

ECB Coach – Session Planner

Session title: Batting – hitting to leg

Date:		Venue:	
Time:		Conditions: Indoors	
Description of Players:		Equipment: bats, flipper/windballs, one set of stumps; cones to mark targets and safety areas.	
Session aim: To introduce hit to leg My Aim (personal goal): Make it FUN – encourage clean striking			
		Organisation/safety	Coaching points
Warm-up (5 mins)	relay runs with bat – walk x2, jog x4, race x2 emphasise stretch (cones and line); alternate hands; get low (touch cones)	2x cones per group, ca. 1 m from “popping crease”; pair of cones per group 10m from popping crease	- correct running style - grounding of bat - face correct direction at turn
Main Theme (15 mins)	Hitting to leg – cross-batted, attacking front foot shot, played to a slow, high full-pitch. Underarm full-pitch (coach); 4 goes each, then rotate.	Technique as per coaching cards (p28). Set up & organisation as per coaching cards (p29). Safety – no fielders in line with strokes (hit to wall, fielders retrieve rebound)	Correct set-up; backswing and step forward – revise if necessary. Hit from high to low.
Game (10 mins)	Lord's game – 2 teams. <i>Team-mate to feed; runs for hitting target, boundary for hitting wall on bounce; no running.</i>	Fielders at least 15m from batter.	
Cool down (5 mins)	Run; skip; jog/shuffle; fast walk; slow walk – length of pitch and back (coach to lead, if needed)		review questions