

What to work on - Year 6 to 8 Coaches

Introduction

These notes have been put together to assist school/club coaches to focus on the development of the basics of the Year 6 to 8 cricketers in Canterbury.

Batting

Issue	Playing across the line
Detected by	Straight front leg Bent back leg Strong right hand grip Back foot turning during the shot
Remedial work	V's half way between middle and side of the outside edge of Bat; backlift towards 1 st slip Players to hit balls off a cone Drop and Drives (the feed is important) Encourage players to play in the V with full face Encourage players to hit the ball back out the net Eyes level

Bowling

Issue	Front arm falling away
Detected by	Incorrect running technique - arms going across body Angled run-up Feet not in line with target on delivery Dropping of front shoulder at delivery Bowling an inappropriate distance (see NZC 'Game On')
Remedial work	Follow through going towards side of net Stand in correct position - bowl into nets Straight run-up Feet in line - use cones Step by step approach to the bowling action Front arm to drive towards batsmen/target Front elbow above eye level

Throwing

Issue	Weak throwing and in an unsafe manner
Detected by	Throwing from a front on position No use of front arm Throwing arm elbow below the shoulder No drive through
Remedial work	Needs to be practiced in pairs Side -on, using front arm, elbow above shoulder Practise in pairs throwing at a stump Fielding games and drills

Basic Session Plan

Warm-up game	10-15 minutes
Skill Development	8-15 minutes
Practise	eg Nets, Middle, Fielding, Modified game 30-45 minutes

Should you require further coaching assistance please get in touch with Nigel Marsh at nigel@canterburycricket.org.nz or 027 224 9569.