



'NOT JUST NETS' - CREATING A WINTER TRAINING PROGRAMME

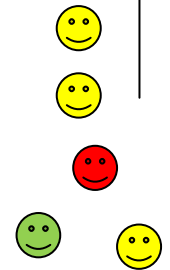
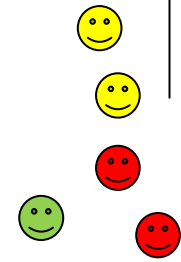
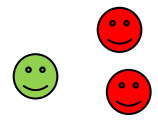
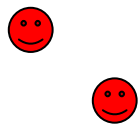
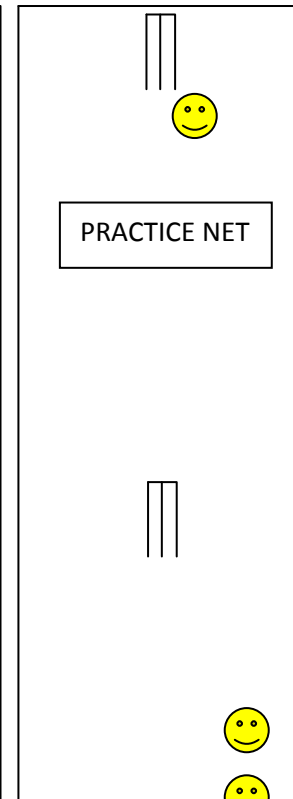
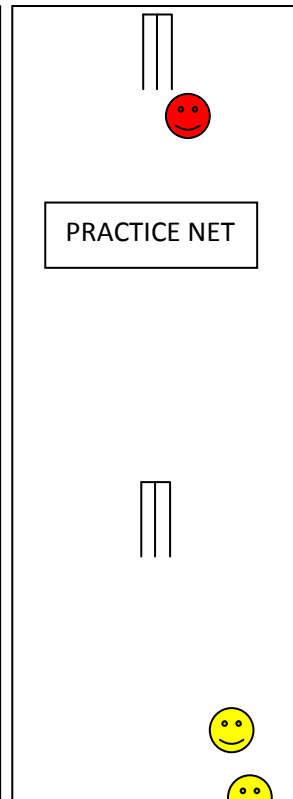
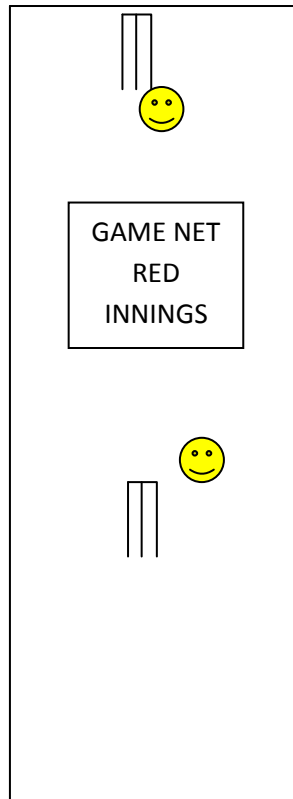
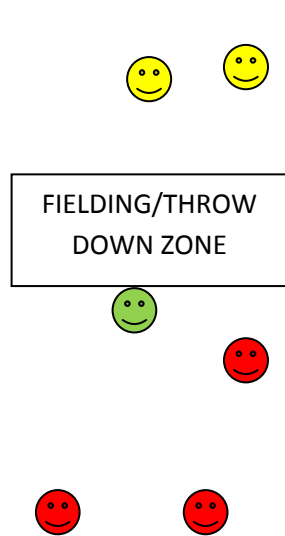
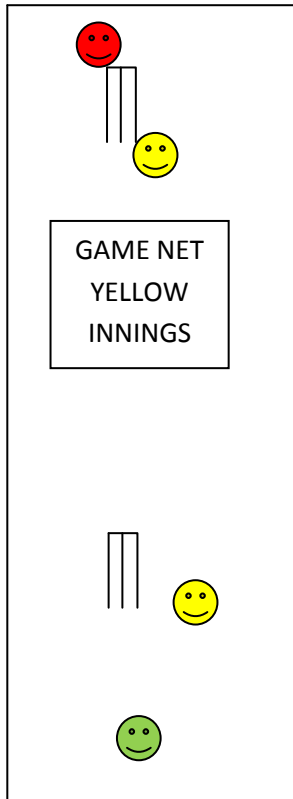
Start on time. Time in the hall/nets is precious; therefore encourage the philosophy that 'on time is late'. Can you do warm ups before official session starts in another part of the centre? This may require some thinking about but could be worth it.

