Bulimba Cricket

Under 9/Under 10 Training Manual

BULIMBA
CRICKET CLUB
Est. 2010

Kids will learn the basics of the game through playing a variety of games that cover all facets of the cricket. Games are designed for small groups to ensure all children get a go, and that they can test and learn skills as they go.

Bulimba Cricket Club

Under 9/Under 10 Specifically Designed Program:

What your child will learn:

- Hit a moving ball
- Bowl with a straight arm
- Throw, pass and catch balls
- Track and trap balls
- Game sense
- Teamwork
- Communication
- Sportsmanship

Different Rotations

These different drills/rotations have been designed to ensure that young players get the opportunity to develop their skills through high volume and repetition. These drills allow skills to develop in a closed environment where players gain the benefits of repetition. These drills also encourage competitive competition between players to create an environment that simulates match day conditions.

Elements of the Bulimba Cricket Program:

All athletes are different and as such have their own individual way. All will have their own flaws and respond to different coaching strategies. However, it is important that coaches understand the same basic elements that they can use as a starting point to help develop and correct a young player's technique.

Batting Basics

Watch the ball- Move to the ball- Hit the ball

Anything that facilitates an individual batter watching the ball more closely, moving to the ball more directly and hitting the ball more effectively should be validated.

The Set up

-Grip

-Stance

-Backlift

Grip

The grip should be functional. It should allow the batter to rotate the bat when hitting through the ball; it should allow the batter to hit the ball with the full face of the bat, and it should allow the batter to control the swing of the bat.

Stance

The orthodox stance should be side on and stable. This makes movement forward or back easy and provides a basis for all the shots.

Pick Up

The pickup should be controlled by both hands. The blade on the bat should be open as the bat is lifted and the wrists are cocked. The head and front should remain still and at the ball. The backlift should be controlled and regimented as possible.

Watching the Ball

Players should be reminded- and actively practice- the action of watching the ball. This is the fine focus skill and can be developed with practice. Players must be encouraged to try and pick up the seam of the ball as it comes towards them and notice alterations in its position. Close catching drills can be a useful tool in developing this skill.

Bowling Basics

The areas that a coach must address regardless of what style the bowler intends to develop are:

The Grip

The grip will determine how the ball will behave when it leaves the hand.

Beginners should be shown the basic grip and master it before specific deliveries are attempted. The basic grip places the thumb on the seam under the ball and the pointer and index fingers slightly spread either side of the seam on top of the ball.

The grip must be tight enough for the bowler to control the ball but loose enough for the ball to leave the bowlers hand.

The Run Up

The run up must be smooth so the bowler can focus on the spot they wish to land the ball; balanced and rhythmic so no energy is wasted and gradually accelerating so that momentum can be generated. Both slow and fast bowlers must generate momentum via their run up.

The Delivery Stride

The delivery stride must be upright and balanced with the head still and the eyes focused on the target. It is important that the non-bowling arm is brought down and in increasing rotational speed of the bowling arm. At the top of the action, the wrist is snapped as the ball is released.

The Follow Through

The bowler pulls up too quickly after delivering the ball, they run the risk of injury. The follow through is designed to gradually decelerate the bowler thus helping to reduce stress and potential injury. When the bowler deliveries the ball they are sending energy towards their target. This is why its important that they follow through relatively straight down the wicket with a slight angle as the come out of their run up to avoid the danger zone.

It is important to note that even though the follow through of a bowler occurs after release of the ball, it can greatly impact the length and direction of a bowler's delivery.

Fielding Basics

Throwing

Throwing can be best explained as a sequence of movements that makes up the action of throwing a cricket ball. The sequence starts with the generation of momentum and then the rotation of the body from non-throwing side to the throwing side. It starts in the non-throwing foot and finishes in the throwing foot. The thrower takes a long stride towards the target. They are side on to the target with their arms extended. Hips and trunk rotate so the throwing shoulder moves towards the target. The non-throwing arm is brought in and down as the throwing shoulder, elbow and wrist are rotated to release the ball. The throwing leg drives up and steps through towards the target. The head remains as still as possible throughout the throw.

Ground Fielding

Coaches should explain 'long barrier' fielding method and be sure to explain that right arm throwers should try to kneel facing right so they can gather the ball off their back leg and throw quicker. Players should also be coached how to pick the ball up on the run, moving left and right, running at the ball and chasing it down.

Long and High Catching

Coaches must show the players the correct position of the hands with fingers either facing up or down. The importance of using the elbows as shock absorbers must also be stressed. Trying to be as still as possible as the ball reaches the catcher's hands, can only be achieved if the fielder sights and judges the ball's trajectory as early as possible and moves quickly into position.

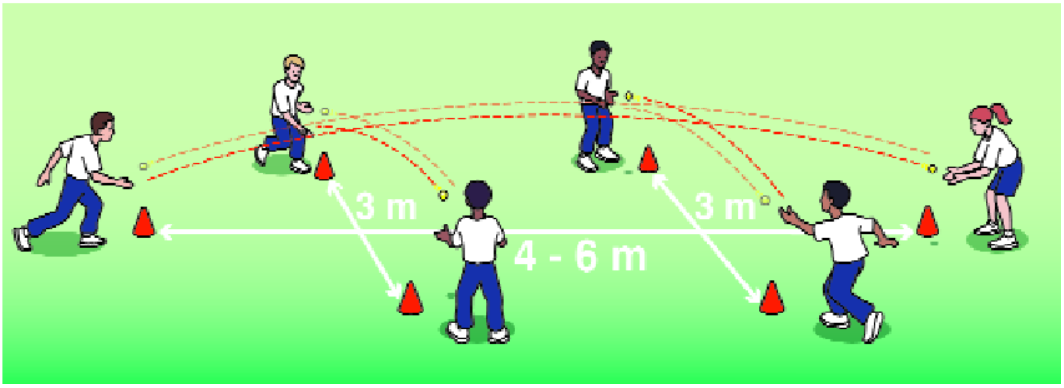
Coaching Groups

The majority of Bulimba cricket sessions will be coaching activities in groups. These groups must be of manageable sizes. These sessions must be organised so that all athletes are given equal access to the coach and equipment available.

