



Cricket
development
programme



CRICKET DEVELOPMENT PROGRAMME LEVEL 1

cricketdevelopmentprogram.com



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DISCLAIMER

The CDP resources are to give teachers, volunteers and parents guidance on how they could deliver cricket sessions and aid a child's development. They provide expert skills and drills to work on along with objectives to follow the national curriculum . While we try our hardest to make the resources accurate and up to date, please make your own judgement on the location and delivery of the CDP sessions. We accept no liability to you or any third party in respect of your use of the resources.

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Structure of session

Warm up game		10 mins
Introduce session		5 mins
Main skill	These two times are subject to the classes learning and concentration on that topic. We have found that doing a short fielding drill in between main skills helps to aid concentration for the session	10-20 mins
Game with focus on a skill		20-30 mins
Overview of skills learnt and where to improve		5 mins
Competition to go away and practice to improve skill - (homework)		To do at home



What next?

Select a warm up

Select a skill to work on

Select a game

Select a home challenge

Warm ups

Mountains and Valleys

Hand hockey

Cone touch with call-outs

Pairs call-outs to catch the ball

O's and X's

Endzone tag

Hand tennis

Caterpillar catch



Skills

BATTING	BOWLING	FIELDING
Bat pick up & grip Stance and balance Straight drive swing Improving top hand / high elbow Head to the ball. Pull shot Cut shot Sweep shot	Grip - Seam Grip - Leg Spin Grip - Off Spin Front arm + Follow through Take off and run up	Throwing technique Catching basics Pick up
Communication, working as a team,		

Games

BATTING	BOWLING	FIELDING
Yes No Maybe Knocking Keep it up around the cones Jack in the box Spin Survival Bat swing drill Hit the gaps Quick cricket Cone hit and collect Accuracy challenge	LPS stump hit LPS Line LPS Length MPW - Stump hit MPW - Line accuracy MPW - Length accuracy Target practice Knock em down - Bowling Continuous cricket	Cone/object hits Knock em down - Fielding Tug of war - fielding Cone tap back to catch King of the castle Mat diving catches (subject to a safe diving mat) Deflection off a wall
Communication, working as a team,		



Home Challenges

1 minute keep it up

Round the world

All edges

1 leg hop in bowling action

French cricket

Soft hands defence with tennis ball

One stump 10 throws

Appeal and celebration most imaginative

Catches off a wall without dropping.

Most catches in a minute

Top of off challenge / Hit an object

Bowling line drill

Home challenges 1 minute keep it up.

Challenge the players to see how many times they can bounce the ball on their bat in a minute. If the players don't have a bat at home, ask them to use another item to try and keep the ball up. (get the parents' permission first)

Round the world

Challenge the players to see if they can bounce the ball on the face of their bat, then when the ball is mid-air rotate the bat around the ball before hitting the ball again to keep it on.

All edges

Challenge the players to see if they can keep the ball up using the edges of the bat rather than the face. If the players don't have a bat at home, ask them to get imaginative and use a broom or any other thin item. (get the parents' permission first)

1 leg hop in bowling action

Challenge the players to see how long they can hop on their dominant leg for. The correct position is the first image on page 131.

French cricket

French cricket is a fun game where the players stand and try and defend their legs with their bat. The "fielders" have to try and underarm a soft ball and hit the "batter's" legs. The batter cannot move their feet until they hit the ball, if the batter hits the ball they can reposition for the next shot. For more information google (how to play French cricket).

Soft hands defence with tennis ball

Challenge the players to use soft hands when defending the ball. The aim of this challenge is to see if the players can play defensive shots and make the ball stop under their eyes. This challenge is very tough with a tennis ball.



One stump 10 throws

Challenge the players to have 10 throws at a stump or object from different distances and record how many times they hit. See if they can repeat this later with more hits a few weeks later

Appeal and celebration most imaginative

An appeal is a way of asking the umpire if it is out or not by shouting "Howzat". Challenge your players to video the most creative appeal.

Catches off a wall without dropping

Challenge your players to see how many continuous catches they can do against a wall before dropping the ball. This is a great challenge to test concentration and help to improve hand eye coordination.

Most catches in a minute

Challenge your players to see how many catches they can do with a friend or against a wall in a minute.

Top of off challenge / Hit an object

Challenge your players to try and hit a small target that's near the stumps. Set up an area for the players to bowl and place an object for them to hit. The smaller the object the better.

Bowling line drill

Ask the players to practice the line drill on (page 135)

WARM UPS



Mountains and Valleys

Hand hockey

Cone touch with call-outs

Pairs call-outs to catch the ball

O's and X's

Endzone tag

Hand tennis

Caterpillar catch

**MOUNTAINS AND VALLEYS****Description:**

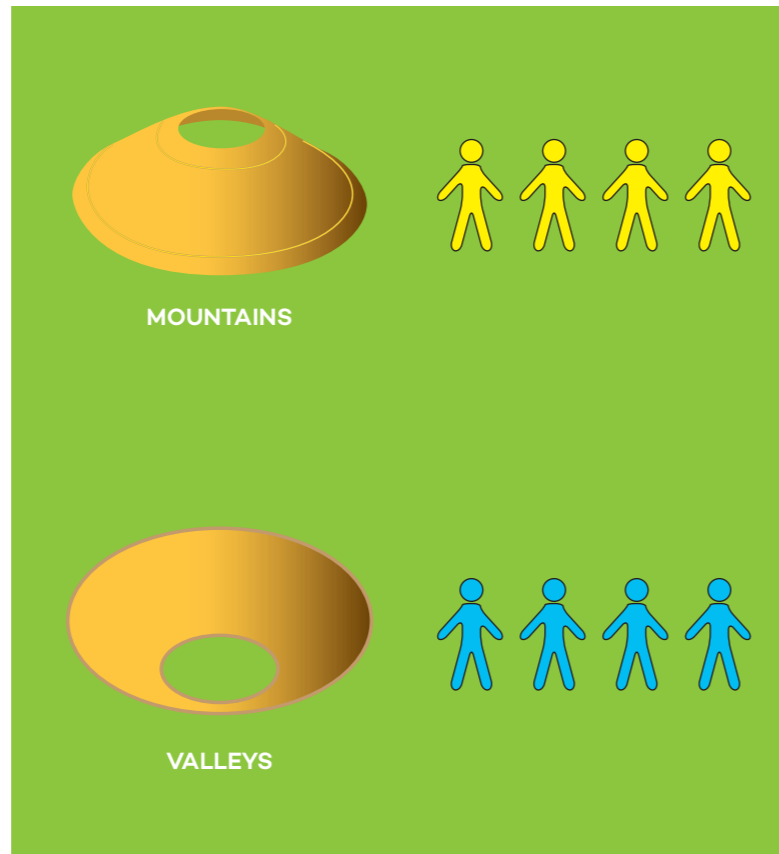
Players: 2 teams 4+

Scatter cones on the floor with even cones correct and incorrect way up - one team are mountains (cones right way up) the other are valleys (cones upside down).

Each team has to try and turn all the cones into their type and after a given time the team with the most cones in the correct position for their team win.

Objectives:

- Improve decision making.
- Competition against each other to simulate pressure situations.

**HAND HOCKEY****Description:**

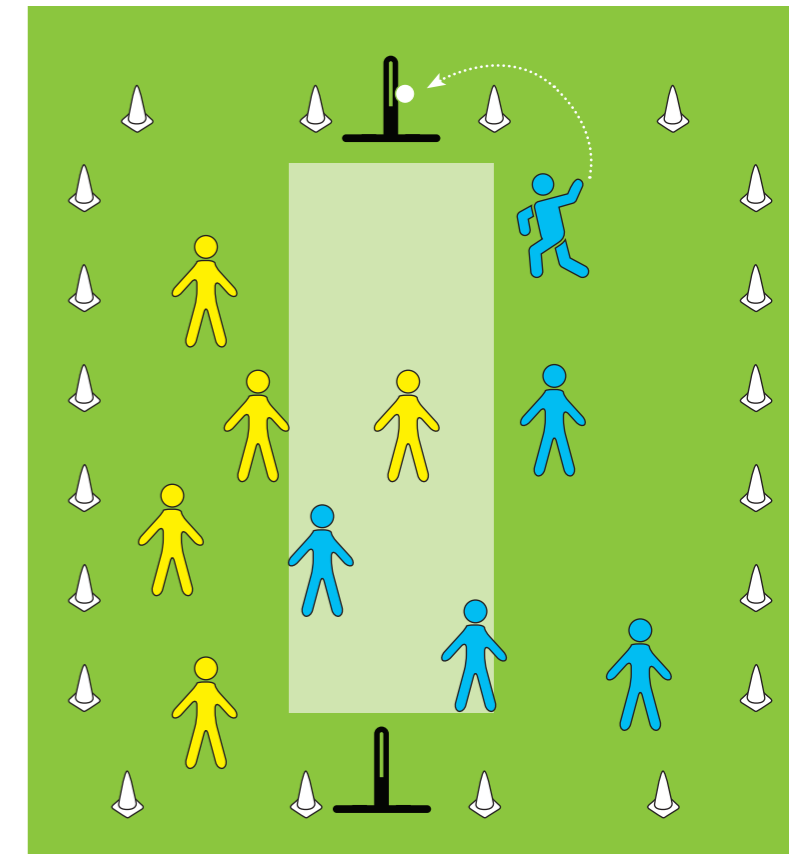
Players: 2 teams 4+

Two teams play within a rectangle marked with cones with a single stump at each end. Each team aims to hit the stump (score) by passing the ball to their teammates until they are close enough to aim at stump.

Players cannot run with the ball. Dropped or missed catches results in hand over to the other team. Most points wins

Objectives:

- Verbal processing skills
- Loud simple language
- Quick speed and turning



**CONE TOUCH WITH CALL-OUTS****Description:**

Players: 4+ in pairs

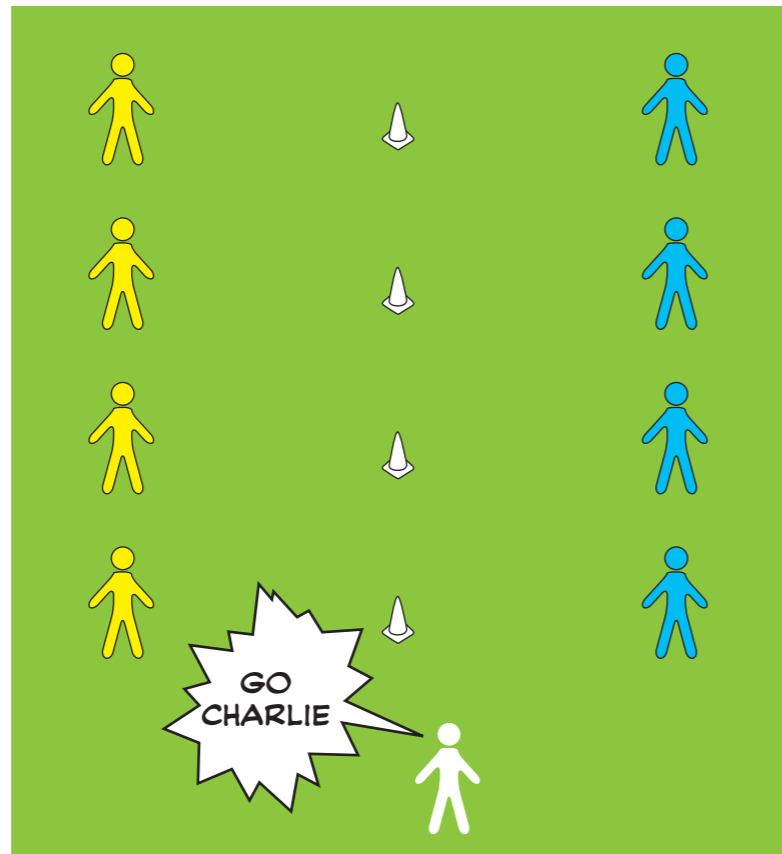
The players get in pairs equal distance away from a cone on the floor. The coach calls out instructions, when they say GO the players must grab the cone.

The coach can change the distance the players are from the cone to make it easier or harder.

Objectives:

- Speed, agility and quickness

Cone drills are essential for building footwork and body control skills

**PAIRS CALL-OUTS TO CATCH THE BALL****Description:**

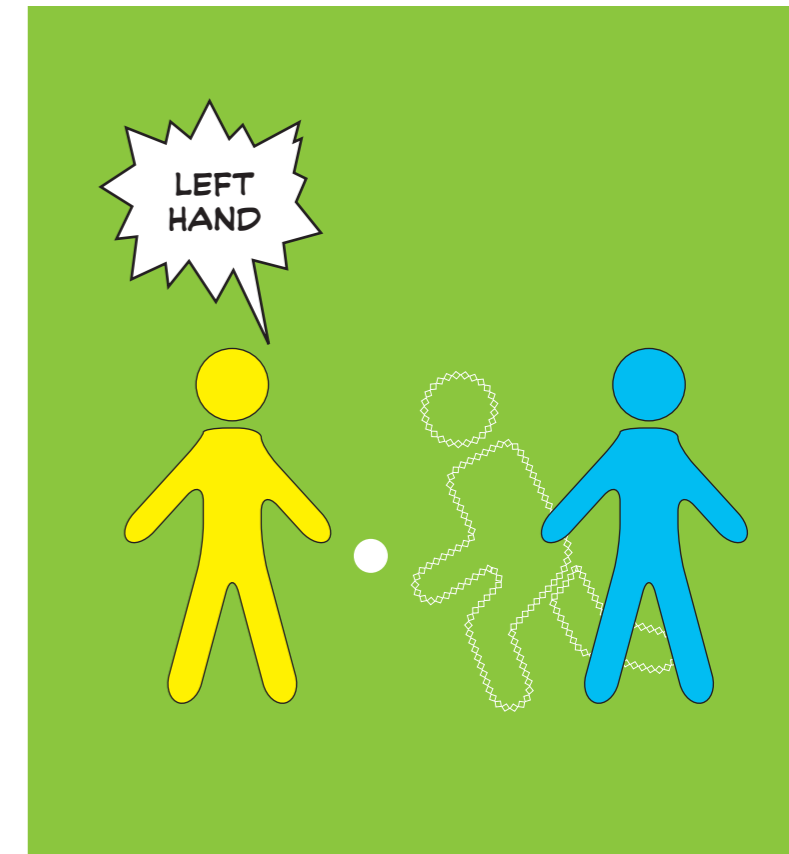
Players: pairs

The players get in pairs, one holds a ball at head height and drops the ball whilst calling an instruction of how to catch the ball to their partner eg left hand, right hand, both hands.

The players should take it in turns and you can even increase the distance to make the catches harder.

Objectives:

- Verbal processing skills
- Loud simple language
- Quick speed and turning



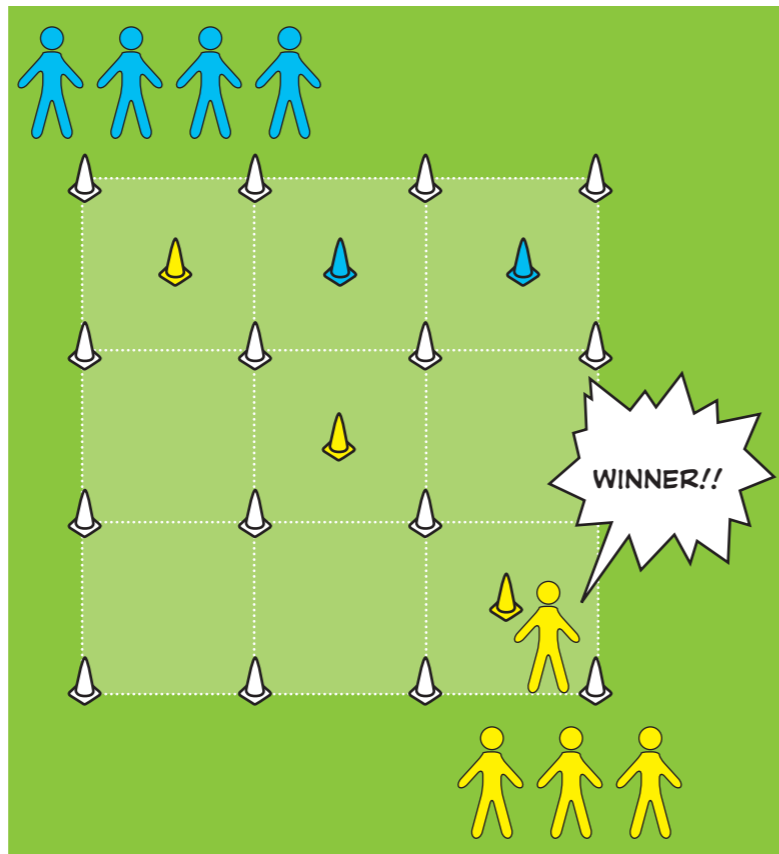


O'S AND X'S

Description:
Players: 4+ in teams

Make 9 areas between two teams. Players run and drop off their coloured cone in an area and return to tag the next team-mate. First team to make a line wins

- Objectives:**
- Improve agility
 - Competition against each other to simulate pressure situations.
 - Improve problem solving



ENDZONE COLLECT

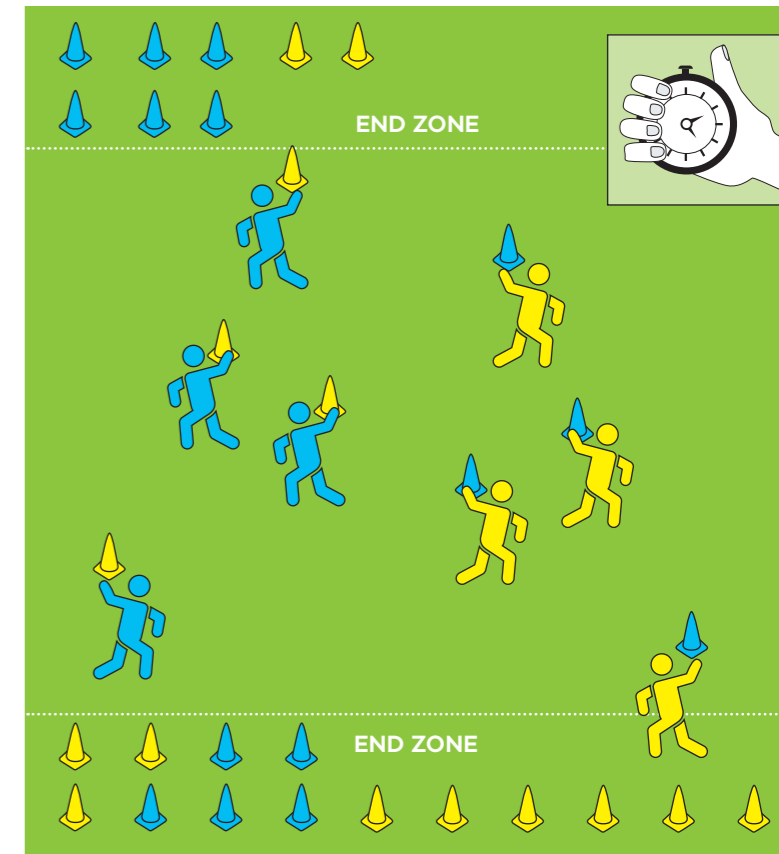
Description:
Players: 4+ in teams

Get into two teams, both with an endzone.

Place an equal amount of different coloured cones in each endzone. In small timed games each team has to run to the other side to retrieve a cone and bring it back to their zone.

At the end of the time the team with the most cones in their endzone wins.

- Objectives:**
- Verbal processing skills
 - Loud simple language
 - Quick speed and turning





HAND TENNIS

Description:

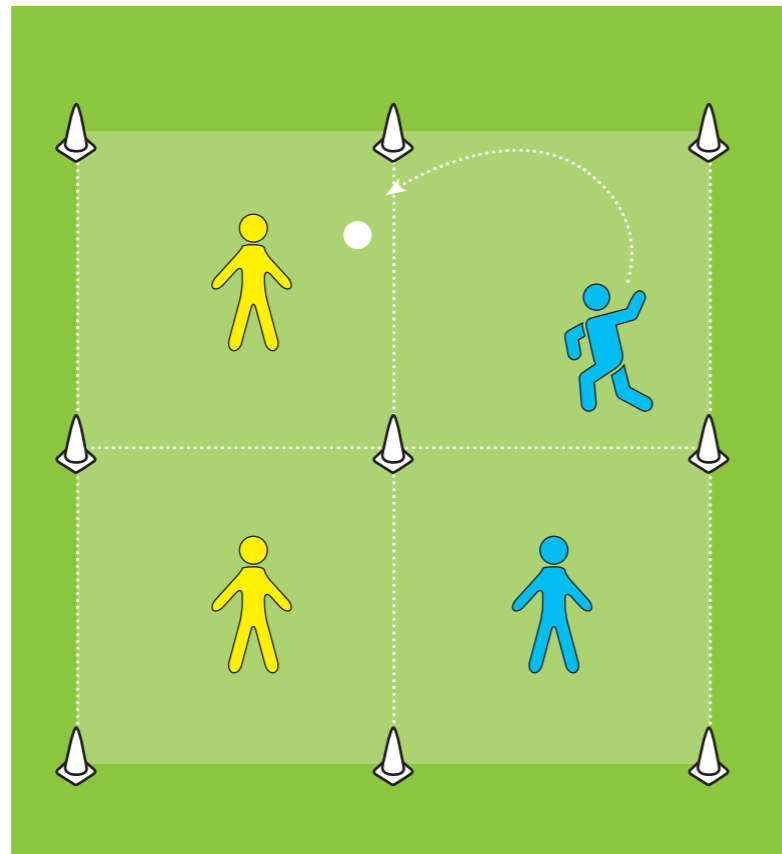
Players: 2+

Every player has their own square, (in this example there are four, players) Each player taps the ball into another box for the player to hit - whoever makes a mistake by missing the ball or not tapping it into another zone loses a point, start with 5 points each.

Objectives:

- Improve hand-eye coordination and footwork.

The coach can make this more difficult by adding in new rules, e.g. only use your non dominant hand.



CATERPILLAR CATCH

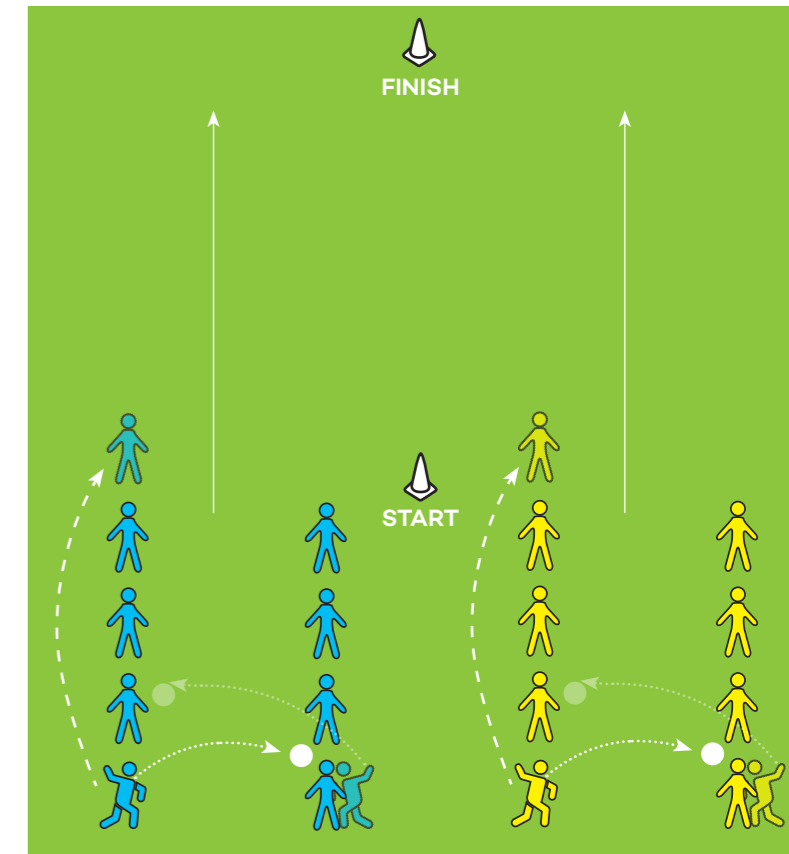
Description:

Players: 8+

Cones are placed at each end of the area. The players are split into 2 teams. The first player passes to the player opposite then runs to the front; this continues until the 'caterpillar' reaches the end cones. If a player drops the ball they must return to the start.

Objectives:









- Communication
- Team bonding
- Encourage big open hands
- Head and hands in line with the ball
- Quick speed and turning





Batting Skills

The following pages are colour coded so you can see the drills and games which focus on the skills below

-  Bat pick up & grip
-  Stance and balance
-  Straight drive swing
-  Improving top hand/ high elbow
-  Head to the ball.
-  Pull shot
-  Cut shot
-  Sweep shot

BATTING SKILLS



BATTING BASICS

- Bat pick up & grip
- Stance and balance
- Straight drive swing
- Improving top hand/ high elbow
- Head to the ball.
- Pull shot
- Cut shot
- Sweep shot



(1) Bat pick up & grip

Description:

The way we pick up the bat is crucial because, when done correctly, it helps us to hit the ball with the largest possible surface area, as an example if we hold the bat with too much of the bottom hand our back shoulder can be too dominant which can make us play across the line.

Drills:

Pick ups

Practice swing

(With this basic skill, Introduce a game early but focus on repeating the pick up every time.)



Lay your cricket bat on the ground with the face of the bat pointing downwards, and the handle pointing directly towards you. (Fig. A)

Hold your hands out in front of you and create the V shapes by positioning your thumbs as shown in Fig. B. Right handed batsmen should have their right hand on top and left handers should have their left hand on top. The V's on each hand should line up with each other. Imagine there is a line connecting them!

