

PERFECT MOMENTS MASTER COACHING

BATTING DEVELOPMENT PROGRAMME
SEVEN – THIRTEEN YEAR OLDS

LONG TERM BATTING PLAN PURPOSE

BUILD BASIC FOUNDATIONS

DEVELOP KEY PRINCIPLES

STEP BY STEP GUIDE INCORPORATING KEY COACHING POINTS

SESSION PLANNING AND PROGRESSION PHASING

ATTENTION TO HIGH
VOLUME OF
REPETITIONS
(MASTERY)

ATTENTION TO REPEATING AND RE-VISITING PHASES PHASE 1-5 (SEVEN TO ELEVEN YEAR OLDS)

PHASE 6-10 (ELEVEN AND UPWARDS)

WHAT WILL YOU NEED?

TENNIS BALLS

CONES

CRICKET BAT /
GLOVES (PROTECTIVE
EQUIPMENT FOR
HARD BALLS)

TRAINING CRICKET BAT (HALF WIDTH BAT)

BATTING HELMET

A WALL

AN OPEN SPACE OR CRICKET NET TRAINING AREA AS PLAYER DEVELOPS,
A SIDEARM WOULD
BE USEFUL (11+)

A DESIRE TO HIT A LOT OF BALLS

WHAT DO YOU GET?

LONG TERM BATTING DEVELOPMENT PLAN WITH STRUCTURED PHASING AND PROGRESSIONS

ONGOING SUPPORT AND FEEDBACK WHEN REQUESTED

ACCESS TO PERFECT MOMENTS MASTER COACHING MEMBERS AREA

VIDEO ANALYSIS SUPPORT

ADVICE ON PLAYER MANAGEMENT (WHERE NECESSARY)

MEMBERS AREA / WEBSITE USAGE

PASSWORD PROTECTED – UPDATED REGULARLY

VIDEO FOOTAGE SHOWING SKILLS / DRILLS, PLUS EXPLANATIONS TO SUPPORT DRILL DEVELOPMENT AND METHODOLOGY

COACHING LITERATURE EXPLAINING PURPOSE AND PROCESS TO DRILLS / EXERCISES / THEORIES

ONGOING PMMC SUPPORT AND FEEDBACK AS REQUESTED

THE TEN TRAINING PHASES

- 1. STRAIGHT DRIVE (DROP FEED)
- 2. PULL SHOT (LOB FEED)
- 3. STRAIGHT DRIVE (BOBBLE FEED)
- 4. PULL SHOT (BOUNCE FEED)
- 5. USE OF FEET TO STRAIGHT DRIVE
- 6. BACK FOOT DEFENCE / DRIVE
- 7. ON DRIVE SPECIFIC
- 8. EXTRA COVER DRIVE SPECIFIC
- 9. USE OF FEET DISTANCE CONTROL AND MID ON FOCUS
- 10. GAME SCORING SCENARIO

STRAIGHT DRIVE (DROP FEED)



DEVELOP STRAIGHT BAT PLAY (STUMP PROTECTION / RUN SCORING / PLAYING IN THE 'V')



COACHING POINTS:

TAKE HANDS AWAY (TOP HAND TO BACK HIP) TO ENSURE BATSWING AND 'HITTING' IS ENCOURAGED)

ENSURE BOTTOM HAND SLIGHTLY FURTHER AWAY FROM
BODY THAN TOP HAND TO AVOID BAT BEING TAKEN
BEHIND THE BODY

ENCOURAGE BATTER TO RETAIN BALANCE AT BALL STRIKE ENCOURAGE BOTH FULL FACE STRIKE AND ROLLED WRISTS

STRAIGHT DRIVE (DROP FEED)

OUTCOME AREA FOCUS

SET TARGET ZONE BETWEEN MID OFF AND MID ON = 10PTS (RED CONES)

SET WIDER TARGET ZONE BETWEEN EXTRA COVER AND MID WICKET = 5PTS (GREEN CONES)

ADD AERIAL POINT SCORING AND GROUND STROKE SCORING

INTRODUCE TRAING BAT (HALF WIDTH BAT) AS EARLY AS POSSIBLE FOR GREATER NATURAL EFFORT AND ACCURACY OF EXECUTION

PULL SHOT (LOB FEED)







