

### Practice Session Plan (Example)

<b>Date:</b> 1/09/23	<b>Session Number:</b> 1
<b>Time:</b> 3:30-4:30pm	<b>Venue:</b> Mitre 10 nets
<b>Objective Of the Session:</b> Batting - Picking up singles/running between the wickets	
<b>Equipment:</b> Bag of cricket balls, cones, tees, wickets, net	
<b>Introduction:</b> Ask players how they think last game went. Identify that we lost by 10 runs and how many singles we took vs how many we could've taken <b>Time:</b> 2-3 mins	
<b>Warm Up:</b> Caterpillar catch - Get players moving and switched on <b>Time:</b> 5 mins Set up 2 lines for players to start and finish at. Give basic instructions and put a 5x push up punishment in for the losing team to keep competition and pressure up	
<b>Activity 1:</b> Running between the wickets relay <b>Time:</b> 5 mins Split team into 2/3 teams and set up wickets a pitch length away for teams to run in between Start with team races where everyone in the team must go once through, then have everyone going through twice Winning team chooses partner for activity 2	
<b>Activity 2:</b> Calling/running between the wickets <b>Time:</b> 10mins Have batters working in pairs with all other players as fielders. Batters hit ball off a tee and run Each pair has an over to score as many runs as possible Each incorrect call/run out results in losing 1 run Pair with most points at the end are the winners and get to bat first in the net	
<b>Activity 3:</b> Net session - working in pairs with running between the wickets focus <b>Time:</b> 35 mins Get bowlers to come up with a field and place down some cones where those fielders would be (batters can't run when the ball is hit in that direction) Q. Why have you put your fielders there? Bowlers need to think about how to restrict batters from scoring easy singles. Q. Where are you looking at bowling? Why there? Batters look to call and try get as many runs as they can. Q. How are you going to get the ball in the gap? Who is going to be the one calling?	
<b>Conclusion:</b> Recap what our sessions' objective was, how well did we do with that throughout the session? How can we put this practice into our next game? <b>Time:</b> 2-3 mins	
<b>Evaluation:</b> I thought the session went well, good buy in by the players. They picked up on the concept of running between the wickets quick. Next time I would set everything up beforehand to keep the session moving instead of players standing around while I set up, then run over time.	