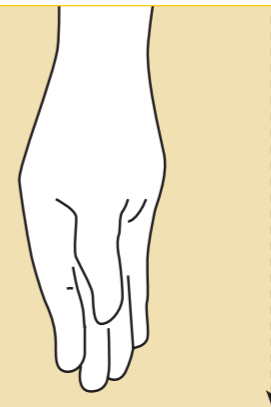


Fig. A

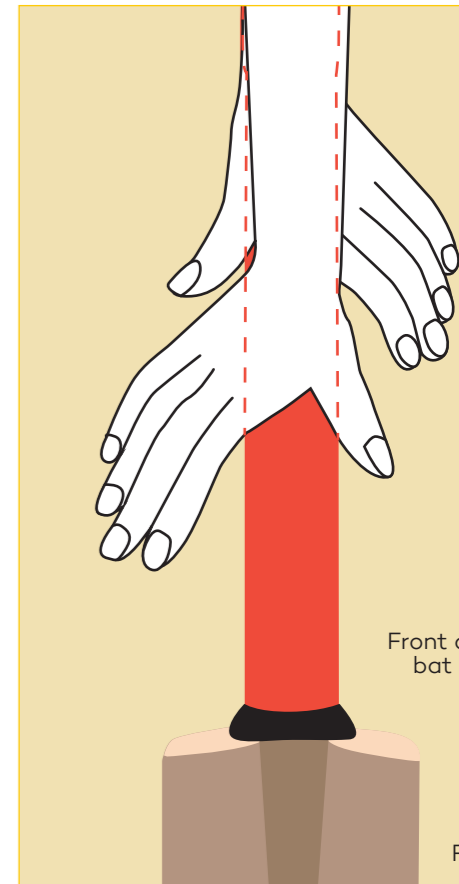


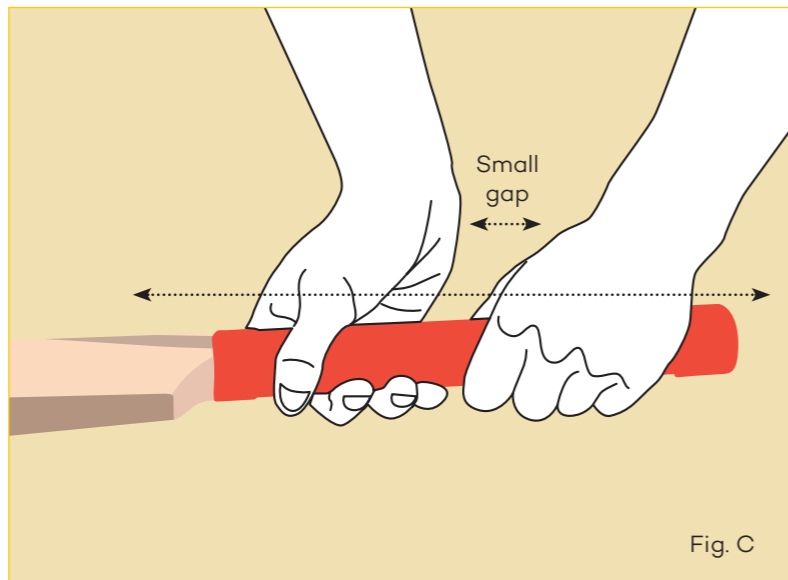
Fig. B



Bend down whilst keeping your hands in this position and place them on the back of the bat handle (Fig. C).

Make sure there is a small gap between them! The V shapes created by the position of your hands should now line up with the middle of the back of the bat.

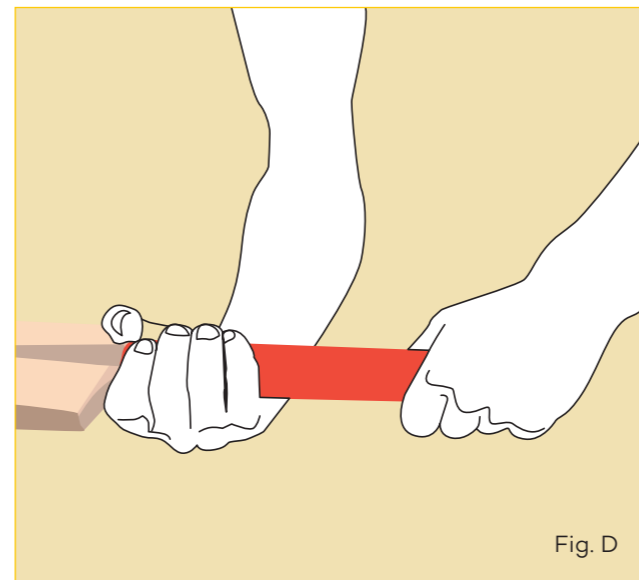
Once your hands are in position on the back of the handle, wrap your fingers around it and pick up the bat.



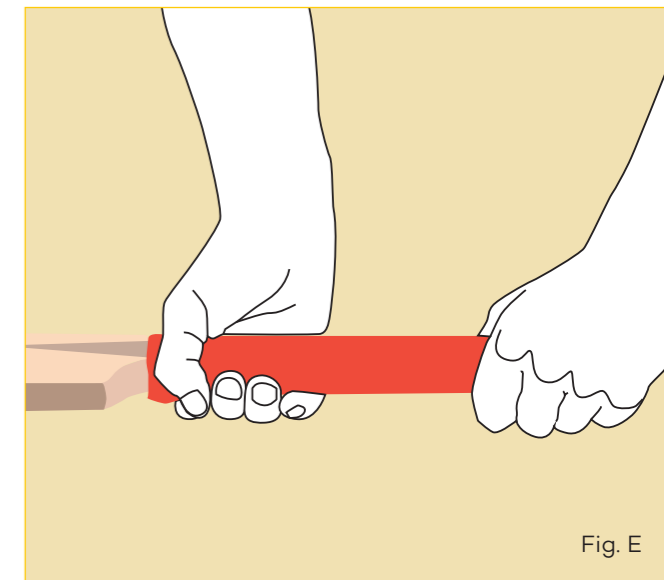
CORRECT



The main priority with the grip is that the player is comfortable when playing the basic shots they are going to learn.

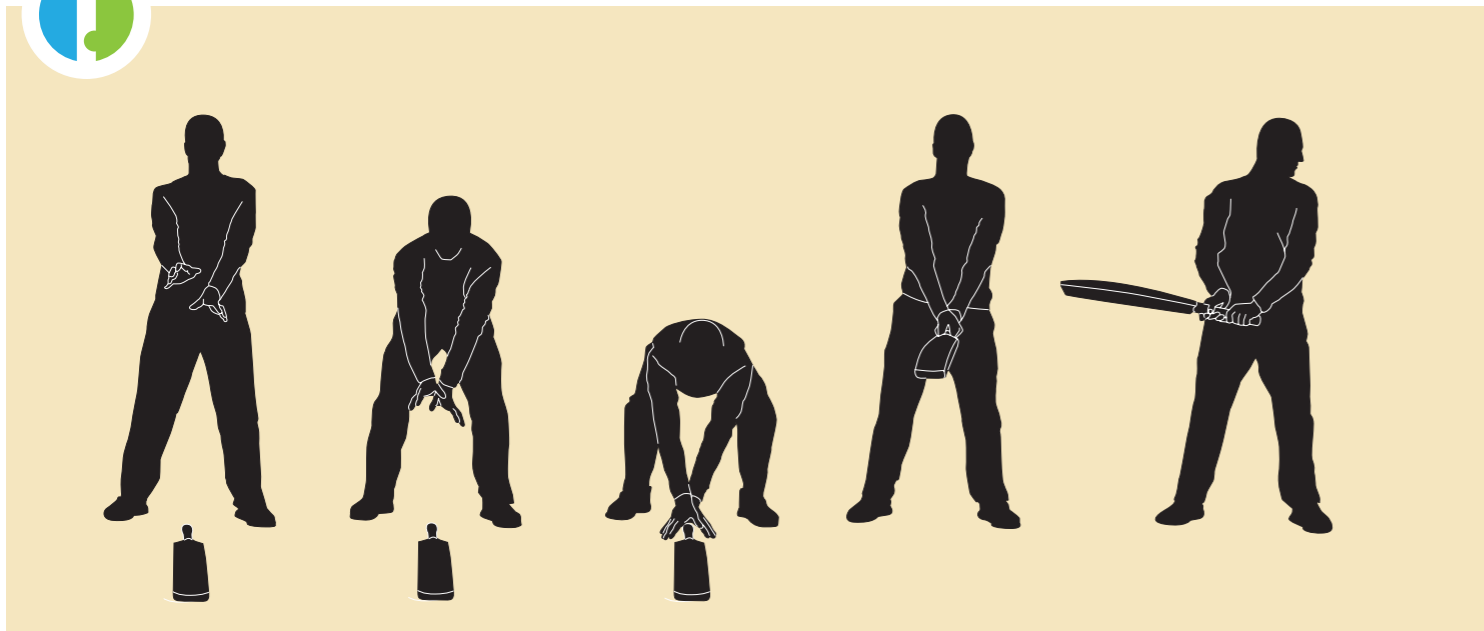


WRONG



WRONG



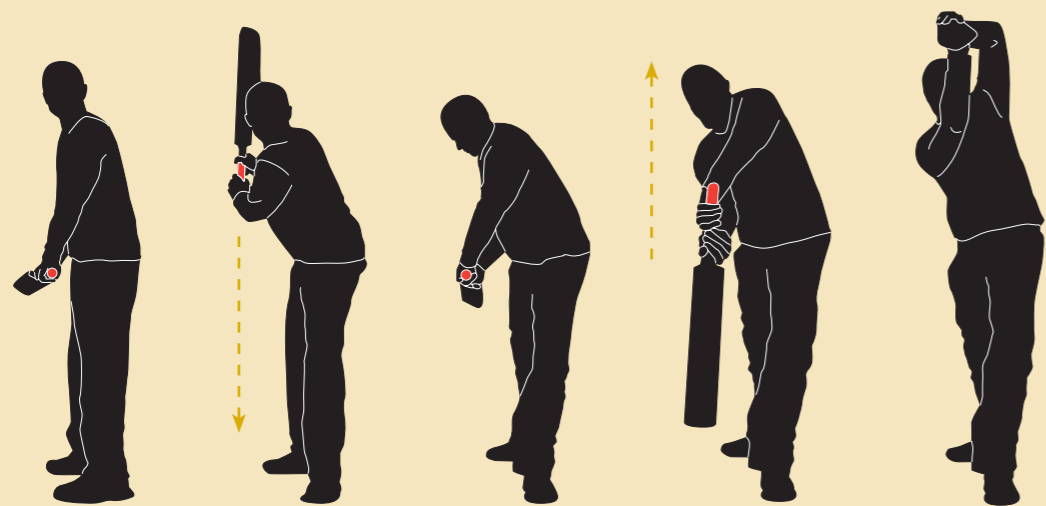
**Bat pick up drill**

Distribute the bats evenly between players.

Take it in turns to practice picking up the bat as shown in the image above. Players should focus on picking up the bat with the thumb and first finger of both hands creating a V to line up with the spine of the bat (Fig. B p 27).

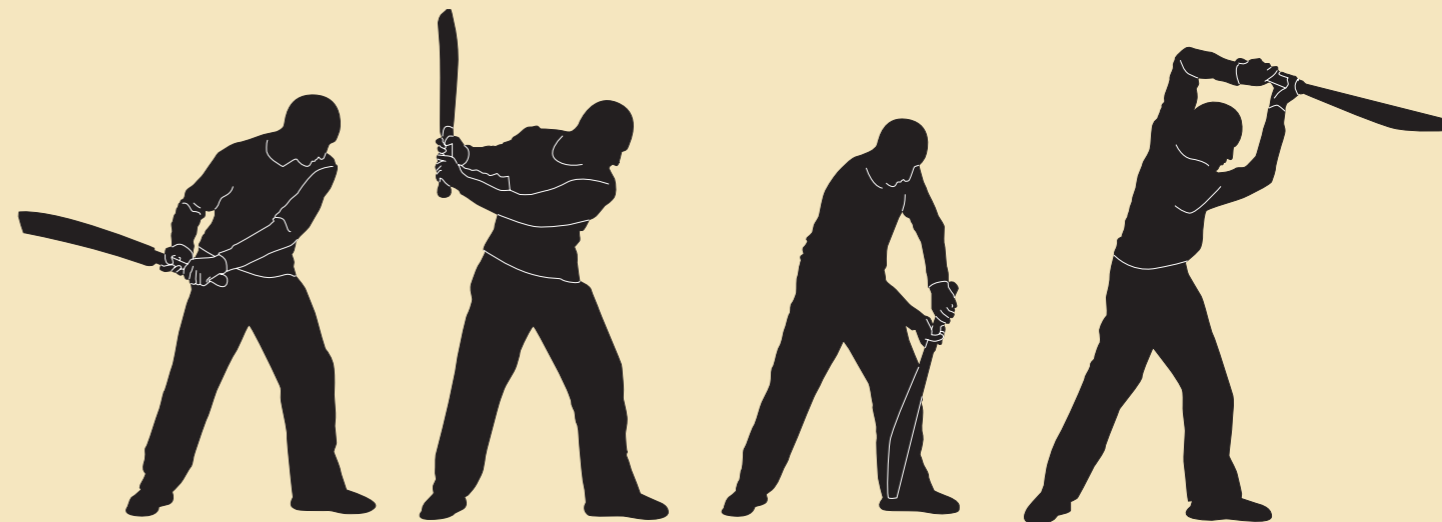


Get the players to adjust their grip so they feel comfortable when playing cricket shots

**Practice swing**

Distribute the bats evenly between players.

Get the players to practice swinging the bat, ask them to focus on the handle of the bat starting off facing towards the bowler, when they start their back-swing the bat handle should face



towards the floor and then on the follow through facing behind the player.

Keep repeating this movement until it feels repeatable.



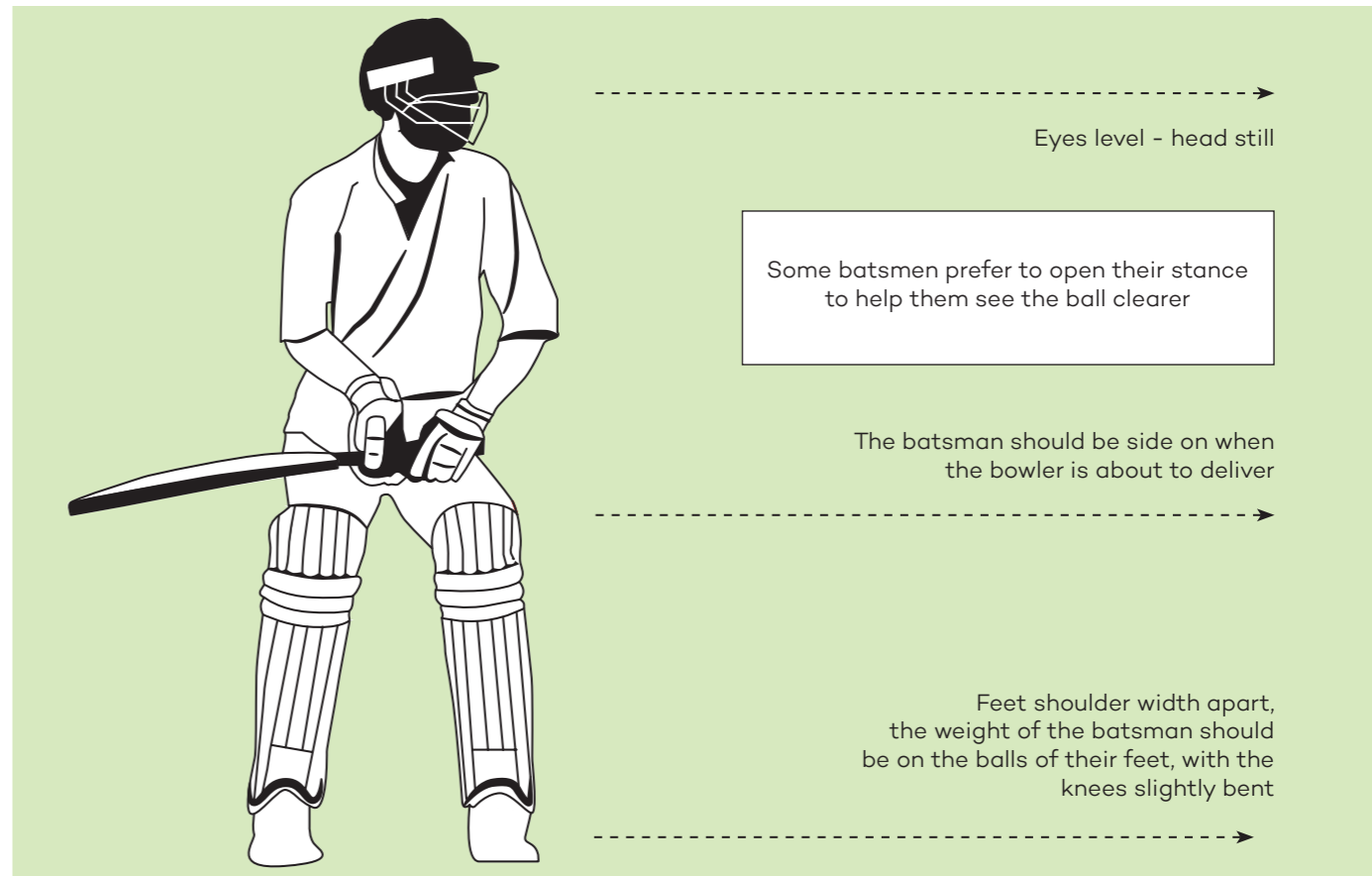
(2) Stance and balance

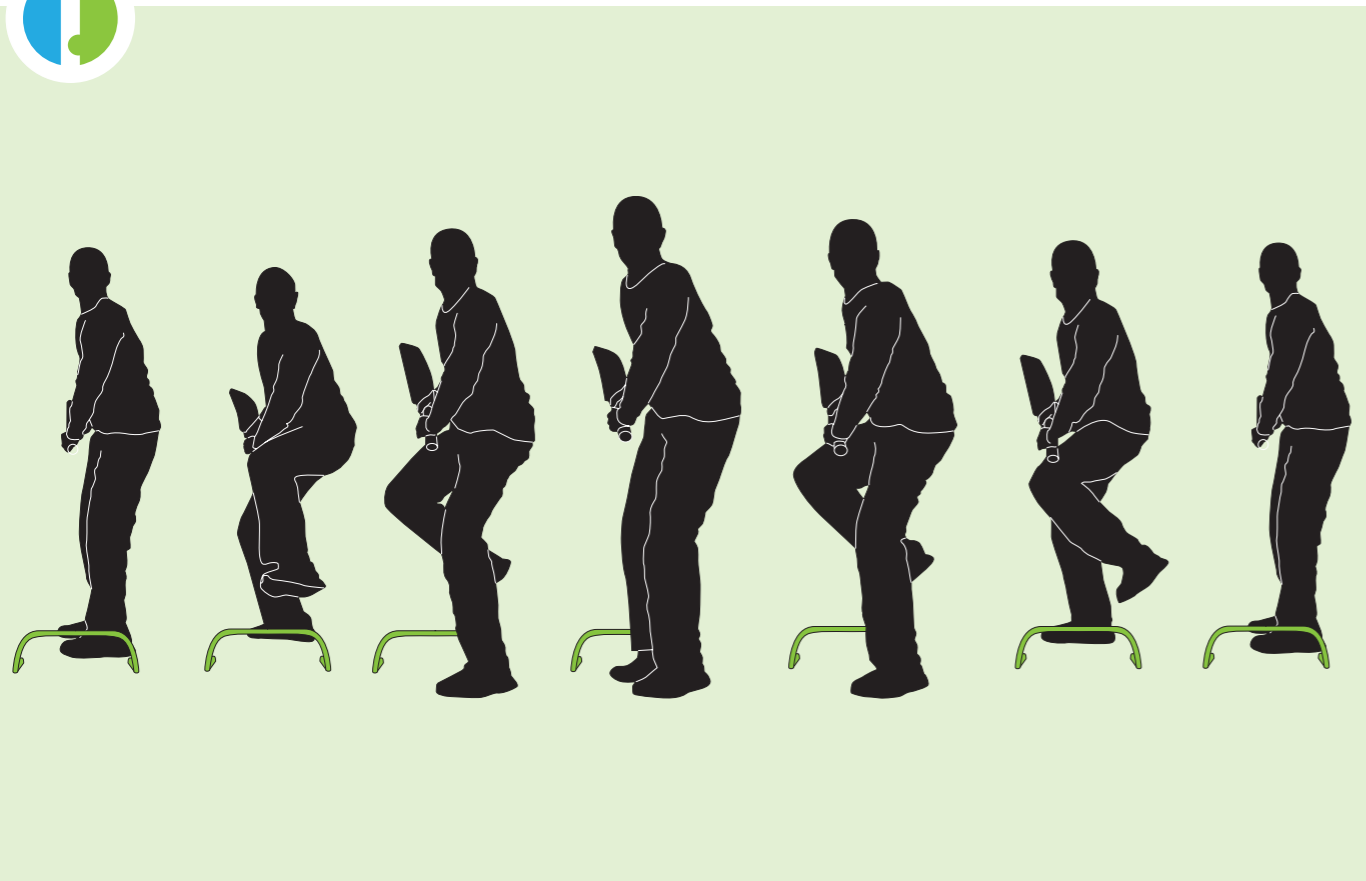
Description:

Feet shoulder width apart, eyes level comfortable standing position side on. (Don't lean on the bat)
Hands in a comfortable position along side body. Our main focus when thinking about our batting stance is to make sure we are in a comfortable repeatable position and our head is still when we want to hit the ball.

Drills:

Hopping over cones/ hurdles
Hit balls off three cones showing movement to mid off, straight and mid on.
Spin and hit facing the wrong way.
Back foot lift shots- progress to foot on chair





Hopping over cones/ hurdles

This drill is all about creating good movement for the players.

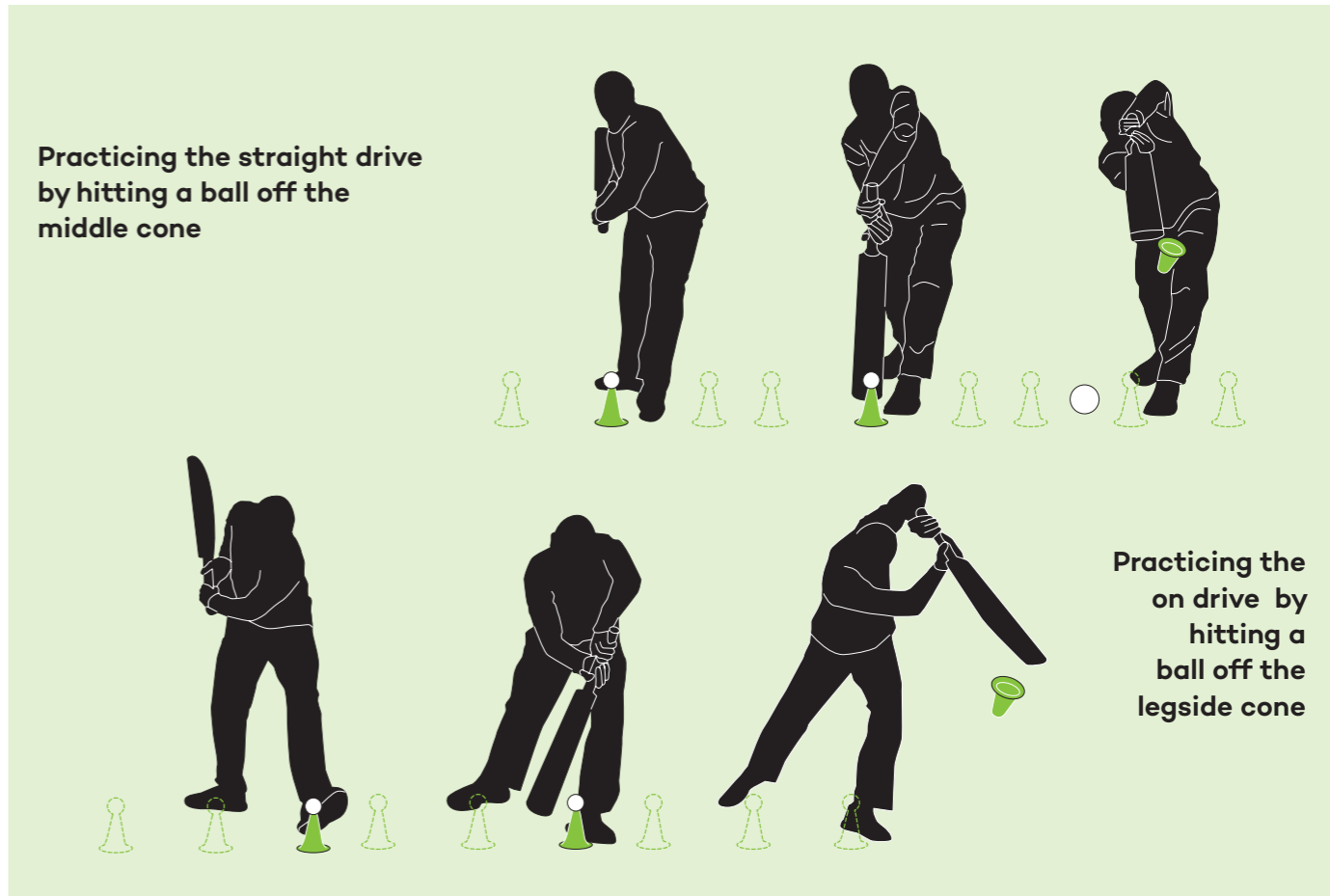
With their bats in hand, the players should stand side on to the hurdles/cones and step over leading with the foot closest to the hurdles/cones. Repeat this movement and allow the players to have fun seeing how quickly they can make the movements whilst staying balanced.



