



Under 11 District Course – Player Performance Diary

NAME:

CLUB:

The Cheshire Cricket Board **District Coaching Course** has been designed to build on the skills you acquired during the Advanced Course.

The Performance Diary should be used to record some of your on-course experiences. The Cheshire coaches will support this process with some verbal feedback and there will be opportunities to discuss your progress at various intervals throughout the course.

NB) If you completed a Player Diary on the Advanced Course, please bring this with you to support your learning on the District sessions.

STRENGTHS – *Tell us **what went well** for you on the Advanced Course. What were you most pleased about?*

PERSONAL GOALS - *Use this section to highlight some areas of your game you would **like to improve** during the District Course.*



Feedback Matrix

Please use the matrix below to record any coaching points that have made an impact on your game. Print as many times as you like.

Batting	Bowling	
Fielding/Wicketkeeping	Benchmarking scores	
	Bowling Targets 1	
	Bowling Targets 2	
	Hitting in the V	
	Hitting the Gaps	
	Overarm throw	

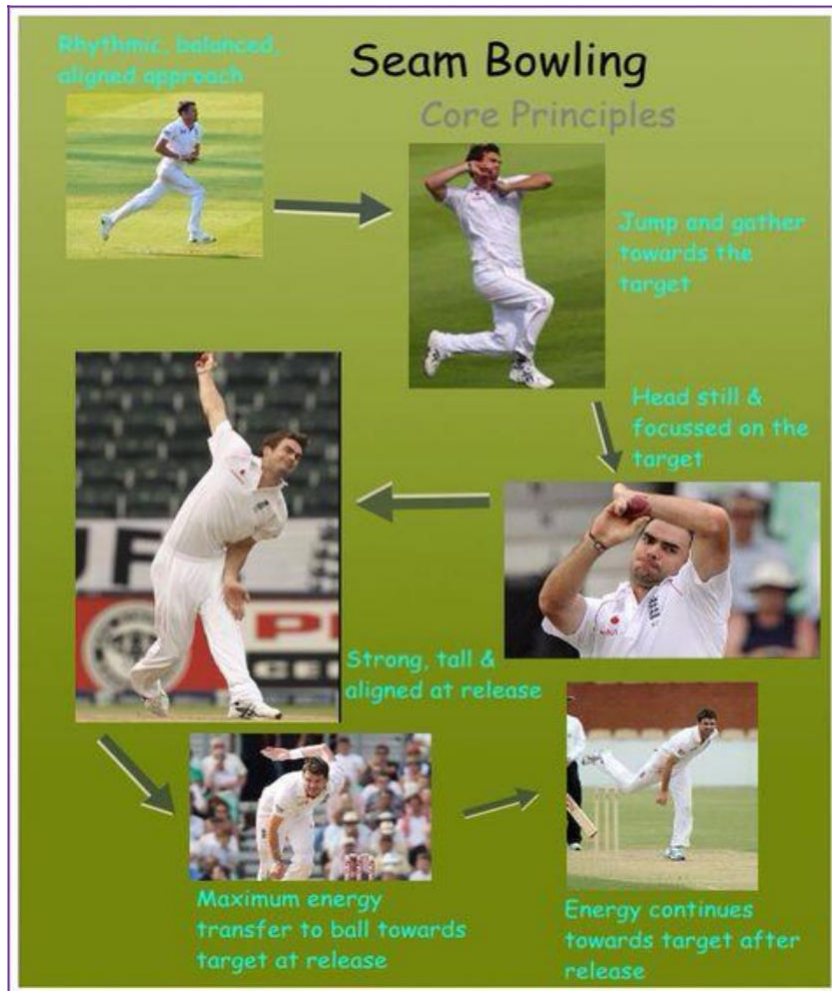


