

# HCCC 2009-2010 Training Structure

In order to improve the efficiency and quality of training a restructuring will take place effective as of next training session – Tuesday 27<sup>th</sup> October 2009. The aim is to provide all players with clear directions in order to maximise efficiency and prepare ourselves to the best of our ability for the weekend. As part of the restructure Captains and other senior players in each grade will be required to step forward and take greater responsibility at training.

This document will provide the platform for weekly training structures with specific directions placed on a white board to be located at the nets. You should check the White board prior to commencing training each night which will list the weeks training schedule. The Schedule for next week will be as per the table below. Please note, should you require any assistance or direction – your first point of contact should be your respective Captain or Assistant. We also request the respective Captain and Assistant(s) monitor each training session to ensure each player is working to the plan.

Team	Captain	Assistants	Tuesday Nights	Thursday Nights
1st XI	Trent	Shaun (Baz) & Shane	Group 1	Group 2
2nd XI	Ray	Marky (Demon) & Chris H	Group 1	Group 2
3rd XI	Watty	Grant (Farlz)	Group 2	Group 1
4th XI	Snowy	Swanny & Sheepy	Group 2	Group 1
5th XI	Stinky	Gordon F & Brad W	Group 3	Group 3
6th XI	Bernie	Bernie	Group 3	Group 3

Group	Start Time (Warm Up)	Batting & Bowling	Fielding & Fitness	Finish Time (Cool Down)
1	5:30 – 5:45	5:45 - 6:15 7:00 - 7:30	6:15 - 7:00	7:30 - 7:40
2	6:00 - 6:15	6:15 - 7:00	7:00 - 7:30	7:30 - 7:40
3	6:00 - 6:15	6:15 - 7:00	7:00 - 7:30	7:30 - 7:40

## Warm UP

- 2 laps of the main oval
- Stretches
- At this point, you are to proceed to Colin Baynes and have your name marked off as attending training. This is so we can monitor training attendance throughout the season, which plays a large part in the Selection Process.

## Batting & Bowling

- 4 Bowlers in each net
- Net 1 will be spin and medium slow bowlers
- Net 2 will be medium & quick bowlers
- 2 batsmen in each net
- Batsmen rotate every 3rd delivery with a hard run single
- Half way through the batsmen are to swap nets so they get a mixture of slow & fast bowling
- Keepers are to do a stint in the Net working up to the stumps to the spinners

## Fielding

- Catching warm up in partners
- Throwing warm up in partners (Use baseball gloves)
- Fielding drills
  - o Ground balls

- Flat catches
- Outfield catches
- Slips catches
- Keepers are to get active here and ensure they get plenty of glove work during the fielding exercises. Additional keeping drills can be co-ordinated with Dodders by prior request being made to him. Keepers – if you think you need a hard work out – speak up and Dodders will provide.
- Etc.

#### **Cool Down**

- Slow lap
- Stretches
- On the last Tuesday of every month – all players are required to complete one long distance run in replacement of cool downs. Trent Said will advise the route of each run prior to commencing.

#### **Ground Rules**

- If any player is required to leave training earlier than the nominated finish time, you are to contact your respective Captain or Assistant prior – it will no longer be acceptable to simply leave training without any prior notification. The Captain or Assistant Captain is to let Colin Baynes know of the early departure so this can be noted on the Attendance List.
- If any player is unable to attend training – we request you provide prior notification via text message to Colin Baynes on 0403 831 334 so that Colin can list you as an apology on the Attendance Sheet.
- No kicking of footballs at cricket training will be accepted – save that for pre-season football guys.
- No standing around doing nothing will be accepted – if you've made the effort to get to training – then use it to better your game. You wont get it from standing around watching.
- We require your 100% commitment during every training session – as this will yield results on the field. HCCC is searching for success this season and success can only be achieved by working hard on your game in all areas. It starts at training so please get there and give it your best!!

Yours In Cricket

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Steve McNamara  
HCCC President

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Trent Said  
HCCC Captain Coach

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David Dodemaide  
HCCC Chairman of Selectors