



Greenside Cricket Club

Under 9s & U11s

Annual Coach Plan

2019 - 2020

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
Week 1 Warm up Drill TRAFFIC LIGHTS	6 cones (2 red, 2 yellow, 2 blue etc.)	<p>To warm players up physically and mentally. To select and apply skills and tactics with a range of movement skills incorporating spatial awareness.</p> <p>To understand fitness and health by becoming aware of the benefits of participating in a warm up game to prepare for physical activity.</p>	Players work in 3 lines, initially jogging on the spot; they then must react to commands as soon as possible.	5-10 mins	<ul style="list-style-type: none"> • Add an additional line • Change colour command for team name or number • Players to use side steps, hopping, skipping when swapping lines • Add mobility exercises • If used as a cool down: • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate
Activity 1 BAT TAP	Players: Up to 24 Tennis balls: 24 per group Bats: Up to 24	<p>To warm up physically and mentally. (CAN BE USED AS WARM UP TOO)</p> <p>To acquire and develop a range of movement skills, spatial awareness and hand-eye co-ordination skills</p>	<p>Players bounce the ball on the bat or part of the bat eg edge, back, toe etc. whilst conducting a series of movement skills</p> <p>Player to stand on one leg, bounce the ball on the bat then go onto knees, lie down, back up again, one low tap, one high hap, four low, one high etc.</p> <p>Also let the ball bounce on the floor then kick it back on to the bat – use both feet, catch the ball on the bat after a high hit</p>	15-20 mins.	<ul style="list-style-type: none"> • Increase the area / Decrease the area • Add distractions • Use a bigger ball / Use a smaller ball • Move into other zoned areas • Avoid cone and other participants • Opposite a partner – bat tennis • If used as a cool down: • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate

<p>Activity 2</p> <p>Catching by numbers</p>	<p>Players: 6+ players per group Tennis Balls: 1+ per group Cones: 4</p>	<p>To warm players up physically and mentally. To acquire and develop a range of movement skills, catching skills and communication skills. To select and apply skills and tactics to effectively catch and move. To evaluate and improve performance by thinking about what key catching and moving/spatial awareness skills need to be consistently delivered to increase performance.</p>	<p>A tennis ball is passed in order between teammates numbered 1-6, once completed start again from number 1 Players must move around in the coned area whilst ball is being thrown</p>	<p>5-10 mins</p>	<ul style="list-style-type: none"> • Increase the coned area • Decrease the coned area • Increase the amount of players • Reduce the amount of players • Add another ball • Add another group from another coned area • Change direction • Add side steps, hopping, skipping, jumping, walking <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate
<p>Activity 3</p> <p>Rats & Rabbits</p>	<p>Put players into pairs 3 Colour discs per pair</p>	<p>Know how to react to a prompt Know how to accelerate Understand the importance of fast reactions and how they combine with physical performance Practice reacting quickly and accelerating</p>	<p>Players arranged in pairs, 2 paces apart in two parallel line, facing coach or leader with a coloured disc placed on the ground to mark the position of each pair Two more (per pair) coloured discs placed 8 paces away from each pair in a parallel line, one to each side of the pair All players start from the 'triple threat' position One line of players named the 'rats' and the other the 'rabbits' The aim of the game on the leader or coach's command is for either (depending on the call) the rats or rabbits to accelerate to their disc opposite their side without being tagged by their partner. The partner who's team name does not get called must</p>	<p>5mins</p>	<ul style="list-style-type: none"> • Increase the distance of the discs • Increase the number of named animals from just two (Rats & Rabbits to more) • Increase group numbers • Decrease group numbers <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower place • Reflect on Session • Players to Re-Hydrate

			<p>try to tag their partner before they reach their disc. Coach to emphasise that the game is about reacting quickly and accelerating. The coach should call either 'rats' or 'rabbits' to indicate who should run. Variations may include changing the distance of the run, making calls stand for the opposite team, using hand signals or adding an element of confusion by using confused signals and/or calls</p>		
--	--	--	--	--	--

