



Wet Weather/Indoor Session.

This session can be used at any time during the coaching programme.
It can be used outdoors but is designed to be run in an indoor space in case of wet weather.

Main Skills Covered:

Close catching, one handed intercept and underarm throw, hitting on the off side.

Warm-up: Valleys and Mountains

Aim: To prepare the body for activity using a fun team game.

Equipment: One cone per player. **Time:** 5-10 mins

Explanation: Divide the class into two equal groups, 'Mountains' and 'Valleys'. Give each player a cone and get them to find a space. When the game starts, the Mountains team place their cones on the floor normally while the Valleys team place them upside down. The game continues with the Mountains team trying to turn the Valleys cones the right way up and vice versa. The winning team is the one with the most 'Mountains' or 'Valleys' after a certain time period.

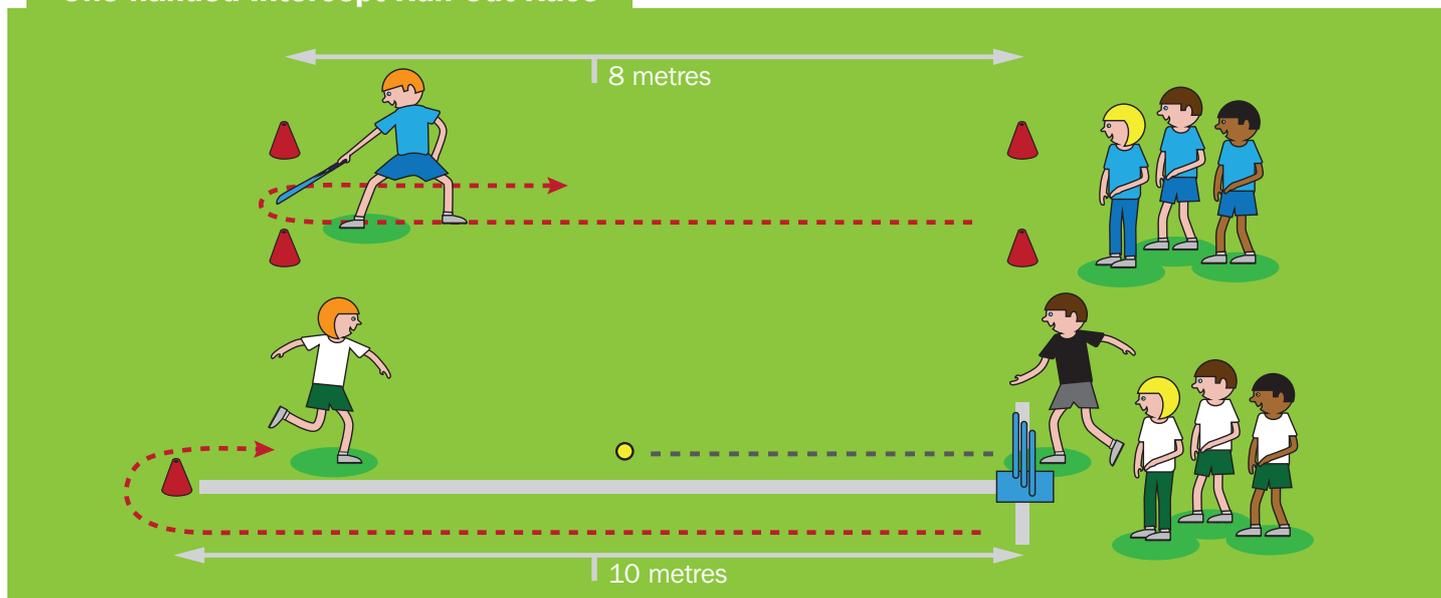
Practice 1: Close catching challenges

Aim: To develop close catching technique and coordination.

Equipment: Two balls per pair, cones. **Time:** 10mins.

Explanation: Split the group into pairs and position so that partners are around 3m-4m away from their partner. This is best done in lines. Using the close catch skill, set players the following challenges (you do not have to do them all). (1) Count as many catches pairs can take in a minute, (2) repeat with one-handed catching. (3) Give both players a ball and challenge them to throw and catch at the same time. (4) With two balls going challenge players to catch with right hand and throw with left and then reverse it. (5) One player starts with both balls in one hand and their partner must catch both.

One handed Intercept Run Out Race



Practice 2: One handed Intercept Run Out Race

Aim: To develop the one handed intercept, underarm throw and running between the wickets technique in a competitive practice.

Equipment: One ball, one bat, five cones and a set of stumps per group (of 12-16 people). **Time:** 10 mins.

