

Under 10 Training – Week 1

4 Rotations – Batting, Bowling, Fielding & Game (15 mins on each)

Batting Drills

1. **Bat tapping** - Opposite a partner - bat tennis- hit the ball back and forth to each other, count how many can each pair hit(taken from Under 9/10 training manual).
2. **Protect the circle (5 mins)** – 4 bowlers try to underarm the ball at a set of stumps in the middle of a circle, the batsmen try to protect the stumps by hitting the ball. Once the stumps have been hit 5 times the players change.
3. **Circle Rapid Fire hitting (5 mins)**– (taken from Under 9/10 training manual). Using large balls. Players underarm the ball to their partner. The partner tries to hit the ball towards a fielder. Once the ball is hit, all batsmen run in a clockwise direction. Each ball is fielded and returned to the bowler. Once all the fielders have got their balls they yell “HOWZAT!” and the batters stop running
4. **YES, NO, WAIT (5 mins)** –All batsmen line up on one line. The coach calls 3 commands:
 - YES = the players run all the way through to the other side.
 - WAIT = the players run to the half way and wait for a follow up call of YES or NO
 - NO = the players stay where they are.
5. **Same as 1 or 2 but with a small ball**

Bowling Drills

1. **Rock and bowl (promote straight arm)** – Demonstrate correct bowling technique
2. **Run through's without bowling** – Work on bowlers running and keeping all body parts in a straight line. Place 2 lines of cones to encourage bowlers to run straight.
3. **Run through & Bowl** – Place rope or cones halfway down the pitch to encourage bowlers to pitch the ball over the rope/cones.
4. **Run through & Bowl** – Same as no 3 but make it a net v net challenge, every ball that lands over the rope/cones gets 1 point. How many points can each net get in 2 mins.
5. **Run through & Bowl with stumps** – Same as no 4, over the rope/cones gets 1 point, hit the stumps gets 5 points. How many points can each net get in 2 mins.

Fielding Drills

1. **Distraction Catching**– (taken from Under 9/10 training manual) First pair to 20 catches, count out loud as the catches are made. Vary the height of the catches eg, all below the waist, all above the waist. Vary the distance, how many catches in a minute.

2. **Fielding Soccer** - (taken from Under 9/10 training manual). Defenders maintain 1m away from the ball carrier, dropped catches or intercepts are the only way teams turn over the ball.

END GAME

V Cricket- (taken from Under 9/10 training manual). 2 innings of 5 or 6 minutes. The coach chooses for the batter to either play the pull shot or the drive with the coach starting in front of the wicket. If players are out they join the back of the batting queue until the time runs out.

Under 10 Training – Week 2

4 Rotations – Batting, Bowling, Fielding & Game (15 mins on each)

Batting Drills

1. **Hitting off the tee (straight drive)**– Batters try to hit the ball off the tee between 2 cones placed straight in front 5m away. They score 1 point for every time they hit it between the cones. (5 times then swap)
2. **Hitting off the tee (off drive)**– Batters try to hit the ball off the tee between 2 cones placed on the off side 5m away. They score 1 point for every time they hit it between the cones. (5 times then swap)
3. **Hitting off the tee (on drive)** – Batters try to hit the ball off the tee between 2 cones placed on the on side 5m away. They score 1 point for every time they hit it between the cones. (5 times then swap)
4. **Hitting off the tee (eyes closed)** – Batters close their eyes and their partner places a ball on top of a batting tee. When the partner says go if the ball is red, the batter hits it to the off side. If it is yellow they hit it to the on side. They score 1 point for every time they hit it between the cones. (5 times then swap)
5. **Repeat drills 1-4 with a drop ball feed**
6. **Repeat drills 1-4 with a rolling ball feed**

Bowling drills

1. **Rock and bowl (promote straight arm)** – Demonstrate correct bowling technique
2. **Run through's without bowling** – Work on bowlers running and keeping all body parts in a straight line. Place 2 lines of cones to encourage bowlers to run straight.
3. **Run through & Bowl** – Place rope or cones halfway down the pitch to encourage bowlers to pitch the ball over the rope/cones.
4. **Run through & Bowl** – Same as no 3 but make it a net v net challenge, every ball that lands over the rope/cones gets 1 point. How many points can each net get in 2 mins.
5. **Run through & Bowl with stumps** – Same as no 4, over the rope/cones gets 1 point, hit the stumps gets 5 points. How many points can each net get in 2 mins.

