

MAKING THE MOST OF A NET SESSION

BATTING

AIM:

The aim of batsmen in a match is to score as many runs as possible. They can't do this if they are out. They should approach batting in the nets in exactly the same way as they would a match.

APPROACH:

Because most batsmen only bat 10-20 minutes in a net session it is important that they concentrate, utilise the time properly, and try not to get out. Their time in the net should be divided between:

- Playing themselves in, as in a match**
- Receiving coaching and/or being required to practice a specific skill [eg. placing the ball in the gaps]**
- Having the freedom to pick up the tempo and challenge the bowlers with an array of strokes**

POSSIBLE PRACTICE GOALS:

Set batsmen the task[s] of:

- Playing either a specific stroke [eg. front foot drive, the cut or the pull shot] or a specific range of strokes [eg. front strokes, back foot strokes or lofted strokes]**
NB: Instruct the bowlers to attempt to bowl the correct line and/or length to allow the batsmen to play the stroke or strokes [or use a bowling machine].
- Using their feet to spin bowlers**
NB: Instruct the bowlers to toss the ball up so the batsmen can move to the pitch of the ball to play their strokes.
- Starting an innings which is when batsmen are most vulnerable in their innings**
NB: Instruct the bowlers to put each new batsman under pressure by making him/her play as many balls as possible.
Instruct the batsmen to play themselves in, to let as many deliveries go as possible, but also try and get off strike. Rotate batsman, if not dismissed, after 2 overs.
- Achieving a specific run target [eg. 10 runs off 6 balls without getting out]**

BOWLING

AIM:

The aim of bowlers in a match is firstly to get batsmen out and secondly to prevent them from scoring. The same approach should be adopted in the nets.

APPROACH:

Bowlers should ensure in the nets they:

- Bowl from their normal run-ups**
- Do not bowl any no balls or wides**
- Concentrate on exerting as much pressure on the batsmen as they can to force them into errors**
- Plan their tactics for each batsman to try and exploit their weaknesses**
- Plan what types of deliveries they are going to bowl**
- Assist make the net session as challenging and competitive as possible**

POSSIBLE PRACTICE GOALS:

Set bowlers the task[s] of bowling:

- An accurate line and/or length**
NB: Place a target marker on the pitch for the bowlers to aim at to improve their length and/or use cones, extra stumps or tape to designate a zone for the bowlers to bowl within to improve their line.
- In close to the stumps**
NB: Use cones, extra stumps or tape to designate a channel to get bowlers to bowl close to the stumps.
- A specific line [eg. off-stump, leg-stump]**
- A specific length [eg. yorker]**
- A specific type of delivery [eg. outswinger, slower ball, off-spinner] or an assortment of different deliveries**
- To restrict the number of runs from an over [eg. bowl a maiden over, 3 runs off an over]**

