



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

18:30-19:30 Under 8's @ Outwood Cricket Club

www.cricketchoach.info/outwood

Week 1 of 12: 24th April 2008

Time	Activity	Coach	Notes
5	Registration / Introductions / Aim(s)		
10	Fielding Relay / Catching Relay		Catching Use a Football & Rugby Ball
25	Batting Basics, Grip, Setup & Front Foot (FFT)		Show suggested way to hold a bat. Use tee's or bobble feed
15	Basic Bowling		
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 / long barrier – their decision.
30	Hitting off Front Foot		Tee's or bobble feed Use "my" coaching mat?
15	3-Tee Game		3 pitches to be used.
5	Summarise		

Week 3 of 12: 8th May 2008

Time	Activity	Coach	Notes
10	Warm Up Traffic Lights?		
30	Hitting off Front Foot (FFT)		Introduce drop feed One bounce or second bounce
15	Bowling		As week 1 basics but add 1 more point to think about when bowling
5	Summarise		

Week 4 of 12: 15th May 2008

Time	Activity	Coach	Notes
5	Catching Warm Up		Individual as well?
15	Basic Catching		use football & rugby ball encourages to catch with fingers and then normal balls
20	Hitting off Front Foot		Bobble feed – tees?
15	Intro Pull Shot (off stump)		1 2 & 3 steps?
5	Summarise		

Week 5 of 12: 22nd May 2008

Time	Activity	Coach	Notes
10	Bowling Relay		As catching relay but introduce bowling into it.
15	Run-Up (+ Bowling)		Run up from where!!
10	Target Bowling		In pairs, stumps..
20	Lords Game - FFT Drive		2 games played back to back. Half hall each grp.
5	Summarise		

Week 6 of 12: 29th May 2008

Time	Activity	Coach	Notes
10	Overarm Throw Relay (Chase & Retrieve)		Fielding game, include pick ups and throws overarm.
20	Introduction to Throwing		
	Hit the Stumps / Cross-Fire		“beach” ball if not windy
10	Re-Cap Pull Shot (lob feed on full toss if they are able)		Split groups into same ability.
15	Lords Game – Pull Shot		Ensure all play e.g. get a bat.
5	Summarise		

Week 7 of 12: 5th June 2008

Time	Activity	Coach	Notes
10	Hockey Dribble Relay & Bat Balance/Bat Taps		Use cricket bats, grips to be established, dribble through course of cones.
25	Wicket Keeping		Intro Wicket Keeping break into smaller groups to practise.
20	Cricket Circuit: Wicket Keeping / Target Bowling / Batting		Batting station to be FFT drive or pull shot (depending on group)
5	Summarise		

Week 8 of 12: 12th June 2008

Time	Activity	Coach	Notes
30	Running Between the Wickets		Bat in both hands!! Introduce face correct side & Introduce calling. Also if good and have time Straight lines /Protected area
25	Game		Try pairs Cricket
5	Summarise		

Week 9 of 12: 19th June 2008

Time	Activity	Coach	Notes
50	Pairs Cricket		Adapt if players struggle.
10	Summarise		

Week 10 of 12: 26th June 2008

Time	Activity	Coach	Notes
20	Running Between the Wickets		face correct side / bat in correct hand so you can see the ball at all times when running
20	Running Between the Wickets		Straight lines and avoid Protected area
20	Game		

Week 11 of 12: 3rd July 2008

Time	Activity	Coach	Notes
50	Pairs Cricket		Rotate field each over mention positions.
10	Summarise		

Week 12 of 12: 10th July 2008

Time	Activity	Coach	Notes
10	Warm up / to include fielding		
20	Running Between the Wickets		Straight lines and avoid Protected area / remember where is the ball – face ball so you can see it at all times
30	Game		Could be a 50min game?

**Always consider a drink break half way through the session.
Try and ensure it is only 5mins – remind them that it is their cricket time!!**



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