

AUCKLAND CRICKET ASSOCIATION INC.

ACA's Student Coach Development Programme Session Plans and Fielding Exercises

Name: _____

School: _____

**Passionate
about cricket!**



Auckland Cricket Association Incorporated
Cricket House, Eden Park,
60 Walters Road, Kingsland, Auckland
Private Bag 56906, Dominion Road,
Auckland 1446
T 09 815 4855
F 09 846 4464
W www.aucklandcricket.co.nz

To the Coach,

Enclosed you will find 10 session plans to help you get started in your coaching career. These plans are to be used as a guide to your trainings. They should help you get underway as a coach and guide you through your first 10 sessions. Along with these are some fielding exercises in which you can use. Feel free to adapt them and try your own exercises as well.

These plans are only a guide and you can change them to however you want, for instance, your team may need to work on fielding therefore you may do 45mins of fielding then 45 mins of throw downs and not have a net/ open wicket. Or your team may be bowling lots of wides therefore you need more time having a net/open wicket working on bowling good channels rather than fielding. Please remember fielding is a very important part of cricket and you should at spend least 10/15 minutes each session doing some fielding exercises. Fielding should be fun, so make it exciting as possible and turn some of the exercise into competitions whether it be individual competitions, pairs or as a whole team. Make them work hard at fielding! At the same time make it fun!

I hope you find these plans of use and take some ideas from them. Please remember to plan each session, so try and do a session plan similar to these for each session. Once you have got a session plan and have coached it write on the evaluation so that you have got it for next season/ seasons to come, this will all make your coaching a lot easier and more efficient.

If you have any questions or would like further help/ ideas feel free to contact me. Remember enjoy our coaching, always be passionate, positive and enthusiastic your attitude reflects how you coach and how the team will train and play.

Go well!

Kind regards,

Ryan Scivier
CoachForce Manager
Auckland Cricket Association Inc., New Zealand Cricket

Web: www.aucklandcricket.co.nz
DDI: 09-845 7445
Mob: 021-241 4992

**Passionate
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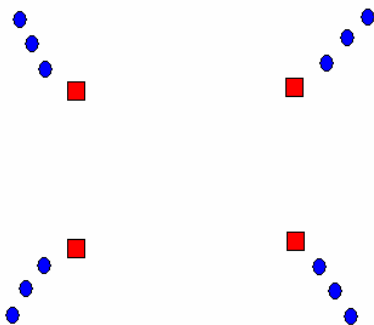
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|---|-------------------|
| DATE: | SESSION NUMBER: 1 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Front foot drives | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 1. INTRODUCTION: (5 MINUTES) <ul style="list-style-type: none"> • Tell students of what you expect from them and this training and what you will be doing. • Set standards. | |
| 2. WARM UP: (10 MINUTES) <ul style="list-style-type: none"> • Square catches – refer fielding exercises session 1 | |
| 3. TYPE OF SESSION: (65 MINUTES) <ul style="list-style-type: none"> • Throw downs – front foot drives – drop drives, underarm, overarm if you wish towards end. • Net session | |
| 4. COOL DOWN: (5 MINUTES) <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) <ul style="list-style-type: none"> • Do at same time as stretches. • Go through key coaching point of drive. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 1

Square catches

- Form a square 10m by 10m – even numbers on each cone.
- Two cricket balls
- 1 – Pass to left run to left
- 2 – Pass right run to right
- 3 – Pass left run right/ vice versa.
- 4 – Pass left in air, person who catches ball then roles to next person, next person passes in air – catch-roll-catch – roll
- 5 – High catch – low catch
- 6 – Make up you own

NB: Make sure tempo is high and they are running to next line once passed, can also change direction while in middle of exercises, and also make left hand / right hand only. Possibly once get good – push ups for every mistake.