Hit balls off three cones showing movement to mid off, straight and mid on.

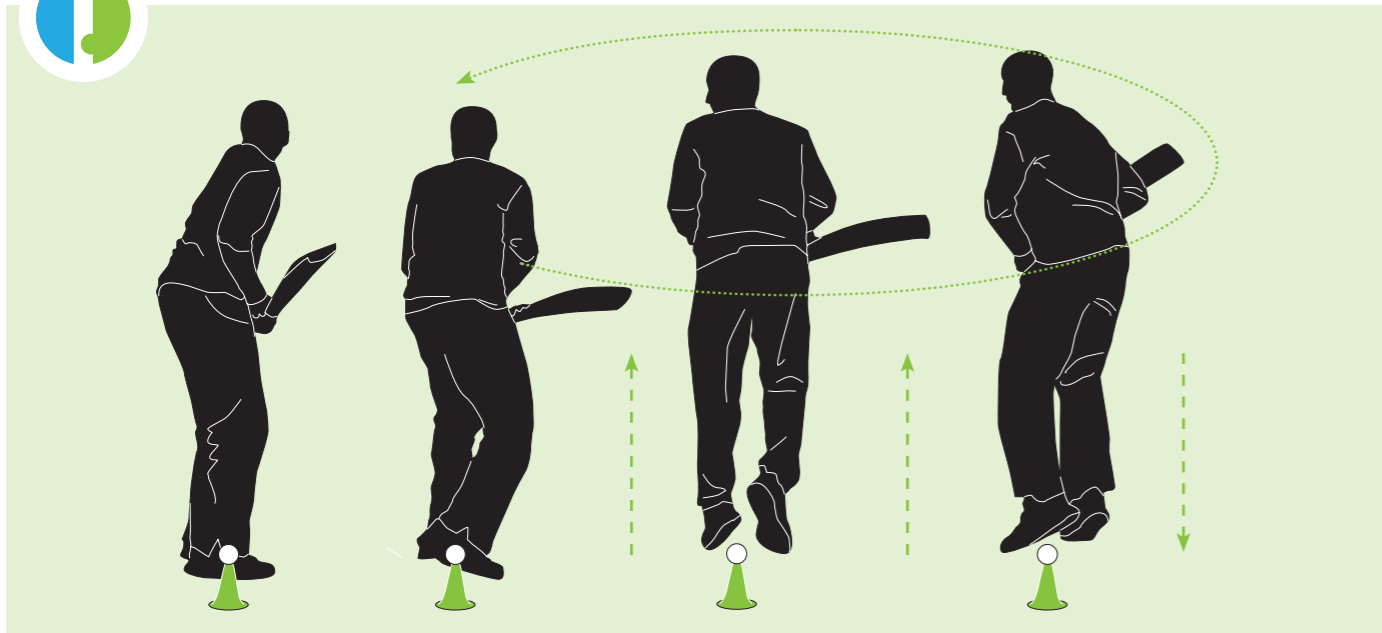
Split the players into even groups and give each group 3 cones each with a ball on top, make sure all players are positioned, so they don't hit the ball at one another. The players should then take it in turns to hit the balls off the cones towards cover, straight and towards midwicket.

(View fielding positions on page 197)



Practicing the straight drive by hitting a ball off the middle cone

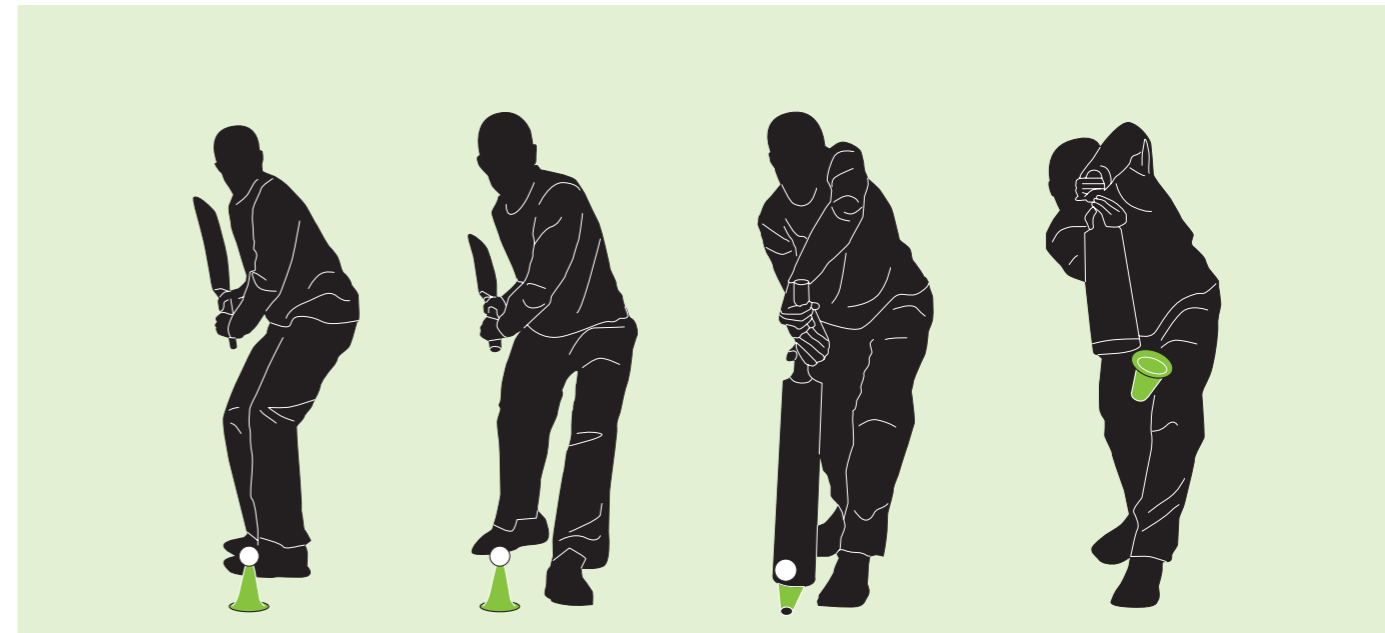
Practicing the on drive by hitting a ball off the legside cone



Spin and hit facing the wrong way.

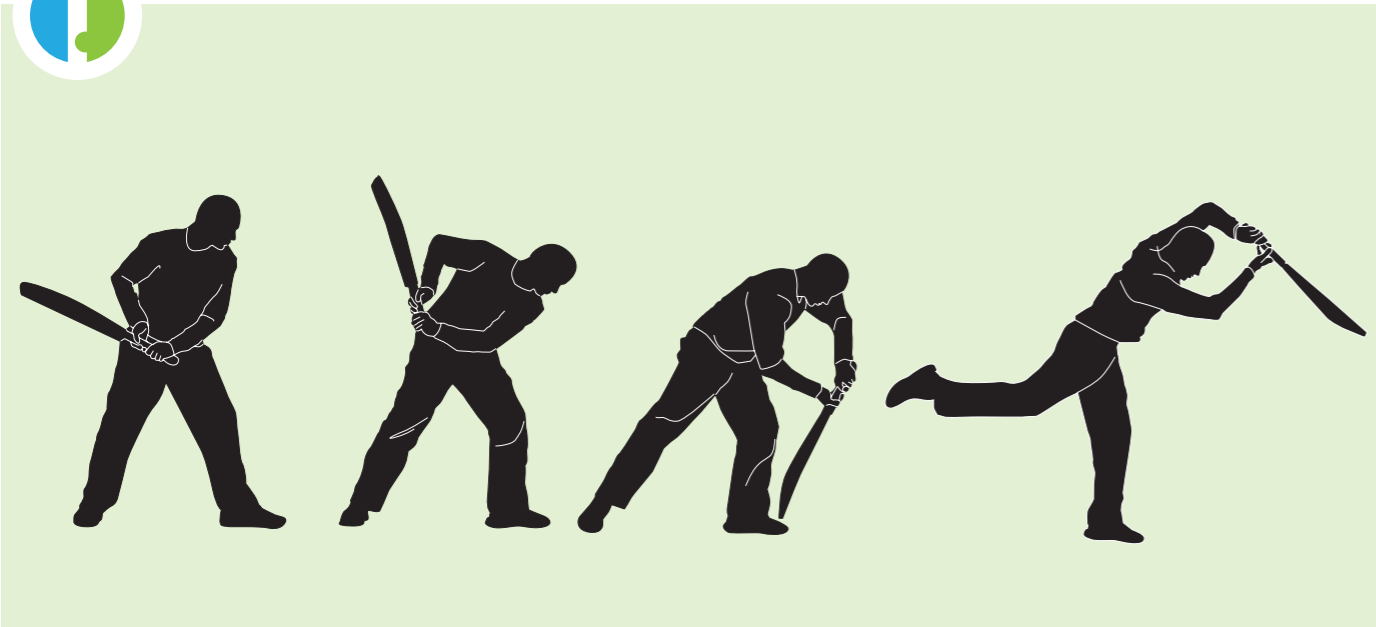
Set out a ball on a cone and have the players facing in the opposite direction, side on, as seen in the image above. The aim is to spin 180 degrees and land ready to hit the ball straight.

Players can take it in turns to hit the ball off a cone. This is a great drill for spatial awareness but also allows the players to get used to moving their feet when playing cricket shots.



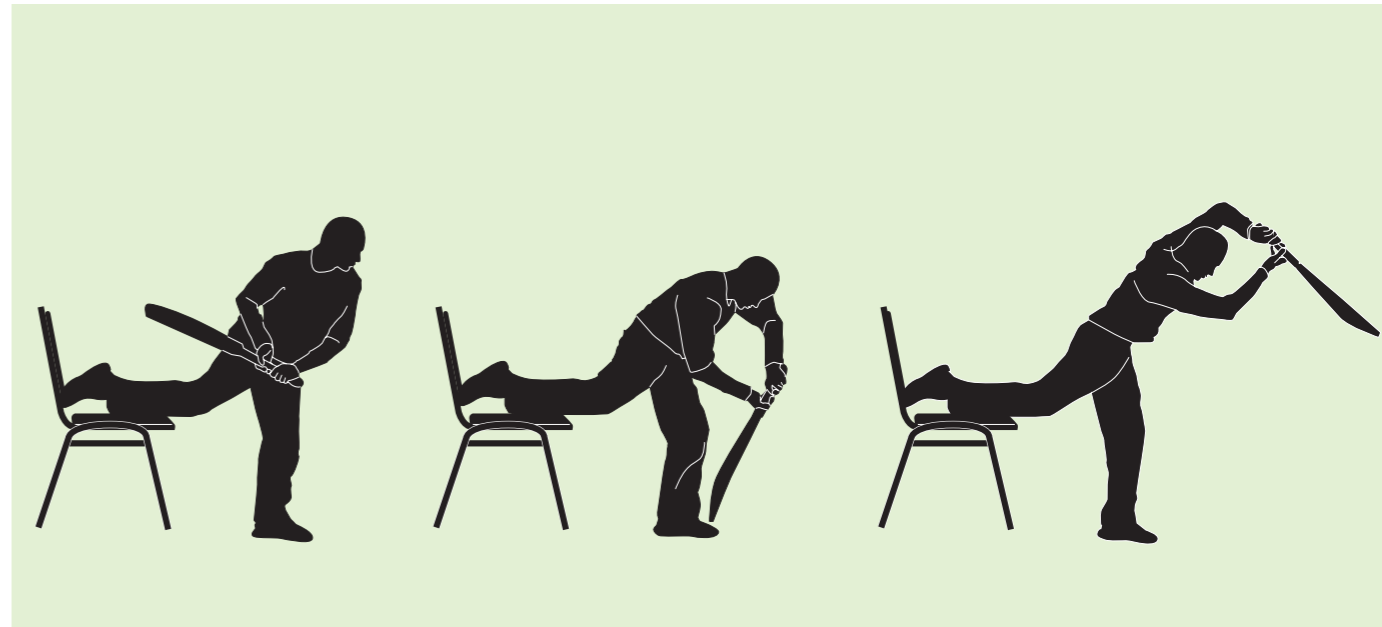
Put cones down for scoring areas roughly 5m away from the players for them to try and aim at. (See Fig. F page 62)

The player should be trying to hit each ball with a full face of the bat. (Using one hand is a difficult skill, so emphasise there is no pressure to succeed with this drill).



Back foot lift shots

Distribute the bats evenly between your players. Firstly, get the players practicing their bat swing a few times. Once they have done this for a few minutes ask them to try and lift up their back leg when swinging the bat. To progress this drill you can use a bench or a chair for the players to balance their back foot on and try hitting balls from this position.



Progress to foot on chair

These drills test the overall balance of the player and help to create a more stable base when making contact.



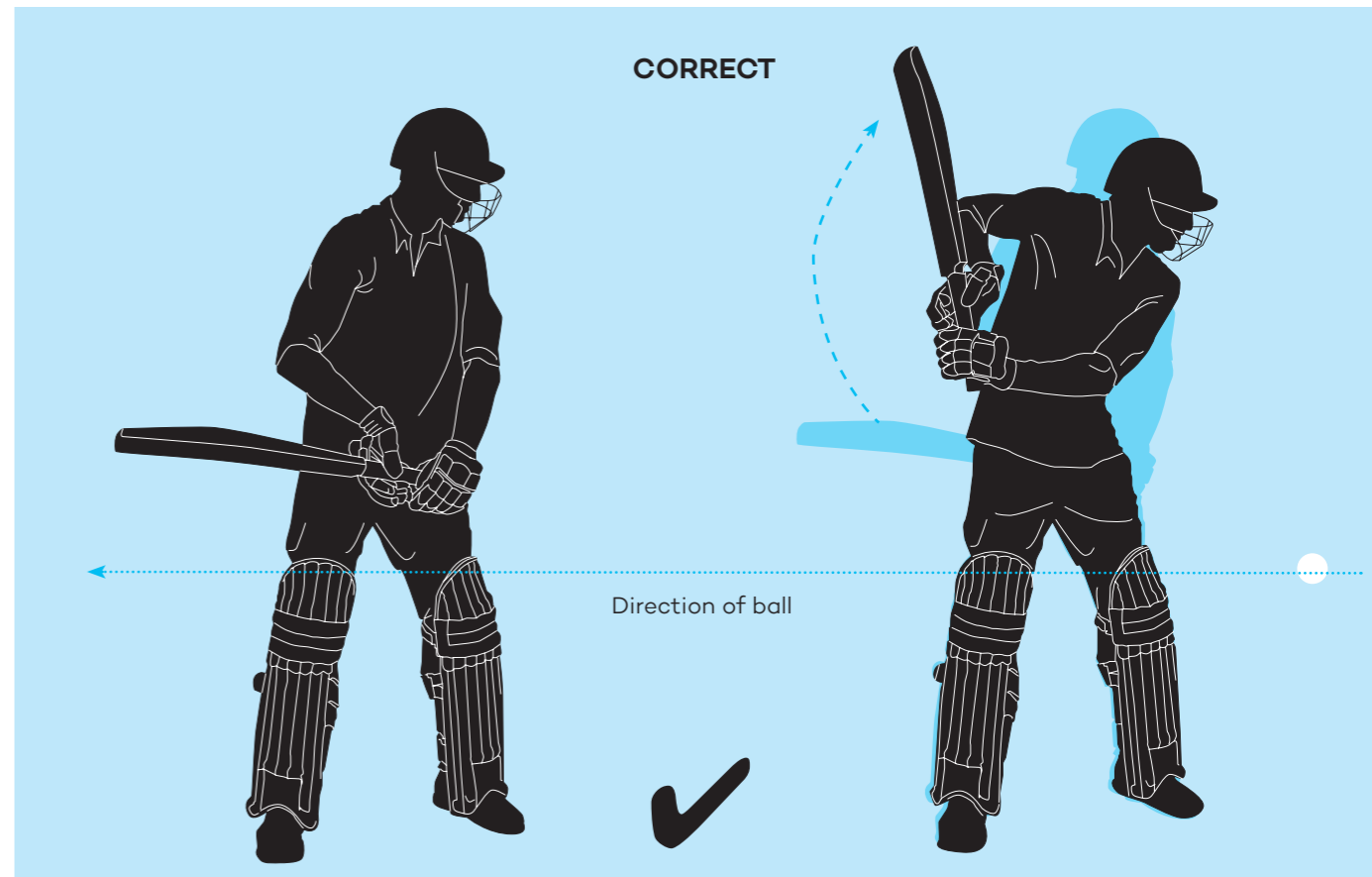
(3) Straight drive swing

Description:

These sessions are to make sure we can repeat the same swing over and over again with maximum chance of hitting the ball. The common mistakes are to swing across the line of the ball making it more difficult to make contact.

Drills:

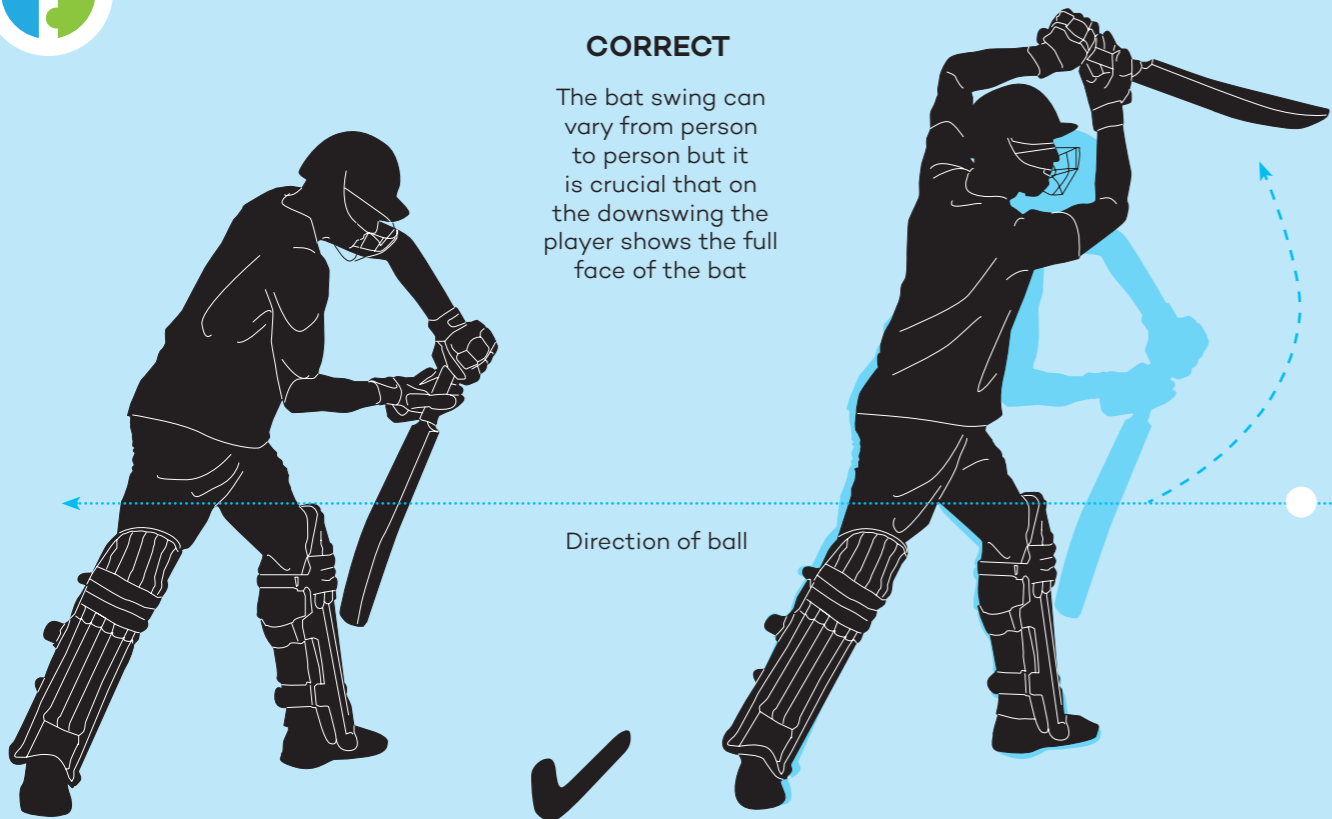
- Practice swing through stumps
- Swing against a wall one handed
- Getting the ball to return to a similar point





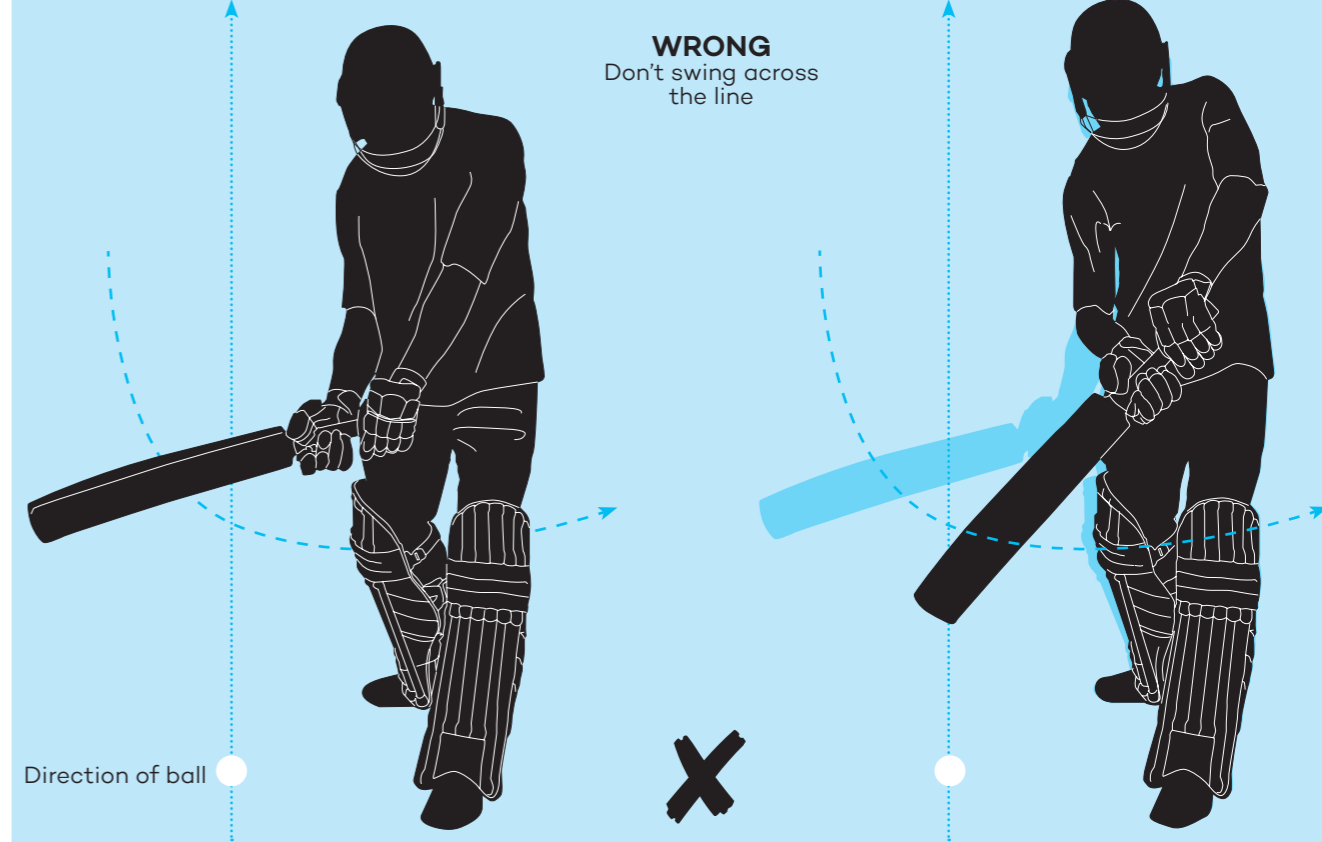
CORRECT

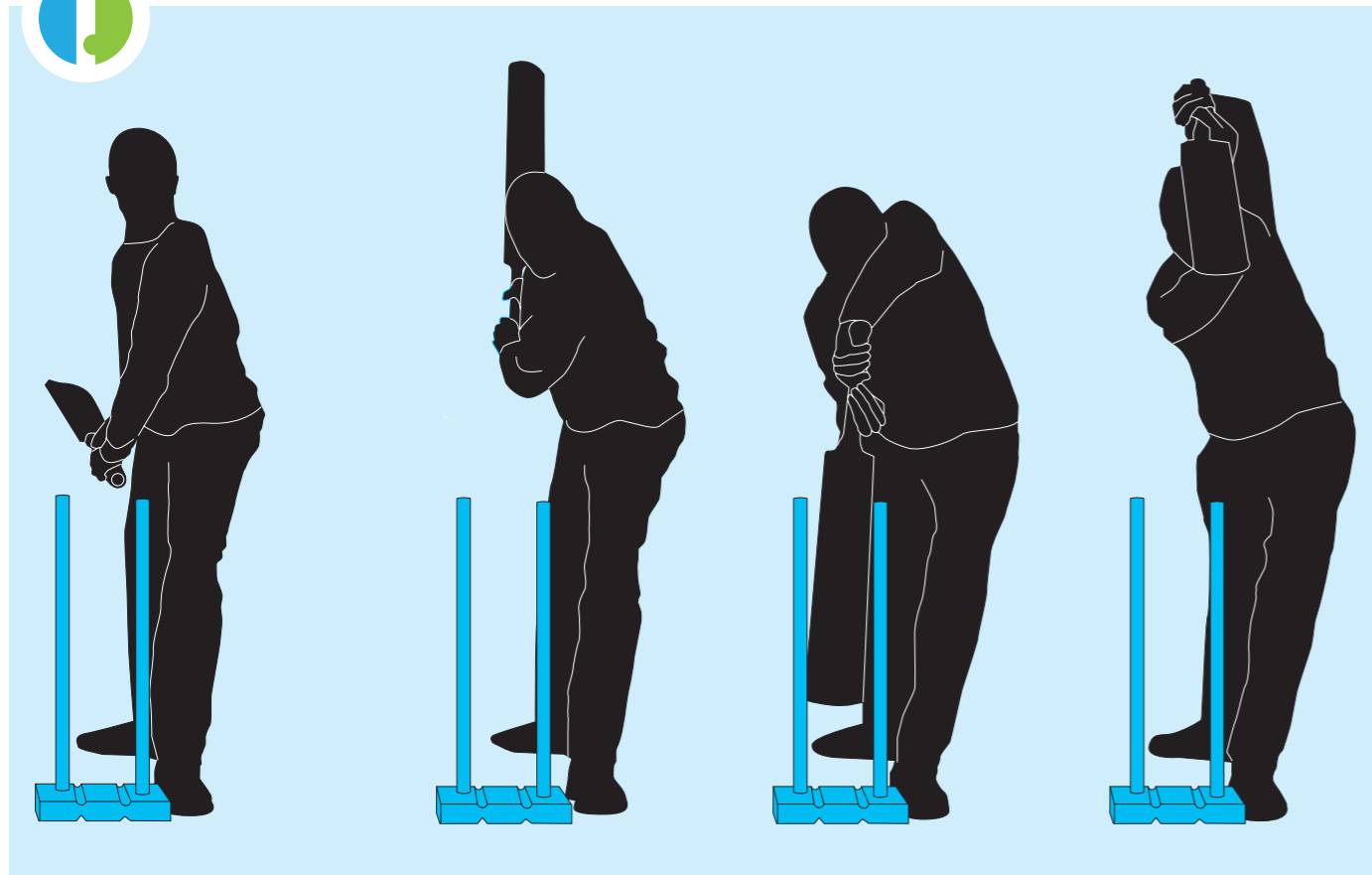
The bat swing can vary from person to person but it is crucial that on the downswing the player shows the full face of the bat



WRONG

Don't swing across the line



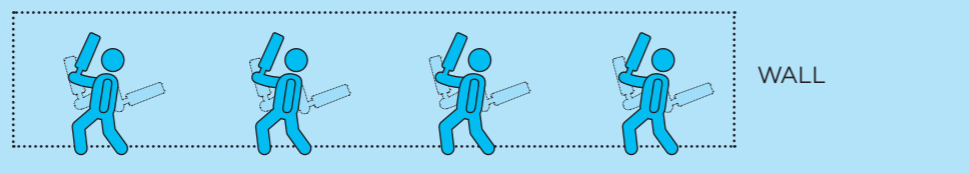


Practice swing through stumps

For this drill its best to use a set of cricket stumps with the middle stump removed, however it can be done with cones or any objects for the players to swing their bat in-between.