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
<p>Week 2</p> <p>Warm up Drill</p> <p>Catching Relays</p>	<p>Players: In groups of 5+</p> <p>Tennis balls: 1+ per group</p> <p>Cones: 2 per group</p>	<p>To warm players up physically and mentally.</p> <p>To acquire and develop catching skills, throwing skills and movement skills.</p> <p>To evaluate and improve catching skills, throwing skills and movement skills by thinking about the best way to catch, throw and move during physical activity.</p> <p>To understand the benefits of being fit and healthy to perform consistently well.</p>	<p>Players number themselves 1-5</p> <p>1-3 stand behind a cone</p> <p>4-5 stand behind the opposite cone</p> <p>Number 1 starts with the ball and throws under-arm to the person opposite</p> <p>Once they throw the ball the player must walk to the back of the other line</p>	10-15 mins	<ul style="list-style-type: none"> • Increase the throwing distance • Decrease the throwing distance • Consider the feed eg the ball may be rolled or bounced • Consider how the players move to the back of the line eg side steps, skipping, working through cones • Consider running technique eg head up, pumping of arms, working on balls of feet, eyes forward <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate
<p>Activity 1</p> <p>Dodge Ball</p>	<p>Players: Groups of 6 to 8</p> <p>1 large soft ball per group</p> <p>Cones: 4-7 per group</p>	<p>To warm players up physically and mentally.</p> <p>To acquire and develop a range of movement and spatial awareness skills (Agility, Balance, Co-ordination).</p> <p>To select and apply skills and tactics to avoid the ball or hit the player.</p> <p>To evaluate and improve performance by thinking about how to effectively hit the player or how to effectively avoid the ball.</p> <p>To understand fitness and health by participating in a warm-up game and understanding the benefits of warming up to prepare for physical activity.</p>	<p>Players stand near a cone to form a circle facing inwards.</p> <p>One player stands in the middle of the circle. An outer player begins with a large soft ball and aims an under-arm throw to hit the middle player below knee height. The player in the middle aims to avoid the ball by using a wide range of movement skills including jumping, twisting, side steps, turning, backwards and forwards. If he or she is hit by the ball they are replaced by an outer player.</p>	5-10mins	<ul style="list-style-type: none"> • Increase circle diameter • Decrease circle diameter • Include another ball • Add another player to the middle • Add more outer players • Decrease outer players <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate

<p>Activity 2</p> <p><i>Start Stance of Grip & Stance</i></p>	<p>Bat Stumps Ball suited to age group</p>	<p>Whilst performing this skill, a player's execution may be characterised by:</p> <p>Rudimentary grip Top hand at top of the grip Bottom hand at bottom of the grip Side-on to bowler</p>	<p>Multiple opportunities to develop fundamental batting movement patterns with player.</p>	<p>15-20min</p>	<ul style="list-style-type: none"> • Decrease distance between batter and bowler • Use larger/Broader bat / Tennis bat to start • Use a larger/softer ball. • Ensure players re-hydrate • Use additional time for reflection
<p>Activity 3</p>	<p>Bat Ball Group of players</p>	<p>Multiple opportunities to practice simple stopping, catching and throwing methods. Dynamically practice each element and encourage yourself to always move quickly to the ball.</p>	<p>Whilst performing this skill, a player's execution may be characterised by:</p> <p>Small or no catching area presented Fingers not spread to establish catching area Head and eyes not aligned with hands and ball Unstable base</p>	<p>10mins</p>	<ul style="list-style-type: none"> • Use a larger ball • Decrease the throwing distance • Increase the throwing distance for established catchers • Consider using keeper gloves if a fear of the ball presents. • Use additional time for reflection • Player to re-hydrate

