

## U11s / U13s Winter Training Programme

### Objective:

The plan is to work on the technical in the off-season and the tactical in the on-season. That means we focus on how to bowl the ball, how to hit in the off –season, and focus more on where to bowl the ball, where to hit, and so on during the season itself. During the off season period it's all about keeping players in stride with the development of their peers.

During this period training should be based on fitness work, speed-agility, quickness drills and skill and activities such as batting and bowling. Arrange weekly sessions for squad players so you can assess them, put them through their paces, and work skills with them. Review squad player's performance during the pre-season period. Don't base decisions on what you saw the season before.

Practice plans should be set to help players measure and monitor progress. Everyone needs to know they are on track and properly prepared for the oncoming season. The off season should be split into manageable segments and how we work with them should be based on their skill level and the standard at which they play.

The pre-season allows everyone to get into the mind-set of playing matches. It's important to provide a smooth transition from skill (technical) into competition-related outcomes (tactical).

### Fielding:

Many players find fielding boring. Players don't realise that you can save 20 to 30 runs in the field. These are 20 to 30 runs their team doesn't have to score. It's vital that the coach instills a run saving mentality into the players from the start.

This means they can enjoy what they do and feel they are making a critical contribution to the team's cause.

The focus should be on making fielding drills fun & competitive. You will get the best from players when everyone feels part of a squad and when all players pull together to achieve a result.

If fielders carry out the basics well they will become better team members and their value to the side will be greatly improved.

### Batting:

The main objective of batting is to score runs. There's little point in batting if you are not going to score as many runs as you can. You can only score runs if you are still in. Need to focus on how to score runs over a long time and teach players how to bat through an innings.

Encourage players do be positive in their stroke play while understanding the longer they bat without getting out, the better they will do.

The key is shot selection and shot execution. In other words chose the best shot to make and then effectively make that shot.

Focus on batters needs to play a range of shots in a match so he can cope and score from different deliveries bowled. The player's ability to decide which shot to play and then execute it's at the heart of building large team scores.

Build sessions on batting drills that focus on the key points, line batting, length batting, back foot & front foot manipulation etc.

### Bowling:

We need to discover within the squad who has the ability to bowl fast, who can spin, and who can swing because we need to encourage and work towards a bowler's speciality. We need to work on a consistent bowling action that can be repeated under all conditions.

This result in having control over where the ball goes, which of course is vital if you want to build up pressure on a batting side and take wickets, as well as keeping runs down.

Encourage bowlers to run up straight, go through the crease straight, and follow through the crease straight .Then the ball will usually go straight.

Length is simply when you let the ball go. Hang on to the ball too long, and it's short. Let the ball too early, and it's too full.

Bowling with the perfect release point is a skill in its self. It's important that young bowlers understand when to let the ball go.

Bowlers often forget the basics and develop a bowling action that makes it harder to be consistent and accurate.

Focus on proper execution within sessions and modify the drills as necessary to meet the squad's needs.

Establish the technique we are looking for, and how to make the drill ether easier or harder, depending on the ages and skill levels of our young players.

### Summary:

The idea is to build team spirit across the winter and improve all round batting, bowling & fielding skills. This should prepare the players for the season ahead and give them all a clear understanding of their roles within the team or squad.

<b>Week 1:</b> Set out clear pre-season goals & objectives. Focus on agility, balance coordination around fielding drills & running. Decide on training partner.	<b>Week 2:</b> Reinforce pre-season goals & objectives. Focus on agility, balance, coordination around fielding drills & running	<b>Week 3:</b> Batting focus on set up, shot selection, development & execution.
<b>Week 4: Batting:</b> Focus on set up, shot selection & execution.	<b>Week 5: Bowling:</b> Develop a repeatable action with focus on line & length.	<b>Week 6: Bowling:</b> Develop a repeatable action with focus on line & length.
<b>Week 7:</b> Batting & bowling around game based drills.	<b>Week 8:</b> Batting & bowling around game based drills.	<b>Week 9:</b> Game plan & field placement.
<b>Week 10:</b> Nets. Adjust net situations to make them realistic for players. Adapt practices or games to incorporate competition. Wicket keeping development.	<b>Week 11:</b> Nets. Adjust net situations to make them realistic for players. Adapt practices or games to incorporate competition. Wicket keeping development.	<b>Week 12:</b> Nets. Batter completes game plan in net situation. Establish team / player goals for outdoor season.