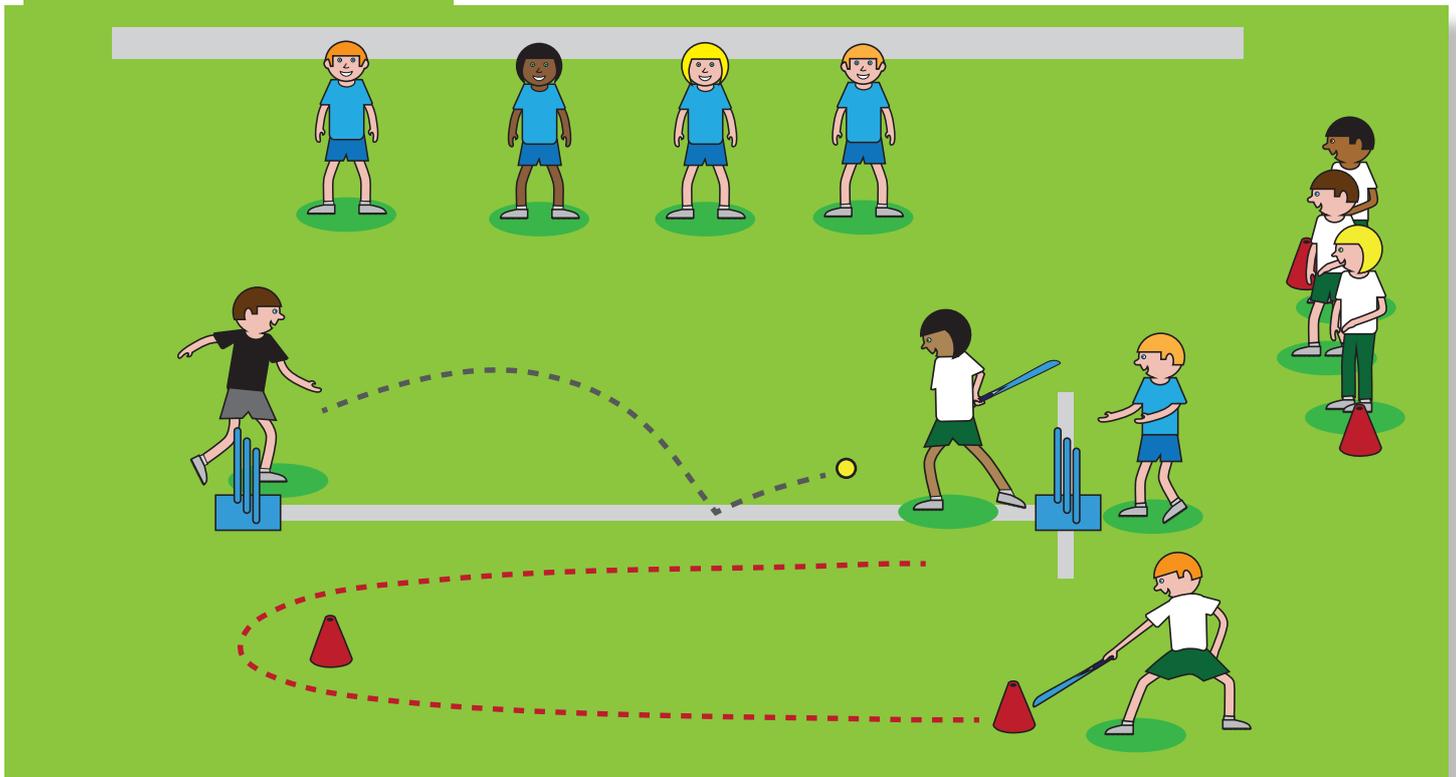
Explanation: This practice is run as a race between fielders and batters. To make it work for a whole class you will need two races going on at the same time. For each one you will need two equal groups. One will begin as batters the other as fielders. The batters line up behind a cone facing a 'goal' of two cones 8m away. The fielders line up next to a set of stumps. A wicketkeeper (this could be the coach or teacher) stands behind the stumps with a ball. Opposite the stumps, around 2m further away than the batters 'goal' is a single cone. When the coach shouts 'go' the first batter and fielder sprint out. The batter runs their bat between the two cones of the 'goal' and sprints back. The fielder runs around their cone and on the way back fields a ball that has been rolled out by the wicketkeeper using the one hand pick up and underarm throw. If the batter gets back before the ball it's a point to their team. If the ball goes to the wicketkeeper before the batter returns it's a point to the fielders. Direct hits do not count. Players swap groups after having two goes each.

Make it harder: Make the distance further for the fielders. Make wicketkeepers touch the ball onto the stumps.

Make it easier: Use a stationary ball. Make the distances shorter.



5 Bats Offside Game



Practice 3: 5 Bats Offside Game

Aim: To develop hitting on the off side and fielding in a competitive game

Equipment: One low compression/foam ball, two sets of stumps, five bats and three cones. **Time:** 20mins

Explanation: Set up the practice as for the 5 bats game in week one but place the batsman and the set of stumps near to a wall, so the batter has to hit on the off side (see diagram). The game is played in identical fashion to week one with the added rule that if a players hits on the leg side they lose a bat. To ensure safety you may need to use a soft ball and fielders have to be touching the wall until the batter hits it. You will need to have a set of stumps at both ends so that if there is a left hander the bowler and batter can change ends.