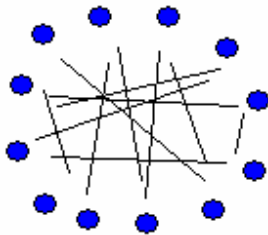


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|--|-------------------|
| DATE: | SESSION NUMBER: 2 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Hand and eye coordination, concentrated net session. | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 1. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Game debrief • Let them know what’s happening at this training | |
| 2. WARM UP/ FIELDING: (15 MINUTES) | |
| <ul style="list-style-type: none"> • Jog and stretches • Pattern ball • Pair catching | |
| 3. TYPE OF SESSION: (60 MINUTES) | |
| <ul style="list-style-type: none"> • Net session | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Do at same time as stretches. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 2

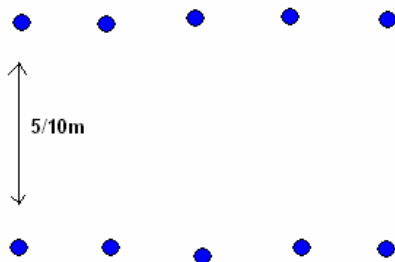
Pattern ball

- In a circle
- Keep ball up in the air
- Following the same pattern
- Try and get as many balls as possible



Pair Catching

- In pairs 10m away
- Catching – one person hits off bat while other catches
- Swap over several times (50 catches each minimum)
- Increase power of hit each time.
- Batsman must catch ball then underarm hit the ball to catcher.

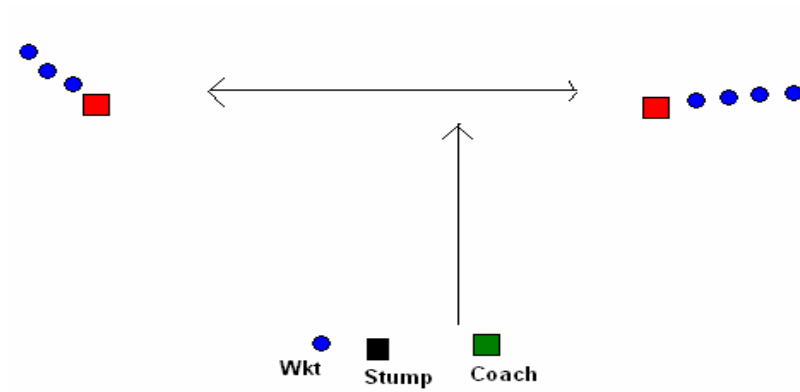


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|--|-------------------|
| DATE: | SESSION NUMBER: 3 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Cut shot technique | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 1. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Game debrief • Let them know what’s happening at this training. | |
| 2. WARM UP/ FIELDING (20 MINUTES) | |
| <ul style="list-style-type: none"> • Jog/ Stretches • Cross overs | |
| 3. TYPE OF SESSION: (65 MINUTES) | |
| <ul style="list-style-type: none"> • Throw downs – cut shot. • Net session | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Do at same time as stretches. • Go through key coaching points of drive. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 3

Cross Overs

- Two lines opposite each other 20m apart
- Coach hits ball between along ground or in air, players must cut it off before going between them.
- They field and throw back to wicketkeeper next you.
- Then they join opposite line
- High intensity/ body on the line.

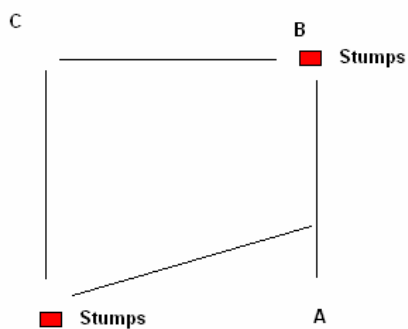


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|---|-------------------|
| DATE: | SESSION NUMBER: 4 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Fielding focus, net session –running between wickets. | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 1. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Game debrief • Let them know what’s happening at this training. • Do this while they are doing stretches. | |
| 2. WARM UP/FIELDING (10 MINUTES) | |
| <ul style="list-style-type: none"> • Jog/ Stretch • Fielding game • Alternative catch and run | |
| 3. TYPE OF SESSION: (65 MINUTES) | |
| <ul style="list-style-type: none"> • Net session/ open wicket • Bat in pairs work on calling. | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Do at same time as stretches. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 4

