

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 U13's @ Outwood Cricket Club

www.cricketchoach.info/outwood

Week 1 of 12: 24th April 2008

Time	Activity	Coach	Notes
30	Batting Grip, Stance, backswing, step		
55	NETS / Game		
5	Summarise		

Week 2 of 12: 1st May 2008

Time	Activity	Coach	Notes
40	Bowling Coil, follow through		
45	NETS / Game		
5	Summarise		

Week 3 of 12: 8th May 2008

Time	Activity	Coach	Notes
45	Batting Front Foot Drive (FFT), FFT Defensive		
40	NETS / Game		
5	Summarise		

Week 4 of 12: 15th May 2008

Time	Activity	Coach	Notes
45	Bowling Bound and Back foot and front foot placement / landing		
40	NETS / Game		
5	Summarise		

Week 5 of 12: 22nd May 2008

Time	Activity	Coach	Notes
60	Batting Back Front Defence and Back foot Punch		
30	NETS / Game		

Week 6 of 12: 29th May 2008

Time	Activity	Coach	Notes
60	Bowling Spin Bowling & Grip		
30	NETS / Game		

Week 7 of 12: 5th June 2008

Time	Activity	Coach	Notes
60	Batting On Drive and Pull Shot		
30	NETS / Game		

Week 8 of 12: 12th June 2008

Time	Activity	Coach	Notes
60	Bowling Variation of pace? and the Slower Ball!!		
30	NETS / Game		

Week 9 of 12: 19th June 2008

Time	Activity	Coach	Notes
60	Batting Using Your Feet, to spin and the Pull Shot		
30	NETS / Game		

Week 10 of 12: 26th June 2008

Time	Activity	Coach	Notes
45	Bowling Swinging the ball out? Swinging the ball in?		
45	NETS / Game		

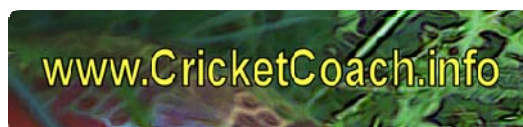
Week 11 of 12: 3rd July 2008

Time	Activity	Coach	Notes
45	Batting Cut Shot Full Face of the Bat		Watch ball on to full face of bat?
45	NETS / Game		

Week 12 of 12: 10th July 2008

Time	Activity	Coach	Notes
90	NETS / Game		Skill drills as required, but emphasis on Game/Match Situation

Timings are approximate, and will be at the discretion of the Coach at the time of training.



Paul Griffiths

Cricket Coach & ABSAT Coach

ECB / UKCC Level 2

ECB Umpire Level 1

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