

Effective Training Without Nets:



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Overview of Presentation

- Introduction
- Aims of Cricket Training
- Warm Ups, Fitness Activities
- After Net Activities
- Skills Testing and Video evidence!
- Game Sense- creating the contest
- Battle Zone
- Fun games for kids and big kids



Are Nets Bad?

Avoid bad habits...



Aims of Cricket Training

- Every session, to provide opportunities for players to improve their skills, --technical, physical, tactical and mental skills.
- Engage players in competitive situations that replicate as best as possible what takes place in the 3 formats of the game.
- Provide variety, innovation opportunities and fun whilst improving team skills

Fun Warm Up Games – Disguised Running







After Net Activities



Training Post Bats

- Structure training away from Nets
- Keeps more players occupied and improving
- Takes focus away from just Nets
- Allows work on other areas than just bat & ball



How does it work?

- At end of hit, Batters undertake designated tasks
- These tasks are set by the Coach
- 4 tasks usually works the best (20-35 mns)
- Can cut is short if bowlers needed in Nets

Types of activities used

- Fielding
 - catching, throwing, saves, ground fielding
- Fitness
 - Rbw, sprints, agility, boxing, core, skipping, ups
- Any focus that comes out of the weekend
- Limited only b your imagination

Skills Testing- Batting



p125-143 Sports Science and Coaching Conference to see protocol for bowling and batting skills testing

HAPPY HOUR HARRY

Game Rules

A pretty simple game designed to find the cleanest hitter in a group.

Bowling machine gets set to a constant speed, set at 'half-volley' length.

Batsmen get 6 balls to hit the ball as far as possible within designated landing zone.

Winner is player with longest hit.

Variations

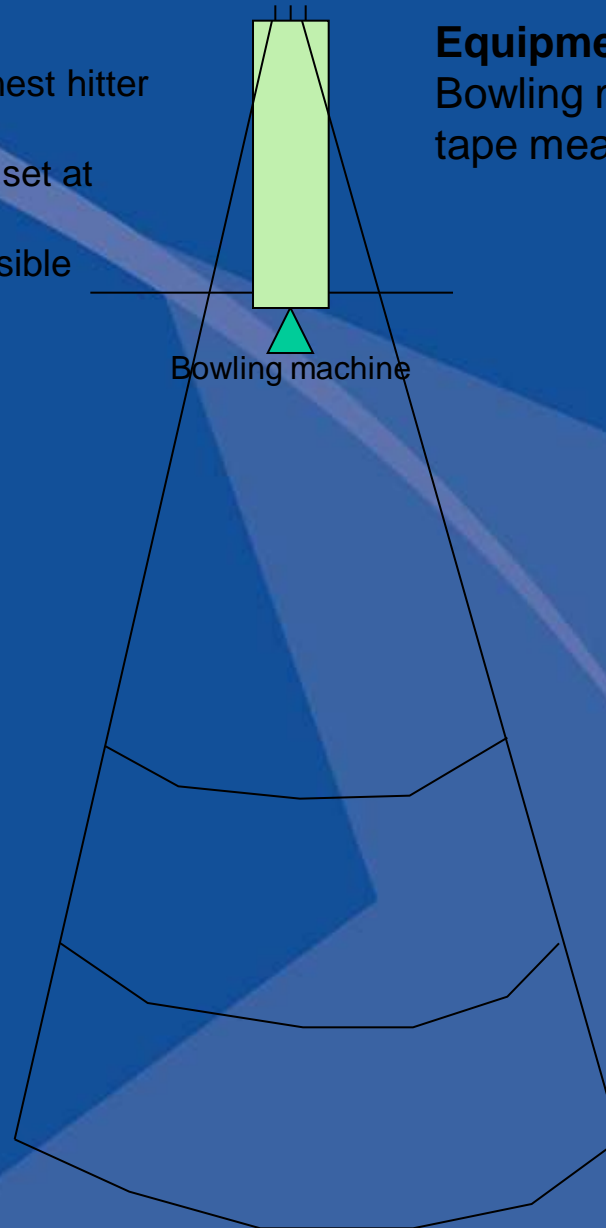
Winner being player with:

- Longest accumulated distance over 6 hits
- Longest average distance over 6 hits

