

## NET PRACTICE PLAN FORMAT 2

### Objectives:

1. To prepare for a 35/40 over match. Briefly discuss batting targets.
2. Explain to players the objectives of the net session.
3. Divide the team into 3 groups – give each group something to work on.
4. To have batters practice turning over the strike by placing the ball into gaps (use mark cones in nets to show field placing's) in the field to ensure run targets are achieved.
5. To get bowlers to put batters under pressure and restrict run scoring by bowling to set fields and have an umpire call no balls and wide's.
6. To encourage fielders to attack the ball in the infield and return it quickly and accurately to the wicketkeeper/bowler.
7. After each interval of 10 minutes groups rotate to ensure everyone gets the opportunity to bat, bowl and field.

### Warm Up:

1. Use a running between the wickets game.
2. Speed work – Multi –directional speed and agility running.
3. Stretching.
4. Discuss objectives and requirements of session.

### Skill Development:

#### Group 1

##### Spin Bowlers Net

1 batter, 3 slow and/or spin bowlers.

- Each batter to have 10 minutes batting – 5 minutes in each net against the different types of bowling then changeover – with the aim of placing the ball in the gaps between the marker cones.
- Bowlers in each net alternate the umpiring role and/or record key performance indicators.
- Bat & bowl in the middle of the innings with the coach explaining the match situation.

#### Group 2

##### Fast Bowlers Net.

1 batter, 3 medium and/or fast bowlers in net.

- Each batter to have 10 minutes batting – 5 minutes in each net against the different types of bowling then changeover – with the aim of placing the ball in the gaps between the marker cones.
- Bowlers in each net alternate the umpiring role and/or record key performance indicators.
- Bat & bowl at the start of the innings with the coach explaining the match situation.

#### Group 3

- 1 wicketkeeper, 3 fielders – attacking the ball and underarm throwing.
- Objective to restrict runs and get run outs.

### Cool Down

- Use a catching drill to cool down. Followed by static stretching.

### Concluding Activity:

1. Evaluate how the sessions went. Identify areas you can improve on and the team and individual players need to practice in future sessions.
2. Running between the wickets key points: backing up, turning & calling.
3. Bowlers bowling to their fields (bowlers thinking about setting a field for their bowling).
4. Batters placing the ball in the gaps.