Players should get into their stance with their foot alongside the stumps/cones as shown in the image. Ask the players to swing slowly through the stumps/cones trying not to make contact with the stump/cones. The more confident players get with this drill the quicker they can swing and even add a step into the shot before swinging.

This drill is to focus on players swinging the bat as straight as possible to increase the chance of making contact.

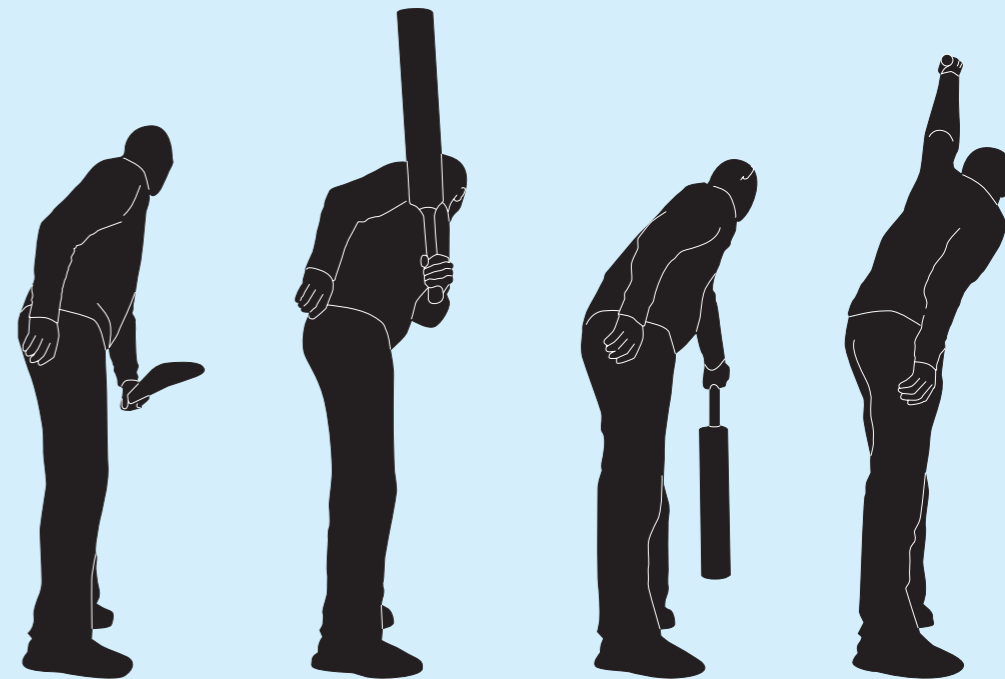


Swing against a wall one handed - leading hand

For this drill you may need to split your players up depending on how many bats you have for the group.

Find a wall the players can line up against. Ask the players to take it in turns only swinging the bat straight with their left and the right hand.

The reason we do this drill is to allow the players to learn how both hands work independently when playing cricket.

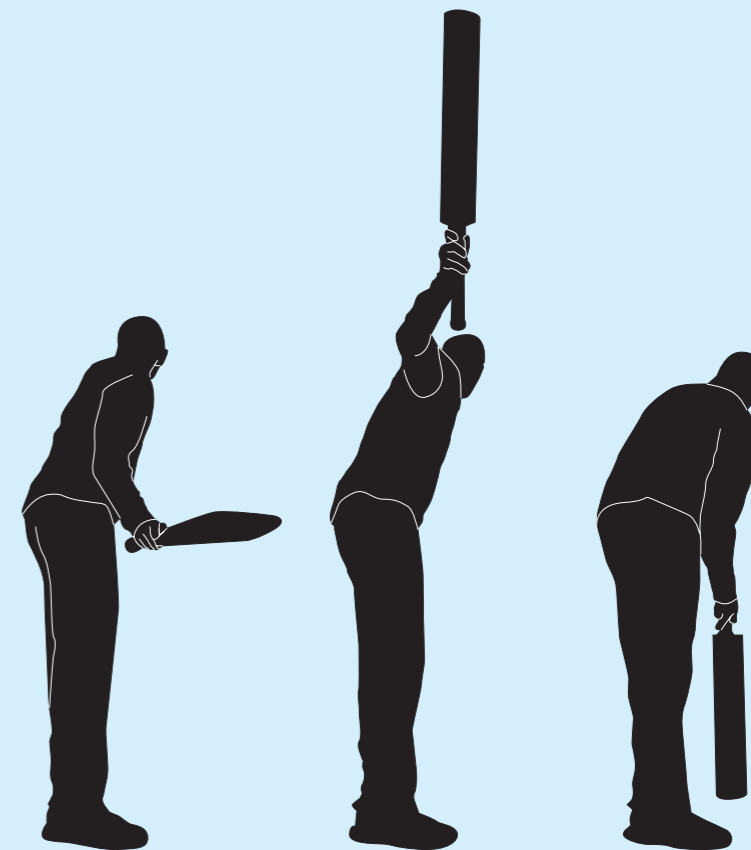
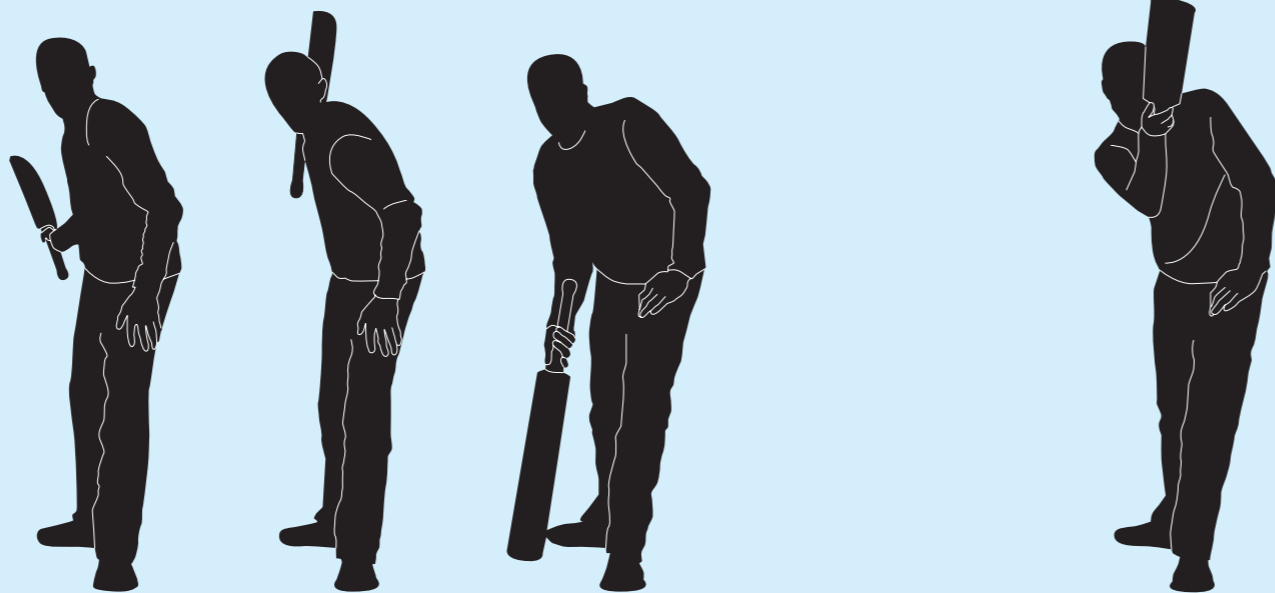


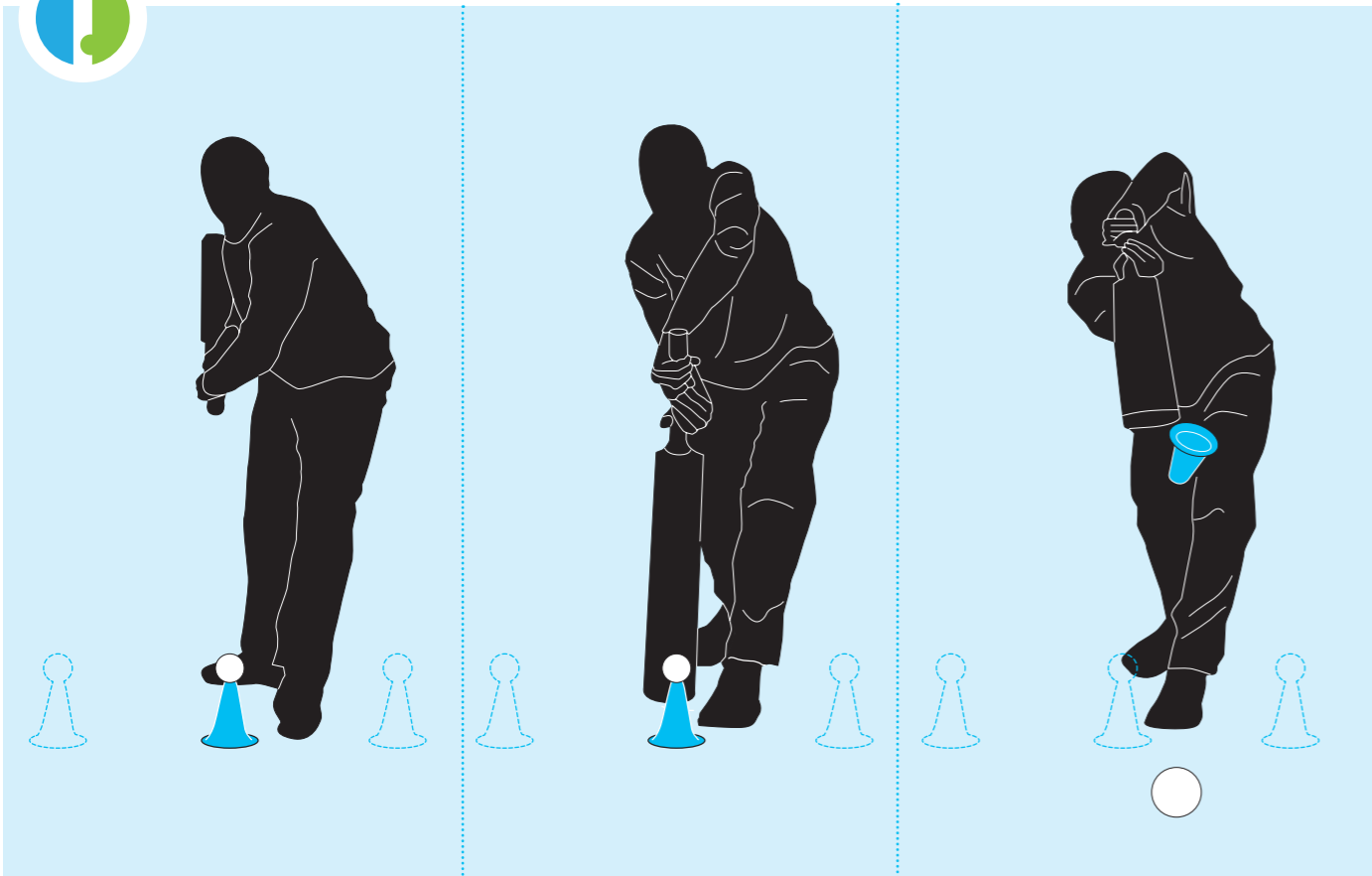


Swing against a wall one handed - back hand

For this drill you may need to split your players up depending on how many bats you have for the group.

Find a wall the players can line up against. Ask the players to take it in turns only swinging the bat straight with their left and the right hand.



**Getting the ball to return to a similar point**

For this drill the players are looking to hit the ball against a wall to allow the ball to return as close to the player as possible.

When practicing this drill ask the players what they feel helps them to hit the ball straight.

Using the full face of the cricket bat will give the player the best opportunity to hit the ball straight however every player will find their own way for success.



(4) Improving top hand/ high elbow

Description:

Your top hand is for control. To improve your top hand use the drills below. The high leading elbow allows you to have good control over where you are trying to place the ball while maintaining efficient technique. The elbow acts like a sort of steering wheel which directs the ball where you want it to go while swinging the bat in as straight a line as possible to the target area

Drills:

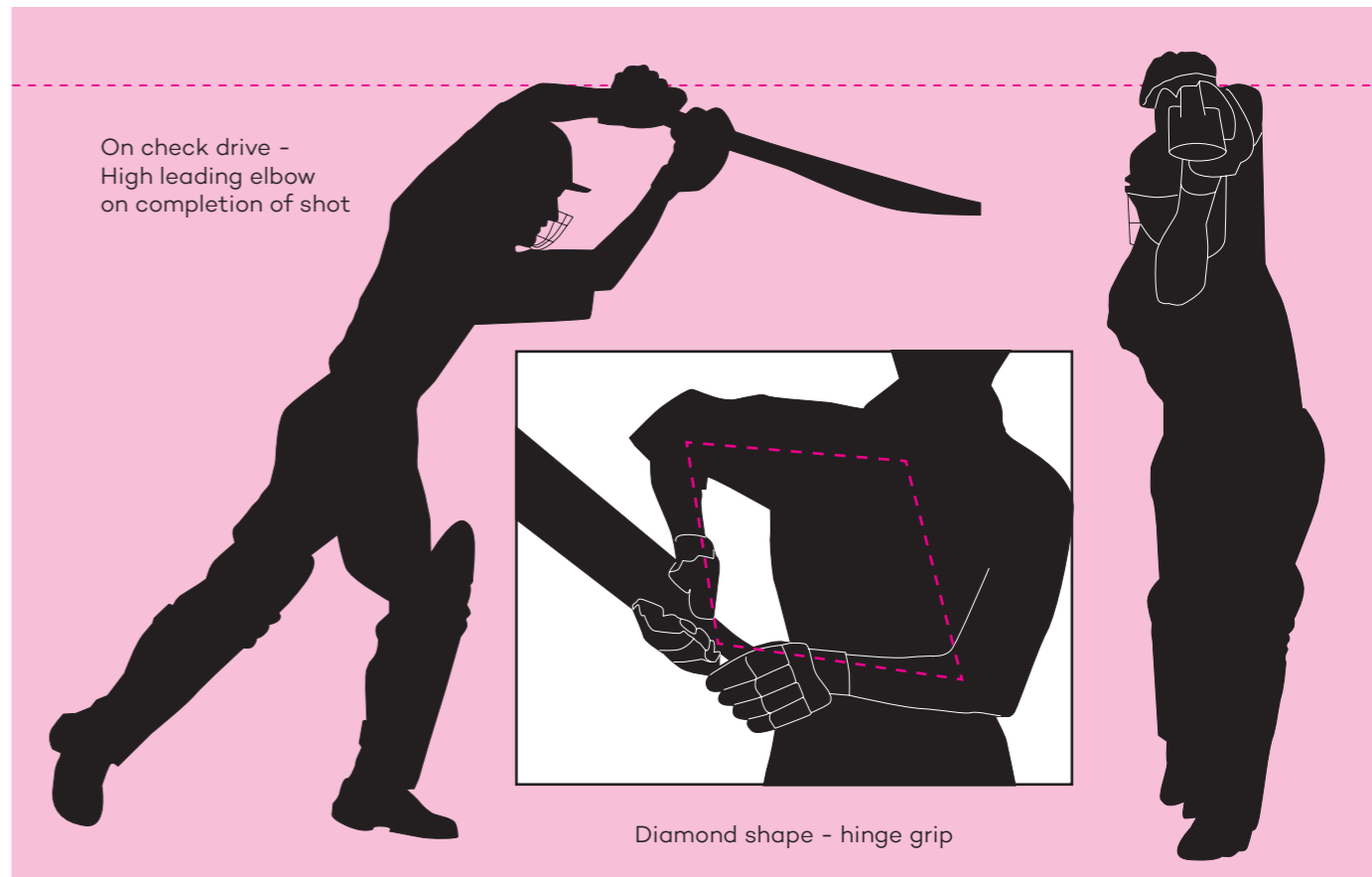
Release bottom hand wall swings

One handed drills

basics - One hand shot from a cone with scoring areas

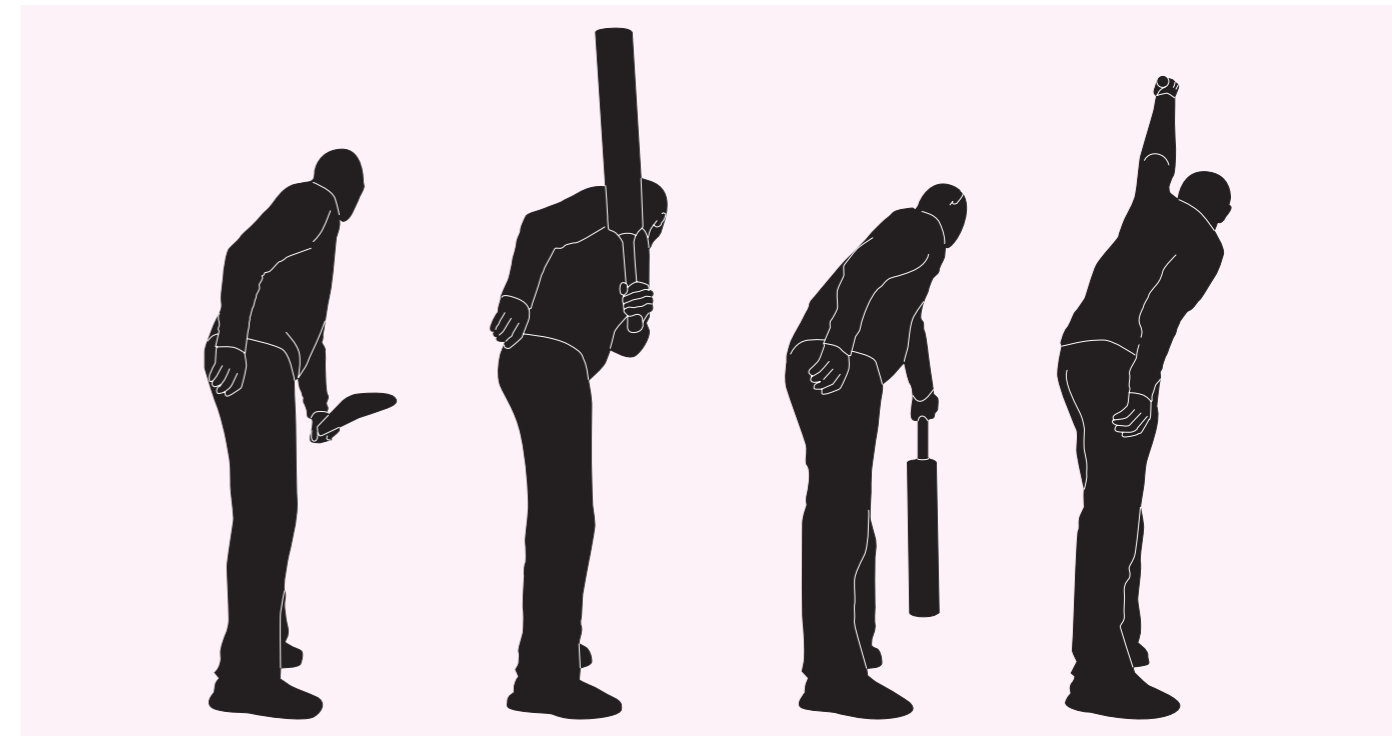
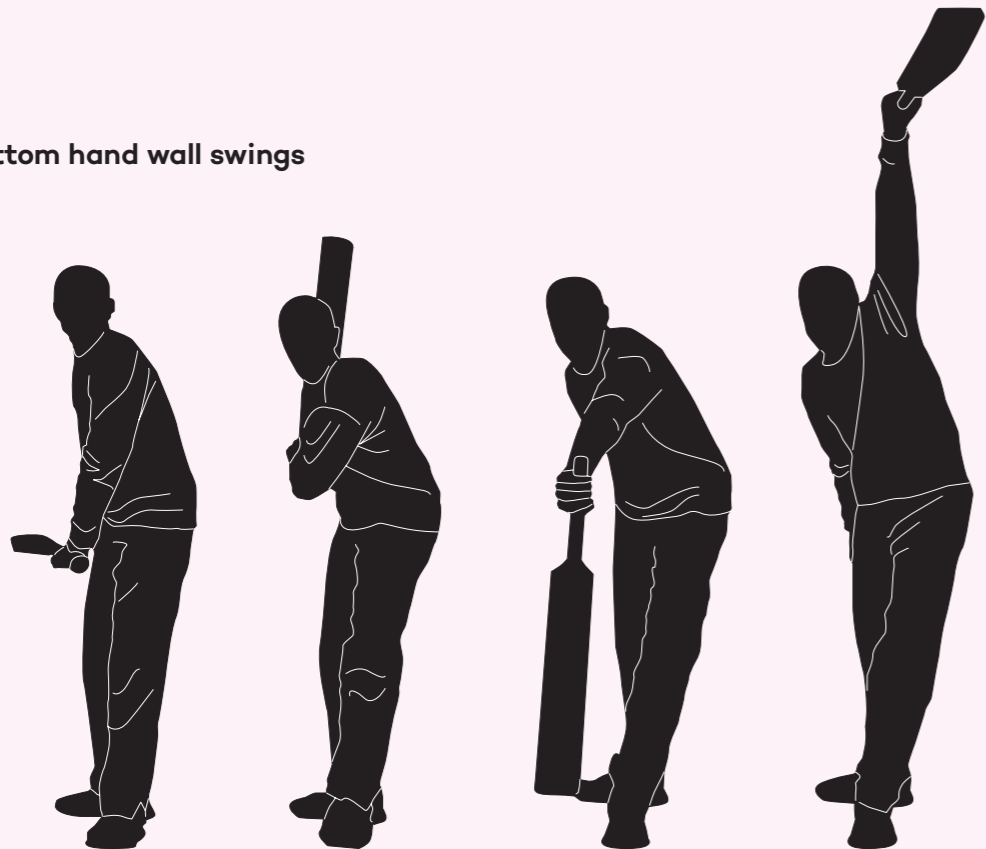
medium - One hand shot from drop feed with scoring areas

advanced - One handed shots from underarm feeds with scoring areas

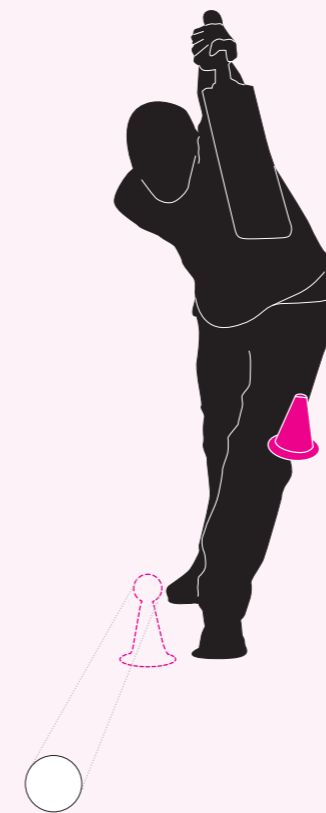
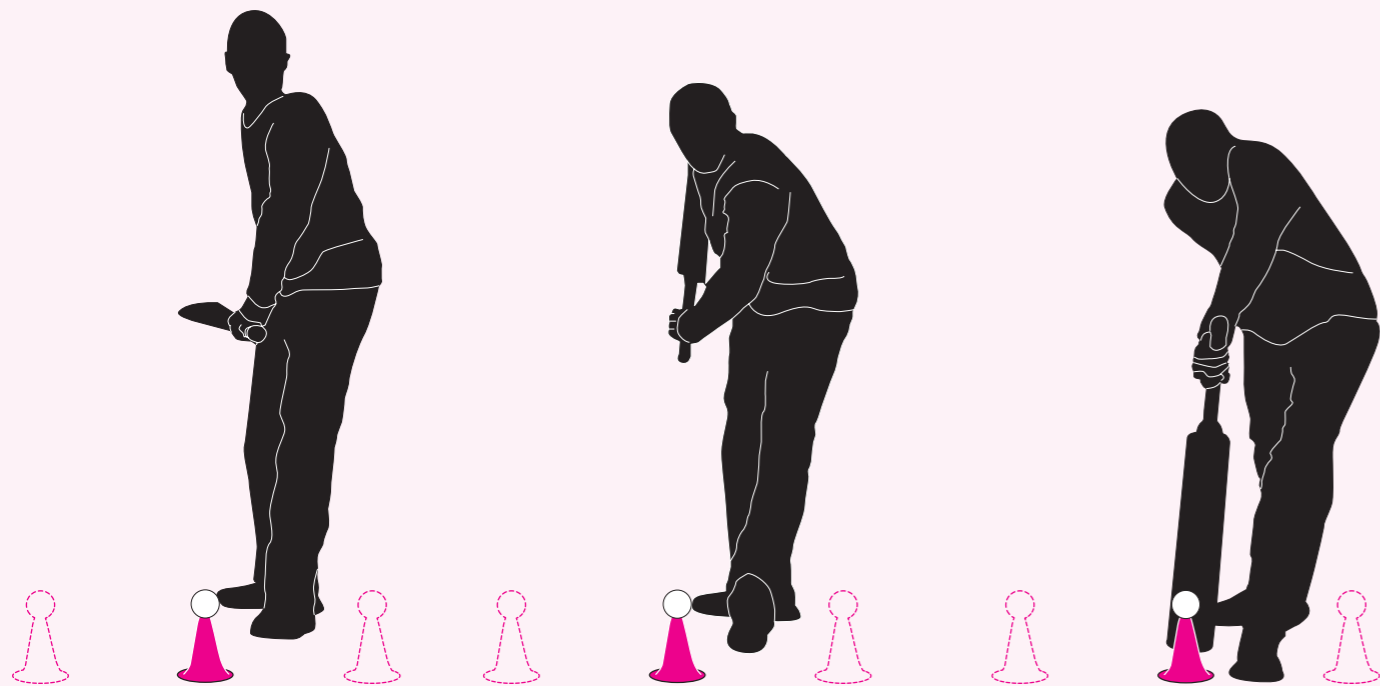




Release bottom hand wall swings



This drill is the same as page 52 but this time only focusing on releasing the “bottom hand” (their dominant hand). Players that aren’t very strong will fatigue quickly with this drill so take it in turns to practice with breaks.



