

Training report for Feb 25th 2007

Was to be a game but we needed to get some training in especially catching and throwing and BATTING.

Paul drove down from Port Wells which is an hour or so north of Auckland and we got in some catching work with him. Went well and a few more sessions and he will be just like the Superpesis guys.

Tanja, Clinton, Ian, Paul, Sirpa Ottaway, who arrive during the session and myself were it for the training session.

For batting training we divided into two groups of two. One hitting while the other fielded. After 20 or so hits each we changed over and so we went for several rotations. Each batter served the ball up for themselves and they hit the ball out into the field. Paul and Tanja in one group Clinton and Ian in the other. We achieved good results with everyone being able to hit the ball more consistently.

Then we went to a server and a batter with the rest out fielding and really let the bat talk. Tanja went first with me serving. Then after 10 serves we switched to the next batter. Sirpa Ottaway arrived during this session and soon joined in.

Ian enjoyed the opportunity to swing the bat. Mostly our games have been restricted so batting has had to be softened because of the size field we played on. Not today it was let the bat swing and have a great time.

Clinton has played some cricket and so some of his swings reflected that. But the ball flew and he was only too eager to pay Ian back for giving him (Clinton) plenty of work to do when Ian was batting. Sirpa batted well. Not all big hits but just getting the ball into play. Paul batted well. He put most serves into play and got some good strong hits in.

We switched servers as we progressed along. It was good because we all got some experience with serving fielding a batting.

Although it was only a small group we got plenty of work done. Gotta say though there was plenty of noise and some major squeals. Cant tell you who did the most squeals because I told Tanja I wouldnt say it was her.....

In all we got plenty of running and other stuff done so the day was worth it.

Next game is at William Green Domain Howick