U11 District Course Schedule*

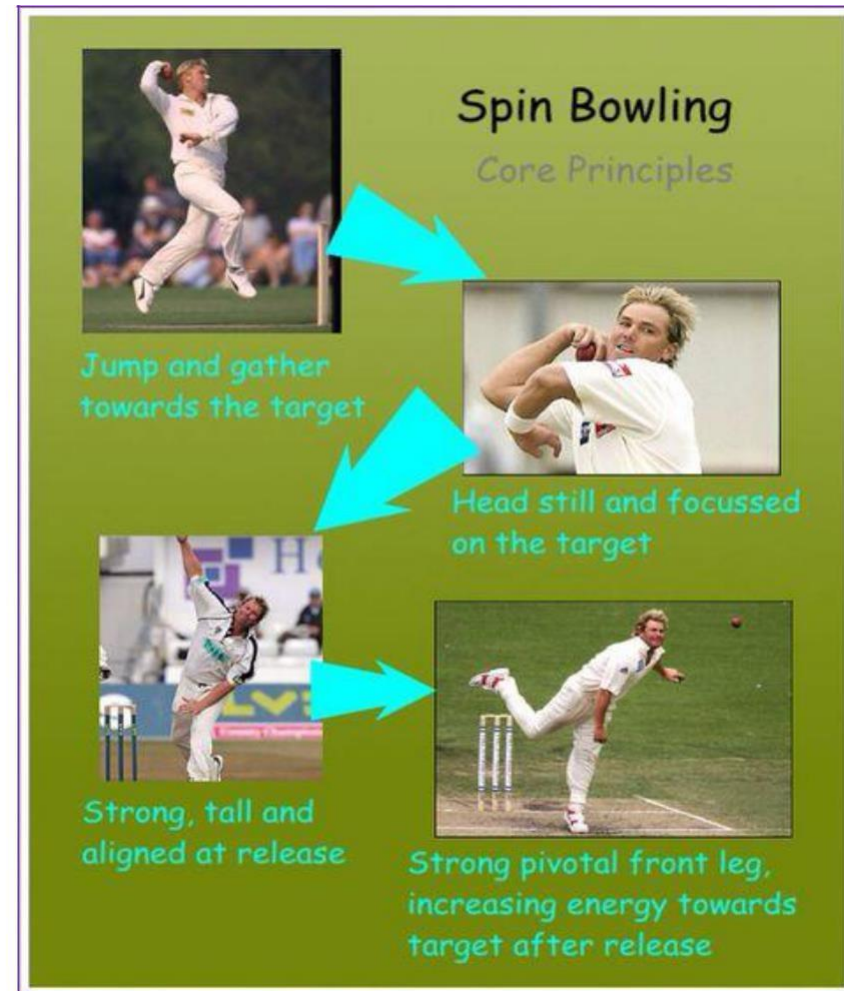
Session	Session Plan	Supporting resources
1	Bowling Fundamentals	Seam and Spin core principles
2	Hitting 'in the V'	Grip, set-up and front foot drive
3	Ground fielding and throwing basics	Throwing fundamentals
4	Spin/seam bowling/WK specialist session	Seam and Spin core principles
5	Batting against spin	Jonny Bairstow masterclass
6	Fielding – fitness and teamwork challenge	
7	Gapping and running between the wickets	Shot selector – visual guide
8	Fitness Testing	
9	Back foot batting and power hitting	Drive, Cut and Pull
10	Scenarios	Power of the mind
11	Small sided games (outdoors if weather allows)	

***Note – The above schedule is subject to change.**

Week 1/Week 4: Bowling Fundamentals



Seam drills: <http://news.bbc.co.uk/sport1/hi/cricket/skills/4174422.stm>



Spin drills: <http://news.bbc.co.uk/sport1/hi/cricket/skills/4173584.stm>

Week 2: Hitting in the V

The charts below highlight some core principles for playing effectively off the front foot. It should be noted all players are individuals and will find their own solutions, and there is no right or wrong way to perform each skill.

