

The background of the entire page is a photograph of a cricket match in progress on a green field, with trees in the background. The image is overlaid with a semi-transparent blue filter. In the foreground, there is a dark blue horizontal band that serves as a background for the title text.

CRICKET DEVELOPMENT PROGRAMME

- LEVEL 1 -

Lesson Plans

cricketdevelopmentprogram.com



LESSON PLAN INTRODUCTION

This lesson plan is designed to the best of our ability to align with national curriculum objectives and address OFSTED criteria, ensuring a high-quality educational experience for students. The focus of this lesson is on developing fundamental cricket skills, including batting, bowling, and fielding, while fostering teamwork and sportsmanship.

The learning objectives for this session are as follows:

Skill Development: Students will demonstrate improved technical skills in cricket, with an emphasis on proper techniques and game understanding.

Physical Development: Activities will enhance students' physical fitness, coordination, and agility, contributing to their overall health and well-being.

Social Development: Through collaborative activities, students will develop communication, teamwork, and leadership skills, essential for their personal and social growth.

Cognitive Development: Students will learn to analyse their performance, understand game strategies, and

apply critical thinking to improve their decision-making on the field.

Promoting an inclusive environment where all students can participate and thrive. Assessment for learning will be integrated throughout the session, providing opportunities for feedback and self-reflection to enhance student outcomes.

By the end of this lesson, students will not only have improved their cricketing skills but will also have gained valuable life skills that extend beyond the playing field.



WEEK 1: BATTING FOCUS

Developing Fundamental Movement Skills:

- Pupils should master basic movements including running, coordination, and hand-eye skills through batting drills. They will develop balance, agility, and spatial awareness by practicing the straight drive and grip techniques.

Focus for Week 1:

Straight drive:

- The aim is to develop hand-eye coordination, bat control, and hitting the ball straight. Pupils will learn the importance of stance and grip to hit the ball accurately. With practice, students should be able to confidently perform the straight drive and demonstrate correct balance while batting.

Assessment:

- Performing a straight drive consistently with control.

Warm-up	Caterpillar Catch (page 23)	Players pass and catch the ball while running forward, promoting teamwork and coordination.
Main skill	Straight Drive Swing Through Cones (page 49)	Players practice the straight drive swing using cones as gates. The goal is to maintain balance and hit through the gate with precision.
Game	Keep It Up Around Cones (page 102)	Players navigate through cones while keeping the ball up in the air using their bat. This helps improve hand-eye coordination and batting control.
Home Challenge	1 Minute Keep It Up (page 13)	Players use their bats to keep the ball bouncing for as long as possible in 1 minute.



WEEK 1: BOWLING FOCUS

Developing bowling skills:

- Pupils should improve their understanding of how to bowl accurately, focusing on technique, arm action, and bowling rhythm. This aligns with developing accuracy and precision, particularly in controlled overarm bowling.

Focus for Week 2:

Wrist control:

- The aim is to teach the basic principles of bowling, including grip and wrist control. Pupils will learn how to maintain a straight seam and use their front arm for better accuracy. Through repetitive drills, they will gain a deeper understanding of line and length.

Assessment:

- Ability to bowl with proper grip and wrist control.
- Improved accuracy in hitting specific bowling lines.

Warm-up	Endzone Collect (page 21)	Players race to collect cones from the opposing team's zone, enhancing agility and reaction time.
Main skill	Seam Bowling – Wrist Control (page 113)	Players focus on flicking the ball in their hand to improve seam position and control. Then practice bowling with wrist control to maintain a straight seam.
Game	Line Accuracy – Last Person Standing (page 151)	Players bowl at the stumps aiming between two cones. If they miss, they sit down. The last standing bowler wins, focusing on line control.
Home Challenge	Top of Off- Stump Challenge (page 14)	Players attempt to hit a target placed near the stumps, practicing bowling accuracy.



WEEK 1: FIELDING FOCUS

Improving Teamwork and Coordination:

- Pupils should work collaboratively to improve fielding skills such as throwing, catching, and ball retrieval. Fielding develops teamwork and communication while building pupils' reflexes and overall physical fitness.

Focus for Week 3:

Building Fielding Skills:

- Pupils will develop quick reactions and catching techniques with a focus on two-handed pickup and throwing drills. The goal is to improve their fielding accuracy and communication during fielding games. After a few repetitions of this session, pupils should understand the importance of staying low and quick releases in fielding.

Assessment:

- Consistent accuracy in throws and catches.
- Demonstrating teamwork and quick decision-making in fielding scenarios.

Warm-up	Hand Tennis (page 22)	Players in small squares hit a ball into each other's areas using only their hands, improving hand-eye coordination and reaction speed.
Main skill	Two-Handed Pickup and Throw (page 177)	Players practice approaching a rolling ball, performing a two-handed pickup, and quickly transitioning to a throw. Emphasize staying low and getting the head over the ball.
Game	Pick Up and Throw (page 185)	Teams race to pick up balls placed at a distance and throw them to hit the stumps. Points are awarded for every hit.
Home Challenge	Catches Off a Wall (page 14)	Players practice catching against a wall, counting how many successful catches they can make without dropping the ball.



WEEK:	
Objective:	

	Description
Warm-up	
Main skill	
Game	
Home Challenge	



Cricket
development
programme