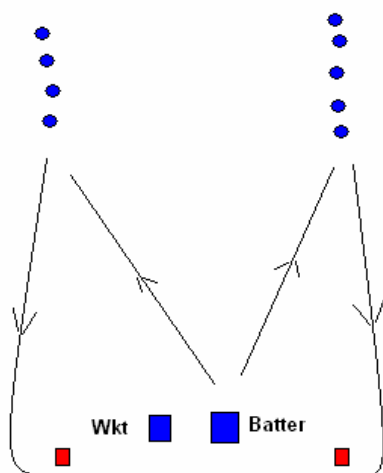
Fielding Game

- Move to next line once completing task
- (A – B) underarm flick over stump
- (B – C) Roll on ground
- (C – Wk) Overarm throw
- Two balls



Alternative Catch and Run

- Two lines – 8-10m apart 10m from batter.
- Coach/ player hits alternative catch to each line
- They return to wicketkeeper 2m from batsman
- They then run around stump/ cone to opposite line.
- High intensity



| | |
|---|-------------------|
| DATE: | SESSION NUMBER: 5 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Running between the wickets | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 1. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> Go through coaching points of running between wickets | |
| 2. WARM UP/ FIELDING (20 MINUTES) | |
| <ul style="list-style-type: none"> Running between wickets game Two group catching/ turn and catch | |
| 3. TYPE OF SESSION: (65 MINUTES) | |
| <ul style="list-style-type: none"> Open wicket/ net session If bowl a wide – do 10 push ups. | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> Do at same time as stretches. Go through key coaching of running between wickets again. Let them know of next training/ game. | |
| EVALUATION: | |

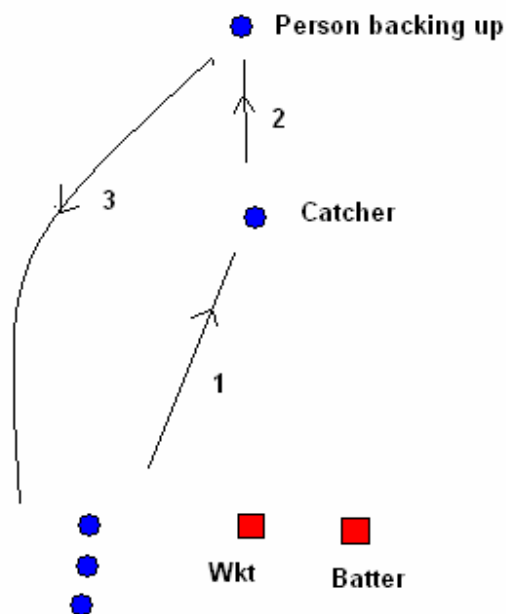
Fielding Exercises Session 5

Running between Wickets Game

- On a modified field 30m – 40m big
- Bat in pairs
- Coach bowls underarm, field set in standard positions
- Batsmen bat (but without smashing the ball, if do are out)
- They must call, run, turn correctly.
- If do anything wrong in regards to running then are out and next pairs turn.
- Go through several times to get running between wickets better and major coaching points across.

Two group catching/ Turn and catch

- Two different separate groups (get good player/leader to take other group 20m away from you). Best done in groups of 5ish.
- One line next to you and wicketkeeper/catcher
- First person runs out, once 10m away shout turn
- At the same time they turn hit a ball at them for them to catch/ field
- They then throw into catcher/ wicket keeper next to you.
- Once the person has fielded/caught the ball they then carry on another 10m to back up the next person, they jog back in and join the line again.