GRIP, STANCE, BACKSWING AND STEP

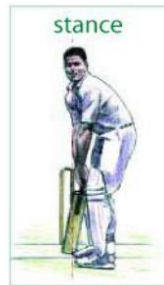
GRIP

- Fingers and thumbs wrapped around the bat handle
- 'V' in line between splice and edge
- Hands close together
- Top hand against inside front thigh



STANCE

- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

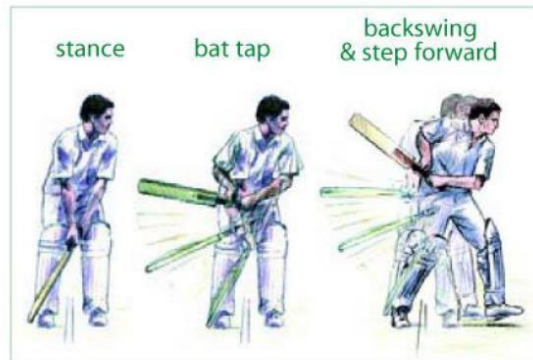


STANCE & BAT TAP

- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders

BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball



The Straight Drive



Grip & Stance

- Hands close together towards top of handle
- Feet slightly apart



Preparation

- A high back lift with the blade of the bat facing down the wicket



The Shot

- Step forward with your front foot towards the pitch of the ball



The Follow Through

- Keep front elbow high with a straight bat



Week 3: Throwing Fundamentals

During the Course, we will spend plenty of time reinforcing the basics of ground fielding and overarm throwing. We have highlighted some of the core principles below, and here's another useful video courtesy of Glen Maxwell: <https://www.youtube.com/watch?v=IrXJ-6so8AU>

Ground fielding and Throwing Fundamentals

- ❖ Establish a 'ready position' to receive the ball
- ❖ Move quickly off the balls of your feet, with head towards the line of the ball
- ❖ Whenever possible, catch/stop the ball with two hands
- ❖ Establish a firm grip with the fingers, holding the ball
- ❖ 'cross seam' to prevent swing
- ❖ Before release, establish a wide base enabling weight transfer from the back to the front leg
- ❖ Aim with the front arm/shoulder, keeping head fixed on the target
- ❖ Keep elbow (of throwing arm) level with the shoulder – this allows a throw with maximum velocity and accuracy
- ❖ Engage the hips when throwing, rotating towards the target to help with transfer of energy
- ❖ After release, throwing arm extends across the body.
- ❖ Always aim at a target – practice for match scenarios.





Week 5: Batting Against Spin

One of the biggest challenges for any young batsman is how to play effectively and positively against spin. The coaches will introduce you to some dynamic drills on course, but here are some ‘top tips’ from one of England’s finest – Jonny Bairstow.