Distraction Catching

Equipment

10 minutes



Description

- Children partner up and stand opposite each other on a cone
- On coaches call partners begin to throw ball to each other
- If more than 6 players can have two groups/group of 4.

Variations

1 hand catching

2 hand catching

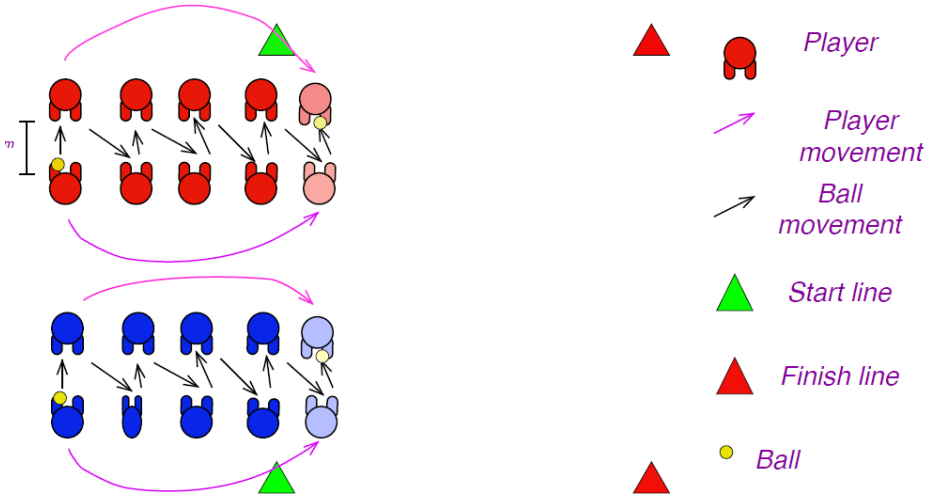
2 balls per pair

Timed Races (how many catches can a pair get in 30 seconds?)

Coaches Corner

Players have good catching posture- knees bent, hands ready, weight on “balls” of feet what we want to call a **“A dynamic position”**

Catching Caterpillar



Description

Split Players into teams

Players in each team then pair off and face each other

Ball thrown through team in a zig zag pattern up the line

Once player throws ball/balls they run around caterpillar and join line for lzst players to throw to

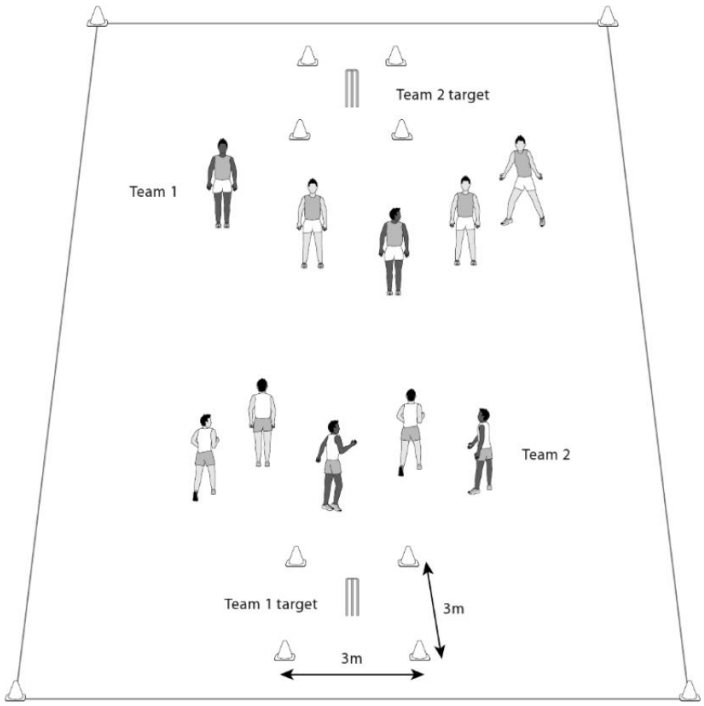
Variation

- Increase/decrease distance between lines
- Throw multiple balls
- If ball dropped, team has to start again
- Ball can be rolled rather than thrown

Coaches Corner

Players have good catching posture- knees bent, hands ready, weight on “balls” of feet what we want to call a **“A dynamic position”**

Fielding Soccer



Description

Stumps to be in the middle of a group of cones generally 2m/3m from stumps

Divide players into 2 teams with each team given a set of stumps/goal to aim for

A point is scored if the player throws the ball from outside the circle/cones and hits the stump

Players can run with the ball and are not allowed inside the cone area.

Team without the ball must try to intercept the ball.

