

The background of the entire page is a photograph of a cricket match in progress on a green field. The scene is viewed through the leaves of trees in the foreground, which are slightly out of focus. Several players in white uniforms are visible on the field, including a batsman in the middle ground, a bowler, and fielders. The sky is bright, and the overall atmosphere is that of an outdoor sports event.

CRICKET DEVELOPMENT PROGRAMME

- LEVEL 1 -

Lesson Plans

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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 these lessons is to improve overall cricket skills and develop a better understanding of cricket specific skills.

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 these lesson, students will have learnt a broad range of cricket skills which enable them to go and join local clubs and continue their cricket journey.



WEEK 1: BATTING FOCUS

National Curriculum Objectives:

Skill Development:

- Pupils will refine their hand-eye coordination and improve their ability to execute the straight drive shot with accuracy, focusing on footwork, balance, and bat control. This aligns with the curriculum's objective to develop fine motor skills and precision in movement.

Physical Development:

- Pupils will enhance their agility and reaction times through batting drills, improving their overall physical fitness and stamina.

Social Development:

- Pupils will collaborate during batting games, practicing communication and teamwork to develop sportsmanship.

Cognitive Development:

- Through the 360 batting game, pupils will learn to make strategic decisions about shot placement and analyse the field to maximize scoring opportunities.

Warm-up	Caterpillar Catch (page 18)	Players line up, roll or pass the ball, and catch while moving forward, focusing on agility and hand-eye coordination.
Main skill	Straight Drive – Cone Gate Shots (Page 24)	Set up two cones 1 meter apart in front of the player. Have them practice hitting controlled straight drives through the cone gate using proper footwork and balance
Game	360 Batting (Page 68)	Divide the field into zones. Players take turns hitting balls into different scoring zones around the field. Each new zone hit awards points.
Home Challenge	Keep It Up (Page 154)	Players use their bat to keep a ball in the air for as long as possible, aiming to maintain control and consistency.



WEEK 2: BOWLING FOCUS

National Curriculum Objectives:

Skill Development:

- Pupils will practice the outswing bowling technique, focusing on seam grip and wrist control to improve accuracy. This aligns with the curriculum's aim to foster technical proficiency and coordination in a range of physical activities.

Physical Development:

- By developing consistency in their bowling action, pupils will improve their upper body strength, balance, and fine motor skills required for controlled bowling.

Social Development:

- Pupils will engage in competitive and collaborative bowling drills, developing their ability to work in teams, offering constructive feedback, and enhancing their understanding of the roles of different fielders.

Cognitive Development:

- Pupils will apply critical thinking during the “Swing Stump Hit” game, analysing their bowling technique and making adjustments to achieve swing and accuracy.

Warm-up	Tag Ball (Page 16)	In a 15x15m area, one player is the tagger with the ball. They aim to tag others by throwing it softly within the zone.
Main skill	Outswing Bowling – Grip and Swing Practice (Page 83)	Use half-taped balls to practice outswing bowling. Players focus on holding the ball with the correct grip and swinging it away from the batsman by angling the seam towards slips.
Game	Swing Stump Hit (Page 115)	Bowlers aim to swing the ball using the tape ball and knock over stumps. Points are awarded based on hitting the stumps or swinging close to them.
Home Challenge	Top of Off Stump (Page 155)	Players head to their local nets and attempt to hit the top of the off stump as many times as possible within two minutes.



National Curriculum Objectives:

Skill Development:

- Pupils will develop fielding techniques, focusing on catching, throwing, and ground fielding skills. This links with the curriculum's focus on developing proficiency in multiple physical activities.

Physical Development:

- The focus on speed, agility, and hand-eye coordination will contribute to improving overall fitness, reaction times, and body control, particularly during high-intensity fielding exercises.

Social Development:

- Pupils will work collaboratively in fielding games like "Triangle Fielding," fostering communication, teamwork, and leadership in the process.

Cognitive Development:

- During the fielding games, pupils will apply problem-solving skills to assess the field, communicate effectively, and strategize to enhance their defensive performance.

Warm-up	Reaction Sprint (Page 17)	Set up cones at varying distances and call out colors or numbers. Players sprint to the corresponding cone, improving reaction time and agility.
Main skill	Rolling Ball Pickup (Page 124)	Players practice picking up a rolling ball while on the move and transitioning quickly into a throwing position. This drill emphasizes hand-eye coordination and fielding speed.
Game	Triangle Fielding (Page 140)	Set up a triangle with cones 10 meters apart. Players must pass the ball around the triangle, aiming to hit a target at each cone. Points are awarded for successful throws.
Home Challenge	Wall Catch (Page 155)	Players attempt as many successful catches as possible in 1 minute. Start with both hands, then dominant, then non-dominant hand.



WEEK:	
Objective:	

	Description
Warm-up	
Main skill	
Game	
Home Challenge	



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