20:20 MATCH

- Needs planning and organisation but should provide a challenging and fun start to the programme.
- Sets tone for first week. No easing into it.
- 2 teams. Can cater for 24 players within the game.
- 2 nets in which a game scenario is set up.
- Net 1 has one innings eg Red team batting and Yellow team bat in net 2.
- 20 over game.
- Possible to run simultaneous innings so that it all happens in one session.
- Batting order. Openers start in net against pair of opening bowler from opposition.
- Change bowlers after a spell for openers. Max of 4 overs per bowler.
- Out when you are out. Numbers 3 and/or 4 padded for each team and performing drills or batting in 'normal nets'.
- Retire on 20/25.
- Scoring zones. 2 runs square on off-side. 1 run either side of mid-off. 3 runs through mid-wicket, 4 runs to fine leg. What do scoring these zones encourage bowlers to do?
- Requires one coach per net plus one for throw down zone. Should have one coach per net anyway. Coach in 'game net' umpires and scores. Keep comparing innings situation between nets to add to the competition.
- Players not in game nets can have a 'normal net' in spare nets or perform batting, bowling or fielding drills in spare hall space.
- Add in or take away rules that are relevant to your players.

EXAMPLE HALL LAYOUT FOR 20:20 GAME

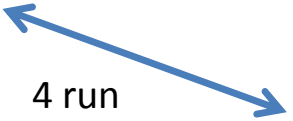
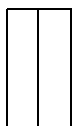
Yellow smiley icon: Batting Team
Red smiley icon: Bowling Team
Green smiley icon: Coach



**20:20
Net
Set
Up**



2 run zone

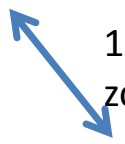


4 run zone

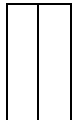


1 run zone

3 run zone



1 run zone



TRAINING PROGRAMME STRUCTURE

PHASES

1. ASSESSMENT

Coaches and players to establish strengths and areas for improvement (technical or tactical) and how they are going to improve as players. Based upon previous experience and knowledge of players and observation during assessment phase practices.

Tools:-

- 20:20 net scenario
- Normal nets
- Indoor games

Can develop the following during the assessment phase:-

- Set Goals
- Player Action Plans
- Performance Profiles

2. PREPARATION

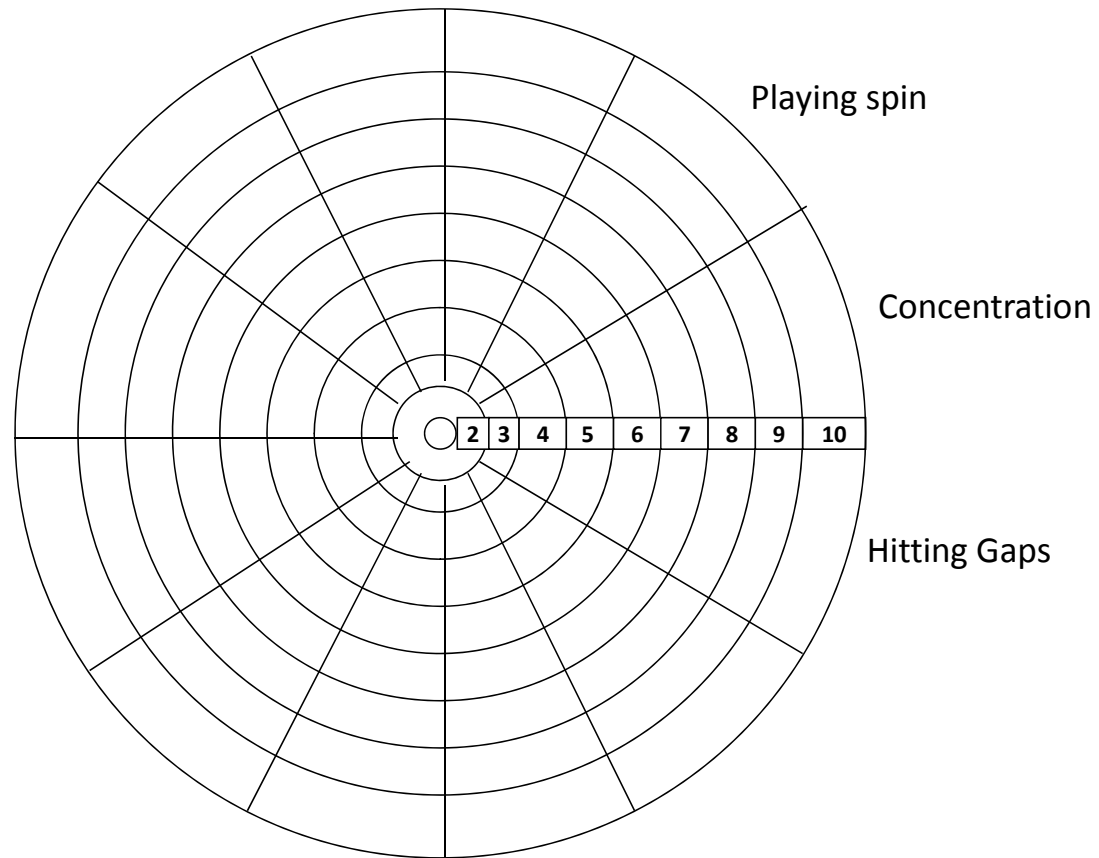
- It is easier to work on technique out of the net situation.
 - The technique can then be tested in nets and games.
- Develop and implement various drills and practices for batting, bowling and fielding

