

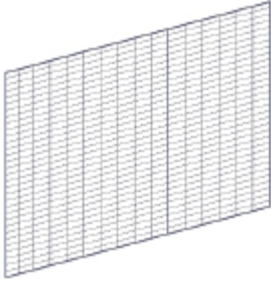






Entry Level Coaching Session

ICON	SIGNAL
	CONE
	STUMP
	NET
	BATTER
	BALL
<p>DIRECTION OF RUN</p> 	DIRECTION OF RUN
<p>DIRECTION OF THROW</p> 	DIRECTION OF THROW

Week 1
Athletic skill (warm-up): Agility



Key points:
high knees,
hands side of
the body

Striking: Stand still - balls off cones (in a row) against net. Reps:20



Key points:
Big stride, full
swing, extend
follow
through.

Coordination: One hand catches (10 per hand) - players opposite one another



Key points:
knees slightly
bent, one
hand behind

Bowling/throwing: Windmill with bands



Key points:
side on
position,
extend arms
opposite
direction,
windmill with
bands

Game: Target hit – off-side. Coach throw. 2x batsman alternate, 2x fielders, 2x keepers alternate