One hand shot From a cone with scoring areas basics

Split the players up into even groups with bats and cones distributed evenly. Put three cones in front of the players with a ball on each cone as shown opposite

Put cones down for scoring areas roughly 5m away from the players for them to try and hit the ball towards. (See Fig. F over the page) The player should be trying to hit each ball with a full face of the bat.

Using one hand is a difficult skill, so emphasise there is no pressure to succeed with this drill

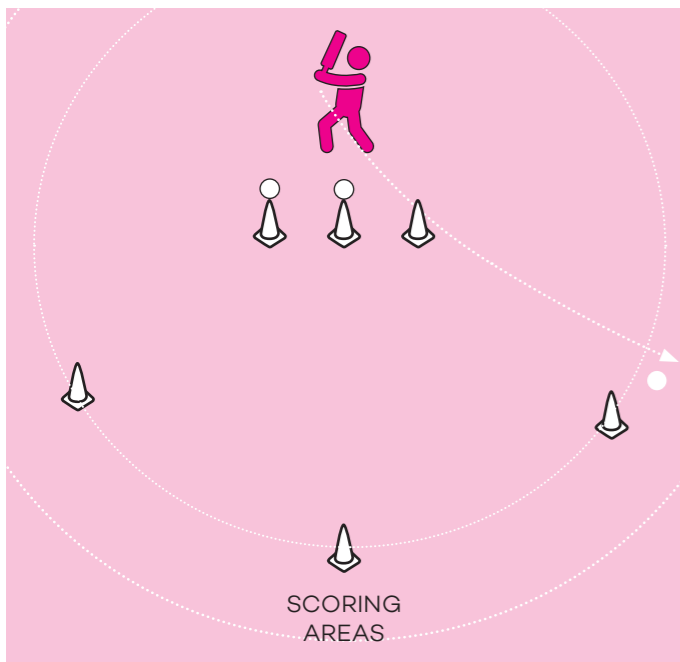
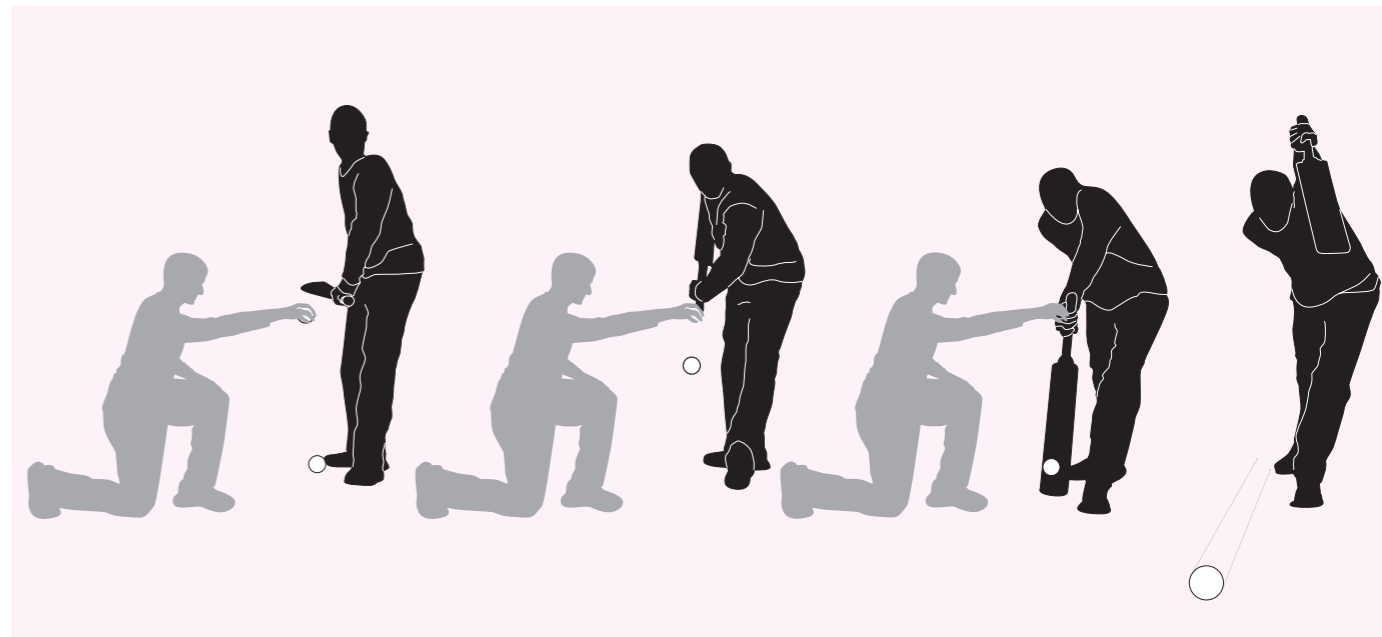


Fig. F - Basics

This drill is to try and isolate the top hand on the bat when making contact with the ball.



One hand shot

From drop feed with scoring areas medium

This is the same shot for the player as on page 60 however this time another player should drop a ball just in front of the batter for them to hit on the half volley. For this drill it will be helpful to ask the players to hit the ball as straight as possible to make sure the feeder isn't in danger of being hit.



One handed shots from underarm feeds with scoring areas advanced

This drill is the most advanced level, one player (or the coach) will underarm soft balls towards the batter. The batter should try and aim to make contact with the ball under their eyes and keeping the ball on the ground after contact.

The players should not try and hit the ball hard for this drill to make sure it's safe for the feeder

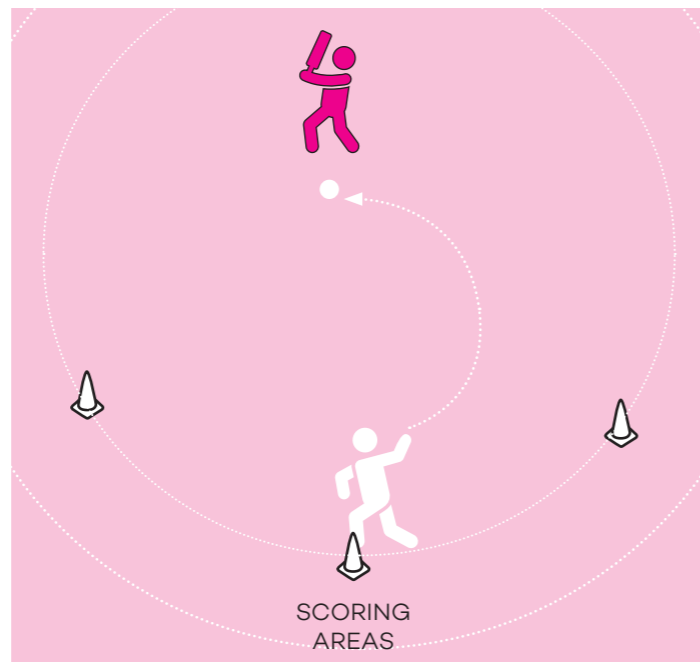
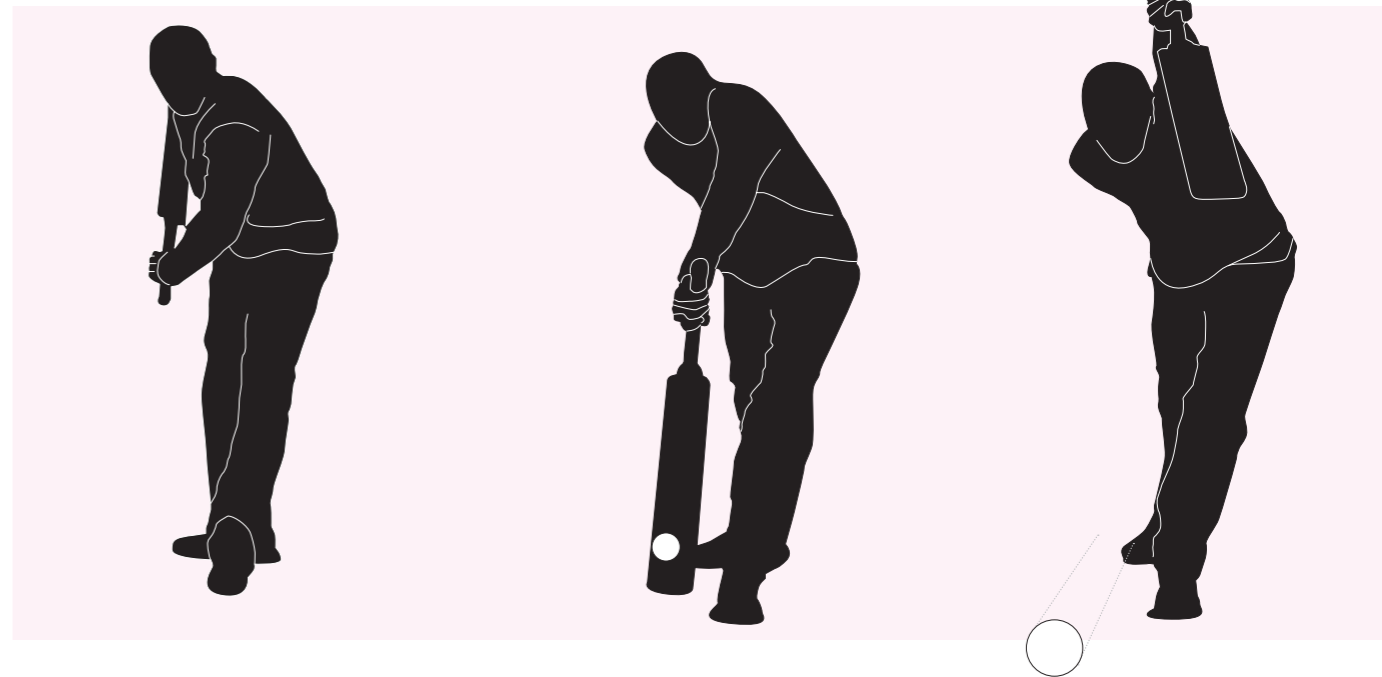


Fig. G - Medium



Helpful note: Ask the players to use the momentum of the bat to hit the ball rather using their force to swing the bat. The image above shows the best starting position for the players



(5) Head to the ball

Description:

We lead with our head for a few reasons:

To make sure our head is as close to the ball as possible.

To make sure we don't plant our feet.

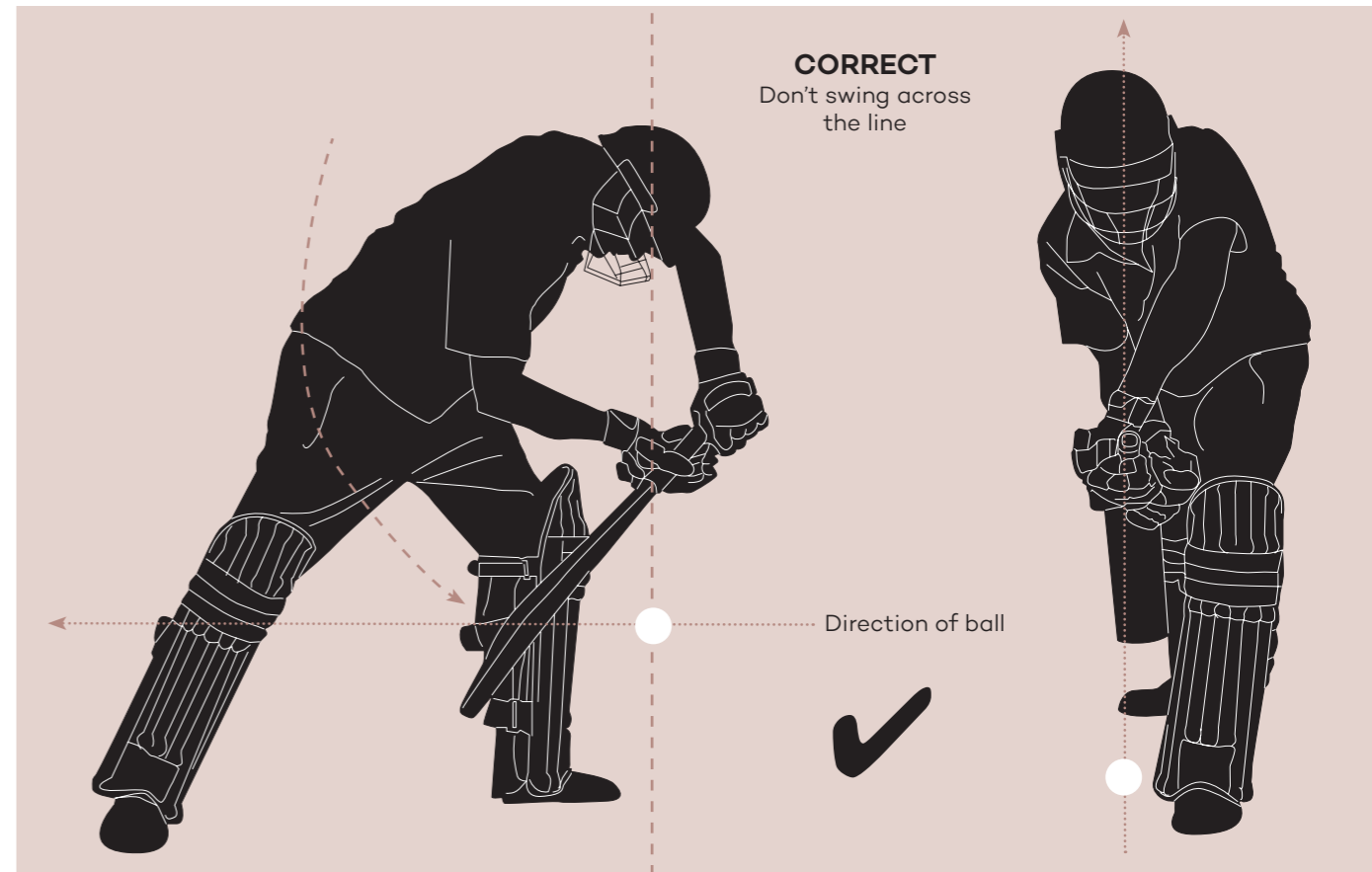
One of the most common technical problems in batting is a head falling over to the off side or leaning back when hitting the ball.

Drills:

Cone drills starting in the position of head over the ball.

Dropping shoulder towards the ball which helps head go over the ball

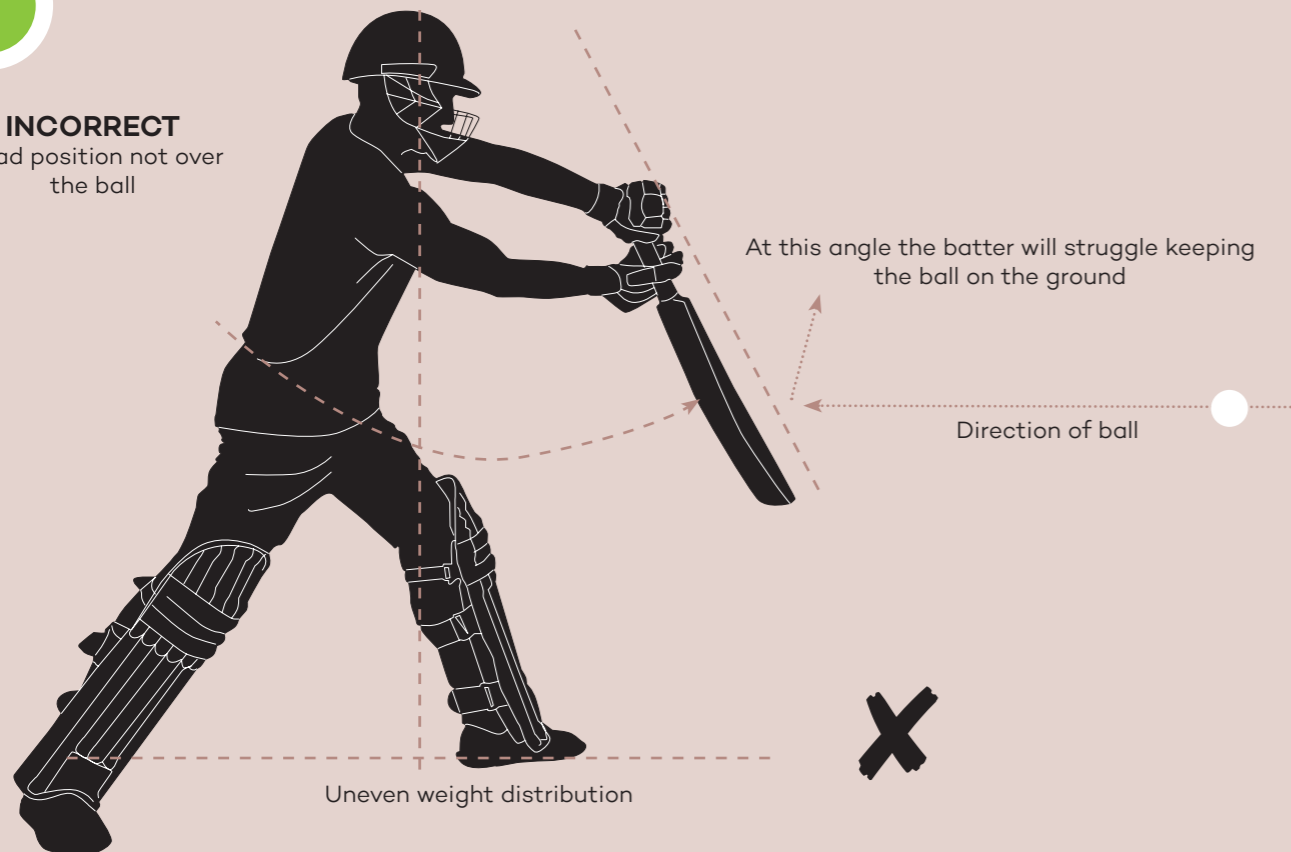
Back foot lift shots - progress to foot on chair





INCORRECT

Head position not over the ball



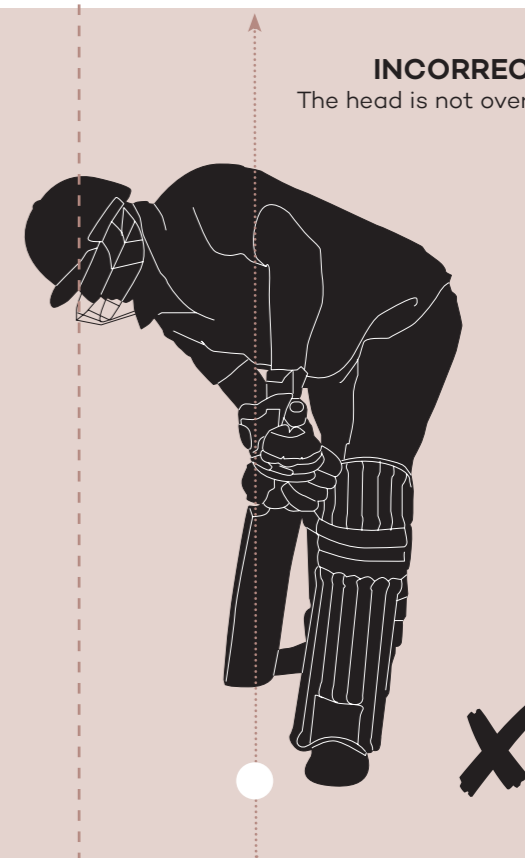
INCORRECT

The head is not over the ball.

Even weight distribution between your feet is important as this allows you to move onto either the front foot or the back foot quickly and easily. Whether you're moving onto the front or back foot to play your shot, it's important to make an early decision to either attack or defend and you need to take your head to the line of the ball - when on the front foot, this is often referred to as "getting your head over the ball".

Using your head

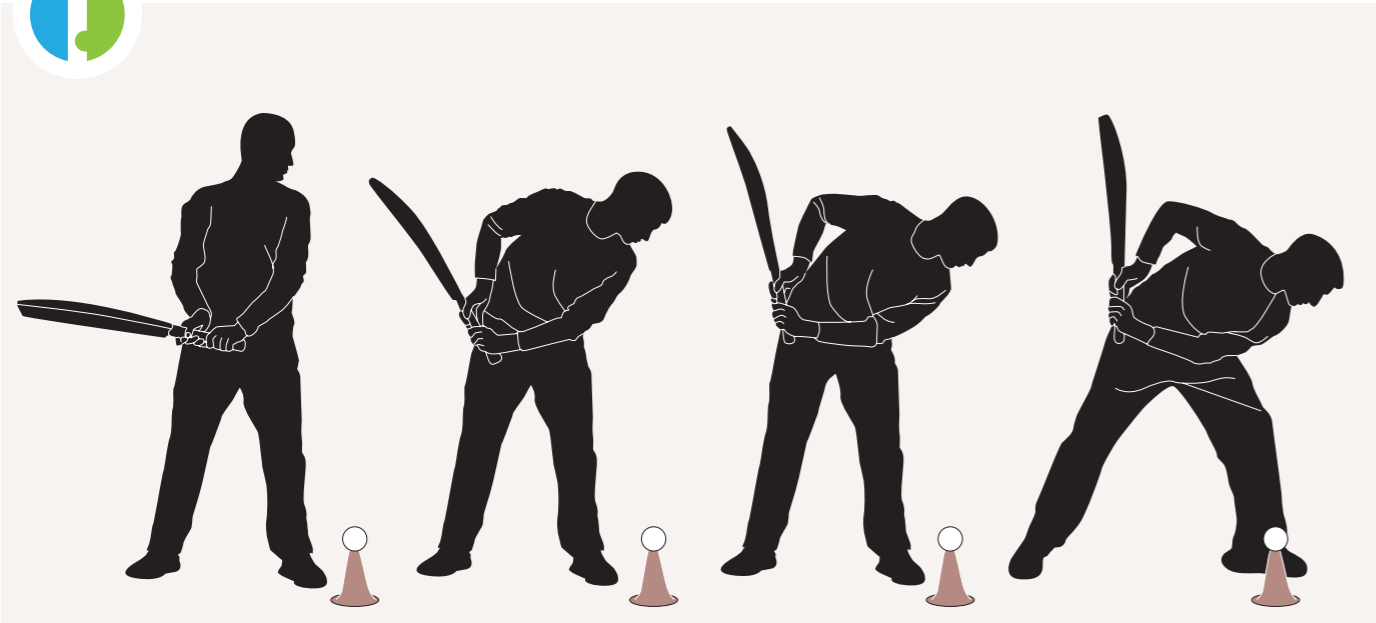
Keeping as still as possible allows you to pick up the subconscious cues from the bowler's run-up and delivery and to allow you to focus on the bowler's hand/ball/fingers/crease position on release with maximum concentration.



