



Cheshire Cricket Board – U11 District 2026



Name

Cheshire Cricket Board Coaching Courses have been designed to develop your cricket skills in a FUN, safe and challenging environment.

The player diary can be used to record some of your learnings from them course including areas that have gone particularly well and aspects of the game that you want to improve.

The coaches will assign certain net sessions during the course to support this feedback but the template below should be used to record any verbal feedback you receive that has been helpful to the development of your game. *You can print out as many times as necessary in order to make additional notes.*

My Strengths – Which part of my game do I feel are strong going into the course?

Areas to improve – Which areas of my game would I like to improve?

U11 District Course Schedule

Session	Session Theme
1	Bowling Fundamentals – Grip and approach
2	Batting Fundamentals – Hitting in the ‘V’
3	Ground Fielding and Throwing Fundamentals
4	Bowling & WK Specialist Session
5	Batting against spin
6	Fielding and Teamwork
7	Batting — Gapping and Rotating Strike
8	Fitness Testing
9	Back Foot Batting and Power Hitting
10	Scenarios – Psychology of cricket
11	Games – Applying skill acquisition

Note – The above schedule is subject to change based on group needs

Benchmarking Scores

Task	Scores
Bowling Targets 1	
Bowling Targets 2	
Hitting in the V	
Hitting the Gaps	
Overarm throw	
Fitness Testing	

My reflections – Use this box to record what may have gone well or any areas you may feel you'd like to improve...



Batting



Course Outcomes → Score runs in singles → Score runs in boundaries → Run between the wickets & call effectively



Feedback – record any coaching points you’ve found useful each week. This can be technical, tactical, mental or physical.



On course we will cover grip and set up.

What does yours look and feel like?

Watch Joe Root talk about his technique here:





Bowling



Pace bowling Outcomes → Ability to 'hit the stumps' → Develop a consistent stock ball → Can bowl to attack and defend

Spin bowling Outcomes → Ability to spin the ball → Proficient against right/left handers → Understands/uses angles on crease



Feedback – record any coaching points you've found useful each week. This can be technical, tactical, mental or physical



Spin – Watch the masterclasses below:

Nathan Lyon
Off spin



Shane Warne
Leg spin



Pace - On course we will cover grip, wrist and seam position to swing the ball.

Watch Jimmy Anderson talk about how he does it here:





Fielding



Course Outcomes ➡ Adopts a dynamic 'ready position' ➡ Strong/safe throwing technique ➡ Confident and consistent catcher



Feedback – record any coaching points you've found useful each week. This can be technical, tactical, mental or physical



We will cover catching technique on course.

Watch the Sky Sports masterclass on how to become a better fielder here:





Wicketkeeping



Course Outcomes → Takes catches and stumpings 'standing up' → Moves, dives and catches effectively 'stood back'



Feedback – record any coaching points you've found useful each week. This can be technical, tactical, mental or physical



On course we will cover set up and having a big catching area.

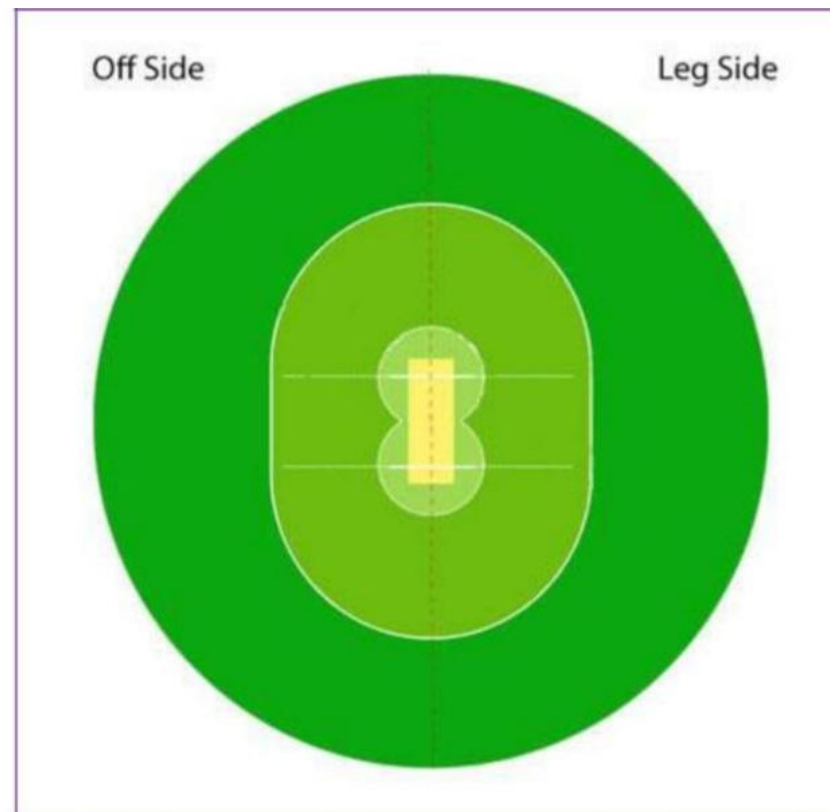
Watch Australia's Alex Carey give his wicketkeeping tips here:





Field Setting

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, don't forget right and left handers.





Coaches Comments



We'd encourage you to fill in your diary each week and share your feedback and what you've learnt throughout the course with family members and club coaches.