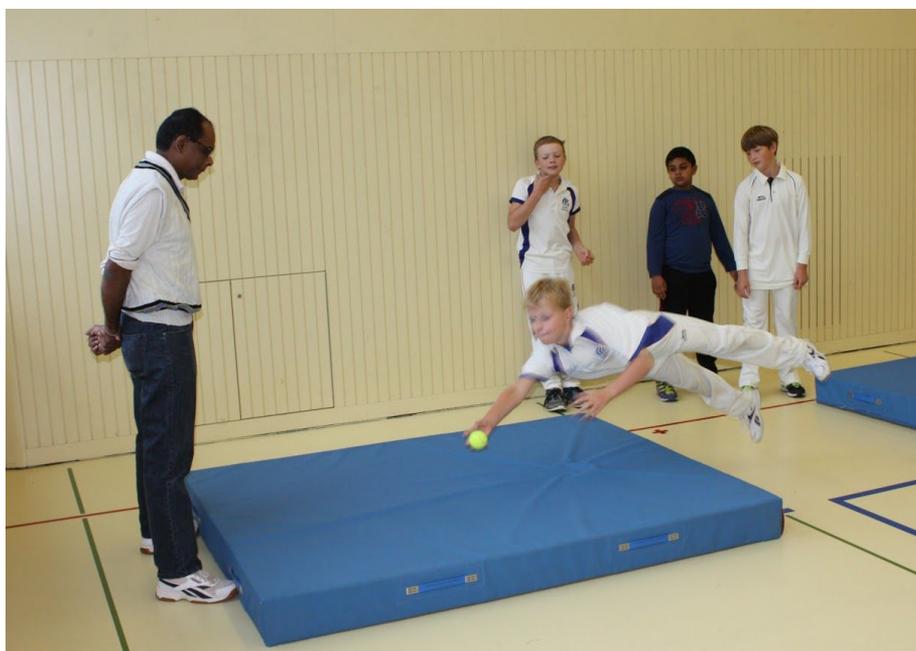


## U11/U13 Hampshire Coaching Camp Report

Over the weekend of 7/8/9 October 2016, a coaching weekend was organised by Zurich Crickets with two coaches from Hampshire County Cricket Club. Chris Wheeler (who has been to Zurich several times) and Simon Hammond (a first timer) took players from Zurich and other clubs through one on one sessions and group drills and games.

A two hour Friday evening session saw the coaches working with 11 ZCCC players on batting using the three bowling machines. Common themes were getting the foot to the ball, remaining still, and bat speed.

Saturday morning saw the arrival of the full group, with 12 visiting players coming from Basel, Cossonay, Gingins and GRYCC supplementing the Zurich squad. The session kicked off with a warm up of fielding drills before the players were paired up for one on one batting coaching sessions with the coaches downstairs. The rest of the players continued with the Zurich coaches with fielding drills and some kwik cricket.



The afternoon saw the players split into three teams and an innings of “leg-side” cricket followed by “off-side” cricket. The games forced the batters to think about working the ball onto the side that was allowed, and the bowlers on bowling accurately to a field.

Sunday saw the arrival of some slightly more weary players, which kicked off with drills looking at aspects of wicket keeping, like taking the ball down the on and off side, diving catches etc. The rest of the morning saw the players divided into 3s or 4s for sessions on bowling, while some of the specialist wicket keepers had some more coaching.



The afternoon brought some games with focus on playing straight and decision making on how many runs to take and other fielding skill areas to keep the now tired minds focussed. Throughout the sessions the coaches ensured there were frequent debriefs and questions answered as well as keeping the messages simple and brief.

Many thanks to all the 27 players for their focus, humour and good behaviour, and of course to Chris and Simon for the hugely fun and instructional weekend, and we look forward to the next one!