

Sessions

- 1. Batting in pairs**
- 2. When you're out you're out**
- 3. Key performance bowling indicators**
- 4. Running an open wicket**
- 5. Over arm throwing**
- 6. Ball handling skills**
- 7. The run chase**
- 8. High catching**

Session One: Batting in pairs

Estimated time: 45 minutes

Equipment: Cricket balls

Instructions:

- During the net session bat players in pairs as in the game, i.e. two players are batting in the same net).
- Players face three balls each then runs between the wickets to swap with the other batter.
- To make the most of this exercise get players to call when running between the wickets and slide their bats as they reach the crease.

Session Two: When you're out, you're out

Estimated time: 45 minutes

Equipment: No specific equipment required

Instructions:

- During the net session if a player is dismissed it is the end of their batting.
- This encourages players to value their wicket and bowlers to try and get wickets. A more game like situation is created.

Session Three: Key performance bowling indicators

Estimated time: 25 minutes

Equipment: No specific equipment required

Instructions:

- This is an exercise to improve accuracy of bowling.
- Outline six possible zones:
 - Full, out side off stump
 - Short outside off stump
 - Full, and straight
 - Short and straight
 - Full and down leg side
 - Short and down leg side
- The full outside off stump and the full and straight are the two desired areas to bowl.
- Get each player to record their performance and provide points as an incentive.

Session four: Running an open wicket

Estimated time: 45 to 50 minutes

Equipment: Two sets of wickets, two balls and one cricket pitch

Instructions:

- Have two players batting at once and two bowlers, bowling from the same end.
- One player is wicket keeper and the rest of the players are spread throughout the field.
- Bowlers alternate when bowling ball by ball.
- Batters run between the wickets as though in a game situation.
- Rotate bowlers and batters so all players get a turn.

Session Five: Over arm throwing

Estimated time: 15 minutes

Equipment: One ball between pairs

Instructions:

- Have players in pairs, standing opposite each other, 10m apart.
- Players will then throw the ball over arm to their partner.
- After each catch the players will take a step backwards increasing the distance between the two players.
- If a player fails to catch the ball or a bad throw occurs the pair must go back to the original distance apart.

Session Six: Ball handling skill

Estimated time: 15 minutes

Equipment: One ball between two

Instructions:

- Ball Toss and Catch: One player holds the ball in the palm of their hand at waist height. The player then tosses the ball into the air, (approximately eye level) and catches in their hand not holding the ball.
- Throw Clap Catch: One player tosses the ball into the air and then claps before catching
- Throw Bounce, Clap and Catch: One player throws the ball into the ground and then claps before catching the ball. Best to do this on a flat surface, e.g. cricket pitch.

Note: Players are in pairs; each player should repeat exercise three times and then swap.

Session Seven: The run chase

Estimated time: 45 minutes

Equipment: No specific equipment required

Instructions:

- During the net session provide tasks for player to achieve.
 - Example: The batters need to get 8 runs off the next 5 balls. Players must also run between the wickets.
 - Example: Bowlers must get two wickets in the next 12 balls.

Note: These provide competitive interest amongst team members and can make a regular net session more exciting.

Session Eight: High catching

Estimated time: 15 to 20 minutes

Equipment: One bat and three balls

Instructions:

- Players line up 15 m away from coach.
- Coach hits the ball up in the air and the first player in the line comes forward and catches the ball.
- The player then returns to the back of the line and the exercise is repeated for the whole group.

Note: This exercise can be repeated more than once with points allocated for catches taken.