<https://www.ecb.co.uk/jonny-bairstow-tips-for-batting-against-spin>

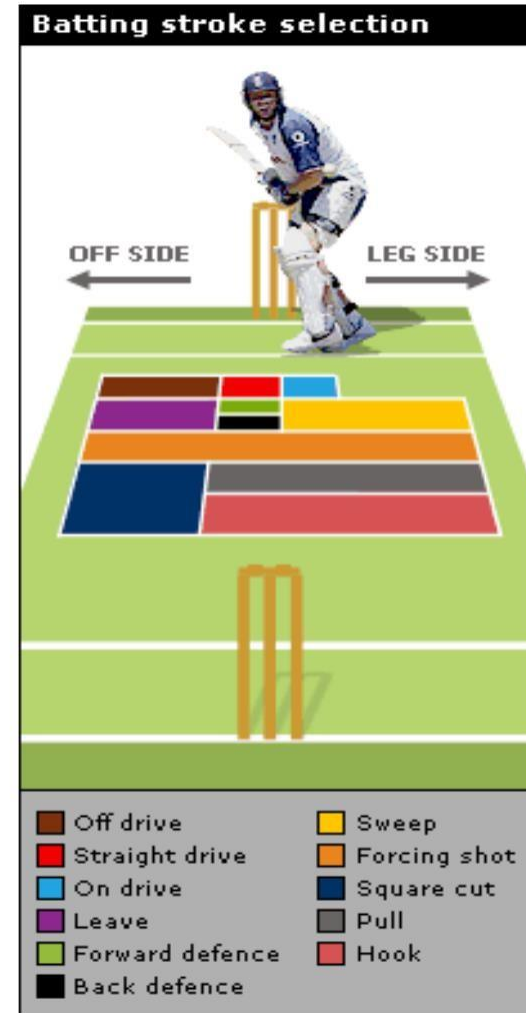
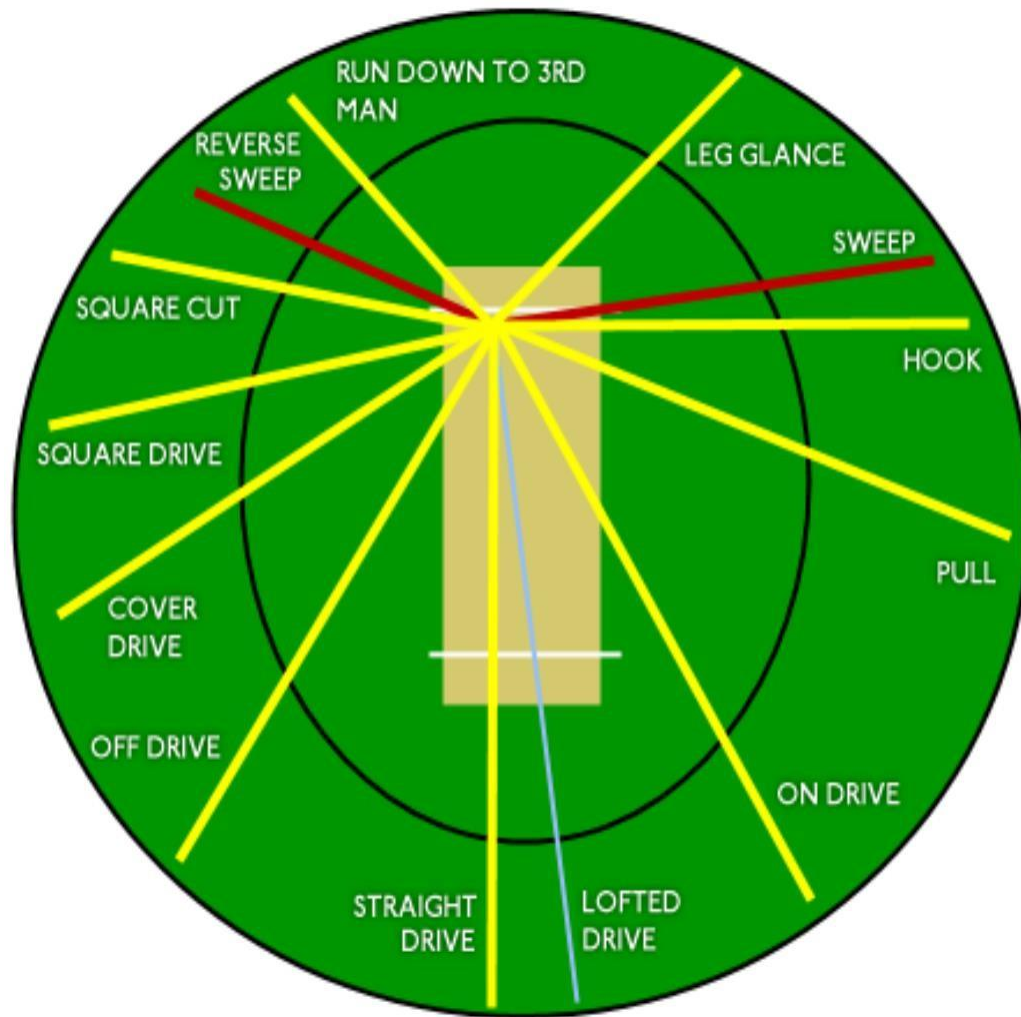