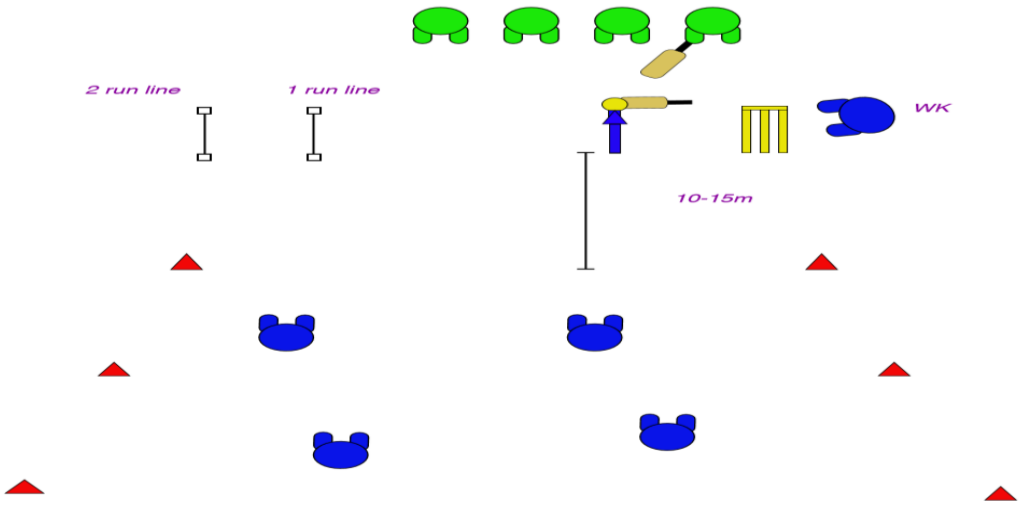
Variations

- Players to only catch and throw with their right/left hand
- Passes to players must be rolled/one bounce/wrong handed and these can change throughout the game

Coaches Corner

This game allows the player to use a number of different skill of fielding whilst in a pressure environment. Reinforce to them the importance of doing the basics right- watching the ball, staying low when fielding, communication to team mates.

V Cricket



Description

Cones are used to mark the field out in a V shape from the set of stumps where the batter stands.

The coach is the bowler and be bowls the ball to the batter who has to try to hit the ball inside the V field.

If the batter hits the ball they must run, either to the first run line which is a closer run or if they chose the two run one.

If the batter plays and missed that is a strike. The batter gets 3 strikes.

There are no run outs, so if the batter hits the ball to a fielder they must run, and the fielders job is to field the ball under pressure and return the ball to the coach who can bowl the ball and hit the stumps.

The only way the batter can be out is bowled, caught or hit wicket.

The coach may want to put a semi circle of cones out in front of the batters to signify that the fielders can stand no closer that these cones

Every player gets a bat in the team and the coach counts the runs. The other teams then goes in and tries to chase them down

Variations

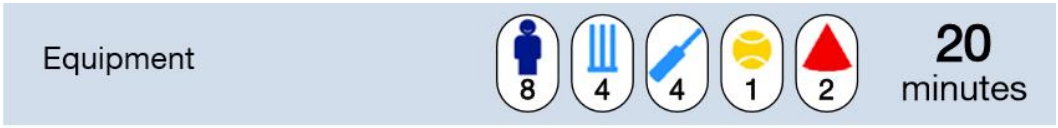
Player can either play the pull shot or the drive with the coach starting in front of the wicket

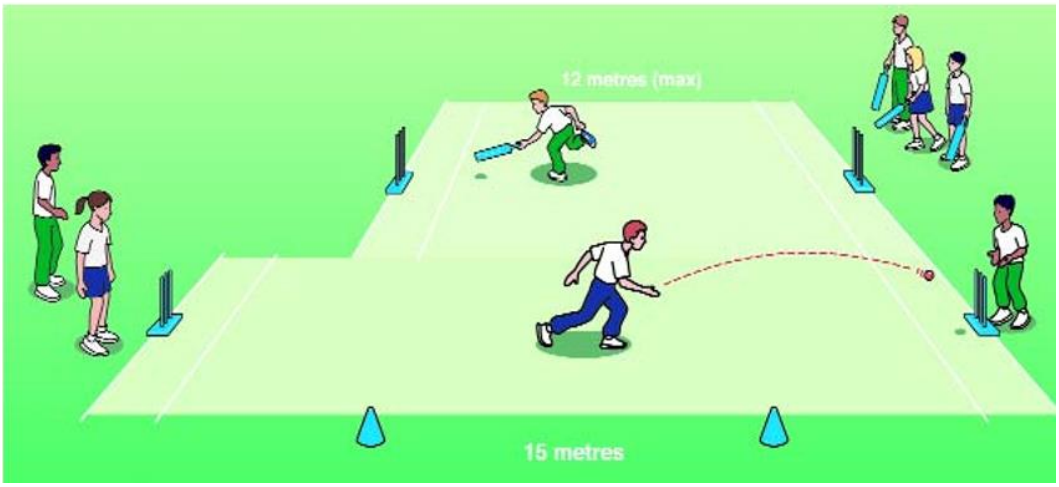
Coaches Corner

By having the designated cones to hit through don't focus too much on technique, try to get the children to figure out what they need to do to hit the ball there

This game allows the children to practice hitting the ball really hard but in an environment that promotes using the right technique.

Run Out Game





Set out

Group to be divided into two teams- One to field and one to bat

Fielding team has one player behind the stumps and the rest behind the cone. Batting team with all their players behind the cone and the first player with the bat

Coach to call out yes and the keeper to roll the ball out to the fielding cone

Batters are on run from one stump to the next

Batters looks to make his ground by sliding the bat past the cones that indicate the crease

If the fielding teams trying to pick the ball up cleanly and execute the run out. Each team tries to runs as many singles as possible before they are run out three times.

