

45 MINUTE SIX MAN NET SESSION

BATTERS
 IN THE NET RUNNING
 ON EVERY SCORING
 SHOT
 "COUNT YOUR RUNS"

1

RUN AROUND THE STREETS TOGETHER FOR TEN MINUTES,

2

LEG STRETCHES

3

20 x 3/4 20 METRE SPRINTS ALONG THE PATH

4

30 PUSH UPS, 30 SIT UPS

WARM UP

BOWLERS
 THE AIM FOR TODAY IS TO GET
 THE BATTER PLAYING THE
 SHOTS YOU WANT HIM TO PLAY.
 I WILL BE LOOKING FOR
 CONTROL, NOT SPEED AND
 YOUR BOX OF TRICKS
 "COUNT THE RUNS SCORED"

PLANNING IS THE KEY TO SUCCESS

**BATTERS DEVISE A COMMON PLAN
 TO AN AGREED FIELD PLACING**

**SKILLS IN USE:
 DECISION MAKING
 TECHNIQUE
 TEMPO**

**BOWLERS TO FIGURE OUT A COMMON PLAN
 USING AN AGREED FIELD PLACING AND BOWLING TO THAT**

**SKILLS IN USE:
 DECISION MAKING
 TECHNIQUE
 ANALYSING RESULTS**

COMPULSORY

- 1 FIND A PARTNER TO WARM UP WITH GRAB A BALL AND YOUR BASEBALL GLOVE AND COMPLETE A "FULL" LAP
- 2 5 MINS THROWING AT 15 METERS
- 3 THREE LAPS OF THE CENTRE WICKET
- 4 100 UNDER ARM PAIRED CATCHES

STRETCHING



INDOOR WARM UP AND TRAINING PLAN



3 ALTERNATING
BATTERS PER NET
RUNNING ON EVERY
HIT

BOWLERS
THE AIM FOR TODAY IS TO GET
THE BATTER PLAYING THE
SHOTS YOU WANT HIM TO PLAY.
I WILL BE LOOKING FOR
CONTROL, NOT SPEED AND
YOUR BOX OF TRICKS

WARM UP

- 1 RUN ON THE STREETS TOGETHER FOR TEN MINUTES, WAIT FOR YOUR MATES THEN RETURN BACK TO THE INDOOR CENTRE
- 2 NECK AND MIDRIFF STRETCH
- 3 LEG STRETCHES
- 4 IN THE CAR PARK....UNDER ARM RELAY STARTING WITH MIDRIFF THROWS AND PROGRESSING TO GROUND BALLS

