



Barbados Girls Cricket Club Training Program:

Month 1 - Introduction and Fundamentals

Week 1-2:

- Welcome and orientation for players and parents.
- Introduction to cricket equipment and safety.
- Basic rules and terminology.
- Warm-up exercises and stretching.

Week 3-4:

- Basic batting techniques (grip, stance, and shots).
- Basic bowling techniques (grip, run-up, and delivery).
- Fielding fundamentals.
- Fun mini-games and activities to build interest.

Month 2 - Skill Enhancement

Week 5-6:

- Focus on batting techniques, including front foot and back foot shots.
- Bowling drills to improve accuracy and consistency.
- Fielding skills and positioning.
- Team-building activities and games.

Week 7-8:

- Introduction to wicket-keeping and slip fielding.
- Bowling variations (fast, medium, spin).
- Game simulations and small-sided matches.
- Understanding cricket etiquette and fair play.

Month 3 - Game Strategy and Tactics

Week 9-10:

- In-depth understanding of field placements.
- Batsmen working on shot selection and running between wickets.
- Bowlers focusing on setting traps and consistency.
- Introduction to the importance of partnerships in cricket.



Week 11-12:

- Team-based training, emphasizing communication and coordination.
- Match scenarios and strategies.
- Analyzing professional matches to learn from the best.
- Physical conditioning for cricket-specific fitness.

Month 4 - Advanced Skills and Specialization

Week 13-14:

- Advanced batting drills and power hitting.
- Specialized bowling techniques (leg-spin, off-spin, seam, etc.).
- Advanced fielding drills (slips, gully, and boundary fielding).
- Strength and agility training.

Week 15-16:

- Individual player assessments.
- Focusing on player's preferred roles (batsman, bowler, all-rounder).
- Mental conditioning and focus.
- Review and refinement of game strategies.

Month 5 - Matches and Tournaments

Week 17-18:

- Intra-club matches and practice games.
- Introduction to scoring and umpiring.
- Participation in local junior cricket tournaments.
- Encourage players to learn from match experiences.

Week 19-20:

- Assessment and feedback sessions with players and parents.
- Setting individual and team goals for the future.
- Emphasize the importance of fair play and good sportsmanship.
- Planning for off-season training and ongoing development.



Month 6 - Review and Future Goals

Throughout the 6-month program, regular communication with parents and involving them in the development process is crucial. Adapt the plan as needed to accommodate individual skill levels and pace of progress. The goal is to foster a love for cricket, develop skills, and build character among the young players.