



Cricket
development
programme

Cricket Lesson Plans

Core tasks, kills and concepts to be developed and assessed

The players should be able to confidently perform the basic skills of:

- Batting basics - pick up and grip, stance, hitting the straight drive, sweep shot, head to the ball, pull shot and square cut.
- Bowling - grip for seam or spin, take off to bowl and follow through towards target.
- Fielding - Basic catching, throwing and pick up positions.
 - To be able to use the above skills in drills and games.
 - During each session players are encouraged to learn how to evaluate their own and others performances with an emphasis on strengths and weaknesses; evaluations should be kind, specific and constructive comments upon which others can build.
 - During each session players are encouraged to use their knowledge and understanding to develop, adapt and refine skills, strategies and tactics to produce increasingly improved performances and techniques in a competitive environment.

Skill based games

All players will take part in small sided or conditioned games demonstrating all of the skills/techniques explored with the emphasis on making learning fun

Moving forwards

At the end of this programme players should be ready to join a cricket club to develop their game and be able to perform, develop and incorporate the skills of:

- Batting basics - pick up and grip, stance, using the straight drive, pull and square cut
- Bowling - grip, seam, leg spin, off-spin, action
- Catching, one handed intercepting, long barrier, on the move
- Running between the wickets
- Throwing still and on the move
- Calling
- Wicket-keeping

They should also have a working knowledge of rules and tactics and be able to start to officiate matches fairly and correctly performing the correct signals. They should be able to recognise the importance of responding to changing situations within the game in attack and defence.

They should also understand and know the stretches for all major muscles and those specific to Batting, Bowling and Fielding.

Using the CDP players checklist will make it easy to keep on top of each child's progress

General Knowledge

On the last few pages of the CDP booklet there is useful cricket information for the children/coach to read to give a broader understanding of the game.

Week 1 - BATTING

Warm up - Hand hockey - page 17	10 mins
Introduce session - (explain the skills you will be practicing)	5 mins
Drill - Bat pick up & grip (Page 26)	10-20 mins
Game - Keep it up around cones (Page 102)	20-30 mins
Overview of skills learnt and where to improve	5 mins
Home challenge - 1 minute keep it up (Page 13)	To do at home
Equipment: , Bat, cones, tennis balls + batting cones if available	

Week 2 - BOWLING

Warm up - Cone touch call outs (Page 18)	10 mins
Introduce session - (Explain the skills you will be practicing)	5 mins
Drill - Grip - seam (Page 112)	10-20 mins
Game - Most points win line accuracy (Page 154)	20-30 mins
Overview of skills learnt and where to improve	5 mins
Home challenge - Appeal and celebration most imaginative (Page 14)	To do at home
Equipment: Cricket balls/ ball with a seam, stumps, cones.	

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Week 3 - FIELDING

Warm up- Caterpillar catch (Page 23)	10 mins
Introduce session - (Explain the skills you will be practicing)	5 mins
Drill - Throwing technique, hit target on wall (Page 162)	10-20 mins
Game - Tug of war (Page 182)	20-30 mins
Overview of skills learnt and where to improve	5 mins
Home challenge - One stump 10 throws (Page 14)	To do at home
Equipment: Tennis balls/ Soft balls, cones, football (or any object that can be hit with a tennis ball to move).	

Lesson Planner

	10 mins
	5 mins
	10-20 mins
	20-30 mins
	5 mins
	To do at home
Equipment:	

Use this blank lesson plan to create your own

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