Key is to work out the distance the fielders and batters need to run in order to make it an even contest. These distances will probably not be the same

<u>Coaches Corner</u>

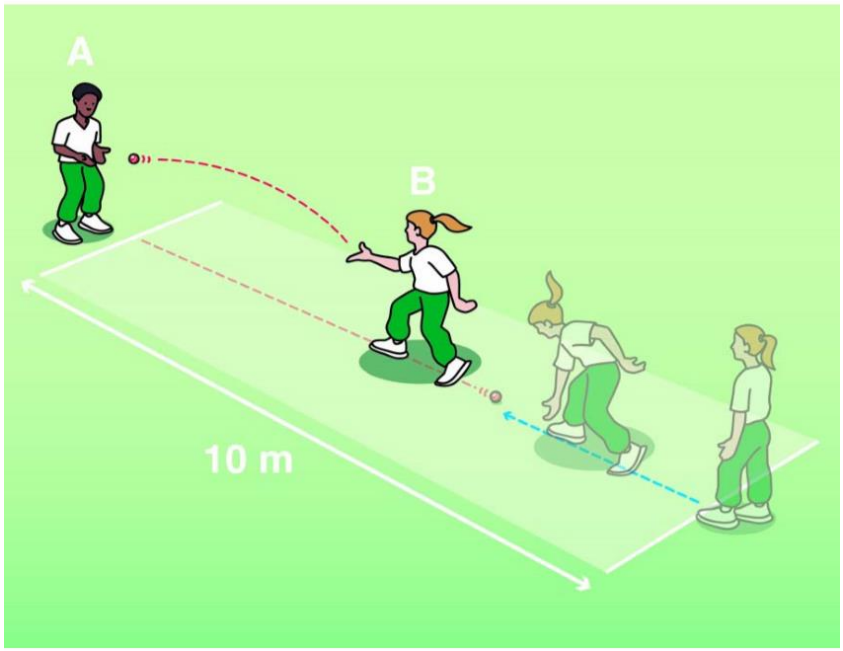
Coach to teach/reinforce to the players the right calls when running between the wickets.

Fielders to ensure that they are attacking the ball and staying low when look to effectively run the batters out.

Pick Up and throw

Equipment

20 minutes



Description

Player rolls the ball out to the half way point. Player on the cone attacks the ball and underarms to the partner

Variations

One handed pick ups

Thrower to throw half volleys, high balls, alternate sides of the fielder

Coaches Corner

Fielder to ensure that they are balanced and low .

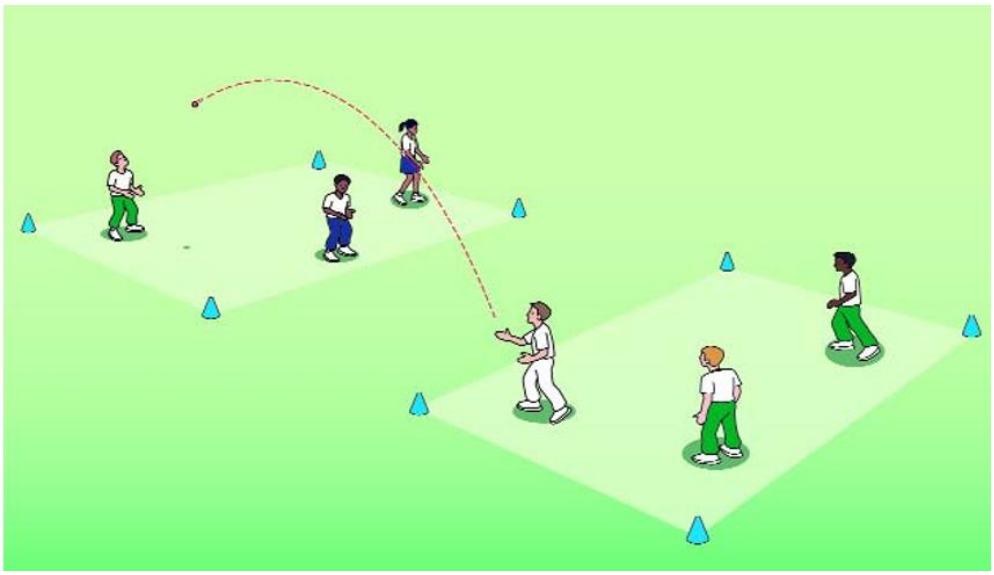
Ensuring that the fielder picks the ball up on the same side of his body as their throwing arm. ie right arm throwing, picks the ball up next to their right foot.

Ensuring that they are staying low and that the throwing hand arm and body follow through towards target

Catch Tennis

Equipment

15 minutes



Description

Players to be divided into two teams

Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce. If they succeed they score a point.

Players in the other zone try and do the same. Players to decide amongst themselves where to stand within coned area

Variations

Increase the size of the playing area to test agility and increase difficulty.

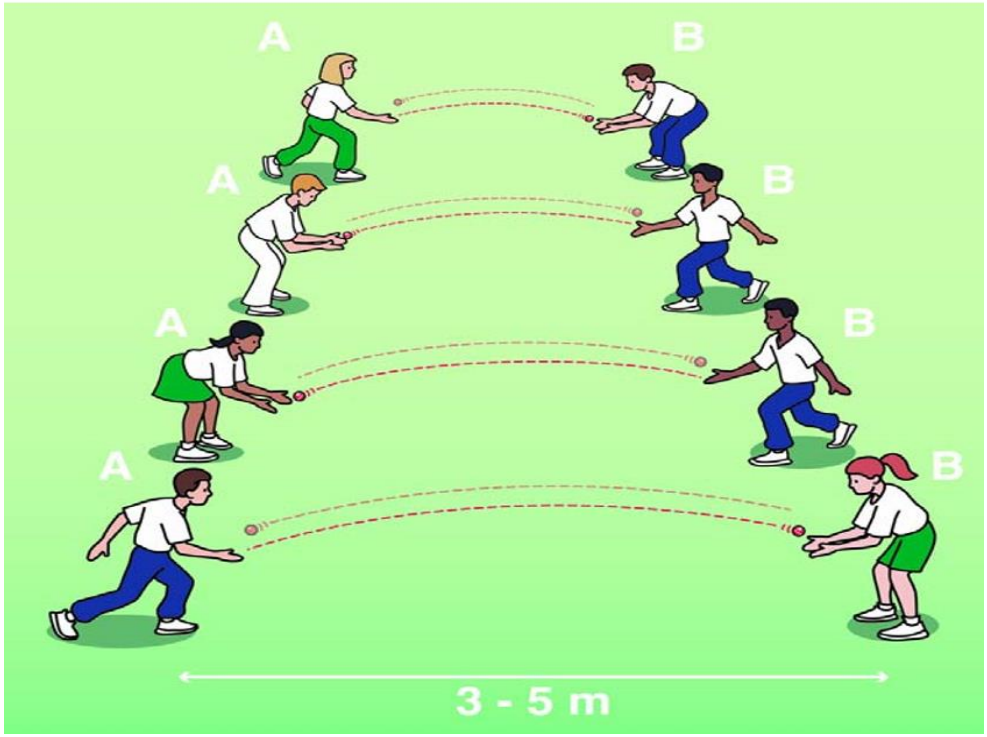
Coaches Corner

Players to maintain athletic 'ready' position.

