

Coaching session 3

Start of session 4-30	<ul style="list-style-type: none"> • Discuss previous week's game 	5 minutes
Warm up 4-35	<ul style="list-style-type: none"> • High catches – Two teams numbered 1 to 6 – hit the ball high with tennis racquet and call out number to catch the ball 	10 minutes
Bowling drills 4-45	<p>Aim is to promote proper bowling technique – we will look at the correct way to bowl in all it's different parts.</p> <ul style="list-style-type: none"> • First, check grip on the ball. Index and middle fingers either side of the seam on top, and the thumb on the seam below. • Progress to “pulling the chain” • Progress to “Gather and explode” • Work in 3 teams – 3 bowlers and 1 batsmen – change every 10 minutes. Discuss batting technique when necessary. Two teams in nets, and one team on the pitch. 	40 minutes
Game 5-25	12 Over game – each player bats for one over and bowls for one over. USE WICKETKEEPING GLOVES FOR WICKETKEEPERS.	35 minutes
Warm down 6-00	<ul style="list-style-type: none"> • Stretches and warm down 	5 minutes
Next week 6-05	<ul style="list-style-type: none"> • Is everybody able to play this week? 	5 minutes