3. STRESS AND TEST

- Test new techniques in match realistic situations. Net scenarios, games etc.

EXAMPLE OF A PERFORMANCE PROFILE

Performance Profile



EXAMPLE 10 WEEK PROGRAMME

A – Assessment

P – Preparation

S – Stress

Net – Scenario Net

Week	1	2	3	4	5	6	7	8	9	10
Phase	A	A	P	P	S	P	P	S	S	Final A
Example Activity	20:20 Game	Out when you are out Net	Drills – Bat, Bowl, Field	Drills – Bat, Bowl, Field	Net	Drills – Bat, Bowl, Field	Drills – Bat, Bowl, Field	Net	Net	20:20 Game

FAULTFINDER AND DRILLS

- For use during the preparation phase.
- Most usually without the use of nets where bowlers and batters are both involved.

BATTING

Area for Improvement	Suggested Drills	Explanation
Head doesn't go to line of ball, either inside or outside of line.	Line up and catch drill.	Ball thrown on the bounce to batter who catches the ball under the head and to the side of the front leg. Drill is more of a test when the ball bounces low.
	Drop feeds.	Hit the ball on the second bounce. Batter should see the ball bounce straight up towards the head to indicate head has moved to the line of the ball
Weight stays back on front foot.	Invararity drill.	Similar to bobble feed but with ball rolled along the ground. Really encourages batter to get weight forward into the shot
Weak on back foot.	Drop and run drill.	Ball fed to batter for a back foot shot. Batter plays back and with 'soft hands' looking to catch the ball before it bounces a second time.
Struggles to hit straight/find gaps	Top and bottom hand drills	The hands need to work together to be effective. Isolate top or bottom hand to get them working well. For the bottom hand drill front arm needs to start high and guide the ball in so that the vertical shoulder rotation is maintained during the shot.

Successful batting involves keeping the head hands and feet in line, forming a solid base and hitting the ball under the eyes.

BOWLING

Area for Improvement	Suggested Drills	Explanation
Falling away	Corridor drills	Create a channel using intervention poles, stumps or cones to get the idea of staying tall and direct throughout the action. Poles and stumps (Kwik Cricket stumps can be built up to create height) enable the player to be aware of their presence without having to look at them.
	Strength Drills	Use wobble boards or any unstable surface during bowling from base or walk-throughs to build up core strength. Lack of core strength is often displayed in bowlers that collapse and fall away during their action.
Lack of energy for spinners	Chaining (180° shoulder turn)	Full use of the body for spinners is crucial to create spin and control. Introduce the idea from the 'base position'
Run up is key for all bowlers. They need a rhythmical, direct approach that brings them to the crease with momentum and balance.		

HOW CAN I GET OUR SEAMERS TO BOWL A BIT FASTER? Keeping all other things equal such as strength, athleticism and natural ability then there are two key factors.

1 – Momentum towards the target. Encourage a run up that takes the bowler straight towards the target and accelerates at the end rather than slowing down. The bound should be high and long enough to allow a transition from run-up to delivery without reducing the forward momentum by jumping high or out from the stumps. The follow should then be as straight and powerful as possible (whilst keeping away from the 'danger zone').

2 – The wrist needs to be behind the ball at release. If isn't then the ball will slide out the hand without full force. This can be practiced by throwing a ball with a seam into the ground in front of you looking to land it on the seam.