COACHING POINTS

- HIGH HANDS
- STABLE BASE (FEET)
- HEAD STILL
- FEET PATTERNS LATER

PULL SHOT (LOB FEED)

- TARGET SCORING ZONES BETWEEN SQUARE LEG AND MID WICKET)
- FOCUS IS ON 'HITTING POINT'
- ENCOURAGE BOTH AERIAL AND GROUND STROKE PLAY TO DEVELOP WRIST AWARENESS (BOTTOM HAND PARTICULARLY)
- INTRODUCE TRAINING BAT

NOTE: THE TARGET ZONE SUPPORTS BATTER CREATING SPACE BETWEEN BODY AND BALL, PARTICULARLY HITTING THROUGH MID WICKET (LONG TERM DEVELOPMENT FOCAL POINT)

STRAIGHT DRIVE (BOBBLE FEED)

FURTHER DEVELOP STRAIGHT BAT PLAY – WAITING FOR THE BALL / TOP HAND CONTROL / BALANCE AT BALL STRIKE / FULL FACE OF THE BAT PRESENTATION

BALL CAN BOUNCE TWO OR THREE TIMES SO THAT
A) THE BALL REPRESENTS A TRUE HALF-VOLLEY, B)
THE BATTER IS MADE TO WAIT FOR THE BALL
BEFORE THEY COMMIT ANY MOVEMENTS AND C)
THEY WILL HAVE TO MAKE FRONT FOOT
ADJUSTMENTS TO VARYING LINES AND LENGTHS

STRAIGHT DRIVE (BOBBLE FEED)

- ENCOURAGE POINT SCORING ZONES AGAIN
- DEVELOP ACCURACY AND CONTROL OF STROKE BY MINIMISING TARGET AREA (ESPECIALLY WITH TRAINING BAT)
- ENSURE POSITIVE FEEDBACK AT ALL TIMES
- MINIMAL COACHING POINTS AND ALLOW THE OUTCOME AREA TO DRAW ATTENTION TO ACCURACIES AND CONSISTENCY BUILDING
- KEY AREAS = WAITING / BALANCE AT BALL
 STRIKE / FULL BAT FACE

USE OF FEET — **STRAIGHT** DRIVES (DROP & BOBBLE FEEDS / **AERIAL & GROUND**)

SAME PROCESS AND STRAIGHT DRIVES (DROPS FOR CONTROL / BOBBLES TO TEST BALANCE, POSITIONING AND CONTROL)

SAME ULTIMATE OUTCOME AS STRAIGHT DRIVE

COACHING TIPS BELOW:

THREE MOVEMENTS (FRONT FOOT, BACK FOOT, FRONT FOOT)

OVERLAP OR CLIP SIDE TO SIDE (BATTER CAN TRY BOTH)

ENCOURAGE SMOOTH MOVEMENTS AND NOT RUSHING

TARGET HITTING WITHIN THE 'V'

USE OF FEET – STRAIGHT DRIVES (CONTROL OF DISTANCE)

- BATTERS DO NOT NEED TO LEARN TO GO A LONG WAY
- ENCOURAGE LEARNING A DISTANCE WHERE THEY CAN CONTROL THE OUTCOME IE. THE SHOT
- USE CHALKED LINES, OR MARKERS (SEE WEBSITE)
- ENCOURAGE FIRST MOVEMENT TO OFF STUMP TO TAKE CONTROL OF BOWLERS ATTACKING LINES
- KEEP HEAD DOWN THROUGHOUT MOVEMENTS TO BALL STRIKE
- UTILISE TRAINING BAT

BACK FOOT DEFENCE / DRIVE

UNDERARM LOW FEED (AIM KNEE TO WAIST HEIGHT – MIDDLE STUMP TO FIFTH / SIXTH STUMP)

BATTER TO DEFEND AND 'PUNCH' DRIVE

OUTCOME TARGET EXTRA COVER TO MID ON (STRAIGHT BAT)

DEVELOP BATTER MENTALITY OF TAKING CONTROL OF SHORT OF A LENGTH DELIVERIES (LONG TERM PLAN)

BACK FOOT DEFENCE / DRIVE

COACHING POINTS:

