

ECB Coach – Session Planner
 Session title: Forward Defensive

Date:		Venue:	
Time: tbc		Conditions:	
Description of Players:		Equipment: Tennis ball, stumps, cone (1 of each per 3 students); additional cones to define safety zones and for warm-up; own bats	
Session aim: To introduce and practice forward defensive My Aim (personal goal):			
		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); collect cones in final race - alternative left and right	2x cones per student, 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)	q - when to use forward defensive? good length ball that would otherwise hit (or pass close to) the stumps, that cannot safely be struck with an attacking stroke. revise backswing & step demo; CFU check - judge line; co-operative feed q - only "defensive"?	technique from coaching cards drills (a) The Forward Defensive (skills practice) as per coaching cards (b) "play or leave" – as per coaching cards	q - what moves first? foot, hands, head? q - where is ball played? (relative to head, feet etc.) check - soft hands? q - bottom hand grip? check - first movement? q - what moves first?
Game (10 mins)	soft hands, quick runs Two sets of stumps, 20m apart, batter at each end; co-operative feeder (batting team or coach) 10m from bat; off-side field, 10m from bat, <i>backs</i> to batsman, plus wicket keeper (who remains behind stumps at all times). Overarm feed, 3-4 m from batter; batter plays forward defensive with soft hands and must call and run every time they play the ball. Fielders must not turn until call; attempt to run-out non-striker at wicket keepers end. Each pair bat for 8 balls; swap after 4. One run for each completed run; minus one for each run out.	- no striking - non-striker runs on leg-side - under-arm throws only - check adjacent sessions	- correct stroke - soft hands - calling - backing up by non- striker - one-hand pick-up and throw by fielders
Cool down (5 mins)	jog x2, walking with bat x 4; turn facing coach at mid-wicket (alternate hands); review questions	two pairs of cones, 20m apart	- emphasise stretch - alternate hands - get low