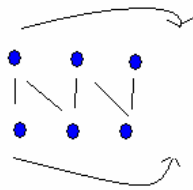


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|---|-------------------|
| DATE: | SESSION NUMBER: 6 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Pull Shot, Live net | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 1. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Debrief explain what session is about | |
| 2. WARM UP/ FIELDING (20 MINUTES) | |
| <ul style="list-style-type: none"> • Line extension • Go through throwing technique • Throwing game | |
| 3. TYPE OF SESSION: (55 MINUTES) | |
| <ul style="list-style-type: none"> • Throw downs on pull shot • Net session – Live net, if out next batter comes in. Benefit of doubt to batter. | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Do at same time as stretches. • Go through key coaching points of throwing again. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 6

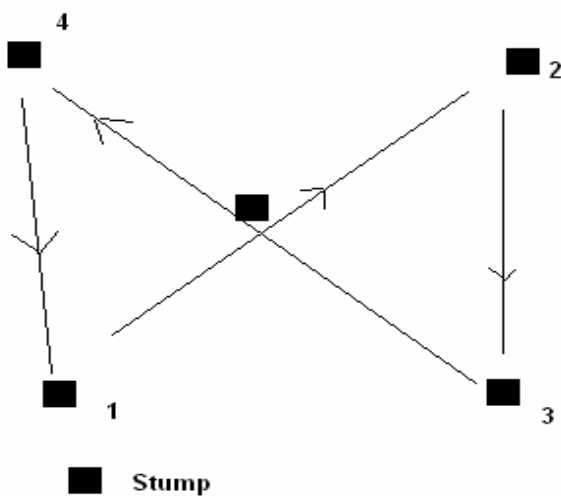
Line Extension

- In one or two groups
- Teams of 6, 3 on each side opposite each other 3m apart
- Zig zag two balls down line, once caught and thrown both join far end of line
- Go down 30m and back.
- Can make competition, if drop a ball start again.
- Have races if got two groups.



Throwing Game

- 1 throw at middle stump
- 2 backs up and then throws at stump in which 3 is backing up
- 3 throws at middle stump in which 4 is backing up
- 4 then throw at stump in which 1 is backing up
- Once got the idea use two balls, possibly 3.
- Players follow ball (be aware if running through middle) – possibly go around outside.

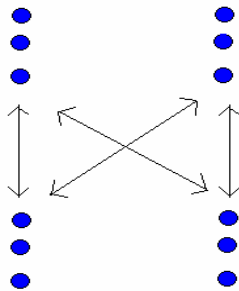


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|---|-------------------|
| DATE: | SESSION NUMBER: 7 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Backfoot defence | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 2. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> Let them know what is going to be in training | |
| 2. WARM UP/ FIELDING (20 MINUTES) | |
| <ul style="list-style-type: none"> Two lines opposite Two turn and catch | |
| 3. TYPE OF SESSION: (60 MINUTES) | |
| <ul style="list-style-type: none"> Throw downs – backfoot defence Net session – batting in pairs | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> Do at same time as stretches. Go through key coaching points of backfoot defence. Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 7

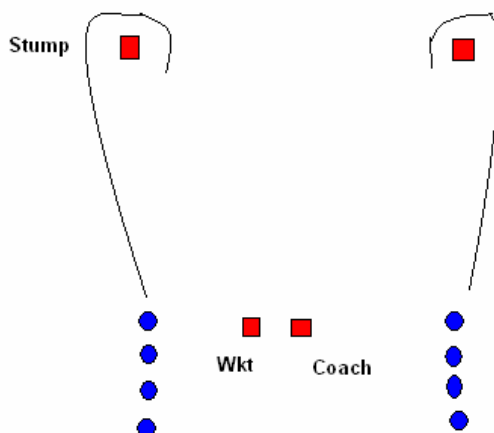
Two lines opposite

- In 2 groups
- Throw ball in air, partner catches it then throws to next person in opposite line
- Once caught catch and thrown ball join back of next line
- Add in – bounce, left hand, right hand only, high catch, low catch, half volley etc.
- Then can do the same but on the diagonal
- Also can do on the diagonal but run left/right etc.