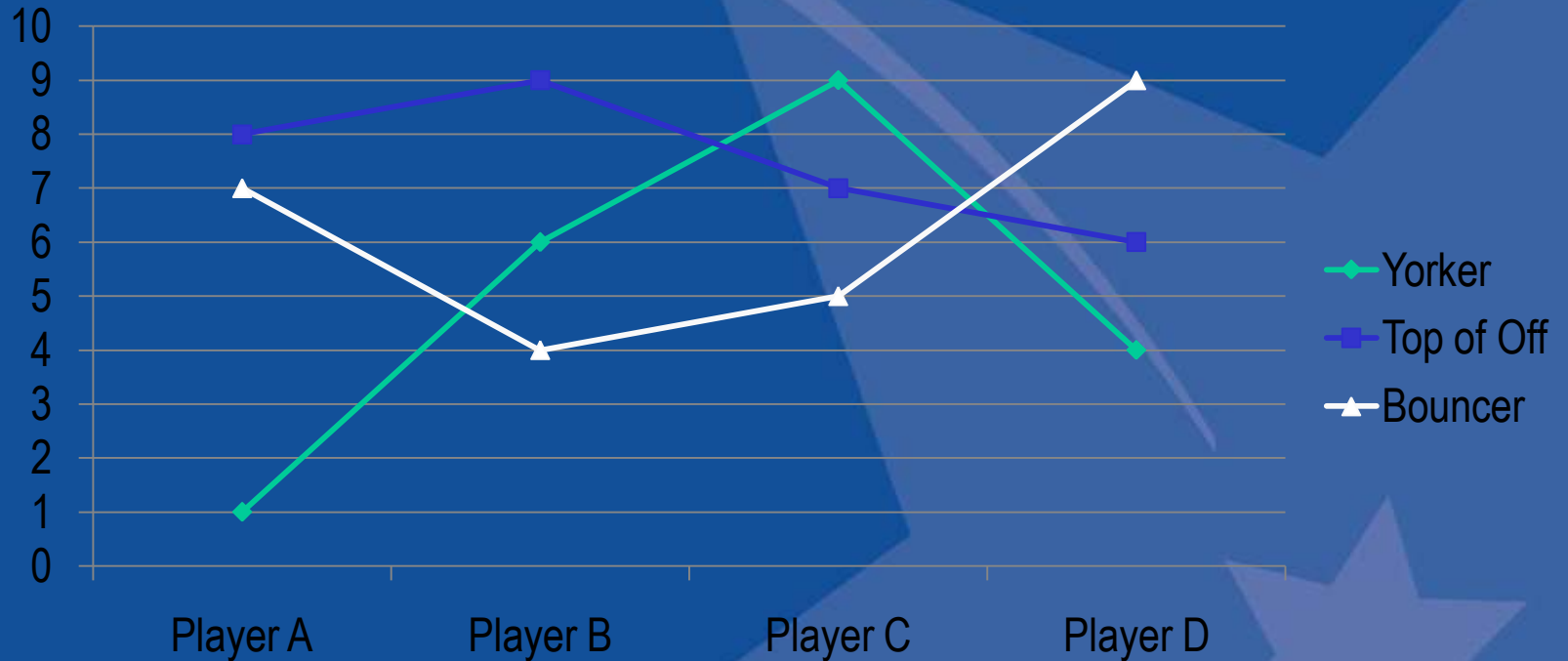
The following has been put together by Simon Olive- Elsternwick CC
"Cricket Olympics"

Equipment needed

Bowling machine, witches hats, tape measure, half an oval



Skills Testing- Bowling



Game Sense

20/20 Game

-
- Batting side is chasing 209 are currently 4/110 off 10 overs.
- A batting side- coach and a captain
- A bowling side –coach and a captain
- Work out your tactics and play!



The Battle Zone

-creative centre wicket practice

Backyard games have been viewed as the true academy of Australian cricket as players devote hours to holistic practice where they develop unique skills informally.

Nets are failing cricketers in helping them develop their decision making skills

Game Centred approach to training players

Constraint led games, provides opportunities for coaches and players to see weaknesses and strengths.

