

Coaching session 2

Start of session 4-30	<ul style="list-style-type: none"> Discuss previous weeks game 	5 minutes
Warm up 4-35	<ul style="list-style-type: none"> Stretching exercises while we set up the running between wickets drill. 	5 minutes
Running between wicket drills 4-40	<p>Aim is to promote proper running between wicket technique</p> <ul style="list-style-type: none"> 2 main calls, YES and NO (use WAIT sparingly) Always call LOUDLY BOTH batters to call – 1 NO means NO RUN Be ready to run at all times – always watch the ball Non striker to watch the ball OUT of the bowler's hand Ground the bat prior to reaching the crease and KEEP it grounded. Do not turn blind – always face the ball. Demonstrate skill and then carry out drill – having coach (s) throwing or hitting ball to the onside fielders while having 2 batters making the choice to run or not, and practising running between wickets. Fielders also to practice fielding and returning ball to stumps. 	30 minutes
Game 5-10	<p>Diamond cricket – 3 teams (A, B and C) of 4 players each. Bowl from one set of stumps only. If batter is bowled or out hit wicket, batters move around one, but no run is recorded. If a run out occurs, no runs counted for the team. After player 1 has bowled for the bowling team, the whole team rotates around one and continues. Team with the highest score wins.</p>	40 minutes
Warm down 5-50	<ul style="list-style-type: none"> Stretches and warm down 	5 minutes
Next week 5-55	<ul style="list-style-type: none"> Hand out running between wicket sheets to read Is everybody able to play this week? 	5 minutes