Step 1	Step 2	Step 3	Step 4
Balance is Key	Play with the Spin	Commit to the shot	Beware ‘premeditation’
<p>“First of all, it’s really important that your balance is correct at the crease, that’s a crucial part so making sure that your feet aren’t too far apart, aren’t too close together – making sure you’re really light on your feet.</p> <p>“Being able to get down the wicket, get all the way back in your crease and make a decisive decision on where the ball is pitching.”</p>	<p>“It’s important to play with the spin. If you’re going against the spin you’ve probably got more of a chance of a leading edge or, in fact, getting out – it heightens the risk.</p> <p>“So, whether it’s an off-spinner and you play more to the leg-side if you’re a right-handed batsman, or indeed a left-arm spinner or a leg spinner, then it’s important to hit with the spin and go with the groove of the ball.”</p>	<p>“When you have made that decision of whether you’re going to play with the spin, play against the spin, go down the pitch, stay in your crease, it’s important to commit to it.</p> <p>“Focus on the ball and how you want to execute the shot; it’s really important because if you don’t execute it right then you are going to get out.”</p>	<p>“Another tip would be not to premeditate too much. A lot of the time it’s perceived that there’s a lot of premeditation within playing spin.</p> <p>“You can premeditate if there is a certain field setting so I’m not saying don’t do it completely, but it heightens the risk if you’re premeditating what the bowler may do.</p> <p>“You may come down the wicket too early so the bowler may see you, may bowl it wide or down leg-side. Or if he sees you go to sweep he might fire it faster so you may get out LBW or play the shot incorrectly.”</p>



Week 7: Gapping and shot selection

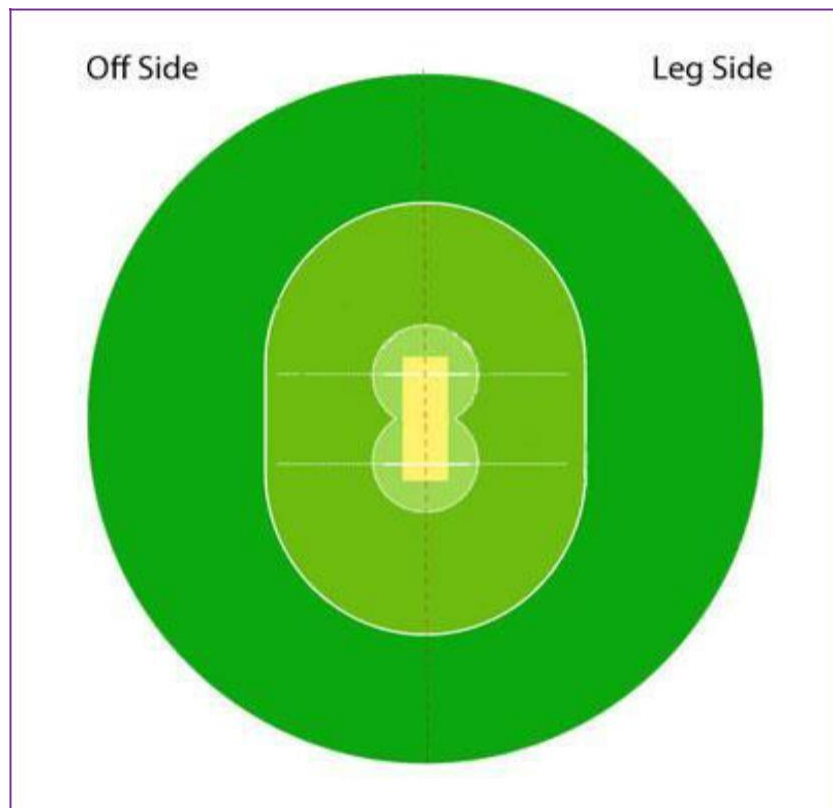
The charts below are a useful visual tool for batters when making decisions about which shots to play.