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
<p>Week 3</p> <p>Warm up Drill</p> <p>blockers</p>	<p>Players:6-9 per Group</p> <p>Tennis balls: 1 per game</p> <p>Cones: 8</p>	<p>To acquire and develop a range of defensive fielding skills under pressure.</p> <p>To select and apply defensive fielding skills and tactics to prevent points being scored.</p> <p>To select and apply a range of throwing skills and tactics to score points.</p> <p>To evaluate how to successfully work as a defensive team to improve the amount of stops they make by communicating and making good use of their space.</p> <p>To evaluate how to work as an attacking team and successfully improve performance by using a range of throwing skills and spatial awareness skills by distributing the ball to adjacent fielders to create gaps in the defence.</p>	<p>2-3 players defend the middle line (coned) in a grid using a range of defensive fielding skills such as the long barrier or diving to prevent 2-3 players on either end of the grid (coned) from scoring runs</p> <p>4 runs are scored each time the ball passes from one group of attacking fielders to another group of attacking fielders (opposite)</p> <p>1 wicket is taken each time the defending team in the middle stops the ball</p> <p>Throws must be under-arm at first</p> <p>Players can rotate after 10 wickets are taken</p> <p>The defending team with the least number of runs scored against them after completing 10 wickets will be deemed the winners.</p>	15-20min	<ul style="list-style-type: none"> • Increase the length of the playing area • Decrease the length of the playing area • Decrease the width of the playing area • Add another ball • Remove a defending fielder • Add a defending fielder • Use over-arm throws – one bounce • Use one handed catching – stopping • Throw with weak hand • Use cross area distraction catches with other groups <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate.
<p>Activity 1</p> <p>Grip & Stance Develop.</p>	<p>Stumps</p> <p>Bats</p> <p>balls</p>	<p>Establish grip on bat</p> <p>Understand grip as appropriate for right hand or left hand batsmen</p>	<p>Bat placed on floor face down</p> <p>Players to work on their own or in pairs</p> <p>Ideally one bat per player</p> <p>Players to pick up bat from the floor aligning their 'V's before grasping the handle of the bat</p> <p>Bottom hand positioned closest to the blade and top hand positioned at the top of the handle (top hand for the right</p>	10-15min	<ul style="list-style-type: none"> • Use a larger ball • Decrease the throwing distance • Increase the throwing distance for established batters • Use additional time for reflection • Players to re-hydrate

			<p>handed batsmen is the left hand) Once gripped players should stand with their feet shoulder width apart and pick up the bat straight behind them with a smooth rhythmical backswing</p>		
<p>Activity 2 Bowling Underarm</p>	<p>Stumps Batt Tennis Ball</p>	<p>Multiple opportunities to develop simple bowling movement patterns. Experiment with over-arm bowling from the 'base position' with seam up grip.</p>	<p>Whilst performing this skill, a player's execution may be characterised by: Inconsistent line and length Inconsistent trajectory Movements not synchronised or rhythmical No follow through towards target</p>	<p>10-15mins</p>	<ul style="list-style-type: none"> • Upgrade/ degrade ball type • Decrease the pace • Increase the pace • Decrease the distance to the target (stumps) • Increase the distance to the target • Use additional time for reflection • Players to re-hydrate
<p>Activity 3 Hand Hockey</p>	<p>Players: groups of 6-12 Tennis balls: 1 per game Cones: 6-10 Bibs: 6-12 (desirable)</p>	<p>To warm players up physically and mentally. To acquire and develop a range of fielding skills, movement skills and spatial awareness skills under pressure. To select and apply skills and tactics to successfully complete a range of throwing and fielding/intercepting skills to score points or preventing a team from scoring. To understand the benefits of fitness to maintain and increase performance.</p>	<p>Equal teams of 6-12 are organised Teams are to try to roll the ball under-arm to another team member to create a goal scoring opportunity Points can either be scored by rolling the ball over the end line of the grid to an awaiting team member or into the opposing teams goal (if chosen to use this method) Should the ball be miss-fielded, possession is lost The defending team can also gain possession by intercepting the ball Players can move around the grid freely The player in possession of the ball can only take one step.</p>	<p>Time: 5-15 mins.</p>	<ul style="list-style-type: none"> • Increase the size of the grid • Decrease the size of the grid • Increase/decrease the size of the goal • Increase the amount of players • Decrease the amount of players • Use other movement skills; skipping, hopping, side stepping, walking • Increase the size of the ball • Decrease the size of the ball • Alter the throw – over-arm, one bounce, direct throw, bowling to team mates. <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
Week 4 Warm up Drill Catching Relay	Players: In groups of 5+ Tennis balls: 1+ per group Cones: 2 per group Time: 10-15 mins	To warm players up physically and mentally. To acquire and develop catching skills, throwing skills and movement skills. To evaluate and improve catching skills, throwing skills and movement skills by thinking about the best way to catch, throw and move during physical activity. To understand the benefits of being fit and healthy to perform consistently well.	Players number themselves 1-5 1-3 stand behind a cone 4-5 stand behind the opposite cone Number 1 starts with the ball and throws under-arm to the person opposite Once they throw the ball the player must walk to the back of the other line	10-15min	<ul style="list-style-type: none"> • Increase the throwing distance • Decrease the throwing distance • Consider the feed eg the ball may be rolled or bounced • Consider how the players move to the back of the line eg side steps, skipping, working through cones • Consider running technique eg head up, pumping of arms, working on balls of feet, eyes forward <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate
Activity 1 Start stage Stopping	Tennis Ball	Multiple opportunities to practice simple stopping, catching and throwing methods. Dynamically practice each element and encourage yourself to always move quickly to the ball.	Whilst performing this skill, a player's execution may be characterised by: Little or no movement towards ball which is frequently mistimed Head and eyes not aligned with hands and ball		<ul style="list-style-type: none"> • Increase the throwing distance • Decrease the throwing distance • Increase/Decrease speed/force • Consider the feed eg the ball may be rolled or bounced <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Reflect on session • Players to re-hydrate
Activity 2 Develop. Practices Bowl Underarm 2	Two cones One soft ball	Develop control of line and length Develop synchronicity and rhythm Develop appropriate trajectory for flight of ball	Players arranged in pairs Partners ten paces apart, parallel to each other Ball starts on cone; player picks up ball from cone With rhythmical backswing and step towards target, player releases ball towards partner with one bounce so that it arrives at waist height		<ul style="list-style-type: none"> • Upgrade/ degrade ball type • Decrease the pace • Increase the pace • Decrease the distance to the target (stumps) • Increase the distance to the target <ul style="list-style-type: none"> • Use additional time for reflection • Players to re-hydrate