HOW CAN I ENCOURAGE MOMENTUM TOWARDS THE TARGET IF WE HAVE FACILITIES WITH A VERY LIMITED RUN-UP? A strong follow through is an indicator of a direct and balanced run-up. Therefore in a restricted hall encourage the follow through.

FIELDING

Area for Improvement	Suggested Drills	Explanation
Catching	As for keeping	
Stopping	Penalty shoot out.	Players or teams of players in goals looking to score against each other.
	Chain Gang	Players in teams stand toe to toe whilst opposition look to get the ball through the opponents chain using a roll or low catch
Throwing	Hit the brick	Players throw at the wall aiming for a specific brick in the wall. This gets lots of players active and can be used as a technical session to coach throwing.
	Chaining	

Good fielders enjoy fielding. Set your drills up as fun and competitive and practice, practice, practice.

WICKET KEEPING

Area for Improvement	Suggested Drills	Explanation
Catching	Hand eye drills	Any drill that challenges the players' to watch the ball closely and use good technique.
	One hand drills	Catch the ball with one hand but on the opposite side of the body. IE. Catch the ball with the left hand but on the right hand side. Keeper should be presenting as much of the hand as possible to the ball. Will need to twist the hips and keep the thumb pointing down.
	Off the wall	Players face the wall as the ball is thrown from behind and bounced off the wall creating a reaction catch. The throw should hit the floor before the ball to create a realistic catch.
	Distraction drills	Any drill where the wicket keeper is distracted by someone in the batters position before taking the ball standing up to the stumps. Shadow batter can use a bat, stumps, cones, inner gloves etc. Flicking the ball with a cone or inner glove as the ball passes creates a good 'nick practice' for keepers standing up.
Footwork	Side to side drills. Hula hoop drill	The hula hoop is rolled along the floor. Two keepers throw as many catches as possible through the hoop before it falls. Encourages good footwork, posture and catching.
Good keeping involves moving to the line of the ball and catching it – simple. It also helps if they are slightly mad and definitely brave.		

NET SCENARIOS

They should stress the players' skills in some way either by creating pressure, competition or challenge.

- **Net Tennis.** A competitive net where the rules can be adjusted to reward good play.
 - Scoring system as for tennis 15 love etc... games and sets.
 - Create way for batters and bowlers to score

Batters	Bowlers
A shot that is deemed to go for 4 automatic game win for batter.	Wicket is an automatic set win for bowler
Hitting gaps set up. Set gaps in different places for different games to allow players to learn to manipulate the ball all around the wicket. NB left handers.	Hit anywhere on batters body.
Leaving the ball	Play and miss an automatic game win for bowler.
	3 consecutive dot balls

- **Knackered Nets.**
 - Run half way every ball
 - Strength and Conditioning session before batting or bowling
- **Out When You are Out**
- **Hit Gaps and Run**
 - Two batters
 - Batters run every time they hit a gap
 - Have number of balls to do so otherwise batters change ends anyway
 - Can be scored – how many runs in allocated time.

- **Six Point Game**

BOWLING MACHINE GUIDELINES



1. Why Use a Bowling Machine? To groove a certain shot. They provide the opportunity to repeat a similar shot many times in a relatively short space of time. The shot should be practiced effectively, otherwise you are just practicing bad habits.

2. Speed? Usually it is best to set up the machine to feed slower than the batter can cope with. This tests their technique more. On a good surface a poor technique will not be exposed if the ball is coming on quickly.

3. Time Between Feeds. Take your time. Allow the batter thinking time and get themselves set-up properly. Allow them to go through their routine.

4. Consistency of Feed. Do not change speed, swing, spin etc without letting the batter know and see the variation.

5. Set up for Spin and Swing. To achieve spin, the machine should be tilted to one side, and the wheels set to different speeds as per swing bowling. The combined action of the spin imparted by the wheels, and the non-perpendicular axis of that spin will cause the ball to turn. Mats that are turned over offer more turn and bounce

SURREY PROFESSIONAL – IAN SALISBURY

MOUNT 2010 TEAM



PHASE 1

3rd November – 15th December

Debrief on 1st Climb 2009 – identify what and who is required for new climb.

PHASE 2A

5th January – 28th February

To arrive at base camp fully equipped and prepared (mentally, physically, technically & tactically) as a team and individual to Climb Mount 2010.

PHASE 2B

10th March – 2nd April

Confirm as a team and individual fully equipped and prepared at base camp.

PHASE 3

3rd April – 16th September

Climb Mount 2010!

THE SPIN MOUNTAIN