Partner Catching

Equipment

15 minutes



Description

Aim to ensure that children getting volume catching.

Variations

Two hand catching

1 hand catching

Variation in heights of throw to partner

Time catching (ie how many catches in a minute)

Greater/Smaller distance between partners

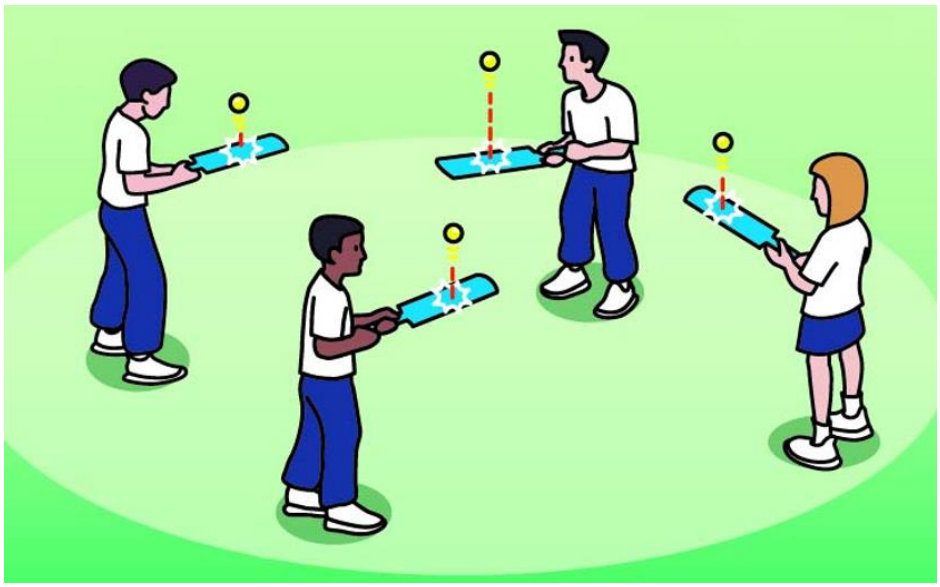
Coaches Corner

This close catching exercise is a good way to monitor progression through increased performance. Also, apply pressure through time restrictions and verbal & visual distractions.

Bat Tapping

Equipment

10 minutes



Description

Players bounce ball on the bat or part of the bat e.g. edge, back, toe.

Variations

Find partner and follow whilst maintaining bat tapping

Stand on one leg .

Bounce ball on bat then go onto knees, lie down, back up again.

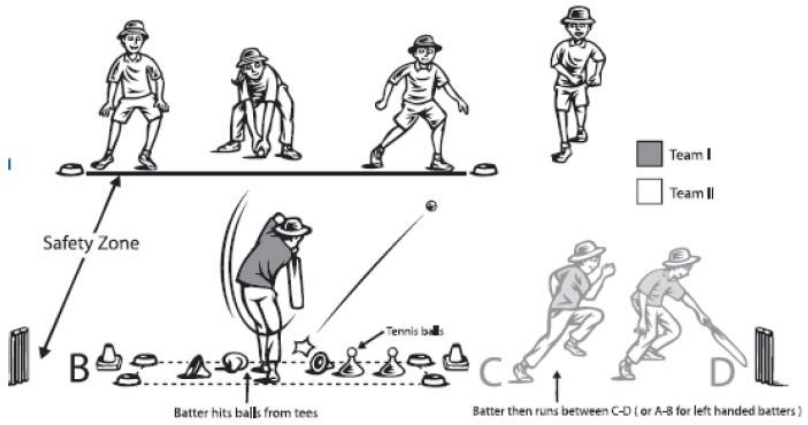
One low tap, 1 high, 4 low, 1 high etc .

Catch ball on bat after high hit

Add distractions e.g. move in zoned area avoiding cones on the floor

Opposite a partner - bat tennis- hit the ball back and forth to each other

Rapid Fire



GAME RULES

– Teams of 4–6.

– The object of the game is for the batting team to hit the ball from the tees, through the goals whichare guarded by the fielding team. Fielders cannot move forward of the goals (Safety Zone) until the last ball is hit.

– The goals should be approximately 20m from the Batters. (This will vary with age/ability).

– Each time the ball passes through the goals the Batter scores ten.

– Batter has 3–6 hits.

– After the last ball is hit the Batter runs between A–B orC–D scoring single runs to be added to those acquiredfrom hitting through the goals.

– To stop the Batter from running the fielders have to retrieve the balls and put them back on the tees in the designated area.

– When all players from one team have batted, the teams reverse roles.

Keep the Bucket Full

GAME RULES

– Players surround the leader who stands in the centre of a given area with a bucket full of balls.

– As quickly as possible, the leader rolls and throws the balls in all directions.

– The players retrieve the balls (only permitted to bring back one at a time). The aim is to keep the bucket full of balls for the leader.

Possession Game

Description

There is one ball in the playing area.

A player with the ball in their hand cannot move.

The aim of the game is for their team to successfully complete 10 catches in a row, without the ball being intercepted or hitting the ground.