- TOP HAND CONTROL
- BOTTOM HAND PUNCH
- SHORT FOLLOW THROUGH
- AIM TO HIT THE BALL AHEAD OF THE BODY, ESPECIALLY THROUGH MID ON (IE. IN LINE)
- RETAIN BALANCE THROUGHOUT BALL STRIKE
- TRAINING BAT

ON DRIVE SPECIFIC

DROP FEED AND BOBBLE FEED ROUTINE AS STRAIGHT DRIVE

IMPORTANT BATTER SCORING AREA FOCUS, TO DEVELOP CONFIDENCE TO STAYING IN LINE WITH THE BALL AND PROTECT STUMPS WITH A STRAIGHT BAT

DEVELOP FOCUS TO 'USING THE BAT' POSITIVELY AND PLAYING STRAIGHT INFRONT OF FRONT PAD

MIX BETWEEN NORMAL BAT AND TRAINING BAT

ON DRIVE SPECIFIC

COACHING POINTS:

- WAIT FOR THE BALL
- HEAD SHOULDER LEAN / SHORTER FRONT FOOT POSITIONING THAN OFF SIDE STROKE PLAY (LONG TERM BEING TO USE THE PACE OF THE BALL)
- STRAIGHT BAT / TOP HAND
- PLAYING THE BALL IN LINE WITH THE FRONT PAD

NOTE: YOUNGER PLAYERS MAY 'OPEN UP' THE FRONT FOOT TO CREATE POWER, WHICH IS OKAY...

EXTRA COVER DRIVE SPECIFIC

SAME ROUTINE AS ON DRIVE SPECIFIC (DROP FEED / BOBBLE FEED)

REINFORCE SECOND BALL THEORY (HIT THROUGH THE BALL)

ENCOURAGE 'CHECK DRIVE' AND 'FULL FLOW' STROKE PLAY

POSITIVE FRONT FOOT STRIDE

MIX BETWEEN NORMAL BAT AND TRAINING BAT

EXTRA COVER DRIVE SPECIFIC

COACHING POINTS:

- FRONT SHOULDER
- FRONT FOOT
- LOWER UPPER BODY TO SUPPORT HANDS AND POWER
- COMMIT THROUGH THE CONTACT POINT

USE OF FEET (DISTANCE CONTROL)

REINFORCE IMPORTANCE OF BATTER UNDERSTANDING VALUE OF COMBINING POSITIVE INTENT WITH CONTROL

DEVELOP AWARENESS OF 'MAKING THE BOWLER' THINK TO FORCE BOWLING ALTERATIONS

ATTENTION TO LOWER UPPER BODY POSITION AS THE BATTER USES THEIR FEET

RECOGNISE BOTH ATTACKING AND DEFENSIVE OPTIONS

AWARENESS TO SINGLES AS WELL AS HIGHER SCORING OPTIONS

USE OF FEET (MID ON FOCUS)

ATTENTION TO FIRST FRONT FOOT MOVEMENT

FIRST MOVEMENT TOWARDS OFF STUMP

REASON BEING TO A) MOVE CLOSER TO ATTACKING LINE OF BALL SPINNING IN AND B) SMOTHER THE ATTACKING LINE OF THE BALL SPINNING AWAY

ALTERNATIVE MINDSET V SPN ON EXCESSIVE SPINNING SURFACE

CONTROL OF HEAD POSITION TO SUPPORT ON DRIVE OUTCOME

KEY THAT BATTER STILL LOOKS TO UTILISE A STRAIGHT BAT

GAME SCENARIOS 1. PRACTICE GAME PHASES

- USE CONES TO DENOTE FIELDING POSITIONS
- A) TWO CONES PER FIELDER TO SIGNIFY AREA FIELDER WILL COVER
- B) ONE CONE TO PROVIDE IDEA AS TO WHERE FIELDERS WILL BE
- DECIDE WHETHER BATTER SHOULD HAVE 'LIVES' OR NOT

KEY PHASES:

NEW BALL / MIDDLE INNINGS / LAST OVERS VARIETY OF OVERS (50 / 40 / T20)

GAME SCENARIOS 2. TWO OVER RUN CHASES

- BATTER HAS 'ONE LIFE' ONLY
- SET LATE INNINGS FIELD
- SET TWELVE BALL TARGET
- BEST OF THREE SERIES
- IF THE BATTER IS OUT, THEY LOSE (NO SECOND CHANCES)
- BATTER DEVELOPS PATIENCE IRRESPECTIVE OFTITA TO CHASE AND LEARNS ABILITY TO 'TRUST' THEIR STRENGTHS AND KNOWN SCORING AREAS

