

HARROW BOROUGH PRACTICE PLAN OUTLINE

Objective

Our objective will be to build our practice plans around the needs of our players and team. This will give us the opportunity to develop the players further and allow them the chance of improving their all-round skills within the borough structure. Our focus will be on batting and bowling plans, fielding awareness, captaincy, leadership, teamwork and game understanding.

Batting Plans:	A batting plan will make it easier to score runs during matches. We need to focus on how to build an innings around attitude, approach, technique, tactics, targets and partnerships. Game situations during sessions will help us achieve this aim.
Bowling Plans:	Bowling plans will allow our players to grow in confidence as they understand the benefits of plans to restrict batters from scoring and take wickets. We need to explain how to bowl an over, bowl a spell, and bowl in partnerships and how to bowl in certain situations.
Fielding Awareness:	The modern game is fast and demands that all players possess a high level of fitness and flexibility. We need to build fielding drills into our practice sessions. We also need to develop fielding roles within the team and the skills required to field in those positions.
Captaincy:	We should plan to give as many players as possible the opportunity of captaincy. This will help us watch a natural leader develop.
Teamwork:	The message should be made clear in that by cooperating and working together a group of players can weld themselves into a very strong group and effective unit. The development of teamwork and team spirit is a gradual process and requires the coach and captain to create an environment which encourages each player to be committed to the team, to play for each other, to respect and acknowledge each other's achievements.
Game Understanding:	It is important for players to learn to plan and prepare themselves as individual and as a team for a match and to develop an awareness of the game and its tactics. We will try to provide opportunities at practice and during the game for players to gain an awareness and understanding of these game understanding skills and to learn how, when and why they are best applied.
Session Plans:	Our session plans need to have a structure with clear objectives with variation and should be interesting and challenging. Well organised with plenty of fun with competition and also cooperative, with players assisting and encouraging each other. We should attempt to cover all the skill areas: batting, bowling, fielding and wicket keeping – using competitive drills and modified games to create game-like conditions and pressure situations. Maximise participation by giving every player something to work on.