

Coaching session 1

Start of session 4-30	<ul style="list-style-type: none"> Discuss previous week's game 	5 minutes
Warm up 4-35	<ul style="list-style-type: none"> Two lines – coach behind stumps in centre and front. Catching, passing then returning to stumps. Two hand catches, right hand, left hand, along the ground and then along the ground and backing up. (ALTERNATE) 	15 minutes
Bowling drills 4-50	<p>Aim is to promote proper bowling technique – we will look at the correct way to bowl in all it's different parts.</p> <ul style="list-style-type: none"> First, check grip on the ball. Index and middle fingers either side of the seam on top, and the thumb on the seam below. Move to “rock and bowl” drill. 2 rocks and then release – player to player. NOTE – keep head steady and eyes level, transfer of weight, pull front arm down strongly, bowling arm to come through high and across body Progress to Wrist action exercise – wrist flick. Progress to “pulling the chain” Progress to Gather and explode (if appropriate) Rotate partners after each 5 minutes or so. 	30 minutes
Game 5-20	Bowl one over each and bat one over each – 12 over game – rotate around field through all positions. Using soft balls and plastic bats and stumps.	40 minutes
Warm down 6-00	<ul style="list-style-type: none"> Stretches – Back flexion, Hip flexion, touch toes, shoulder and triceps stretch. 	5 minutes
Next week 6-05	<ul style="list-style-type: none"> Hand out bowling drill sheets to practice at home Check that all players are available for next match 	5 minutes