**Cricket Session Planning - Seniors**

**⭐ Lesson 1: Batting Technique & Timing**

**Objective:** Improve batting technique, focus on timing, and shot selection  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Dynamic Stretching & Footwork Drill* – Include movements like lunges, skips, and side shuffles to get players warmed up.
* **Skill Activity (20 mins):** *Batting Against Bowler* – Batsmen face live bowling (or throwdowns) focusing on timing and footwork. Focus on driving the ball, playing with soft hands, and not overcommitting to shots.
* **Game-Based Activity (30 mins):** *Target Hitting* – Set up targets on the field (cones or markers) to aim for. Batsmen try to hit targets with specific shots (e.g., cover drive, square cut).
* **Mini-Game (20 mins):** *Bowling Machine & Batting Rotation* – Players rotate facing balls from the bowling machine, practicing their shot selection under pressure.
* **Cool Down (10 mins):** Gentle stretching and a group discussion on the importance of timing and shot selection.  
  🗨 “What shot felt most comfortable for you today?”

**⭐ Lesson 2: Bowling Accuracy & Movement**

**Objective:** Improve bowling accuracy, swing, and seam movement  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Bowler’s Dynamic Warm-Up* – Focus on shoulder mobility, leg work, and rotation drills.
* **Skill Activity (20 mins):** *Bowling to a Line & Length* – Bowlers focus on hitting a consistent line and length. Set up markers to aim for, either at the stumps or outside the off-stump.
* **Game-Based Activity (30 mins):** *Swing & Seam Bowling* – Set up scenarios where bowlers need to produce swing or seam movement. Use different types of balls (new, old) to simulate game conditions.
* **Mini-Game (20 mins):** *Bowling in Pairs* – Bowlers are paired up to bowl a set number of overs, focusing on consistent line, length, and movement.
* **Cool Down (10 mins):** Gentle stretching and feedback on individual performances.  
  🗨 “What adjustment did you make to improve your accuracy?”

**⭐ Lesson 3: Fielding & Groundwork**

**Objective:** Improve fielding skills, quick reflexes, and throwing accuracy  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Fielding Circuits* – Players complete a series of fielding drills, focusing on quick reaction times and accurate throwing.
* **Skill Activity (20 mins):** *Catching Drills* – Practice high catches, slips, and close catches with emphasis on technique and anticipation. Pair up for reaction catching drills.
* **Game-Based Activity (30 mins):** *Quick Pick-Up & Throw Challenge* – Fielders work on picking up the ball cleanly and throwing it to a target (stumps, cones, or a teammate).
* **Mini-Game (20 mins):** *Fielding Positions Challenge* – Set up fielding scenarios (e.g., chasing a ball in the deep, a catch at square leg) and have players work on executing them under pressure.
* **Cool Down (10 mins):** Stretching and feedback on fielding improvements.  
  🗨 “What can you do to improve your fielding reactions?”

**⭐ Lesson 4: Batting Under Pressure**

**Objective:** Practice batting under game-like pressure and simulate match situations  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Batting Agility Drills* – Focus on footwork drills, including lateral movement and forward/backward movement.
* **Skill Activity (20 mins):** *Pressure Batting Drill* – Set up a scenario where batsmen must face specific deliveries (e.g., Yorkers, bouncers) under pressure from field placements or countdowns.
* **Game-Based Activity (30 mins):** *Match Simulation* – Players face bowlers in a controlled match situation, with fielding restrictions, requiring batsmen to build partnerships and work on shot selection.
* **Mini-Game (20 mins):** *Pressure Run Scenarios* – Batsmen practice calling for and executing quick singles under pressure, with fielders actively attempting run-outs.
* **Cool Down (10 mins):** Stretching and discussion on managing pressure while batting.  
  🗨 “How do you stay calm and focused during tight situations?”

**⭐ Lesson 5: Batting for Big Scores**

**Objective:** Focus on playing longer innings and accumulating runs  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Running & Footwork Drill* – Focus on quick foot movement and running between the wickets.
* **Skill Activity (20 mins):** *Shot Selection for Big Scores* – Batters practice playing a variety of shots (drives, cuts, pulls) and learning to read the bowler’s line and length.
* **Game-Based Activity (30 mins):** *Boundary Target Practice* – Set up markers in the outfield and challenge batsmen to aim for the boundary using specific shots (pull, sweep, cut).
* **Mini-Game (20 mins):** *30-minute Batting Challenge* – Players face bowlers for a timed session. The goal is to score as many runs as possible while maintaining a steady pace and playing safe shots.
* **Cool Down (10 mins):** Stretching and reflection on shot selection and consistency.  
  🗨 “How do you approach building a score without taking unnecessary risks?”

**⭐ Lesson 6: Bowling Strategy & Match Simulation**

**Objective:** Improve bowling strategies and adaptability in different match situations  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Bowling Warm-Up Routine* – Focus on mobility, flexibility, and rhythm-building for bowlers.
* **Skill Activity (20 mins):** *Bowling Strategy Drill* – Bowlers are assigned to different fields (e.g., attacking, defensive) and instructed to bowl a particular line and length depending on the scenario (e.g., defending a total, attacking a new batsman).
* **Game-Based Activity (30 mins):** *Bowling in Pairs* – Teams of bowlers alternate bowling and fielding. One bowler focuses on controlling the line and length, the other aims to bowl a variety of deliveries (e.g., swing, spin).
* **Mini-Game (20 mins):** *Tactical Match Simulation* – Simulate a real match, with bowlers rotating every 4–6 overs. Coaches provide feedback on each bowler's approach and tactics.
* **Cool Down (10 mins):** Gentle stretching and discussion on effective bowling strategies.  
  🗨 “What changes did you make to your bowling strategy during today’s drills?”

**⭐ Lesson 7: Advanced Fielding Drills**

**Objective:** Sharpen fielding skills, including close fielding and long throws  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Fielding Reaction Drill* – Fielders start at a distance from a partner and react to a series of unpredictable throws.
* **Skill Activity (20 mins):** *Close Catching & Ground Fielding* – Practice quick reactions to low balls, clean pick-ups, and close catching (slips, gully).
* **Game-Based Activity (30 mins):** *Long Throws Challenge* – Fielders work on their accuracy and strength by attempting long throws to a target (cones or stumps) from various distances.
* **Mini-Game (20 mins):** *Fielding Pressure Game* – In small teams, fielders must work under pressure to stop runs, complete catches, and execute quick throws. Points are awarded for accuracy and teamwork.
* **Cool Down (10 mins):** Stretching and discussion on fielding improvements.  
  🗨 “How do you manage to keep focus during long fielding periods?”

**⭐ Lesson 8: Match Preparation & Game Tactics**

**Objective:** Focus on tactical awareness, game preparation, and applying skills under match conditions  
**Duration:** 90 mins

* **Warm-Up (10 mins):** *Tactical Movement Warm-Up* – Players practice key movements (e.g., backing up at the stumps, positioning for fielding).
* **Skill Activity (20 mins):** *Bowling to a Plan* – Bowlers work on executing specific plans (e.g., bowling outside off stump to a right-handed batter).
* **Game-Based Activity (30 mins):** *Scenario Match* – A practice game where different game scenarios are simulated, such as batting with limited runs, bowling in the death overs, or chasing a target.
* **Mini-Game (20 mins):** *Tactical Game Simulations* – Short 10-over match where specific tactics (aggressive field placements, varying bowling strategies) are implemented.
* **Cool Down (10 mins):** Gentle stretching and team discussion on game tactics.  
  🗨 “What tactics worked well during today’s match simulation?”