**Cone drills starting in the position of head over the ball.**

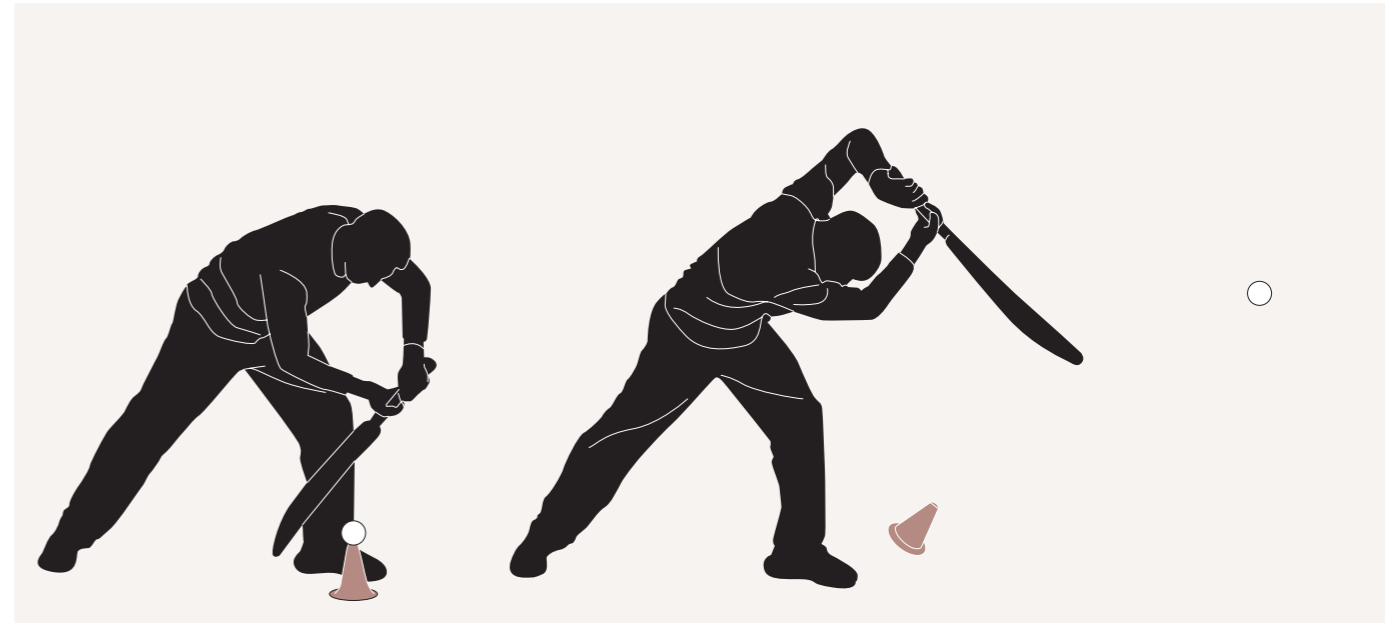
This drill is to focus on the head position when making contact with the ball. When learning to play cricket players want to learn to keep the ball on the ground as much as possible to limit their chances of getting out.

For this drill the player should get into the position shown opposite with a ball on a cone under their eyes. The players should focus on hitting the ball from this position and maintaining their balance. This drill can either be done hitting the ball into a net/wall or you could turn it into a fielding exercise too and have other players collect the balls when the batter hits them and return them to the cone when it's safe to do so.

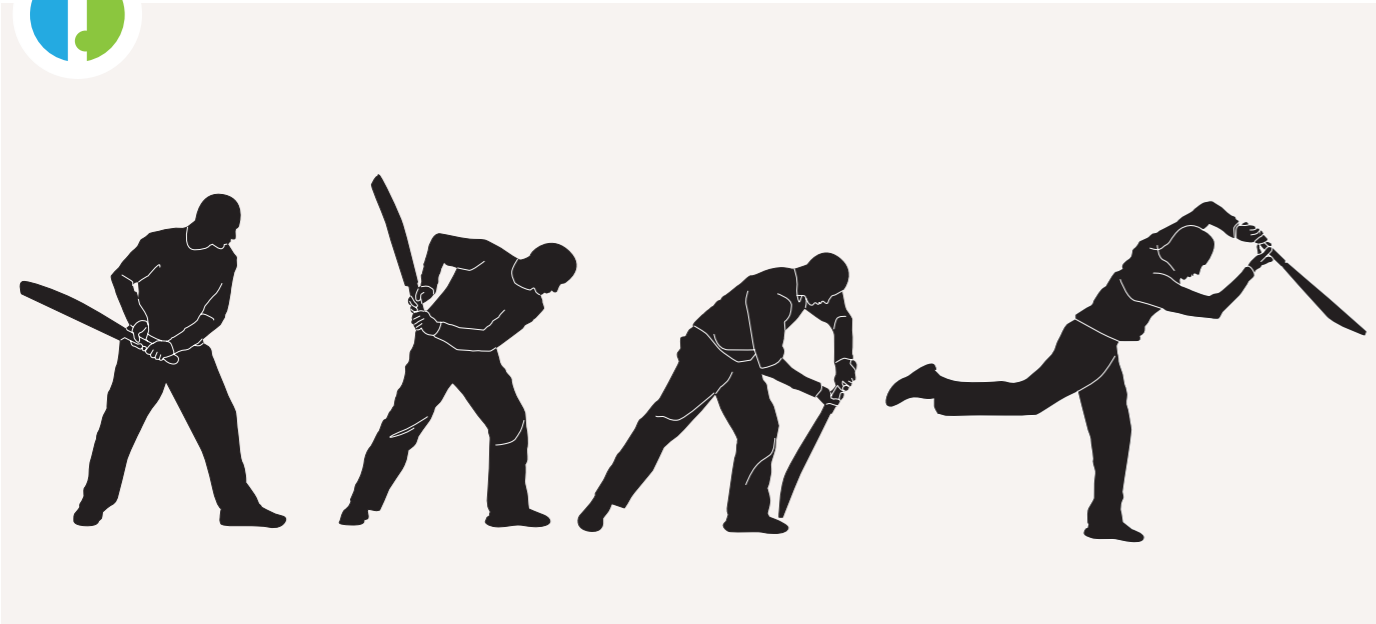
**Dropping shoulder towards the ball which helps head go over the ball**

This drill is a progression from the previous drill on page 70.

For this drill the player should focus on moving their head and shoulder towards the ball before their feet.

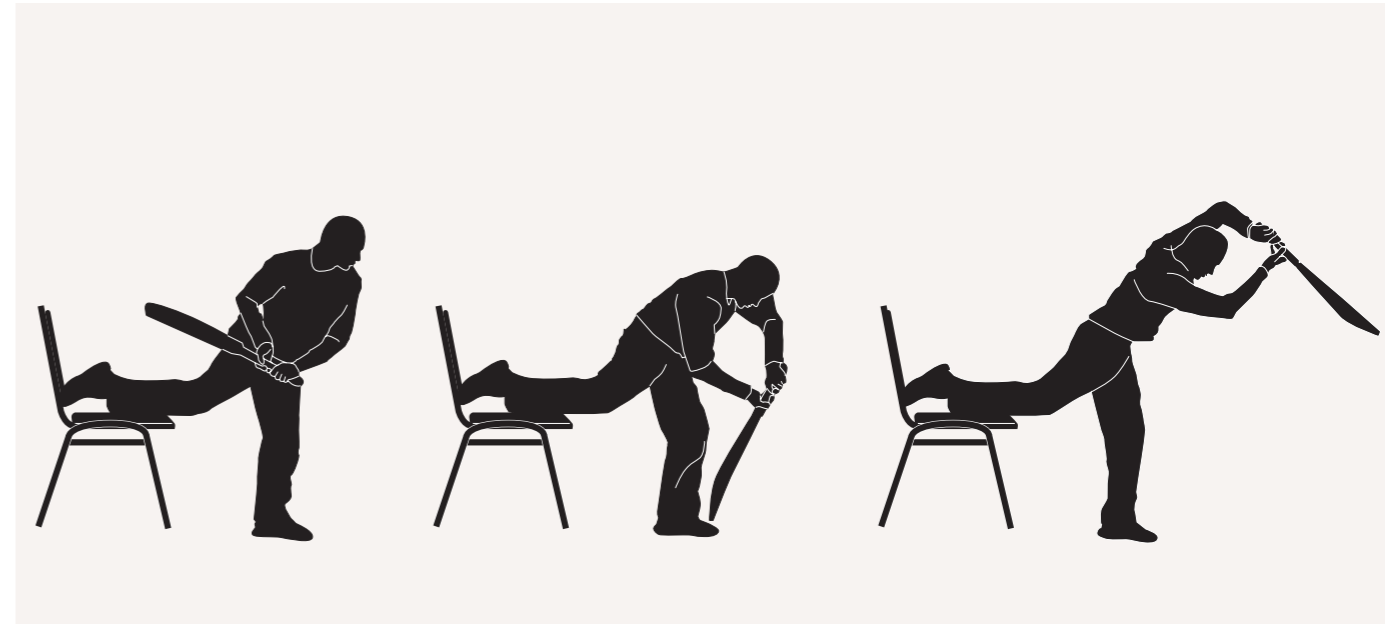


One common issue with young cricketers is they like to stride towards the ball first and their head doesn't move which makes their weight backwards and is harder for them to be in control of the shot.



Back foot lift shots - progress to foot on chair

This drill is brilliant for both improving balance and head position on contact. Have the players practice their swing normally to warm up and then ask them to lift their back leg as their weight goes forward as shown above. The players will find that they can only lift their leg and maintain balance if their head goes forward.



This drill can also be done with the player resting their back leg on a chair behind them. This is drill requires a lot of strength and stability but is a really good one for the children to practice at home.



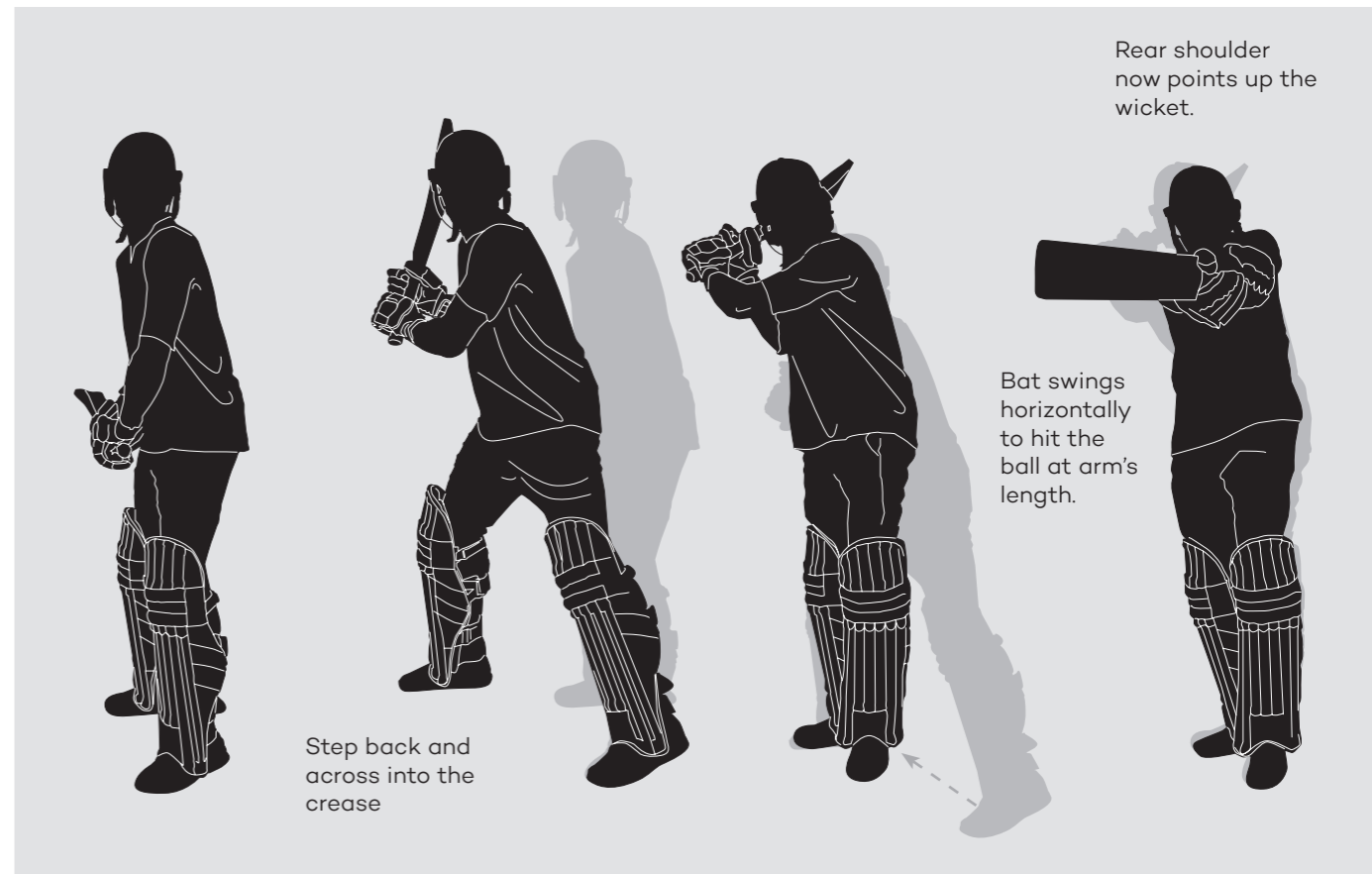
(6) Pull shot

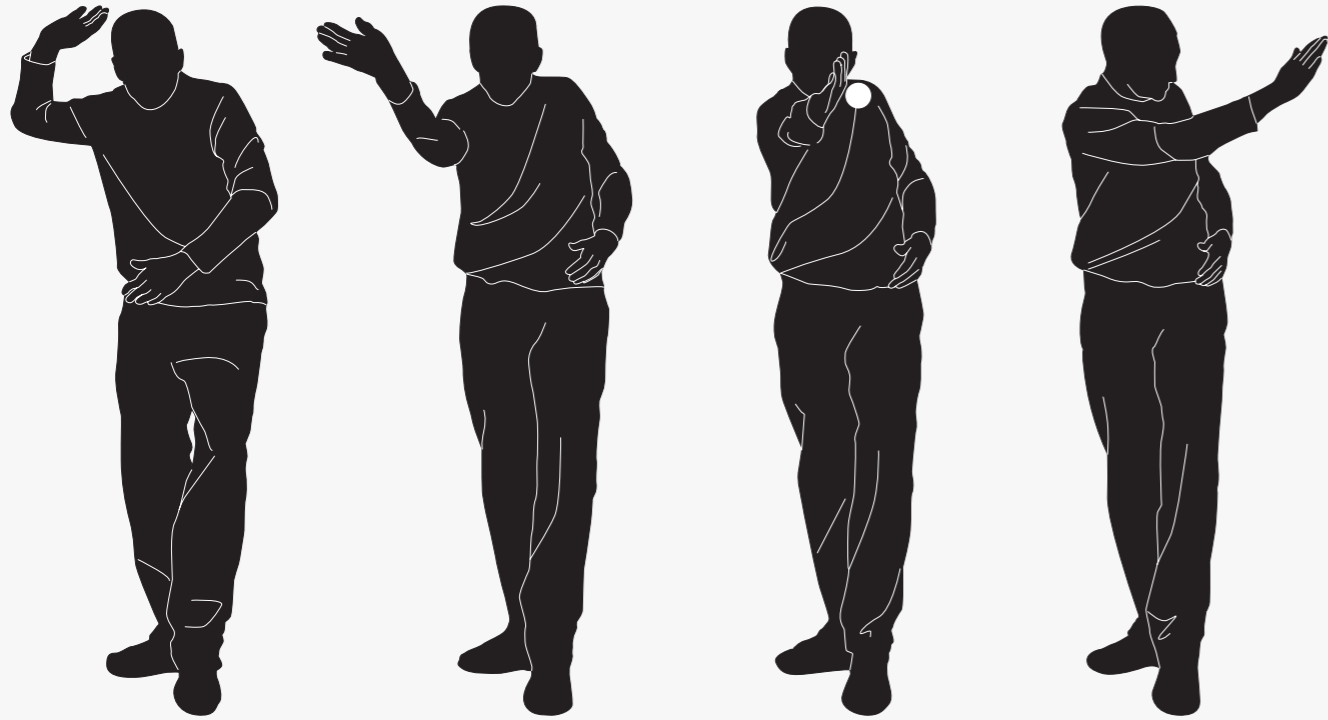
Description:

The pull shot is most commonly played against fast bowlers. When the ball is above waist height it is easier to play a cross batted shot than swinging straight. It is important to get high hands in order to get maximum success with your shot.

Drills (using soft balls):

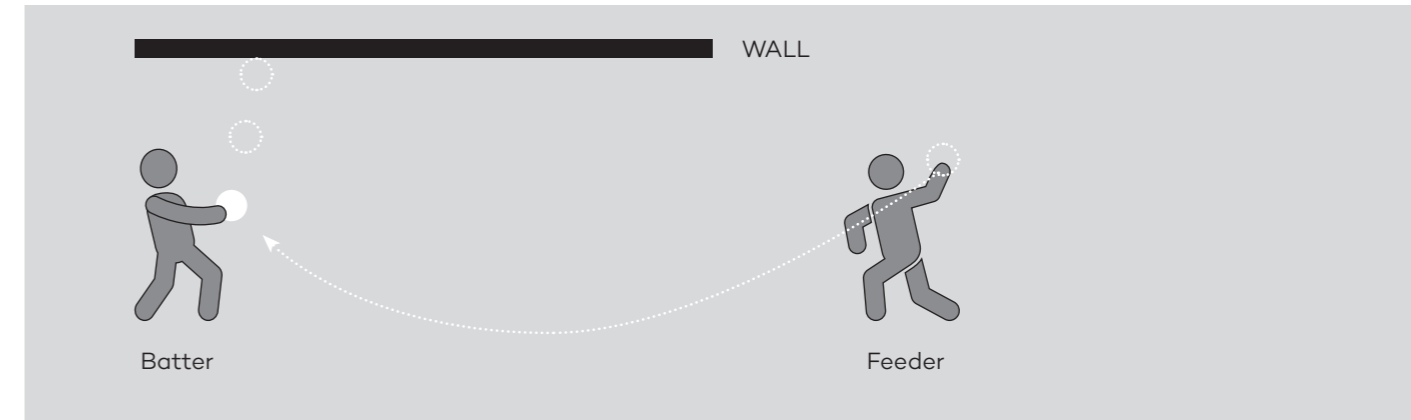
Pairs high hands slapping tennis balls (pull)
With bat hitting into a net / wall

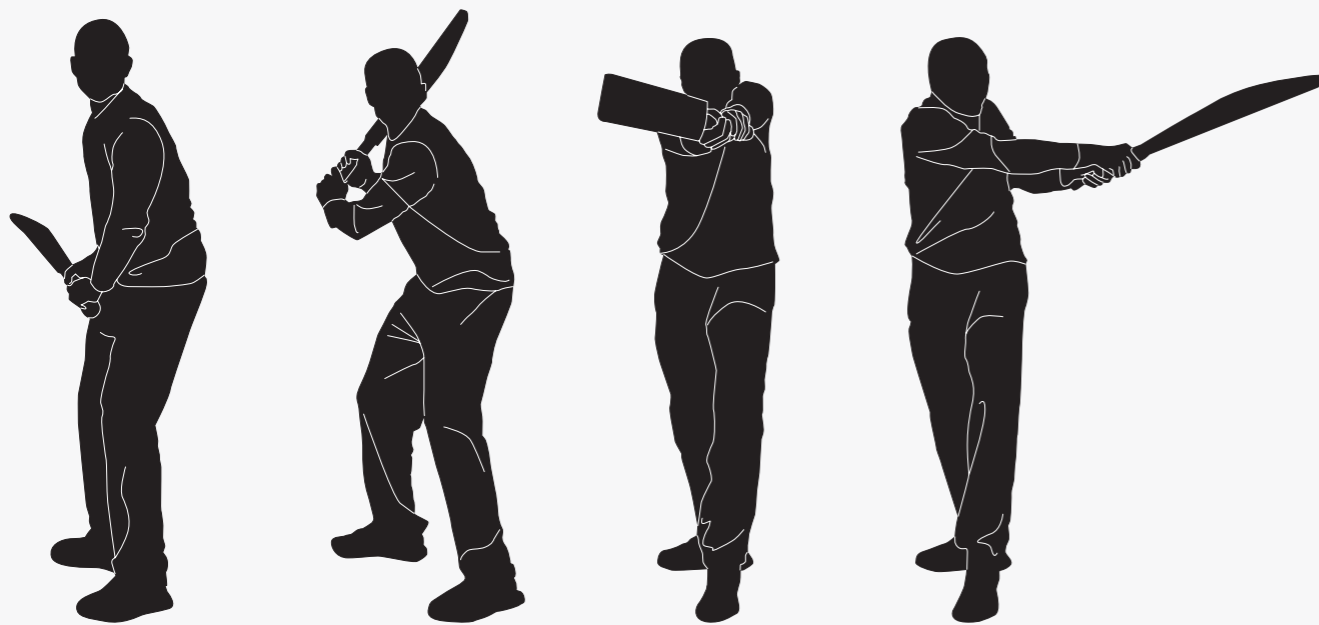




Pairs high hands slapping tennis balls (pull)

This is a really fun drill for children to practice. Split the players up into pairs with tennis/soft balls evenly distributed between the group. One player is the batter, one is the feeder. The feeder should aim to underarm the ball at the batter's chest for the batter to hit to the leg side using their hand (ideally into a net or wall) as shown left making contact with the ball in front of their body.



**With bat hitting into a net / wall**

After practicing hitting a tennis ball with their hands the players can now progress onto using a bat. Split the players up into pairs with tennis/soft balls evenly distributed between the group. One player is the batter, one is the feeder. The feeder should aim to underarm the ball at the batter's chest for the batter to hit to the leg side using their bat (ideally into a net or wall) as shown on page 76 making contact with the ball in front of their body.

Make sure when practicing this shot that there is enough space between each player as players swinging their bat could put others in danger.



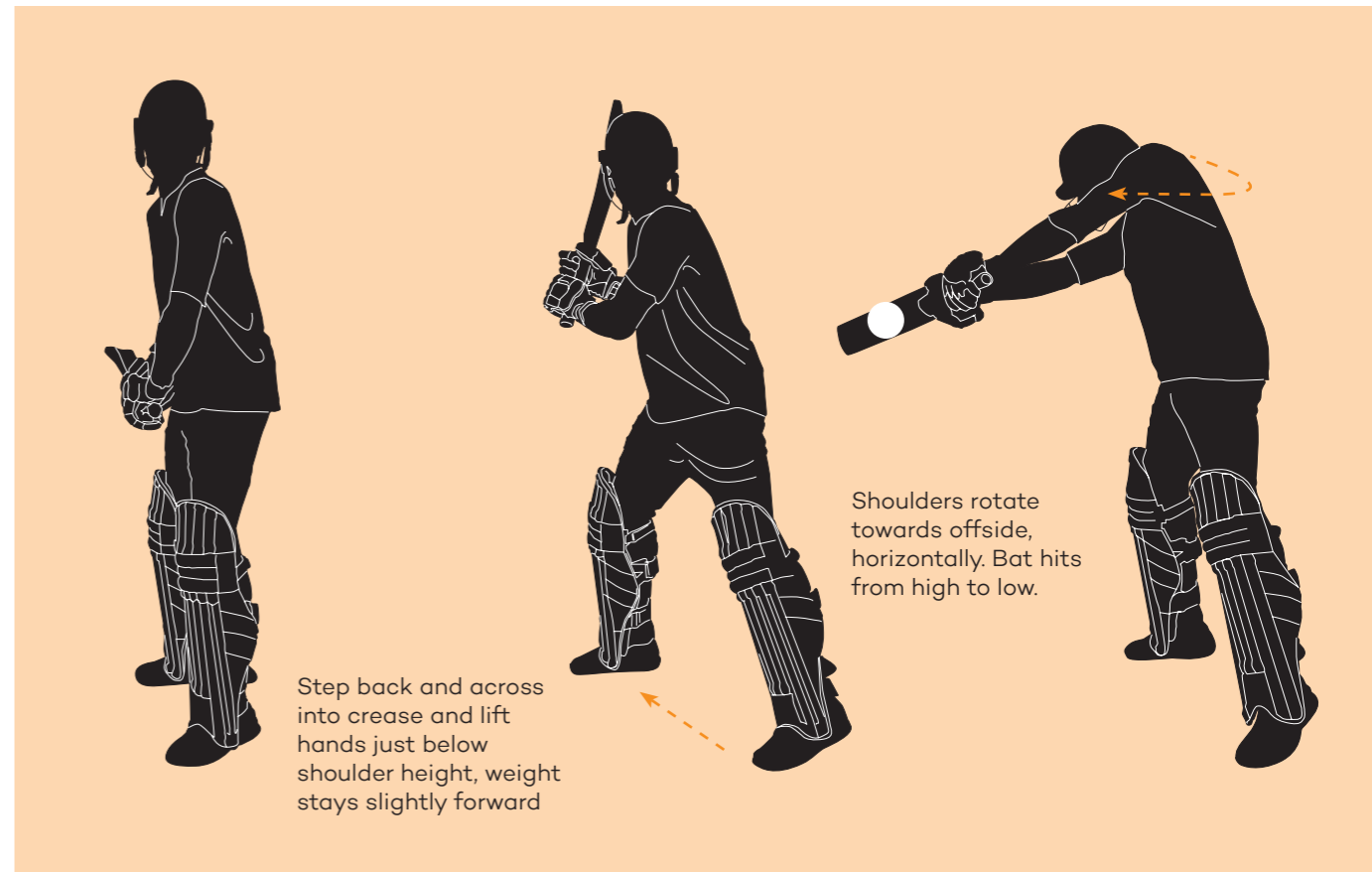
(7) Cut shot

Description:

We want to try and keep our side on position to allow us to hit the ball square of the wicket where there are less fielders and keep our hands high to be in control of the shot.

