

Bowdon Vale Training Plan



Date / Time			
Weather Conditions			
Coaches			
Age Group:	Numbers:		
Mark training activities planned / delivered			
Warm-up		Fielding - ground fielding	
Cool down		Fielding – throwing accuracy	
Practice match		Fielding – throwing distance	
Practice scenarios in the outfield		Keeping – footwork /positioning	
Practice scenarios on the square		Keeping – glove-work	
Cage net on the square		Keeping – to pace	
Grass net		Keeping – to spin	
Matting net 1		Physical – speed	
Matting net 2		Physical – strength / endurance	
Bowling machine		Physical – agility / balance / coordination	
Sidearm throw-downs		Mental – attitude / winning mentality	
Batting – range hitting		Mental – supportive language	
Batting – footwork		Mental – handling pressure	
Batting – playing pace		Game Sense – fielding positons	
Batting – playing spin		Game Sense – decision making	
Batting – rotating the strike		Game Sense - tactics	
Batting – placement of shots		Game Sense – match-day planning	
Bowling – action		Post-session evaluation	
Bowling – run up			
Bowling – pace			
Bowling – spin			
Bowling – control			
Fielding - slip cradle catching			
Fielding - rebound net catching			
Fielding - high ball catching			