

NET PRACTICE PLAN FORMAT

Objectives:

1. Batters – Mental Net – Game scenario.
2. Batters – Starting an innings – Getting off the mark.
3. Batters – Stump awareness – For batters to know where their off stump is.
4. Bowlers to adjust to game situation.
5. Bowlers to bowl line & length.
6. Batters & bowlers to develop game plans.

Warm Up:

1. Warm game (Attacker vs Defenders).
2. Speed work – Multi –directional speed and agility running.
3. Stretching.
4. Discuss objectives and requirements of session.

Skill Development:

Group 1

Mental Net – Game Scenario

5 wickets down need to score 40 runs in 6 overs.

- Batters to develop their game plan and bowlers to develop their game plan.
- Bowlers focus is to bowl full and adjust to situation.
- Coach to call 1, 2, 3, or 4 runs – no boundaries batters to run all the runs.

Batters to bat in pairs and rotate nets after 10 minutes.

Group 2

Starting An Innings

Batter has 6 balls to get off the mark, if dismissed batters rotate.

- Bowlers to work on line & length, and deliver as many balls as possible without the batter being able to just let the ball go. Batter only to play when the ball is straight.
- Running between the wickets – batter must only run when they hit the ball. Coach to call 1, 2, 3, or 4 runs.

Batters to bat in pairs and rotate nets after 10 minutes.

Concluding Activity:

1. Discuss how batters handled different situations. Give feedback and help if needed.
2. Discuss how bowlers adjust to different situations.
3. Focus & discuss running between the wickets.
4. Cool down activity with discussion around next match/training.