The Battle Zone

-creative centre wicket practice

- Low net on 30 metre circle, manikins to represent fielders
- Ball is still live when it hits the net
- Live fielders, ready for initial fielding but also backing up
- Competitive battles that are fun, challenging and players and coaches learn from seeing how individuals cope with the constraints put in place.
- P181-183 Sports Science and Coaching Conference

**Thank you and good luck for
season 2010/11**



The following Fun Activities for Kids



BUCKET MITTS

Equipment needed

Bowling machine, witches hats, half an oval

Senior players

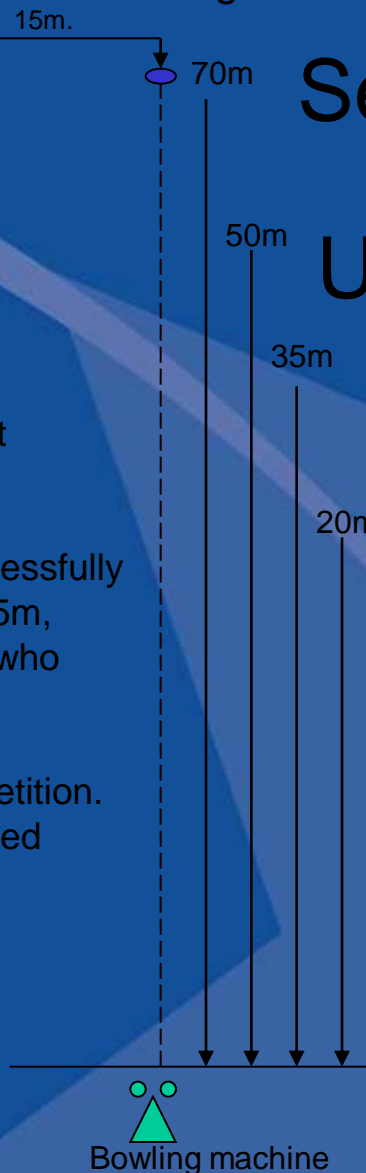
U16 players

U14 players

U12 players

Game Rules

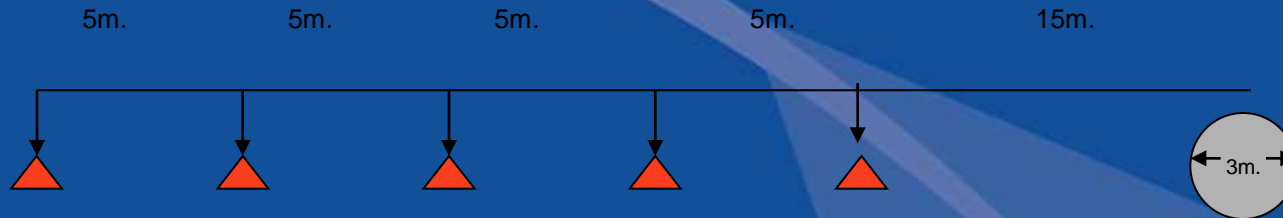
Pre-set a ball machine to 'fire' a ball on a 45 degree arc to land approximately at the same place. Players compete one-by-one to catch the ball but must start on the witches hat 15 m away from the anticipated 'landing zone' and cannot leave the hat until the ball is out of the bowling machine. Those players who successfully catch the ball progress to a mark 20m (then 25m, then 30m etc) from the landing zone. Players who drop two consecutive catches are eliminated from the competition until there is only one remaining player who wins the competition. The power of the bowling machine can be varied for each age group.



BOZOOKA ARM

Equipment needed

Witches hats, 10m hose / rope, $\frac{1}{4}$ of oval



Game Rules

- A game to see who has the best throwing arm.
- Players start 15m back from a circle, 3 meters in diameter that is marked with a rope or hose. Players have to throw the ball and bounce it in the circle on the full. The ball doesn't have to finish in the circle.
- Players who are successful move back to the next witch's hat, 5 meters further back.
- Players who are NOT successful get a second attempt, a 2nd failure results in their elimination from the game.
- The winner is the player who can 'land' a ball from the furthest witches hat.

