

## County Age Groups Winter Programme

The winter training starts in January and runs through to the end of March. The 12 week programme sets out to develop all areas of the players' game, incorporating technical and tactical sessions. The early sessions involve developments to players' techniques with a shift towards tactics and games plans which will lead into the season matches. Below is an example of the under 9's, 10's and 11' programme.

### Performance Squad Winter Programme U9/11

Week	Warm up	Duration	Activity 1	Duration	Activity 2	Duration	Cool Down
1	Move 'n' stop, SAQ	20min	Catching and fielding drills	50min	Batting skills (grip/stance)	40min	Stretch, de-brief
2	Ladders, movement	20min	Throwing technique	40min	Nets	50min	Stretch, de-brief
3	Strength & Condition	30min	Group bowling activity	40min	Batting skills (pace)	40min	Stretch, de-brief
4	Stretch/game	20min	Spin Bowling	30min	Nets	60min	Stretch, de-brief
5	Ladders	20min	Fielding	30min	Nets (psychology)	80min	Stretch, de-brief
6	Strength & Condition	30min	Batting skills (spin)	50min	Diving stops/catching	30min	Stretch, de-brief
7	SAQ Circuit	20min	Fielding	20min	Nets (one day cricket)	80min	Stretch, de-brief
8	Dynamic/SAQ	20min	Seam Bowling		Nets	60min	Stretch, de-brief
9	Strength & Condition	30min	Fielding	20min	Throw downs with coaches	80min	Stretch, de-brief
10	Ladders	20min	Bowling skills	50min	Batting skills	50min	Stretch, de-brief
11	SAQ Circuit	20min	Fielding	20min	Nets	50min	Stretch, de-brief
12	Ladders SAQ	20min	Game	90min	De-brief		