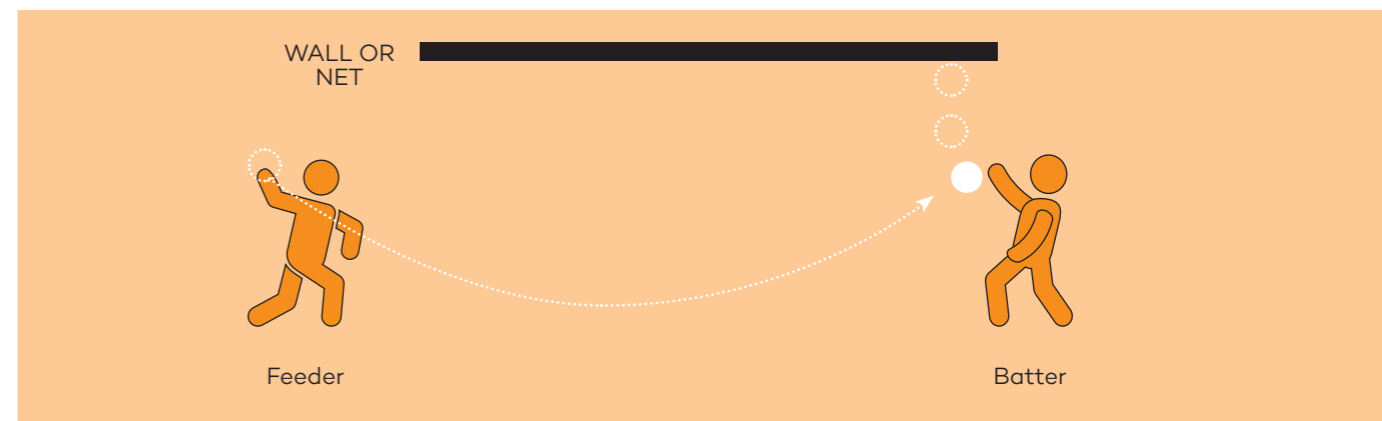
Drills (using soft balls):

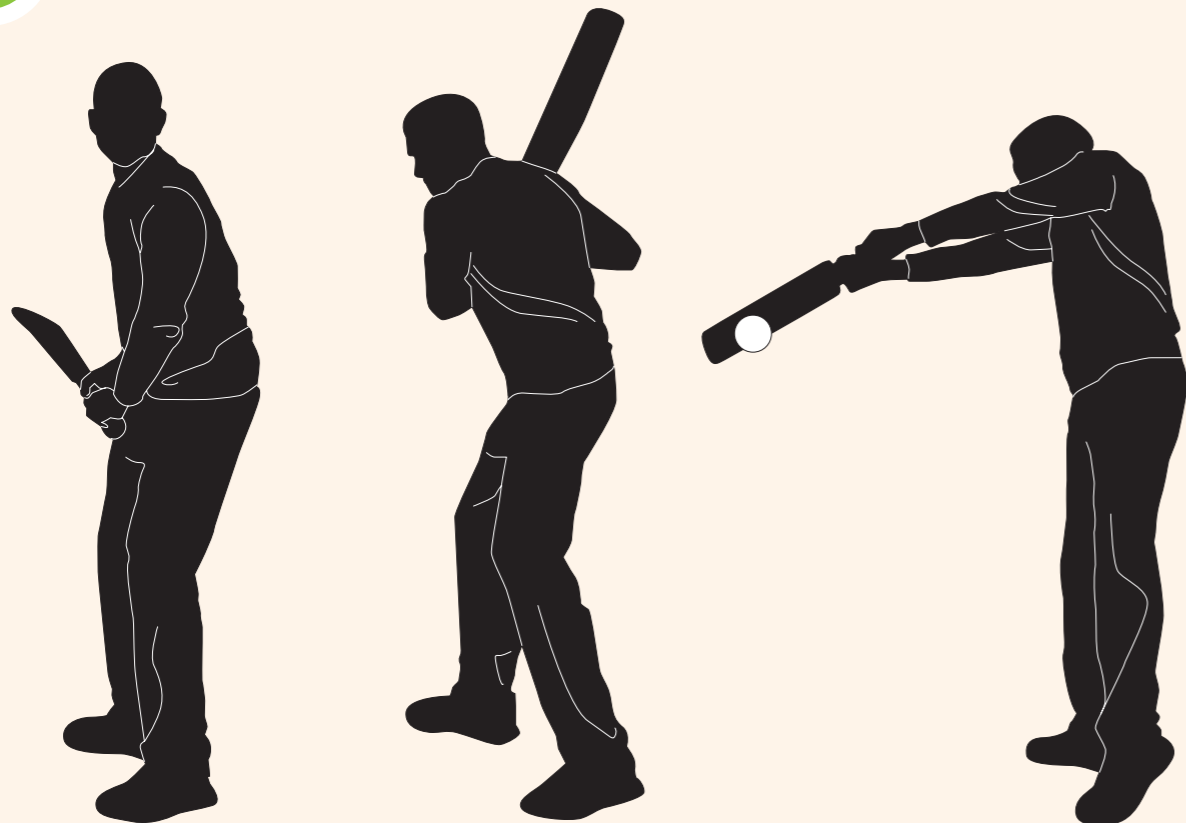
Pairs high hands slapping tennis balls (cut)
With bat hitting into a net / wall



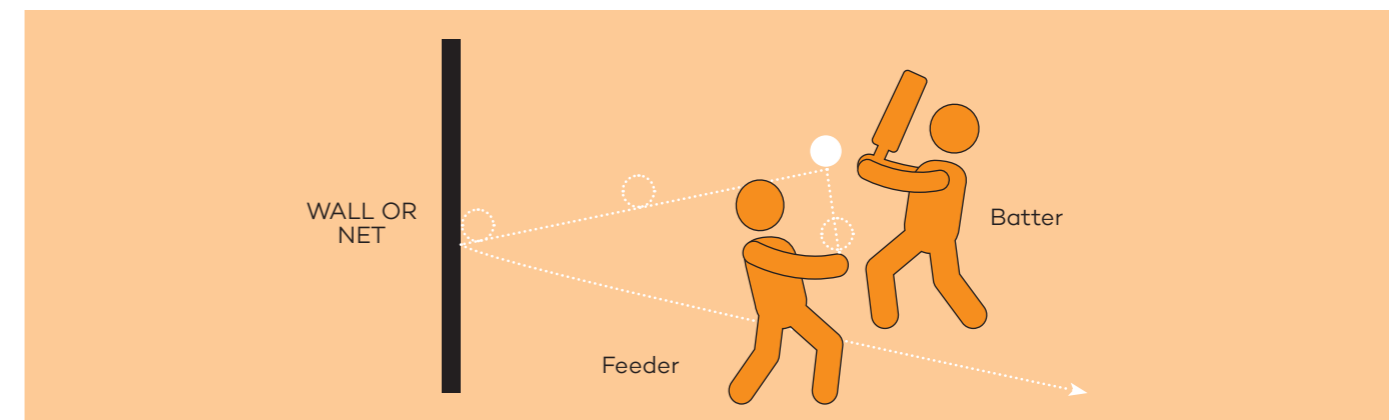
**Pairs high hands slapping tennis balls (cut)**

Split the players up into pairs with tennis/soft balls evenly distributed between the group. One player is the batter, one is the feeder. The feeder should aim to underarm the ball to the left of the batter away from their body at shoulder height for the batter to hit to the offside using their hand (ideally into a net or wall) as shown opposite making contact with the ball in line with their body.



**With bat hitting into a net / wall**

Split the players up into pairs with tennis/soft balls evenly distributed between the group. One player is the batter, one is the feeder. The feeder should aim to underarm the ball to the left of the batter away from their body at shoulder height for the batter to hit to the offside using their bat (ideally into a net or wall) as shown opposite making contact with the ball in line with their body.





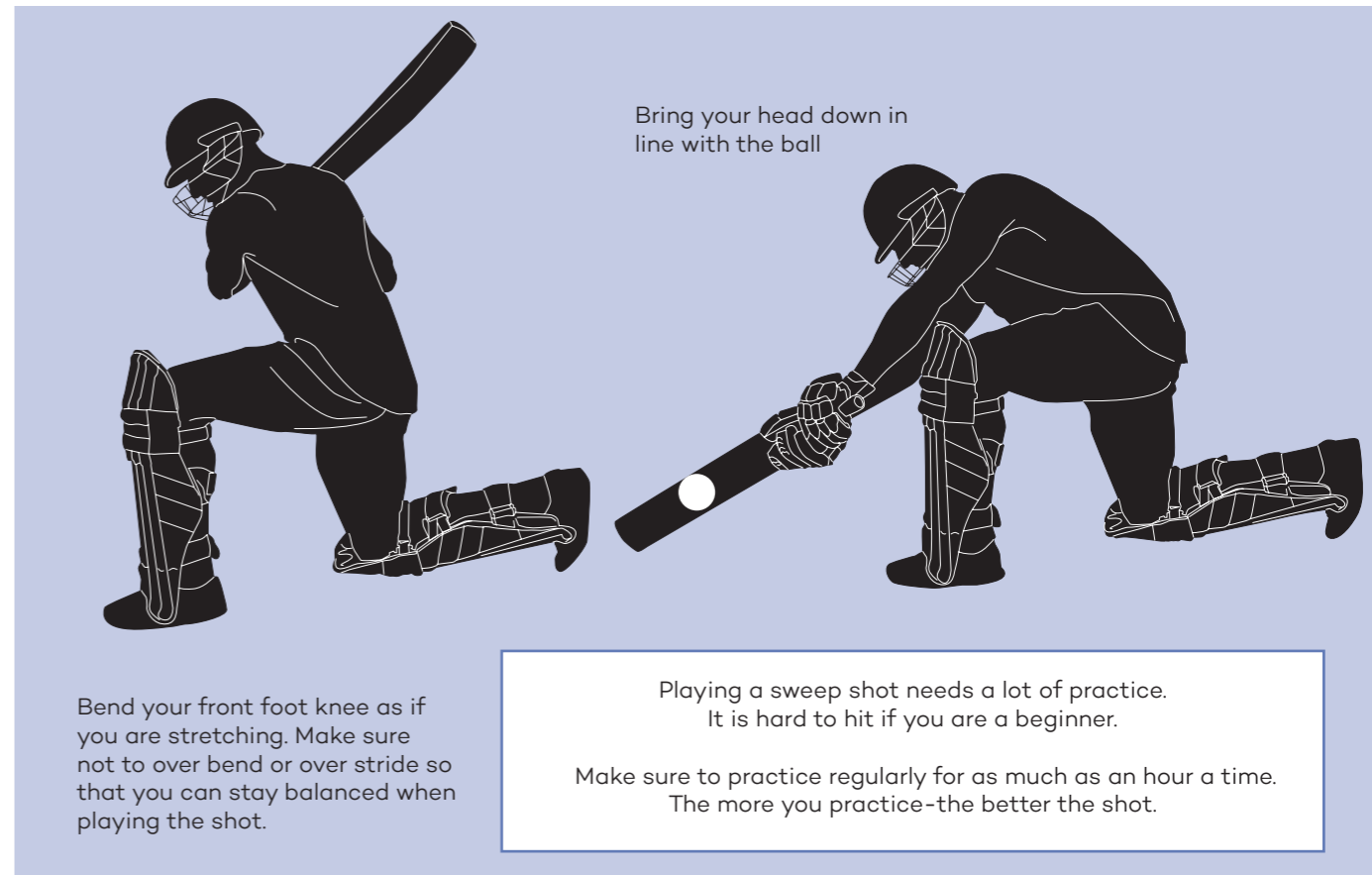
(8) Sweep shot

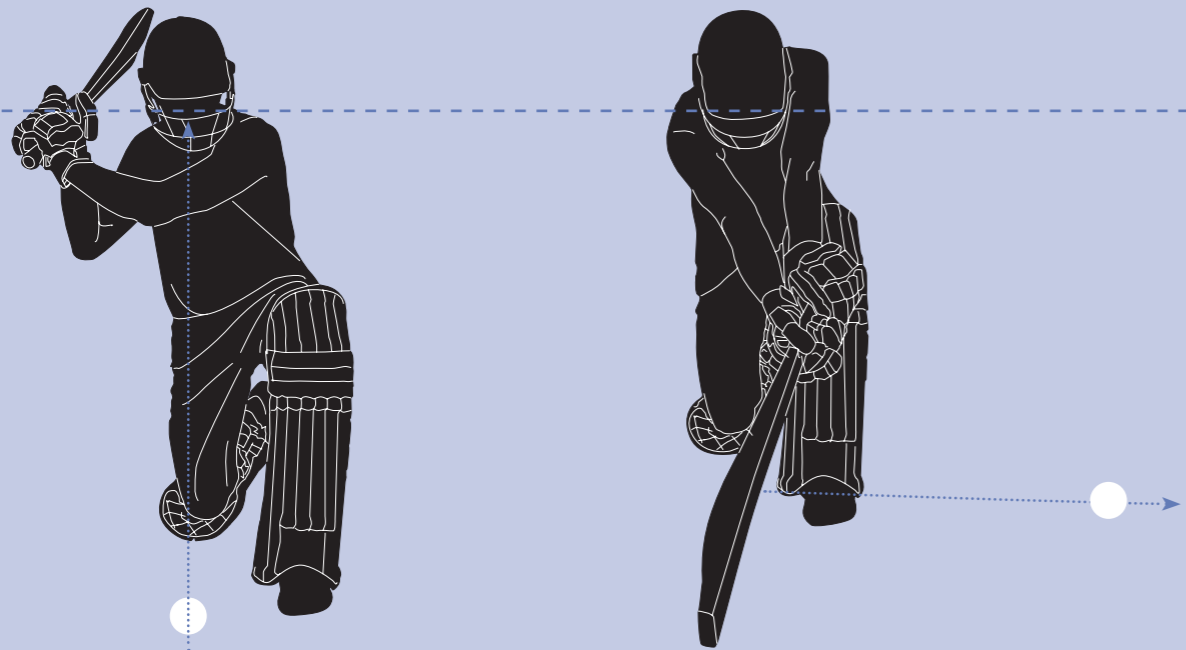
Description:

The sweep shot is a very useful shot to play against spinners. It is important to have a strong base, head towards the ball and extended arms when making contact with the ball.

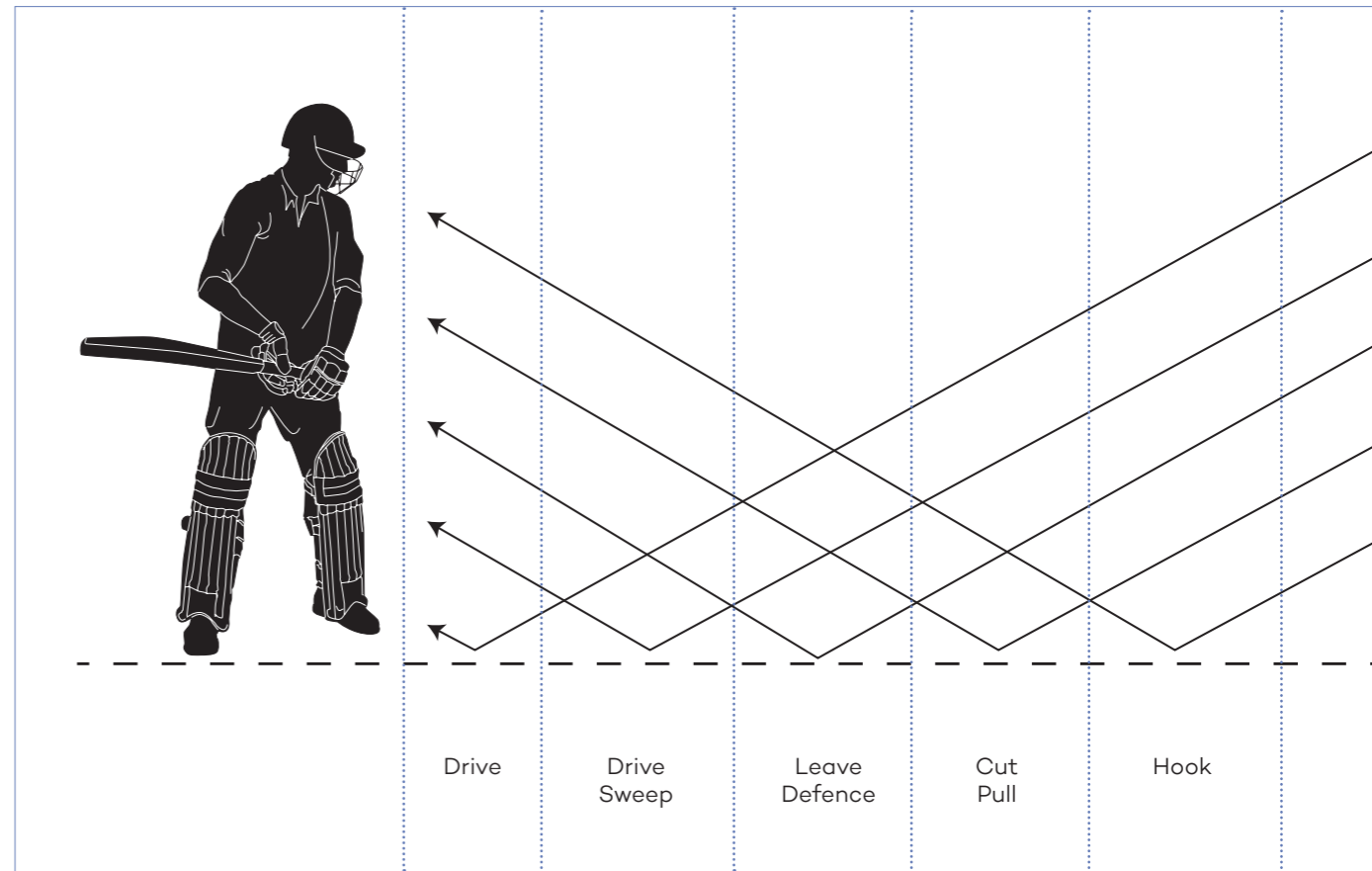
Drills;

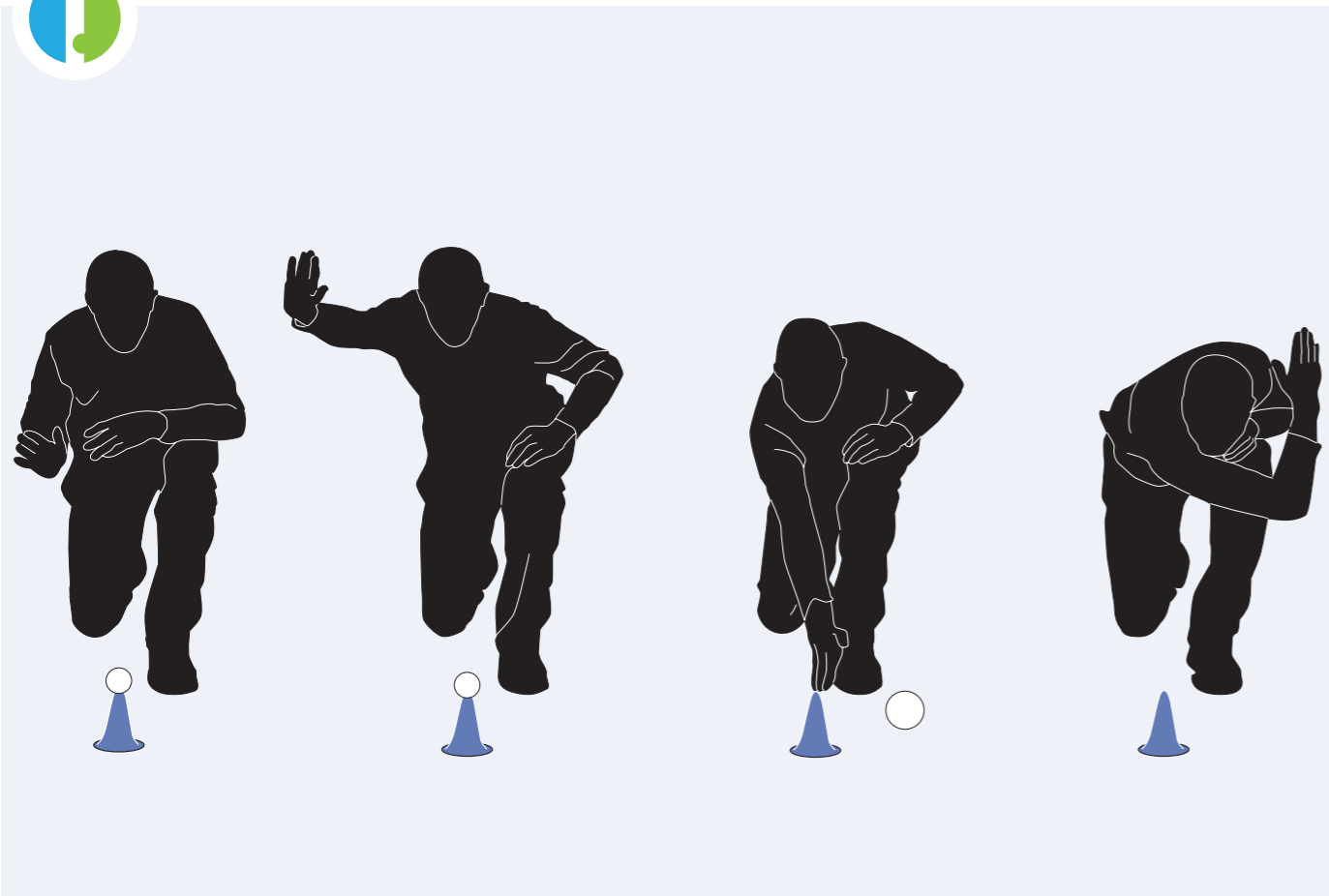
Pairs hand sweep
Cone drills sweep
Drop feed sweep





A sweep shot is normally played to a full delivery, usually from a slow bowler



**Pairs hand sweep**

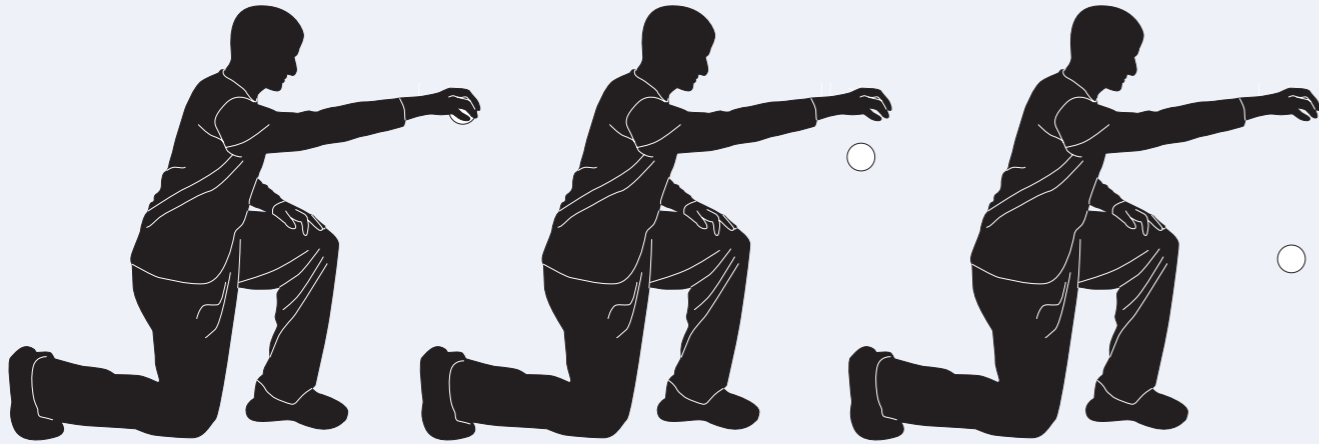
Split the players into even groups (ideally pairs). Place a tennis/soft ball on a cone in front of the batter. The batter should be on their knees in the position shown opposite. Players should try and hit the ball off the cone with their dominant hand towards the leg side.

Right-handed batters hitting to their left and left-handed batters hitting to their right.

**Cone drills sweep**

Split the players into even groups (ideally pairs). Place a tennis/soft ball on a cone in front of the batter. The batter should be on their knees in the position shown opposite. Players should try and hit the ball off the cone with their bat towards the leg side.

Right handed batters hitting to their left and left-handed batters hitting to their right.



