



OUTWOOD CRICKET CLUB,
 Scott's Hill / lane Opposite Gayhouse Lane,
 OUTWOOD Surrey ☎01342 844423
 www.outwoodcricketclub.co.uk

2008 - SUMMER COACHING & TRAINING PROGRAMME

Thursdays 24th April – 10th July 2008

18:30-20:00 Under 10's @ Outwood Cricket Club

www.cricketchoach.info/outwood

Week 1 of 12: 24th April 2008

Time	Activity	Coach	Notes
10	Registration / Introductions / Aim(s)		
20	Fielding Relay / Catching Relay		Catching Use a Football & Rugby Ball & norm.
30	Batting, Check Setup Grip & Stance & FFT		Concentrate on Shot – Front Foot Drive – off and leg?
25	Bowling		Check actions, not mixed - emphasise lead arm
5	Summarise		

Week 2 of 12: 1st May 2008

Time	Activity	Coach	Notes
10	Fielding 1 or 2 Handed Pick-Up		2 hands if needed – their decision.
30	Batting - off Front Foot (FFT)		Tee's or bobble feed. In Pairs/groups. One feed one bats/one keeps. Rotate after 6 balls
40	Batting Game(s)		Looking at FFT Shot?
10	Summarise		

Week 3 of 12: 8th May 2008

Time	Activity	Coach	Notes
10	Fielding Warm up		Paul's Triangle?
50	Wicket Keeping		Basics plus diff. takes. Emphasis "K" & two hands "cup". 3 drills.
25	Bowling		Run up and Delivery?
5	Summarise		

Week 4 of 12: 15th May 2008

Time	Activity	Coach	Notes
10	Bat Taps & Dribbling Relay		
20	Re-Cap FFT Drive (bobble feed)		
20	Pull Shot (lob – bounce feed)		
35	Game (FFT Drive &/or Pull Shot)		Lords or other?
5	Summarise		

Week 5 of 12: 22nd May 2008

Time	Activity	Coach	Notes
15	Running Between the Wickets (with calling)		Emphasis – straight lines
25	Decision Batting		To get players stepping forward or back. Use bobble and bounce feeds.
45	Game Cricket		Pairs and Put into Practise
5	Summarise		

Week 6 of 12: 29th May 2008

Time	Activity	Coach	Notes
10	Keep Ball / Hand Hockey		
45	Bowling Circuit: Off Spin / Leg Spin / Swing Bowling		Depends on assistant helpers - otherwise General bowling, plus seam/spin (leg and off)10-15mins each?
30	Cricket Match / Game		pairs?
5	Summarise		

Week 7 of 12: 5th June 2008

Time	Activity	Coach	Notes
10	Warm Up		
30	Batting – Running Between		Popping crease, face ball protected area – what's that?
45	Simulate / Replicate Match All take part though.		Pairs cricket
5	Summarise		

Week 8 of 12: 12th June 2008

Time	Activity	Coach	Notes
85	Pairs Cricket		Any areas that need re-visiting put in this week before playing pairs cricket. (Bowling?)
5	Summarise		

Week 9 of 12: 19th June 2008

Time	Activity	Coach	Notes
10	Warm Up		
70	Simulate / Replicate Match		Any areas that need re-visiting? (Batting?) One match. All take part Pairs Cricket.
10	Summarise		

Week 10 of 12: 26th June 2008

Time	Activity	Coach	Notes
10	Warm Up		
70	Batting Clock & Simulate / Replicate Match		Any areas that need re-visiting? (Fielding?) One match. All take part Pairs Cricket.
10	Summarise		

Week 11 of 12: 3rd July 2008

Time	Activity	Coach	Notes
10	Warm Up		
70	Simulate / Replicate Match		Any areas that need re-visiting? One match. All take part Pairs Cricket. Batting and gaps
10	Summarise		

Week 12 of 12: 10th July 2008

Time	Activity	Coach	Notes
10	Warm Up		
50	Batting Clock & Simulate / Replicate Match		One match. All take part Pairs Cricket.
15	Summarise		



Paul Griffiths

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ECB Umpire Level 1

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