

# MyTraining



MySession



MySession Plans



MyActivities



MyHelp

**MyTraining** is an interactive session planning tool that has been designed to help coaches create fun and engaging training sessions for their players. The purpose of this document is to provide you with a brief overview of the three main sections:

- **MySession**
- **MySession Plans**
- **MyActivities**

Enjoy using this tool and remember.... your players just want to have fun! So make sure that the environment and sessions you create allows them to do just that!

# MyTraining



MySession



MySession Plans



MyActivities



MyHelp

**MySession** is the place to build your own fun and engaging session plans or use an existing session plan as your template! Each plan has a number of different activity blocks linked to it, where you can select up to 3 activities to include per block. The number of activities you select will depend on the type of session you are planning to run. Select 1 activity for the whole group or run 3 different activities simultaneously per block. Get creative and remember to ensure maximum participation!

Don't forget you can run the session from this page by hitting the **Run** button. You will be promoted when to change to the next activity block!



Enter the session details first, including the session name, the...

SESSION STAGE\*

Junior Cricket 1

SESSION NAME\*

Name your session

DURATION

50 minutes

SESSION OVERVIEW

SESSION TEMPLATE

Select from one of the existing templates or create your own.

CREATE NEW SESSION TEMPLATE

CA SESSION PLAN 0...

Duration: 60 minutes

CA SESSION PLAN 0...

Duration: 60 minutes

VIEW SESSION TEMPLATES

CA SESSION PLAN 01...

Duration: 60 minutes

CA SESSION PLAN 0...

Duration: 60 minutes

CA SESSION PI AN 0

CA SESSION PI AN 0

# MyTraining



MySession



MySession Plans



MyActivities



MyHelp

**MySession Plans** is the place where your sessions plans are housed. Any plan that you create will sit at the top of this list. You can edit, add additional sessions or delete your sessions plans from this page. You can also share them with friends and other coaches by simply clicking on the send icon at the top of your session plan.

In addition, you can also access a variety of different session plans that have been created for your convenience. Each Stage has 10 different sessions to choose from, all with a specific focus. Why don't you try one out?!

The screenshot shows the 'Session Plans' screen in a mobile app. At the top, there is a green header with a back arrow and the title 'Session Plans'. Below the header is a dropdown menu for 'Stage' set to 'All Stages'. The main content area is divided into two sections. The first section is titled 'MY SESSION PLANS' and has a 'Sort by Name' dropdown. It contains one session plan card for 'TUESDAY'S SESSION' with a duration of 60 minutes and 1 session, and a delete icon. The second section is titled 'JUNIOR CRICKET 1' with the Cricket Australia logo and a 'Sort by Name' dropdown. It contains six session plan cards, each with a duration of 60 minutes and 1 session: 'CA SESSION PLAN 01: BATTING FUNDAMENTALS', 'CA SESSION PLAN 02: BOWLING FUNDAMENTALS', 'CA SESSION PLAN 03: FIELDING BLITZ', 'CA SESSION PLAN 04: RUNNING BETWEEN THE WIC...', 'CA SESSION PLAN 05: DECISION MAKING', and 'CA SESSION PLAN 06: BALL PLACEMENT'. Each card has a right-pointing arrow.

# MyTraining



MySession



MySession Plans



MyActivities



MyHelp

**MyActivities** is the place where you will find nearly 200 different activities. It is easy to find what you are looking for as you can search by Stage, Primary or Secondary Skill. You can even add specific activities to your favourites, so you can access them easily!

Click on individual activity tiles to find out what equipment you need, the recommended duration, how to run the activity, and how you can *change it up* to keep your players on their toes! You can also click on the video link to see it in action!

< Back **MyActivities** 🔍

Stage: All Stages ▾ Primary Skill: All Primary Skills ▾ Secondary Skill: All Secondary Skills ▾

 **JUNIOR CRICKET 1**

Attack & Back-Up	Back Foot Drop Drills	Back to the Keeper
Ball Handling Relay	Ball Handling Routine	Bat Tap
Bat Tap 360	Bonus Bowling	Bowl a Goal
Bowl, Keep, Throw	Circular Throwing	Compass
Cones Up/Cones Down	Cricket Circuit	Decision Making – Hit Gaps
Defend Your End	Facility Utilisation	Fast Feet Circuit
Fast Feet Keeper Square	Front Foot Drop Drills	Gate Bowling
Get Up and Catch	Half Volley Catch	Handball
High Catch Challenge	Hitting Targets	In the Water, Out of the Water