Two turn and Catch

- Two lines either side of you and wicket keeper
- First person from each line runs out and around cone/stump
- Both then get hit a catch high or low
- They must call for the ball as could be hit in the middle, longer, shorter
- Also must get in front of stump to get it out the way
- Then throw the ball into wicketkeeper alternatively, then join the back of their line and next front two go.

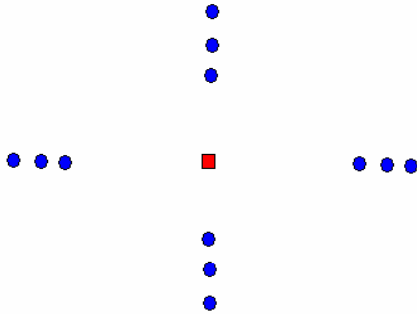


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|--|-------------------|
| DATE: | SESSION NUMBER: 8 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: High Catching, net session | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 3. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> Let them know what is in session/ expectations. | |
| 2. WARM UP/ FIELDING EXERCISES (20 MINUTES) | |
| <ul style="list-style-type: none"> Pass left run left One to stump one to ball | |
| 3. TYPE OF SESSION: (65 MINUTES) | |
| <ul style="list-style-type: none"> Net/ open wicket | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> Do at same time as stretches. Go through key coaching points of high catch Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 8

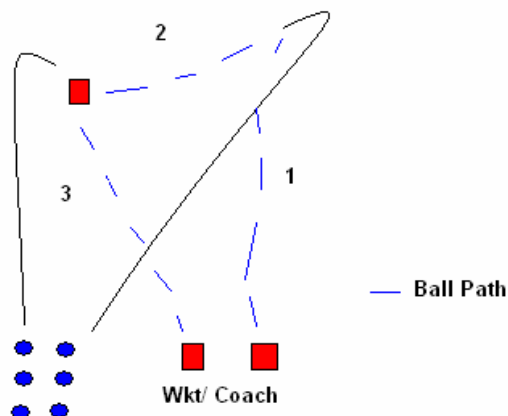
Short Catching

- In 4 groups in the shape of a diamond, with a stump in the middle
- Start with one person in middle
- Pass left follow pass
- When catch ball run to middle and pass left then follow
- Use 2/3 balls



One to Stump one to ball

- In pairs
- Coach hits ball out anywhere with 30 meters (high catch)
- Pair run out
- One goes to ball one goes to stump
- Person getting ball throw to person over stump
- Person then touches stump with ball
- Then throw into keeper next you
- Can also hit high catches
- If you want any mistakes e.g. bad throw, not touching stump, drop catch, 5 press ups for the pair.

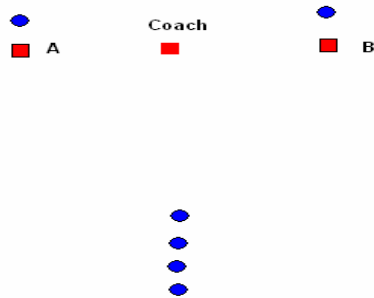


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|---|-------------------|
| DATE: | SESSION NUMBER: 9 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Think while fielding, competition, concentrated batting | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 4. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Let them know what they are doing in session • Game debrief | |
| 2. WARM UP/ FIELDING (20 MINUTES) | |
| <ul style="list-style-type: none"> • A and B • Competition | |
| 3. TYPE OF SESSION: (65 MINUTES) | |
| <ul style="list-style-type: none"> • Live net – end of net if out. | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Do at same time as stretches. • Feedback on training. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 9