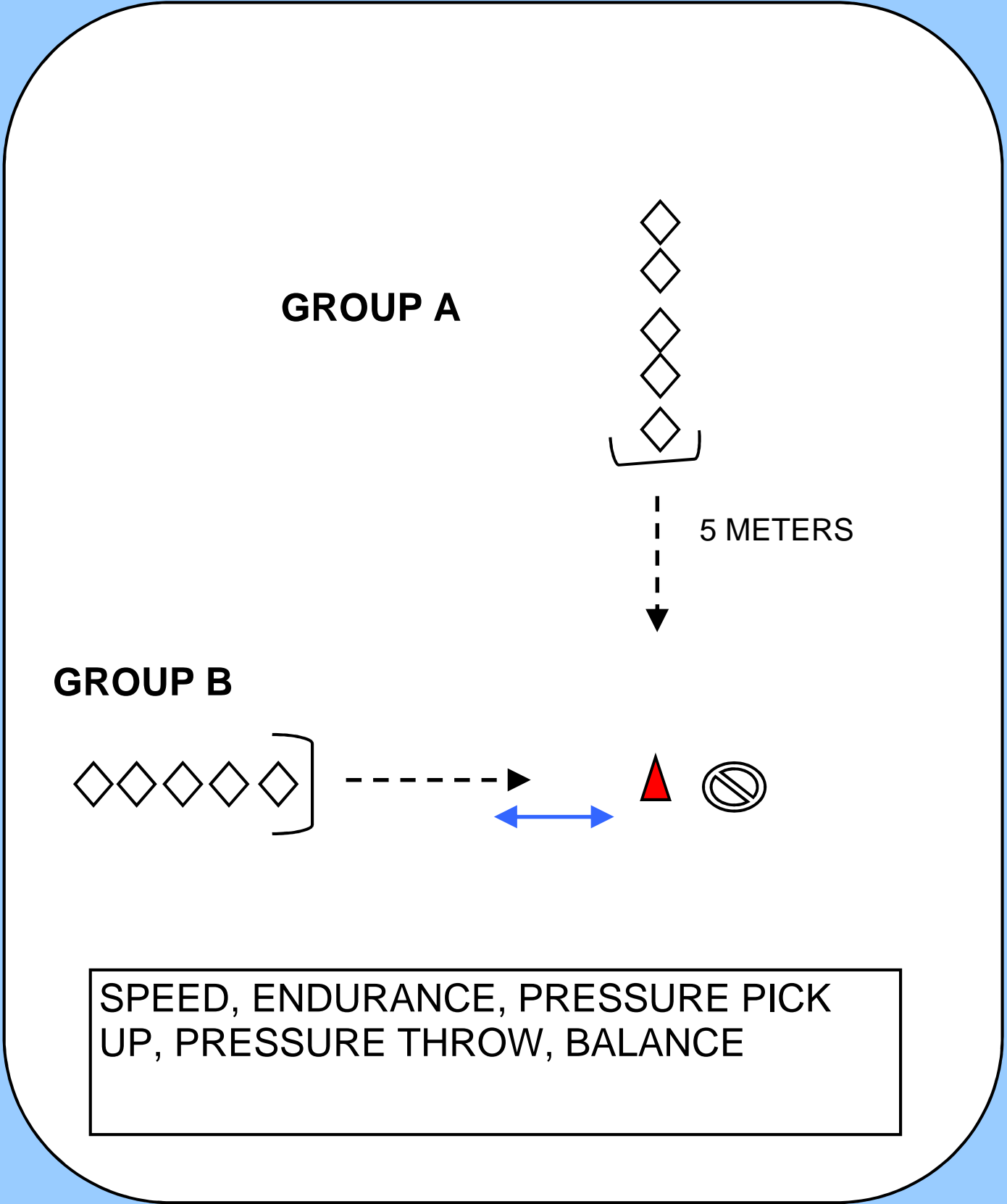
30 MINS FIELDING TRAINING

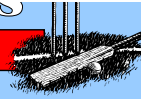
SKILLS, 19, 4 & 3

GAME OF KING

GAME OF BASEBALL ?

BLUEY'S RUNOUT - UNDERARM





BLUEY'S RUNOUT - UNDERARM

SKILLS

UNDERARMS UNDER PRESSURE

SYNOPSIS:

1. USE CRICKET BALLS WITH A FULLY KITTED 'KEEPER
2. 5 METRES FROM STUMPS
3. GROUP A IS FED THE BALL BY THE KEEPER
4. GROUP ATTEMPTS TO HIT THE STUMPS WITH BALL BEFORE GROUP B PLAYER RUNS TO STUMPS WITH A BAT IN HAND
5. PLAYERS RETURN TO THE END OF THE QUEUE FOR AT LEAST 10 ROUNDS

USE OPPOSITE HAND AS AN ALTERNATIVE SKILL

VERY GOOD KEEPER EXERCISE FOR PICK UP AND THROW



STUMPS



KEEPER

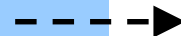


BALL PATH

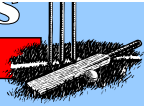


PLAYERS

BATTER



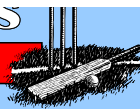
PLAYER
PATH



THROWERS WARM UP



THIS IS A THROWING WARM UP WHICH PRESERVES YOUR THROWING ARM
MINIMUM 30 REPS AT EACH DISTANCE



THROWERS WARM UP

SKILLS

THROWING CORRECTLY

SYNOPSIS:

1. USE CRICKET BALLS AND YOUR BASEBALL GLOVE
2. START AT 5 METRES EXTENDING TO 30 METERS
3. THE SKILL IS ABOUT ACCURACY AND MUSCLE/ LIGAMENT TENDON WARM UP
4. TAKE IT EASY AND AIM TO HIT A TARGET SUCH THE CLUB LOGO ON YOUR TEAM MATES SHIRT

USE THIS AS A WARM DOWN AS WELL ONLY IN REVERSE



STUMPS



KEEPER



BALL PATH



PLAYERS

BATTER



PLAYER
PATH