



COLTS TRAINING PROGRAMME

Under 9s		Mins
Week 1	Batting set up refresher / Running the bat in 2-3 minute demonstration 3 Tee Game with hurdles to slide bat under	30
	Catching a Ball from Close 2-3 minute demonstration King of the Hill Game	15
	Understanding off side and leg side Non-stop cricket Game with coach bowling with different coloured balls for off and leg side shots	30
	Calling for a high catch 2-3 minute demonstration Squares/Boxes Game with catches over coach head height and fielders calling	15
Week 2	Bowling Refresher / Introduction to having a straight run up 2-3 minute demonstration Target Bowling competition	30
	Introduction to close fielding positions 2-3 minute demonstration	10
	Forward Defence 2-3 minute demonstration Close Fielder Catching Game with Coach bowling	50
Week 3	Throwing overarm refresher / collecting the ball behind stumps & backing up 2-3 minute demonstration Target throwing competition in groups of 3/4	45
	Batting set-up Refresher / Pull Shot 2-3 minute demonstration Target batting	30
	Catching refresher Squares/Boxes Game	15
Week 4	Running the bat in refresher / backing up and calling / Judging a run 5 minute demonstration Push & Run Game	45
	Bowling Refresher / Bowling straight and pitching one bounce, i.e. no wides or no balls 2-3 minute demonstration Target Bowling Competition	30
	Introduction to deep fielding positions 2-3 minute demonstration Switch Position Game	15



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Week 5	Throwing / Backing up Throws 2-3 minute demonstration Throwing Circle Game	15
	Avoiding wides / Minimizing losing wickets in Pairs Cricket 2-3 discussion Pairs Cricket Match	60
	Catching a Ball from Close 2-3 minute demonstration King of the Hill Game	15
Week 6	Calling for a High Catch 2-3 minute demonstration High Catch Number Game (in pairs)	20
	Getting into the "Gather" position / Straight line bowling refresher 2-3 minute demonstration Target Bowling Competition	30
	Judging a Run / One handed pick up and throw 5 minute demonstration Push & Run Game	30
	Long barrier 2-3 minute refresher Protect your boundary Game	10
Week 7	Catching a higher Ball 2-3 minute demonstration Squares/Boxes Game	15
	Batting set-up Refresher / Off side shots / Off side fielding positions 2-3 minute refresher/demonstration 3 Tee Game with hurdles to slide bat under	30
	Backing up / Running your bat in / Calling 2-3 minute refresher Diamond Cricket	45
Week 8	Bowling refresher - "Gather" position / Straight lines 2-3 minute refresher Target Bowling Competition	20
	Batting set-up Refresher / Pull Shot / Leg side fielding positions 2-3 minute refresher/demonstration Target Batting game	30
	Understanding run rates / Time restricted batting 2-3 discussion Pairs Cricket limited time per Innings match	40



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Week 9	Working as a team / Throwing / Catching 2-3 minute demonstration Hand Hockey	10
	Forward / Backward Defensive shots / Keeping the score ticking over / One handed pick up & throw refresher / Backing up throws / Throwing to hit a Target 5 minute demonstration & refresher Push & Run Game	60
	Throwing at a Target 2-3 minute demonstration Target Throwing Competition	20
Week 10	Throwing / Backing up Throws 2-3 minute demonstration Throwing Circle Game	15
	Running between the wickets refresher 2-3 minute refresher Diamond Cricket	30
	Bowling refresher 2-3 minute refresher Target Bowling Competition	30
	Catching refresher 2-3 minute refresher Squares Game	15
Week 11	Dealing with Disappointment / Importance of Working as a Team 5-10 minute discussion Hand Hockey Game with Teamwork Focus	20
	Introduction to "Out When you're Out" cricket 5 minute discussion Non-Pairs Match	60
	Catching refresher 2-3 minute refresher King of the Hill Game	10
Week 12	Under 8s & Under 9s Inter-Club Pairs Competition	90

NB: We do not recommend net sessions for Under 9s