



## COLTS TRAINING PROGRAMME

Under 10s		Mins
Week 1	<p>Wearing Batting Pads / Running in Pads 2-3 minute demonstration Relay race</p>	15
	<p>Batting set-up Refresher / Introduction to Striking on Length / Playing front &amp; back foot shots 5 minute discussion &amp; demonstration Target batting game with focus on decision making</p>	30
	<p>Backing up Positively / Looking for Overthrows 2-3 minute demonstration Diamond Cricket</p>	45
Week 2	<p>Close Catching Refresher / Not being afraid of a Hardball 2-3 minute demonstration King of the Hill Game</p>	15
	<p>Bowling Refresher / Introduction to Line &amp; Length 2-3 minute demonstration Target Bowling Competition</p>	30
	<p>Defensive / Attacking batting - knowing when to use which 5 minute discussion "Scenarios" Matchplay</p>	45
Week 3	<p>Fielding Positions / Setting a Field 5 minute discussion Know your Positions Interactive Quiz</p>	15
	<p>Batting &amp; Fielding Decision Making, e.g. Judging runs / Knowing which end to throw / Timing an innings 5 minute discussion Limited Overs Push &amp; Run Pairs Game</p>	60
	<p>Catching Consistency 2-3 minute demonstration Boxes/Squares Game</p>	15
Week 4	<p>Basic Wicketkeeping - Hand Position / Foot Movement - wearing keeping gloves &amp; pads 5 minute demonstration "No Hit / No Byes" Game with Coach Bowling</p>	30
	<p>Bowling Refresher / Completing action with a follow through 2-3 minute demonstration Target Bowling with Wicketkeeper</p>	30
	<p>Batting Refresher / Straight Drive along the ground 2-3 minute demonstration 3 Tee Game</p>	30



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<b>Week 5</b>	Walking in when Outfielding / "Set" position 5 minute demonstration/discussion	5
	Fetch & Retrieve in Pairs 2-3 minute demonstration Relay race	15
	Hitting Boundaries / Solid Base Striking along the ground 5 minute demonstration 3 Tee Game - Range Target Hitting	45
	Catching Consistently 2-3 minute demonstration Multi-team Boxes/Squares Competition	25
<b>Week 6</b>	Throwing / Catching / Teamwork 2-3 minute demonstration Hand Hockey	20
	Bowling in good areas 5 minute demonstration & discussion Target Bowling Competition	25
	Batting to a plan 2-3 minute discussion Limited Overs Match	45
<b>Week 7</b>	Outfielding Refresher / Fetch & Retrieve / Distance Throwing / Receiving a throw at Keeper / Bowler's End 5 minute discussion Retrieve & Throw Game with 2 different coloured balls for return end	30
	Pacing an Innings / Knowing when to attack & defend 5 minute discussion 5 over Scenario mini Matches	45
	Close Catching Refresher 2-3 minute refresher King of the Hill Game	15
<b>Week 8</b>	Backing up / Throwing at a Target 2-3 minute demonstration Throwing Fielding Circle	15
	Fielding Positions Spot Quiz	15
	Aggressive backing up / Positive Calling 2-3 minute demonstration Push & Run Limited Overs Game	45
	Target Bowling 2-3 minute demonstration Hit the Target Prize Game	15



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<b>Week 9</b>	<b>Catching Consistently</b> 2-3 minute demonstration Boxes/Squares Game	15
	<b>Being alert in the Field / Fielding positions</b> 5-10 minute discussion/quiz	10
	<b>Chasing down a Target / Importance of not losing wickets</b> 5 minute discussion 5 over Scenario mini Matches	50
	<b>Fetch, Slide &amp; Retrieve</b> 2-3 minute demonstration Relay Race	15
<b>Week 10</b>	<b>Throwing at the Stumps</b> 2-3 minute demonstration Hit the Stumps mini Competition	20
	<b>Bowling "in the channel"</b> 5 minute demonstration/discussion Target Bowling with Wicketkeepers	20
	<b>Bowling to a field / Hitting the ball into gaps</b> 5 minute demonstration/discussion Limited overs match with focus on skills	50
<b>Week 11</b>	<b>Diving stops / Getting your body behind the ball</b> 2-3 minute demonstration Stop the Boundary, Return & Throw game	20
	<b>Batting Refresher - Getting in Line / not backing Away / Close catching</b> 2-3 minute demonstration Defend your Wicket Game	25
	<b>Setting a Target / Importance of not losing wickets</b> 5 minute discussion 5 over Scenario - mini matches	45
<b>Week 12</b>	<b>Under 10s &amp; Under 11s Inter-Club Competition</b>	90

**NB: We do not recommend net sessions for Under 10s**