If the ball hits the ground, regardless of who it touched last, it is a turnover of possession.

Team scores a point by completing 10 passes, coach decides how many points wins the game depending upon time available.

If player has ball in possession and steps out of playing area, then possession turns over.

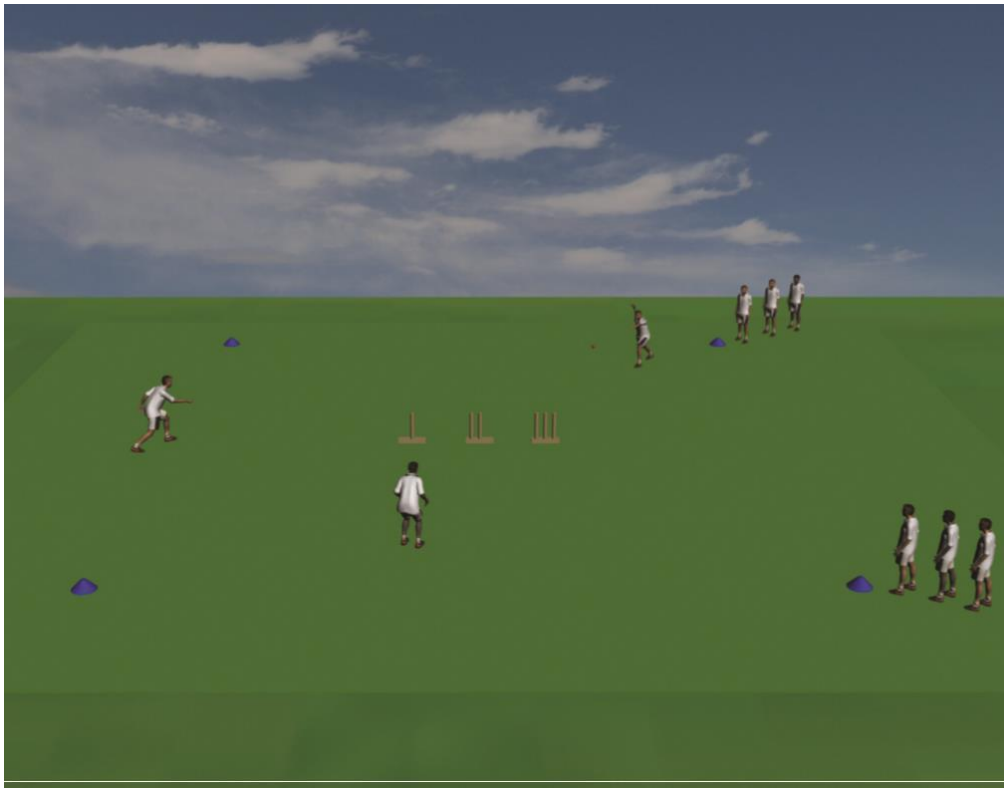
Variations

Harder catch – use the same rules as above but make it one-hand catching only, or 'wrong'hand catching only.

No pass-backs – make the rule that players CAN'T pass back to the person that passed to them.

Roll-ball – as above but the ball has to be rolled along floor to a team member and cleanly picked up to complete a pass

Direct Hit Game



Description

Players are split into two teams.

First team go to the far corner and take it in turns to pick-up and throw at the stumps. The other team are backing up.

They start in the opposite corner and move into position as the thrower is picking up the ball.

1-2-3 – as the player picks the ball up, they have the choice of which set of stumps to aim at. If they hit the set of 3, they get 1 point. If they hit the 2, they get 2 points, and if they hit the 1 stump, they get 3 points. Each player in the team has a throw and points are added up. Then the second team attempts to beat this.

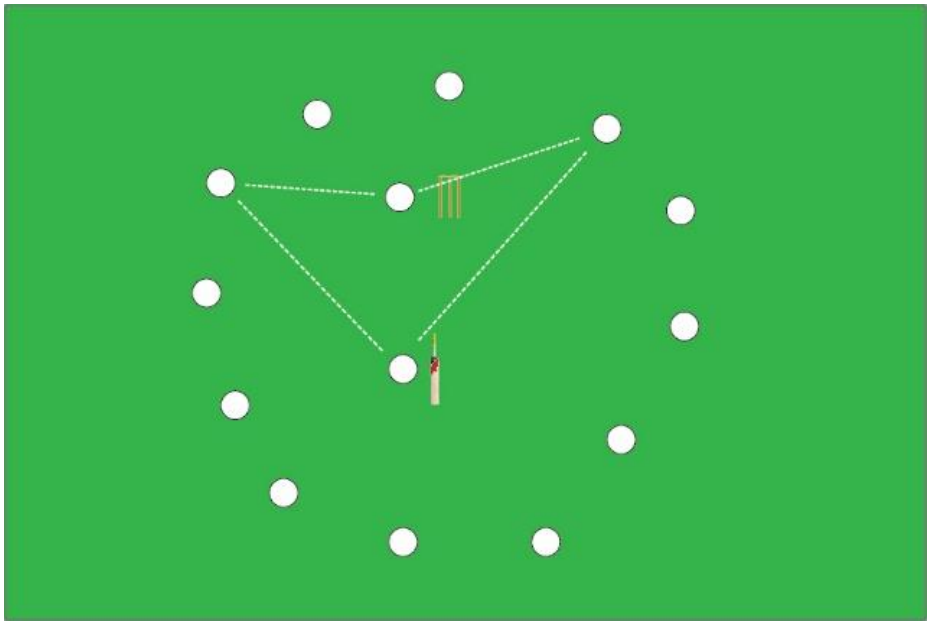
Move round to have a go from each of the corners and add up all the points for a team championship

Coaches Corner

Ensure that players are attacking the ball with 'low body height'

Players to gain a base with

The Circle Game



Description

Two stumps placed the normal length of a wicket distance apart and cones placed in a circle around the pitch about 10 m from the stumps.