<p>Activity 3</p> <p>Start of Stage</p> <p>Strike Horizontal</p>	<p>Bat</p> <p>Ball</p> <p>Stumps</p>	<p>Multiple opportunities to develop fundamental batting movement patterns.</p>	<p>Whilst performing this skill, a player's execution may be characterised by:</p> <p>Little or no backswing Inconsistent quality of contact Inconsistent bat path Little or no transfer of energy towards ball</p>		<ul style="list-style-type: none"> • Upgrade/ degrade ball type • Decrease the pace • Increase the pace • Decrease the distance to the target (stumps) • Increase the distance to the target • Use additional time for reflection • Players to re-hydrate
---	--------------------------------------	---	--	--	--

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
Week 5 Warm up Drill TRAFFIC LIGHTS	6 cones (2 red, 2 yellow, 2 blue etc.)	<p>To warm players up physically and mentally.</p> <p>To select and apply skills and tactics with a range of movement skills incorporating spatial awareness.</p> <p>To understand fitness and health by becoming aware of the benefits of participating in a warm up game to prepare for physical activity.</p>	Players work in 3 lines, initially jogging on the spot; they then must react to commands as soon as possible.	5-10 mins	<ul style="list-style-type: none"> • Add an additional line • Change colour command for team name or number • Players to use side steps, hopping, skipping when swapping lines • Add mobility exercises • If used as a cool down: • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate •
Activity 1 Batting Strike Horizontal Practice 1	Stumps Four coloured discs Mounted high tee on single stump Large soft ball	Understand footwork pattern for horizontal strike leg-side shots Understand point of contact of contact for horizontal strike leg-side shots	Two discs set up to represent initial batting set-up at crease Third disc outside off-stump backward of initial set-up Fourth disc outside leg-stump backward of initial set-up Player moves back foot to disc outside of off-stump and front foot onto disc outside leg-stump, so that he/she is in a chest-on position to the ball From chest-on position player strikes ball with bottom hand to partner on the leg-side	10-15min	<ul style="list-style-type: none"> • Upgrade/ degrade ball type • Decrease the pace • Increase the pace • Decrease the distance to the target (stumps) • Increase the distance to the target • • Use additional time for reflection • Players to re-hydrate
Activity 2 Bowling Underarm Practice 3	Two sets of stumps sixteen yards apart (Kwik-	Develop control of Kwik-cricket specific line and length Develop synchronicity and rhythm	Players arranged in pairs Player to bowl under-arm towards the target area with one bounce Aim to pitch in the target area and go on to hit the stumps	10-15min	<ul style="list-style-type: none"> • Upgrade/ degrade ball type • Decrease the pace • Increase the pace • Decrease the distance to the target (stumps) • Increase the distance to the target

