

Under 9 Training Week 1

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

1. Batting – Set up by Doggett

1. **Bat tapping** - Players bounce ball on the bat or part of the bat e.g. edge, back, toe. (taken from Under 9/10 training manual).
2. **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)
3. **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)
4. **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)
5. **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)
6. **Repeat drills 1-4 with a drop ball feed**
7. **Repeat drills 1-4 with a rolling ball feed**

2. Bowling – Set up by Cutting

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.

3. Fielding – Set up by Burns

1. **Partner Catches**– (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. **Catching Caterpillar** – (taken from Under 9/10 training manual). 2 or 3 teams, first to get from start to finish line. If ball is dropped the team has to go back to the start.
3. **Pick up and throw relays** – (taken from Under 9/10 training manual). Start with 2 hand pick up, then 1 hand pick up. Then bouncing ball and finally catches
4. **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

4. GAME – Set up by Renshaw

Diamond 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.

Under 9 Training – Week 2

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

Batting – Set up by Doggett

1. **Bat tapping** - Players bounce ball on the bat or part of the bat e.g. edge, back, toe. (taken from Under 9/10 training manual).
2. **Pairs hitting** – The batsmen hits the ball off the tee towards their partner who is standing behind a set of cones 10m away. 1 point for every successful shot between the cones
3. **Relay – 2 teams, Hitting off the tees** – Teams line up behind a set of stumps and when the coach says the first person runs out to a batting tee 10m away and hits the ball back towards the stumps they have come from. The next person in the line picks up the ball puts it on a tee and repeats. This continues until everyone in the team has gone.
4. **Hitting off the tee – 2 Teams (Rapid Fire)**(taken from Under 9/10 training manual) Batters try to hit 4 balls off the tees between 2 cones placed straight in front 10m away. The fielding team line up between the 2 cones and cannot move until the last ball is hit. They then have to chase the balls and set up the balls on top of the tees in front of the batsmen. The batsmen sets off running around 2 cones collecting runs.

Bowling – set up by Cutting

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 – Set up by Burns

1. **Partner Catches**– (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. **Catching Caterpillar** – (taken from Under 9/10 training manual). 2 or 3 teams, first to get from start to finish line. If ball is dropped the team has to go back to the start.
3. **Pick up and throw relays** – (taken from Under 9/10 training manual). Start with 2 hand pick up, then 1 hand pick up. Then bouncing ball and finally catches

4. **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

GAME – Set up by Renshaw

Diamond 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.

Under 9 Training – Week 3

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

Batting – Set up by Doggett

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. **Pairs hitting** – Using large balls. Players underarm the ball to their partner. The partner tries to hit the ball towards a set of cones. 1 point for every successful shot between the cones
3. **How many (2 mins) – 3 teams, Hitting an underarm feed large ball** – Teams line up behind a set of stumps and the coach rolls the ball towards the batsmen who tries to hit the ball in between a set of cones to their team mate. (Cover drive)The team mate throws the ball back to the coach. The batsmen goes to the cones and the fielder lines up behind the stumps. 1 point for every successful shot between the cones
4. **How many (2 mins) – 3 teams, Hitting an underarm feed small ball (same as 2. But with a small ball)**
5. **Underarm feed – 2 Teams (Rapid Fire)**– Batters try to hit 4 balls from an underarm feed between 2 cones placed straight in front 10m away. The fielding team line up between the 2 cones and cannot move until the last ball is hit. They then have to chase the balls and set up the balls on top of the tees in front of the batsmen. The batsmen sets off running around 2 cones collecting runs.

Bowling – Set up by Cutting

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 – Set up by Burns

1. **Partner Catches**– (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. **Keep your yard clean** – 2 teams inside a square opposite each other try to underarm the ball into the oppositions square, at the end of 1 min shout stop. The team with the most balls in their square loses

3. **Protect your goal line**– 2 teams line up on a set of goal lines opposite each other, In between them are a number of large balls. The idea is to underarm / overarm throw balls to hit the large balls and move them towards the opposition goal line. Once the ball crosses the opposition goal line that team wins.

GAME Set up by Renshaw

Non stop cricket or Diamond 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.

Under 9 Training – Week 4

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

Batting – Set up by Doggett

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)** – Using large balls, 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 – Set up by Cutting

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 – Set up by Burns

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.

GAME – Set up by Renshaw

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 9 Training – Week 5

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

Batting – Set up by Doggett

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 – Set up by Cutting

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 – Set up by Burns

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.

GAME – Set up by Renshaw

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 9 Training – Week 6

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

Batting – Set up by Doggett

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 – Set up by Cutting

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 – Set up by Burns

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. **Catch tennis -** (taken from Under 9/10 training manual), Increase the size of the playing area to test agility and increase difficulty.

GAME – Set up by Renshaw

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