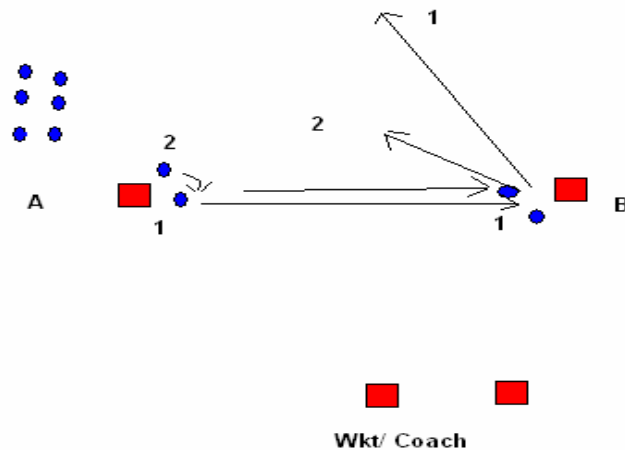
A and B

- One line
- Two stumps with fielder on them (A & B)
- Coach rolls ball out and calls A or B
- They underarm flick to that stump
- Person at stump then catches ball and then rolls softly to your feet
- While that is happening you are throwing the next ball.
- Quick fire, quick thinking, getting to stump quickly and ready to catch
- Change names of stumps– numbers, odd/ even, blue/ red, right/left, alphabet etc.
- Any mistake team does 5 press ups.



Competition

- In pairs, person 1 takes catch then runs to B, person 2 takes catch while other person is running to B
- Person 1 takes catch at B and runs fast as they can out, straight after 1st person 2nd person takes second catch at B
- Person 2 then runs half way between stumps and person 1.
- Person 1 takes high catch 30m from stumps in outfield
- They then throw to person 2 on the full who then throws to wicketkeeper
- Any mistakes (drop catch, don't get to ball, bad throw), next pair
- After a while make it hard.
- Get point for one complete round.
- Use two balls have 2/3 spare in case of bad hits/ throws back.

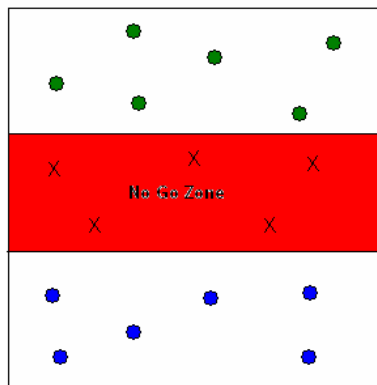


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|---|--------------------|
| DATE: | SESSION NUMBER: 10 |
| TIME: | VENUE: |
| MAIN OBJECTIVES OF THE SESSION: Backfoot defence | |
| REQUIREMENTS – EQUIPMENT & FACILITIES: Balls, cones, nets. | |
| SESSION OUTLINE | |
| 5. INTRODUCTION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Let them know what training is about • Debrief last training/ game | |
| 2. WARM UP/ FIELDING (20 MINUTES) | |
| <ul style="list-style-type: none"> • Volleyball • Front and backcross overs | |
| 3. TYPE OF SESSION: (65 MINUTES) | |
| <ul style="list-style-type: none"> • Backfoot defence – throw downs • Net/ open wicket | |
| 4. COOL DOWN: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Stretches, debrief | |
| 5. CONCLUSION: (5 MINUTES) | |
| <ul style="list-style-type: none"> • Do at same time as stretches. • Go through key coaching point of drive. • Let them know of next training/ game. | |
| EVALUATION: | |

Fielding Exercises Session 10

Volleyball

- Two teams
- Set up volleyball court size on field
- Make 'no go zone' in the middle (5m deep)
- Teams under-arming the ball must try and land the ball in opposite square.
- Underarms must go over chest height
- If throw and lands in square person closest to the ball is out
- If drop a catch are out
- Idea is to get the other team out until they have run out.
- Play several times, bring different rules in – left hand only, right hand only etc.



Front and Back Crossovers

- Similar to cross over, except have four groups, so one at the front and one at the back.
- The front group tries to cut the ball off before it gets to back group e.g. close in fielders, while back groups acts like boundary fielders.
- You can chose where you hit the ball front or back, high or low
- Swap groups over after 5mins or so.
- Front group put body on line
- If you want back group can relay throw into front group then onto keeper next to batsman (coach)