	cricket pitch) Eight coloured discs (four at each end comprising two 1.5m x 1.5m square targets) Soft ball	Develop appropriate Kwik-cricket specific trajectory for flight of ball			<ul style="list-style-type: none"> • Use additional time for reflection • Players to re-hydrate
Activity 3 Develop Practices 1 Catching	Four cones One catching scarf	Understand how to anticipate and move towards an object Practice catching slow moving object Develop movement from 'triple threat position'	Two pairs working together Alternate goes One partner drops the scarf while the other prepares to catch Catcher establishes a 'triple threat position' Drop scarf from head height As the scarf drops, catcher moves towards object from the 'triple threat position' and attempts to catch the scarf Repeat as necessary	10-15min	<ul style="list-style-type: none"> • Increase the height the scarf falls from • Decrease/increase weight of item caught to add / remove speed. • Reflect on session • Players to re-hydrate

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
<p>Week 6</p> <p>Warm up Drill</p> <p>Catching Relays</p>	<p>Players: In groups of 5+</p> <p>Tennis balls: 1+ per group</p> <p>Cones: 2 per group</p>	<p>To warm players up physically and mentally.</p> <p>To acquire and develop catching skills, throwing skills and movement skills.</p> <p>To evaluate and improve catching skills, throwing skills and movement skills by thinking about the best way to catch, throw and move during physical activity.</p> <p>To understand the benefits of being fit and healthy to perform consistently well.</p>	<p>Players number themselves 1-5</p> <p>1-3 stand behind a cone</p> <p>4-5 stand behind the opposite cone</p> <p>Number 1 starts with the ball and throws under-arm to the person opposite</p> <p>Once they throw the ball the player must walk to the back of the other line</p>	10-15 mins	<ul style="list-style-type: none"> • Increase the throwing distance • Decrease the throwing distance • Consider the feed eg the ball may be rolled or bounced • Consider how the players move to the back of the line eg side steps, skipping, working through cones • Consider running technique eg head up, pumping of arms, working on balls of feet, eyes forward <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate •
<p>Activity 1</p> <p>Batting Vertical Strike Dev Practice 1</p>	<p>Stumps</p> <p>Coloured discs</p> <p>Single stump with batting tee mounted on top</p> <p>Soft ball</p>	<p>Understand footwork patterns for vertical striking shots</p> <p>Understand contact point for vertical striking shots</p>	<p>Players to adopt stance in front of stumps</p> <p>One disc under each foot in normal batting stance</p> <p>Third disc to be placed next to the mounted tee (comfortable distance away to hit)</p> <p>Players to experiment with clipping the ball from the top of the tee with both top hand and bottom hand, with a synchronised step towards the ball</p>	10-15 mins	<ul style="list-style-type: none"> • Upgrade/ degrade ball type • Decrease the pace • Increase the pace • Decrease the distance to the target (stumps) • Increase the distance to the target • • Use additional time for reflection • Players to re-hydrate