Two players become the batters with the rest of the players to be fielders that start beyond the circle.

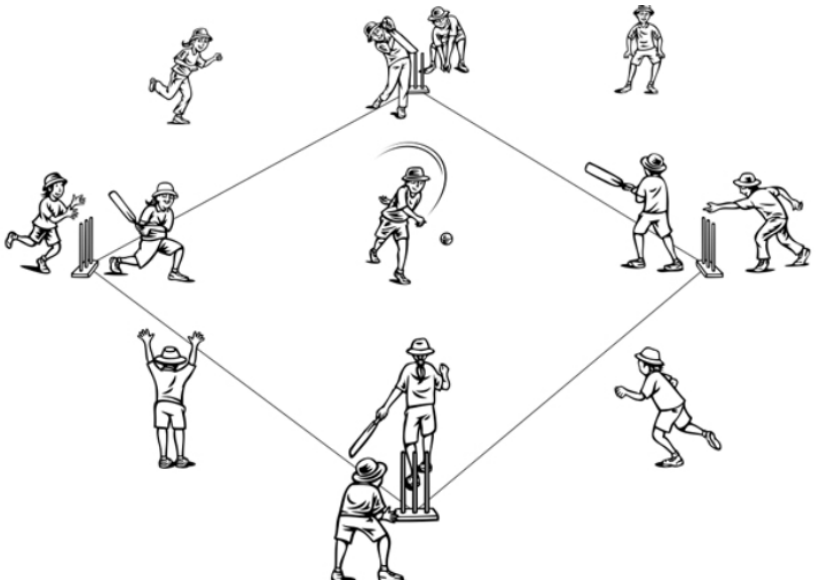
The idea of this drill is for batters to practice their drop and run skills and play with soft hands. They attempt to drop the ball at their feet and take quick singles before the fielding team can pick the ball up cleanly and run the batters out

The fielders are only allowed inside the circle once the batters have hit the ball. If the batter hits the ball outside the circle they are out. Players can also get out bowled, caught runout and hit wicket.

Variations

The game becomes the opposite and the batters must hit the ball beyond the circle and fielder must start inside the circle.

Diamond Cricket



Description:

Place for sets of stumps out in a diamond shape and have four bats at each set of stumps.

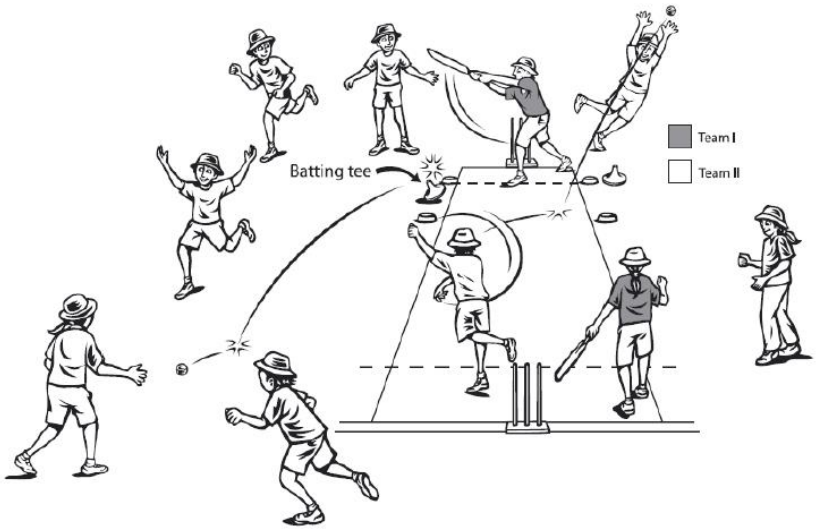
Only four batters, four wicket keepers, the rest of the player's fielders.

The idea of the game is that the bowler is in the middle of the diamond and can bowl to any batter. If the batter hits the ball all batters must run at least to one set of stumps in a clock wise direction. The fielders must try to get the batters out via any normal mode of dismissal plus the bowler has the ability to bowl to the batters before they are ready and bowl them out.

Variations:

No bowler in the middle but wicket keepers are the bowlers and they bowl only at the stump that is directly opposite them.

Double Chance Pairs Cricket



GAME RULES

– Set up stumps 13–16m apart.

– Place 2 batting tees with a ball on either side of the pitch just forward of Batter.

– Organize players into pairs and number each pair.

– Maximum 10 per group (2 batting, 8 fielding).

– Each pair bats for 2 overs and bowls for 2 overs). Bowling can be underarm if required.

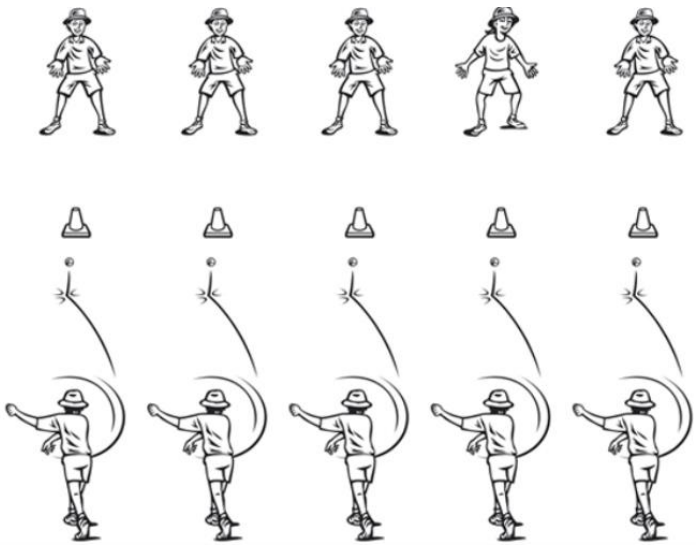
– When partner is bowling, other partner wicket keeps.