Fielding drills

1. **Distraction Catching**– (taken from Under 9/10 training manual) First pair to 20 catches, count out loud as the catches are made. Vary the height of the catches eg, all below the waist, all above the waist. Vary the distance, how many catches in a minute.
2. **Fielding Soccer** - (taken from Under 9/10 training manual). Defenders maintain 1m away from the ball carrier, dropped catches or intercepts are the only way teams turn over the ball.

END GAME

V Cricket- (taken from Under 9/10 training manual). 2 innings of 5 or 6 minutes. The coach chooses for the batter to either play the pull shot or the drive with the coach starting in front of the wicket. If players are out they join the back of the batting queue until the time runs out.

Under 10 Training – Week 3

4 Rotations – Batting, Bowling, Fielding & Game (15 mins on each)

Batting drills

1. **Bat tapping** - Opposite a partner - bat tennis- hit the ball back and forth to each other, count how many can each pair hit(taken from Under 9/10 training manual).
2. **V Cricket - (taken from Under 9/10 training manual)**. 2 innings of 5 or 6 minutes. The coach chooses for the batter to either play the pull shot or the drive with the coach starting in front of the wicket. If players are out they join the back of the batting queue until the time runs out.

Bowling drills

1. **Rock and bowl in the side of the nets (promote straight arm)** – Demonstrate correct bowling technique
2. **Run through's without bowling** – Work on bowlers running and keeping all body parts in a straight line. Place 2 lines of cones to encourage bowlers to run straight.
3. **Run through & Bowl** – Place rope or cones halfway down the pitch to encourage bowlers to pitch the ball over the rope/cones.
4. **Run through & Bowl** – Same as no 3 but make it a net v net challenge, every ball that lands over the rope/cones gets 1 point. How many points can each net get in 2 mins.
5. **Run through & Bowl with stumps** – Same as no 4, over the rope/cones gets 1 point, hit the stumps gets 5 points. How many points can each net get in 2 mins.

Fielding drills

3. **Distraction Catching**– (taken from Under 9/10 training manual) First pair to 20 catches, count out loud as the catches are made. Vary the height of the catches eg, all below the waist, all above the waist. Vary the distance, how many catches in a minute.
4. **Catch tennis** - (taken from Under 9/10 training manual), Increase the size of the playing area to test agility and increase difficulty.

END GAME

Double chance pairs cricket -(taken from Under 9/10 training manual).

Under 10 Training – Week 4

4 Rotations – Batting, Bowling & Fielding (15 mins on each)

Batting Drills

1. **Drop ball feed (straight drive)**– Batters try to hit the ball off the tee between 2 cones placed straight in front 5m away. They score 1 point for every time they hit it between the cones. (5 times then swap)
2. **Drop ball feed (off drive)** – Batters try to hit the ball off the tee between 2 cones placed on the off side 5m away. They score 1 point for every time they hit it between the cones. (5 times then swap)
3. **Drop ball feed (on drive)** – Batters try to hit the ball off the tee between 2 cones placed on the on side 5m away. They score 1 point for every time they hit it between the cones. (5 times then swap)
4. **Drop ball feed (eyes closed)** – Batters close their eyes and their partner drops a ball. When the partner says go if the ball is red, the batter hits it to the off side. If it is yellow they hit it to the on side. They score 1 point for every time they hit it between the cones. (5 times then swap)
5. **Repeat drills 1-4 with an underarm feed**
6. **Repeat drills 1-4 with an underarm feed**

Bowling drills

1. **Target Bowling** - (taken from Under 9/10 training manual) Coaches may have some lines practicing to left handers, others to right handers and get them groups to swap half way through the drill.
2. **Diamond Cricket** - (taken from Under 9/10 training manual). Play with no bowler in the middle but wicket keepers are the bowlers and they bowl only at the stump that is directly opposite them.

Fielding drills

1. **Catch Tennis** - (taken from Under 9/10 training manual). Increase the size of the playing area to test agility and increase difficulty.
2. **Possession Game** - (taken from Under 9/10 training manual). 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.

- 3. Target throwing** – (taken from Under 9/10 training manual). Start with underarm at the target 1 point for every time they hit the target. How many points can they get in 2 mins. Increase the distance and progress to overarm

END GAME

Double Chance Pairs Cricket - (taken from Under 9/10 training manual). 2 innings of 5 or 6 minutes. If players are out they join the back of the batting queue until the time runs out.