



CLUB COLTS TRAINING PROGRAMME

	Under 8s	Mins
Week 1	Introduction to Grip 2-3 minute demonstration 3 Tee Game	30
	Catching a Ball from Close 2-3 minute demonstration King of the Hill Game	15
	Introduce 5 ways of getting out (Bowled, Stumped, Caught, Run Out, Hit Wicket) Diamond Cricket Game	30
	Catching a higher Ball 2-3 minute demonstration Squares/Boxes Game	15
Week 2	Introduction to Bowling 5 minute demonstration of keeping a straight arm Target Bowling competition	30
	Throwing overarm 2-3 minute demonstration Hit the Stumps competition	30
	Introduce 6 ball over Non-stop cricket Game	30
Week 3	Grip refresher / stance & backswing 2-3 minute demonstration 3 Tee Game	30
	Long barrier 2-3 minute demonstration Protect your boundary Game	20
	How to run a batter out Diamond Cricket Game	30
	Catching a higher Ball 2-3 minute refresher Squares/Boxes Game	10
Week 4	Straight arm refresher / Seam bowling, grip 2-3 minute demonstration Target Bowling competition	30
	Stopping a moving ball 2-3 minute demonstration Beat your Time stop & return Game	20
	Understanding boundaries Non-stop cricket Game	30
	Catching a Ball from Close 2-3 minute refresher King of the Hill Game	



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Week 5	Grip, Stance, Backswing refresher / hitting the ball off a tee consistently 2-3 minute demonstration 3 Tee Game	30
	Underarm throwing 2-3 minute demonstration Relay race Competition	20
	High catching 2-3 minute demonstration High Catch numbers Competition	30
	General catching 2-3 minute refresher Squares/Boxes Game	10
Week 6	Grip, straight arm refresher / introduction to wides 5 minute demonstration Target Bowling Competition with wides	30
	Running between the wickets 2-3 minute demonstration Relay Race	20
	Running between the wickets Diamond Cricket Game	30
	Catching a Ball from Close 2-3 minute refresher King of the Hill Game	10
Week 7	Grip, Stance, Backswing refresher / Front Foot Drive 2-3 minute demonstration Target Batting Competition	30
	Batting in pairs / Running between the wickets refresher 2-3 minute demonstration Pairs Cricket match (coach bowling)	50
	Long barrier 2-3 minute refresher Protect your boundary Game	10
Week 8	Grip, straight arm refresher / introduction to no balls 5 minute demonstration Target Bowling Competition with front foot crease	30
	The role of the wicketkeeper / where to stand 2-3 minute demonstration	10
	Batting in pairs / Running between the wickets / Boundaries refresher Pairs Cricket match (colts bowling)	



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Week 9	Grip, stance, backswing / hitting the ball of a tee / Front Foot Drive - final refresher	
	2-3 minute refresher 3 Tee Game	30
	Catching the ball - high and low - final refresher	
	2-3 minute refresher King of the Hill Game / Squares/Boxes Game	30
	Diamond Cricket Game	30
Week 10	Bowling with a straight arm and correct grip - final refresher	
	2-3 minute refresher Target Bowling competition	30
	Throwing overarm - final refresher	
	2-3 minute demonstration Hit the Stumps competition	30
	Non-stop cricket Game	30
Week 11	Running between the wickets / batting in pairs - final refresher	
	2-3 minute refresher Relay Race	15
	Pairs Cricket rules - refresher	
	Pairs Cricket Match	75
Week 12	Under 8s & Under 9s Inter-Club Pairs Competition	90

NB: We do not recommend net sessions for Under 8s