– If the 'bowled' ball is missed, and does not hit the stumps or can't be reached, Batter hits ball from a tee of their choice.

– Only the 'hit' ball is in play.

– Batters can be 'out' Bowled, Caught or Run Out only.

Target Throwing



Description:

Throwing at a target (stump/cone).

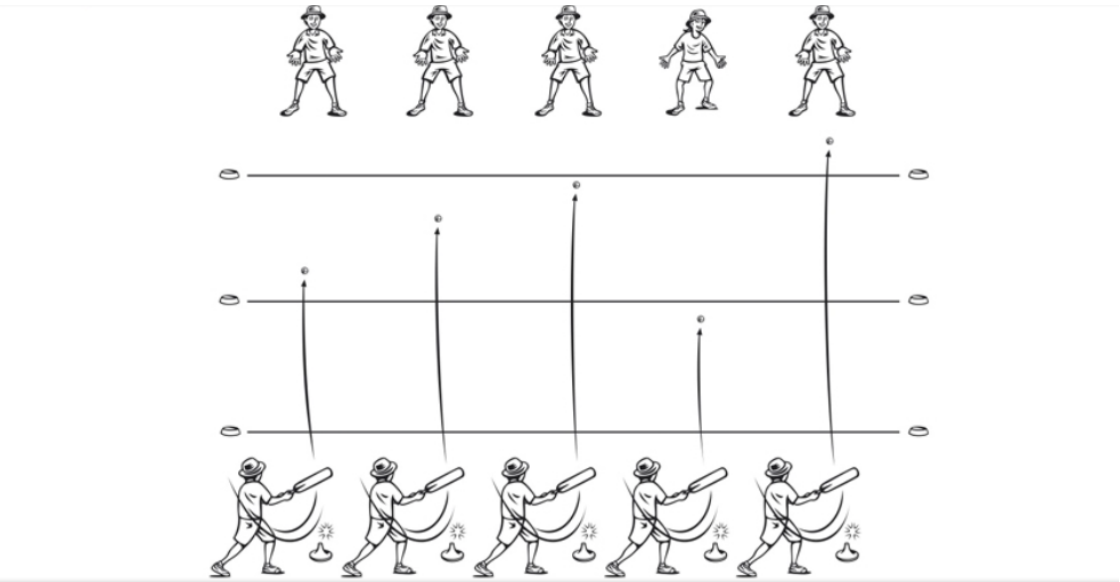
Have another cone on either side of the target for the players to stand- depending on players ability will depend on distance to target.

Variations:

Closer to the target, players to underarm

Players to use opposite hand

Longest Hit Contest



Description:

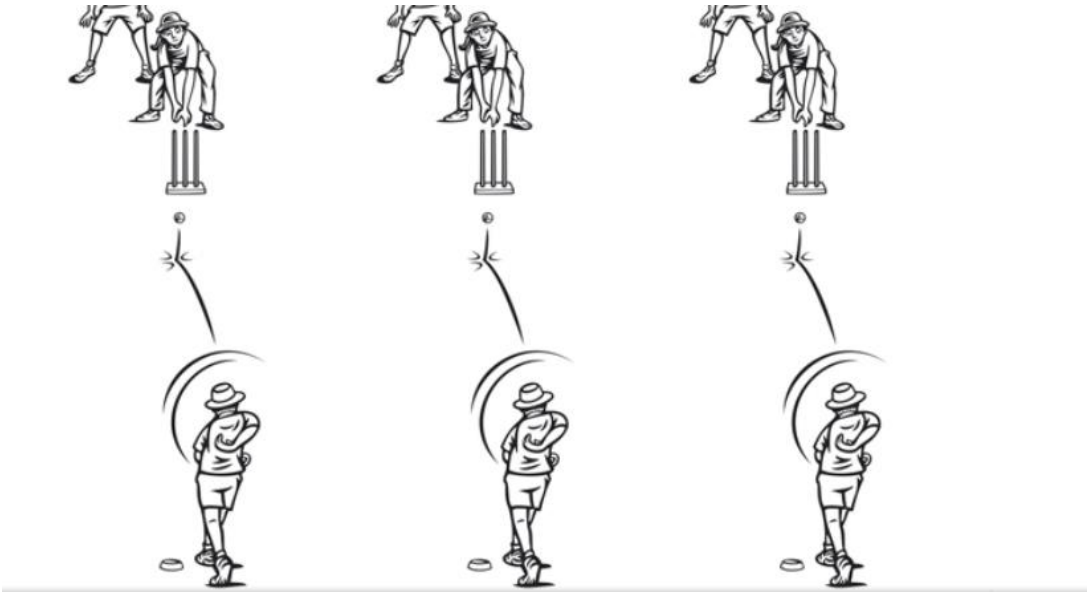
Place cones a distance of 20m/30m/40m from the batters

Batters are initially explained the correct technique in how they are to try and hit the ball with a vertical bat.

Players are in pairs and each batter is to get three hits to see how far they can hit their ball. Once they have had three hits they swap with their partner.

Players receive 1 point for hitting it past the 20m cones, 2 points for hitting it past the 30m cones and 3 points for hitting it further than the 40m cones.

Target Bowling



Description:

Have a number of wickets marked out with stumps at both the batters and bowlers end.

Cones can be placed to mark out an area where the coach wants the players to bowl

One member of the group is the wicket keeper and once the player has bowled their ball they become wicket keeper and the wicket keeper runs the ball back to the bowler at the top of the line and they join the end of the line.

Variations:

Coaches may have some lines practicing to left handers, others to right handers and get them groups to swap half way through the drill.

Coaches Corner:

The coach may wish to also add cones to help the bowlers with their run up and follow throughs. These should be in a relatively straight line and towards the bowler's target.