GAME **SCENARIOS** 3. SPECIFIC SKILL **EXECUTION V FIELDERS**

- IDENTIFY A STROKE TO PRACTICE AND SET A FIELD
- IE. FRONT FOOT DRIVES FIELDERS BEING MID OFF / MID ON / MID WICKET / EXTRA COVER (FIELDERS CHANGE POSITIONS REGULARLY)
- BATTER PLAYS SHOT AND HAS TO RUN DESIGNATED DISTANCE
- FIELDERS CAN FIELD AND THROW AT STUMPS (ONLY DIRECT HITS EQUAL RUN OUT)
- OVERTHROWS WHERE FIELDERS FAIL TO BACK UP
- BATTER HAS SIX DROP FEED OR BOBBLE FEEDS
- SCORING = FOUR BEATING FIELDERS IN TARGET AREA PUS ONE FOR RUN, ONE RUN FOR HITTING TARGET AREA BUT NOT BEATING FIELDERS AND NOT RUN OUT, PLUS FOUR EACH OVERTHROW, RUN OUT = MINUS FOUR

MENTAL AWARENESS THROUGHOUT DEVELOPMENT PLAN

DEVELOP UNDERSTANDING OF CORE PRINCIPLES DEVELOP AND VALUE OF 'STAYING IN' = SCORING RUNS DEVELOP DEVELOP AWARENESS OF KEY STRENGTHS DEVELOP THOUGHT PROCESS TO 'SCORING RUNS' DEVELOP CONSCIOUS AWARENESS TO RISK / DEVELOP **REWARD MANAGEMENT** BUILD 'TRUST' IN SELF AND REPEATING TRAINED **BUILD** SKILLS IN GAMES IE. PROCESS = OUTCOME

MENTAL AWARENESS THROUGHOUT DEVELOPMENT PLAN

LEARNING CONSCIOUS / UNCONSCIOUS SKILLS

TRAINING IS CONSCIOUS

THINKING THROUGH MATCH SITUATIONS IS CONSCIOUS

GAME APPLICATION OF SKILLS IS UNCONSCIOUS

TRAINING GAME SITUATION REQUIREMENTS IS CONSCIOUS

TRUST IN SKILLS AND ABILITY TO MANAGE GAME SITUATIONS BECOMES UNCONSCIOUS

LEARN TO 'GET OUT OF YOUR OWN WAY'

BUILD RELEVANT STROKE MUSCLE MEMORY

HIT A LOT OF BALLS TO BUILD COMBINATION OF CONCENTRATION AND PHYSICAL ABILITY TO HIT BALLS FOR A LONG TIME (MINIMUM 200 BALLS PER BATTING SESSION)

AWARENESS THAT BATTING IS A 'WHOLE BODY' EXERCISE

ENJOY RUNNING BETWEEN THE WICKETS / ADD TO SESSIONS

PHYSICAL AWARENESS THROUGH DEVELOPMENT PLAN



PLAYER MINDSET / ATTITUDE

- STRONG WORK ETHIC
- OPEN MIND
- BE PREPARED TO ASK AND ANSWER QUESTIONS
- EMBRACE ALL EXPERIENCES (GOOD AND BAD)
- AWARENESS TO THE VALUE OF ALL LEARNING EXPERIENCES
- AVOID NEGATIVE JUDGEMENTS (EVERYTHING IS LEARNING)
- JUDGE YOUR BEST AS YOUR BENCHMARK AND KEEP RAISING YOUR MINIMUM STANDARD



- BE PREPARED TO INVESTIGATE EXERCISES AND SKILLS DRILLS FURTHER (THINK)
- ADVANCE AND DEVELOP DRILLS IN YOUR OWN WAY (YOUR GAME / YOUR SKILLS / EMPOWER YOURSELF)
- LEARN TO BE RESPONSIBLE FOR YOUR FUTURE
- AVOID EXCUSES / BE HONEST WITH YOURSELF / NEVER GIVE UP

BUT MORE THAN ANYTHING 'LOVE CRICKET' AND ENJOY YOURSELF!