



# 101 Youth Cricket Drills Age 7-11

*Luke Sellers*

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## **101 Youth Cricket Drills Age 7-11** Luke Sellers

Designed specifically for players aged 7 to 11, this manual contains a wide range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up; batting; bowling; fielding; wicket keeping; conditioned games; cooling down. As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players.

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