Equipment needed
Ball, stop-watch, oval

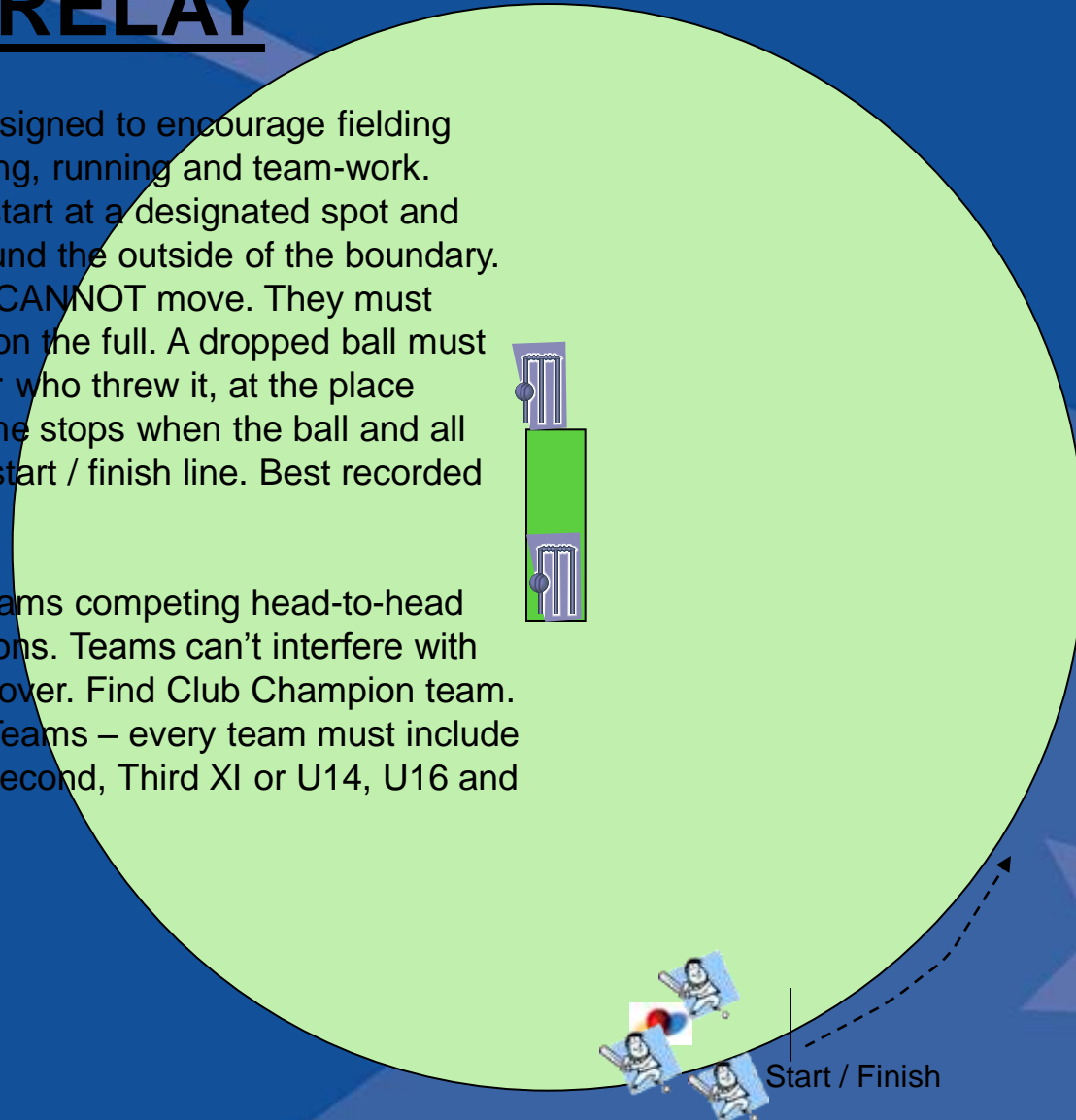
TEAM RELAY

Game Rules

A pretty simple game designed to encourage fielding skills of throwing, catching, running and team-work. ON the whistle players start at a designated spot and have to move a ball around the outside of the boundary. The player with the ball CANNOT move. They must throw it to a team-mate on the full. A dropped ball must be returned to the player who threw it, at the place where it was thrown. Time stops when the ball and all three players cross the start / finish line. Best recorded time wins.

Variations:

- Match play – get two teams competing head-to-head going in opposite directions. Teams can't interfere with each other as the cross over. Find Club Champion team.
- Cross XI / Cross Club Teams – every team must include a member of the First, Second, Third XI or U14, U16 and Senior player



BROKEN ALARM CLOCK

Equipment needed

Pillow, full whites, batting kit, whistle, sense of humor!

Game Rules

A light hearted obstacle race to simulate the player who has slept in and is late for cricket.

Players start lying down on far side of oval, head on pillow, cricket kit beside them.

At the sounding of a whistle they must pick up pillow, cricket kit and run

across the oval to designated change area, strip out of street clothes, put on full whites and

dress in full batting kit:

box, thigh guard, pads, gloves and helmet. Can't leave change area until kitted up.

Player must race to take guard in the middle of the oval.

Winner is the first player to take guard.

