ball, on the seam.

THE ACTION

The Action: whether or not a cricket ball swings is determined by the way in which it is presented in the seam at release. Most people find that by making the following changes in their action, they are able to present the seam in such a way that the ball swings out. Many young players exhibit these characteristics as part of their 'natural action' and may therefore be encouraged to bowl 'out swing'.

N.B. This does not mean that a ball will swing out because of these characteristics.



Fig. 1

PRE-DELIVERY

Back foot parallel to the crease looking outside high from arm. Body leaning away from the batter. Head upright, eyes fixed on the target.

NB Hips and shoulders



Fig. 2

DELIVERY STRIDE

Slightly 'closed' head and eyes level.



Fig. 3

DELIVERY

Bowling arm high (Not necessarily vertical). Head and eyes level behind the ball. Head and eyes level.



Fig. 4

FOLLOW THROUGH

Full rotation of shoulders. Bowling arm drives through past left hip. Eyes fixed on target.

GAME - PAIRS CRICKET - DIVIDE HALL INTO 2 (45 MINS)

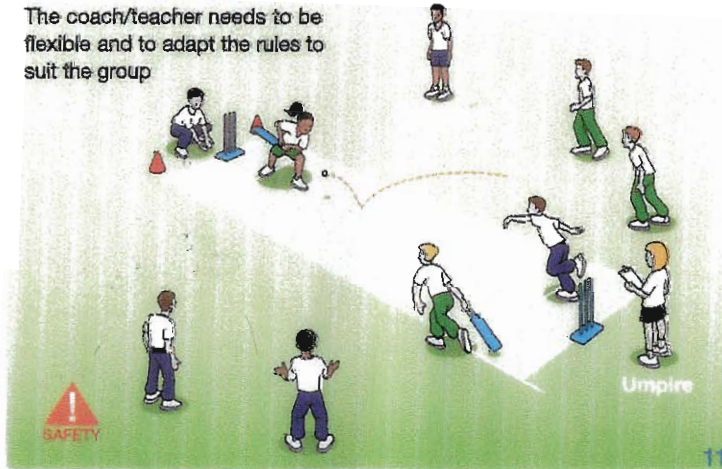
PAIRS CRICKET

- Divide players into groups of 8 and divide the 8's into pairs
- Pair 1 - 2 batters who start with 20 runs
- Pair 2 - 1 bowler and 1.WK
- Pair 3 - 2 on/leg side fielders
- Pair 4 - 2 off side fielders
- Batting pair receive 12 balls
- If a bowled ball passes outside either cone to the left or right of the wicket, a 'wide' is called - the batters receive 1 run and an extra ball is bowled
- Pairs rotate to new roles after 12 good balls (wides do not count)
- No boundaries. Batters may run only if the ball is hit in front of the popping crease
- Batters lose 3 runs each time they are bowled, caught, run out or hit wicket
- Winners are the pair with the most runs when every pair has batted

Easier / harder

- Decrease/increase distances
- Decrease/increase the size of the wicket
- Introduce marked boundaries and boundary scores
- Use lighter/softer/larger ball
- Use lighter/larger bat

The coach/teacher needs to be flexible and to adapt the rules to suit the group



VARIANT -

- BOWLER TO DELIVER HALF VOLLEYS ON/ OUTSIDE OFF STUMP
- SCORE DOUBLE RUNS FOR SHOTS PLAYED TO OFF SIDE
- RUNS -
 - 2 FOR COMPLETED RUN
 - 3 FOR SIDE WALL
 - 4 FOR END WALL
 - 6 FOR END WALL ON FULL
 - 2 FOR BACK WALL