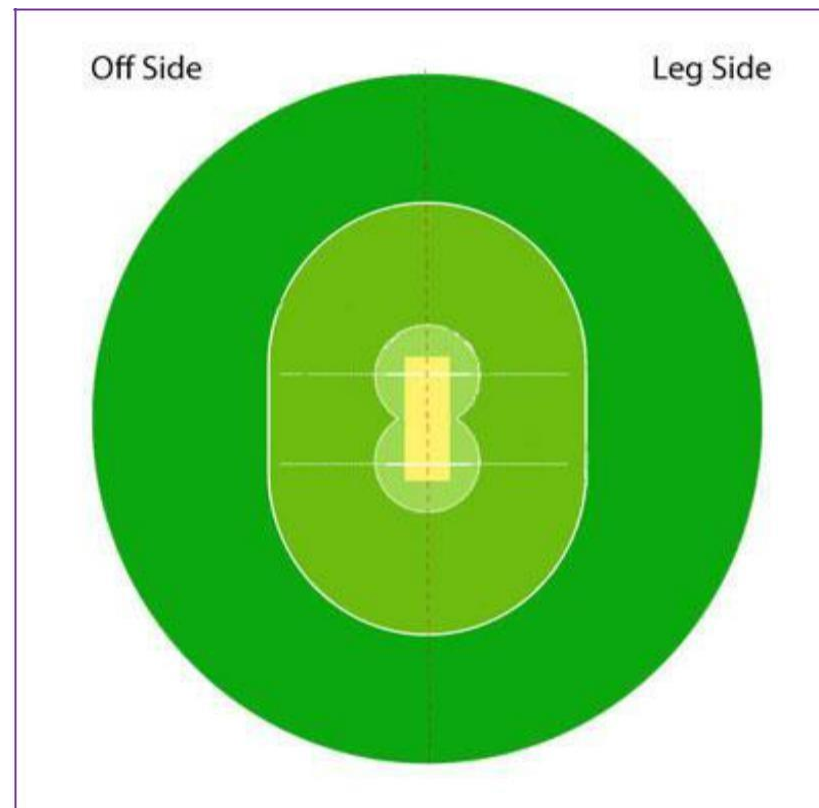


Field Placing

Attacking Field



Defensive Field






Field placing is an important tactical variable for young bowlers and captains. The coaches will discuss some basic principles of attacking and defensive fields, which will encourage you to take some responsibility for field placing in your matches this summer. You can print the above as many times as you like, taking into account where you might place your fielders for right and left-handed batters.



Week 9: Playing off the back foot

Many young cricketers are competent when striking off the front foot, but find transitioning to the back foot more difficult. Our coaches will introduce you to some practices and more drills can be found at: <https://www.sportplan.net/drills/Cricket/Back-foot-batting/practiceIndex.jsp>

Back foot drive	Cut shot	Pull Shot
		
<p>Tips: Drop both feet deep into the crease, keeping hips and shoulders aligned. Keep top elbow high and extend arms through the ball with a vertical bat.</p> <p>Weight finishes over front hip to retain balance.</p>	<p>Tips: Move back foot deep into crease (slightly to off-side) to create an anchor. Rotate shoulders on a horizontal plane, striking at 'arms length' with full face of the bat. Distribute weight towards the scoring area.</p>	<p>Tips: Shift your weight onto the back foot, moving deep into the crease if time allows. Play beneath the eyes with extended arms, striking from 'high to low' for maximum control and power.</p>
<p>http://news.bbc.co.uk/sport1/hi/cricket/skills/4174184.stm</p>	<p>http://news.bbc.co.uk/sport1/hi/cricket/skills/4172894.stm</p>	<p>http://news.bbc.co.uk/sportacademy/hi/sa/cricket/skills/newsid_3265000/3265477.stm</p>



Week 10: The power of the mind

<u>Positive Self-talk</u>	<u>Visualisation</u>	
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CRICKET

as explained to a foreign visitor

You have two sides one out in the field and one in.

Each man that's in the side that's in goes out and when he's out he comes in and the next man goes in until he's out.

When they are all out the side that's out comes in and the side that's been in goes out and tries to get those coming in out.

Sometimes you get men still in and not out.

When both sides have been in and out including the not outs.

Thats the end of the game

HOWZAT!