<p>Activity 2 Bowling Start Stage</p>	<p>Stumps Ball</p>	<p>Multiple opportunities to develop simple bowling movement patterns.</p> <p>Experiment with over-arm bowling from the 'base position' with seam up grip.</p>	<p>Whilst performing this skill, a player's execution may be characterised by:</p> <p>Consistent line and length Consistent trajectory Synchronised and rhythmical movements Bowling arm follows through towards target</p>	<p>10-15 mins</p>	<ul style="list-style-type: none"> • Consider upgrading/degrading the ball depending on players ability • Increase, Decrease the distance between bowler & fielder • Reflect on session • Players to re-hydrate
<p>Activity 3 Dev Practice 2 Catching</p>	<p>Four cones One large balloon ball</p>	<p>Develop hand eye co-ordination during catching</p>	<p>Two pairs working together Alternate goes One partner throws large balloon ball while other prepares to catch As the ball is thrown, catcher moves towards object and attempts to catch the ball with two hands Repeat as necessary</p>	<p>10-15 mins</p>	<ul style="list-style-type: none"> • Replace the balloon with a beach ball or a child's soft light football. • Increase distance • Decrease distance • Use additional time for reflection • Players to re-hydrate

Name & Date	Equipment	Aim	Organisation	Time Allocated	Adaption/Variation
<p>Week 7</p> <p>Warm up Drill</p> <p>Catching by numbers</p>	<p>Players: 6+ players per group</p> <p>Tennis Balls: 1+ per group</p> <p>Cones: 4</p>	<p>To warm players up physically and mentally.</p> <p>To acquire and develop a range of movement skills, catching skills and communication skills.</p> <p>To select and apply skills and tactics to effectively catch and move.</p> <p>To evaluate and improve performance by thinking about what key catching and moving/spatial awareness skills need to be consistently delivered to increase performance.</p>	<p>A tennis ball is passed in order between team mates numbered 1-6, once completed start again from number 1</p> <p>Players must move around in the coned area whilst ball is being thrown</p>	5-10 mins	<ul style="list-style-type: none"> • Increase the coned area • Decrease the coned area • Increase the amount of players • Reduce the amount of players • Add another ball • Add another group from another coned area • Change direction • Add side steps, hopping, skipping, jumping, walking <p>If used as a cool down:</p> <ul style="list-style-type: none"> • Perform at a slower pace • Add static stretches • Reflect on session • Players to re-hydrate •
<p>Activity 1</p> <p>Batting Strike</p> <p>Horizontal Practice 2</p>	<p>Stumps</p> <p>Four coloured discs</p> <p>Mounted high tee on single stump</p> <p>Large soft ball</p> <p>Bat</p>	<p>Understand footwork pattern for horizontal leg-side shots</p> <p>Understand point of contact for horizontal leg-side shots</p> <p>Develop appropriate bat path for horizontal strike leg-side shots</p>	<p>Two discs set up to represent initial set-up at crease</p> <p>Third disc outside off-stump backward of initial set-up</p> <p>Fourth disc outside leg-stump backward of initial set-up</p> <p>Player moves back foot to disc outside the off-stump and front foot onto disc outside leg-stump so that he/she is in a chest-on position to the ball</p>	10-15min	<ul style="list-style-type: none"> • Decrease the size of the ball • Increase the size of the ball • Increase size of bat • Use additional time for reflection • Players to re-hydrate

			From chest-on position player strikes ball with bat to partner through the leg-side		
Activity 2 Bowling Dev Practice 2 Overarm	Two sets of stumps Soft ball Crease markings.	Develop an appropriately aligned side-on position Understand the importance of maintaining straight bowling arm throughout bowling action (from 'T' position)	Work in pairs Rotate goes Each player aligns themselves with target Establish side-on 'T' position Position seam vertically in grip Shadow bowling action	10-15min	<ul style="list-style-type: none"> • Decrease the Pace • Increase the pace • Use additional time for reflection • Players to re-hydrate
Activity 3 Dev Practice 2 Catching	Four cones Bean bag	Understand how to anticipate and move towards an object Practice catching small moving object Develop movement from the 'triple threat position' Develop hand eye co-ordination during catching	Two pairs working together Alternate goes One partner throws bean bag up while other prepares to catch Catcher establishes 'triple threat position' Bean bag thrown to waist height As bean bag is thrown, catcher moves towards object from the 'triple threat position' and attempts to catch the bean bag with two hands Repeat as necessary	10-15	<ul style="list-style-type: none"> • Increase the pace • Decrease the pace • Consider achieving this by changing the bean bag to a heavier or lighter object. • Use additional time for reflection • Players to re-hydrate