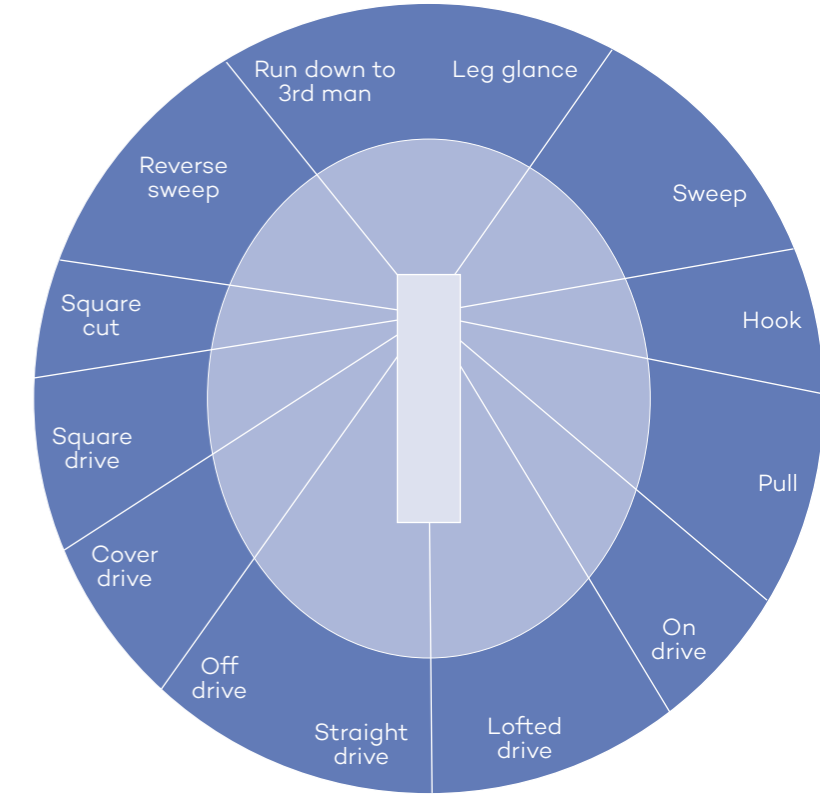
Drop feed sweep

Split the players into even groups (ideally pairs). One player will be the batter and the other the feeder. The feeder should look to drop the ball from shoulder height, when kneeling, (as shown above). Far enough away from the batter so that their arms are extended when hitting the shot. The batter should try and hit the ball on the half volley into a net/wall.

Players have a tendency to try and hit the ball too hard with this drill and it can take the focus away from learning the sweep.

Keep reminding the players to focus on trying to make contact in the middle of the bat and not hitting the ball as hard as they can.











NB. When hitting this shot towards a wall make sure no players can be hit on the rebound.



Batting shots

Batting basic objectives



















































NB: The teacher / coach can decide which skill to focus on during each of the games or ask the students what they want to focus on

-  Bat pick up & grip
-  Stance and balance
-  Straight drive swing
-  Improving top hand/ high elbow
-  Head to the ball.
-  Pull shot
-  Cut shot
-  Sweep shot
-  Decision making
-  Communication skills

BATTING GAMES



GAMES TO IMPROVE SKILLS

Yes No Maybe	      
Knocking	      
Keep it up around cones	      
Jack in the box	      
Spin Survival	      
Bat swing drill	      
Hit the gaps	      
Quick cricket	      
Cone hit and collect	      
Accuracy challenge	      



YES NO MAYBE DRILL

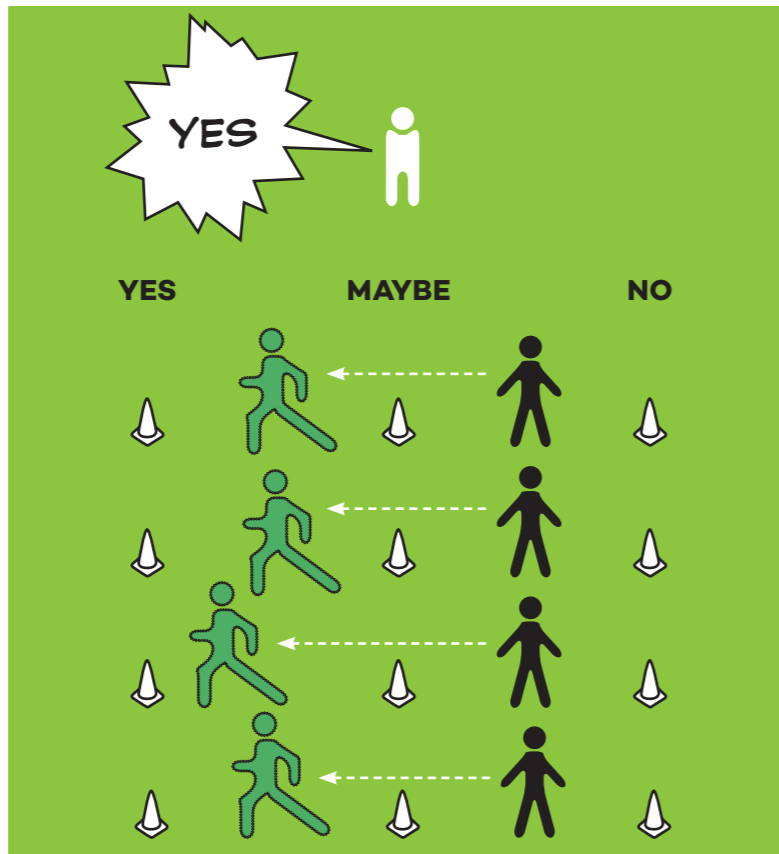
Description:
Players: 4+

Arrange Individual players standing in a line at right angles to three separate lines of cones

The coach calls yes, no or maybe, on the call the players run to the cone in that line, the coach can make multiple calls to test the memory of the players and make the game harder.

Objectives:

- Verbal processing skills
- Loud simple language
- Quick speed and turning



KNOCKING

Description:
Players: 4+ in teams



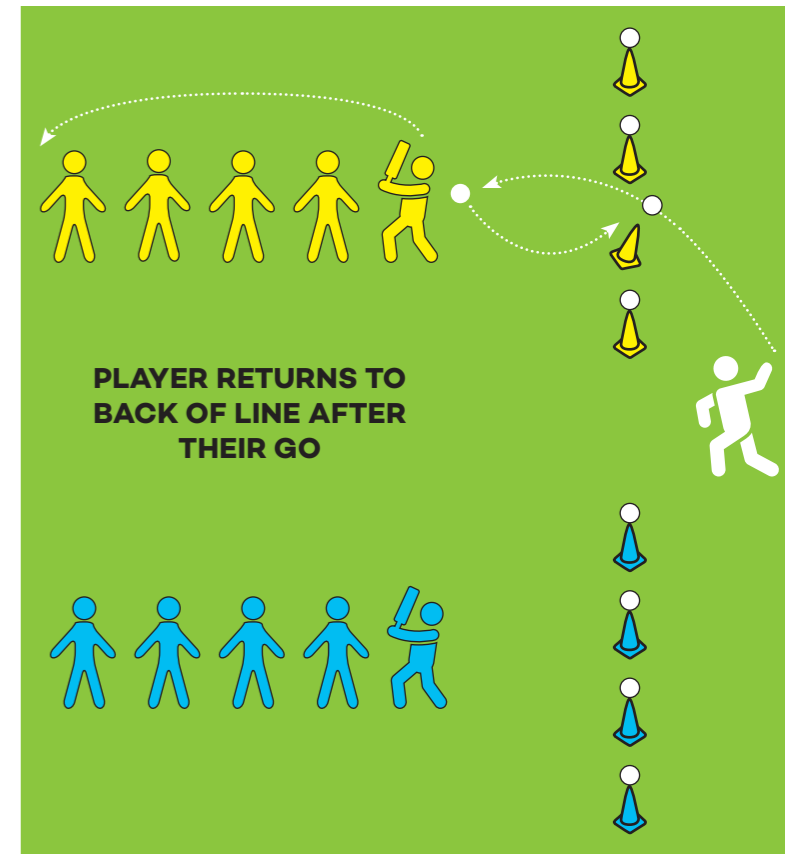
Organise players standing in a line opposite a number of cones with balls on. The coach either puts a ball on a cone for the players to hit off or they throw a ball to each line of players in turn who has to hit a tennis ball off a cone in front of them. The first team to knock the balls off all their cones wins

Ensure that players return to the line before the next player starts aiming at the cones

Objectives:

- Ball placing with a bat for players to improve accuracy
- Competition against each other to simulate pressure situations.

The easiest version of the drill is to allow the players to hit off a cone.





KEEP IT UP AROUND CONES

Description:

Players: 4+ in 2 teams

Individual, players stand in a line in 2 teams in front of cones

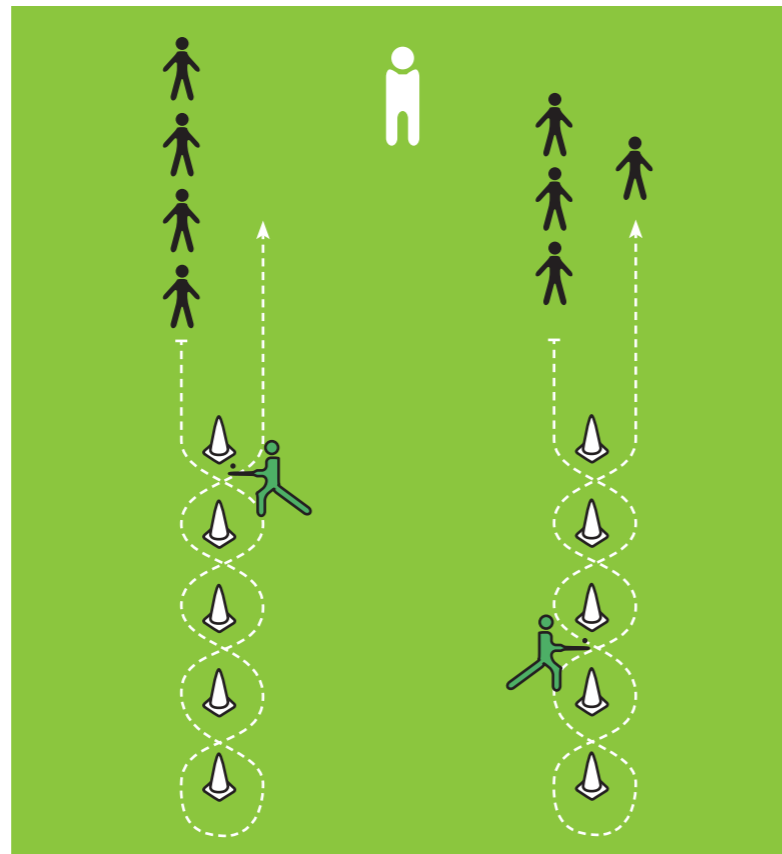
Each player has to negotiate the cones whilst keeping the ball up in the air by tapping it lightly with the bat. Encourage the players to experiment with which grip make the drill easier. The players should try and complete the circuit without the ball hitting the floor. Start with a number of cones and increase this as the players become more confident.

Objectives:

- Hand eye co-ordination
- Batting control



To make it more difficult try hitting the ball with the handle instead of the bat face



JACK IN THE BOX

Description:

Players: 4+ in 2 teams

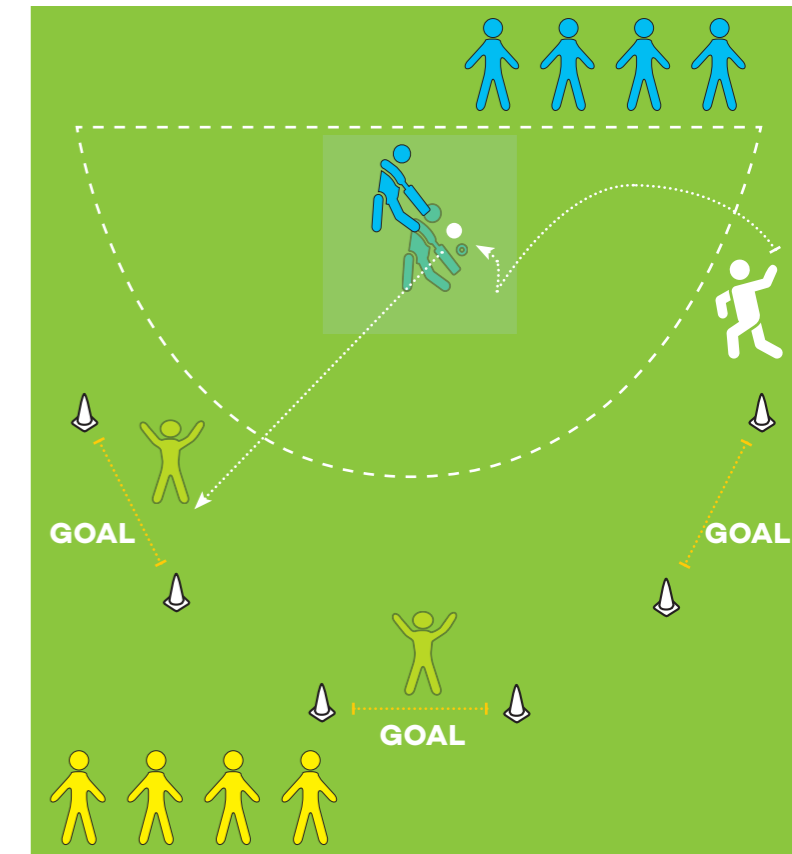
Lay the area out with a batting area and three goals.

Arrange the players in two teams, one batting team and one fielding team. The coach throws a ball into the defined area, the batter gets into position and attempts to hit the ball into one of the goals.

The fielding team can have two players to try and defend the goals, its up to the batter to try and outwit the fielders.

Objectives:

- Improving footwork & shot placement
- Decision making
- Hand eye co-ordination





SPIN SURVIVAL

Description:

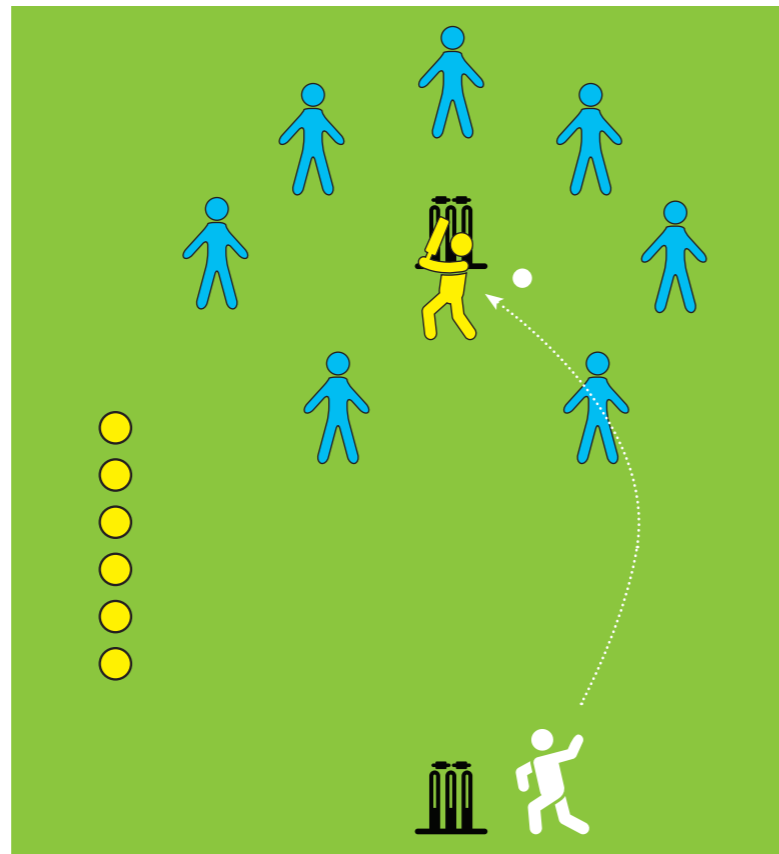
Players: 4+ in 2 teams

Organise players so one team is on the bench with the other team fielding. The coach throws spin tennis balls to a batsman and they try and score as many points without being caught out (maximum 5 balls). Every ball they survive they get 1 point.

This continues until all team members are out. The team with the most points wins. Add in a one hand one bounce rule if the batters are doing well to make it harder.

Objectives:

- Hand eye co-ordination
- Defensive skills
- Soft hands
- Decision making



BAT SWING DRILL

Description:

Players: 4+ in 2 teams

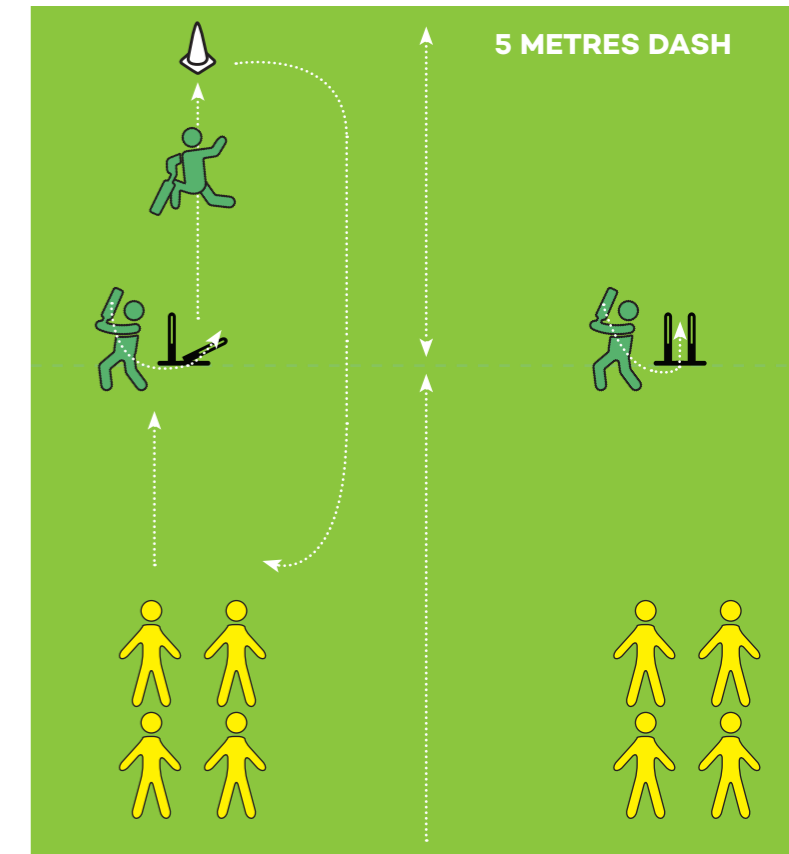


Divide the players into two teams. A player from each team runs towards the stumps swinging through the gap where the middle stump has been removed. If their bat hits one of the two remaining stumps they must run and touch a cone 5m away. If they swing through cleanly, they can just run back to their team tagging the next player to take their go. The first team to finish wins

Objectives:

- Improving movement, co-ordination and weight distribution skills.
- Improved swing path
- Improve bat control

Use 2 cones instead of stumps to make the drill easier





HIT THE GAPS

Description:

Players: 1+ in teams

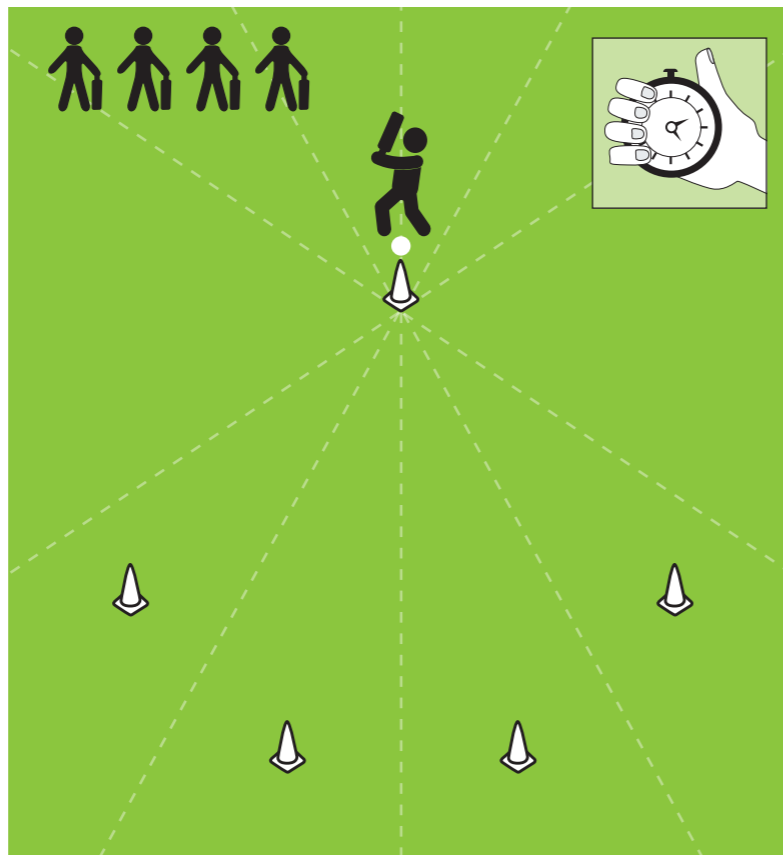
When playing individually the player needs to hit a ball off a cone, aiming towards scoring areas to gain as many points as possible in a given time.

When playing this with more players split into teams and allow the opposition to change where the scoring zones are to make it more difficult.

For the pull and cut shot use someone to feed the ball instead of a ball on a cone

Objectives:

- Hand eye co-ordination
- Improved swing path
- Improve bat control
- Improve head position



QUICK CRICKET

Description:

Players: 4+ in 2 teams

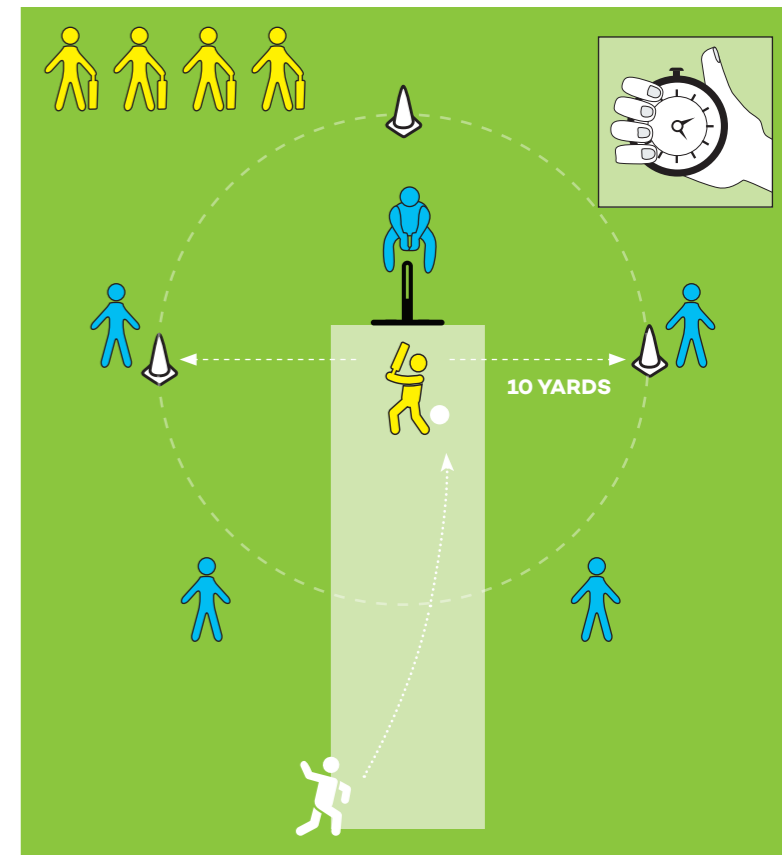


Divide the players into 2 teams. Each team bats for a given time and starts at 20 points. Every time a batter is out (caught, bowled, stumped, run out or hit their own wicket) they lose 5 points and the batters swap places. The winning team is the one with the most points. Fielders can rotate who bowls each over or the coach bowls/throws).

Objectives:

- Introduction to the sport. This can be done to focus on almost any part of the game

No fielders are allowed within 10 yards of the batsman - except the wicket-keeper for safety reasons.





CONE HIT & COLLECT

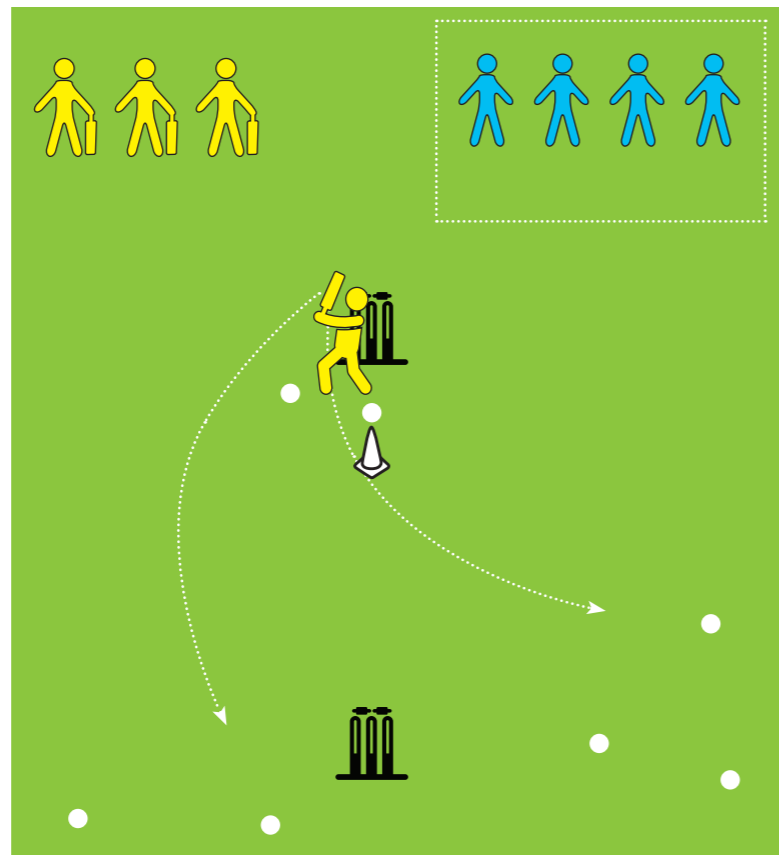
Description:

Players: 4+ in 2 teams

Split into two teams - batters and fielders. each batter hits 2 balls off a cone anywhere. After all batters have taken their shots the fielding side collect the balls one by one and one ball at a time and return them to their area. The batters try and make as many runs as possible before all balls are collected, each batter running once between the wickets before returning and tagging the next batter to do the same.

Objectives:

- Communication
- Decision making
- Improve basic batting skills
- Improved fitness



ACCURACY CHALLENGE

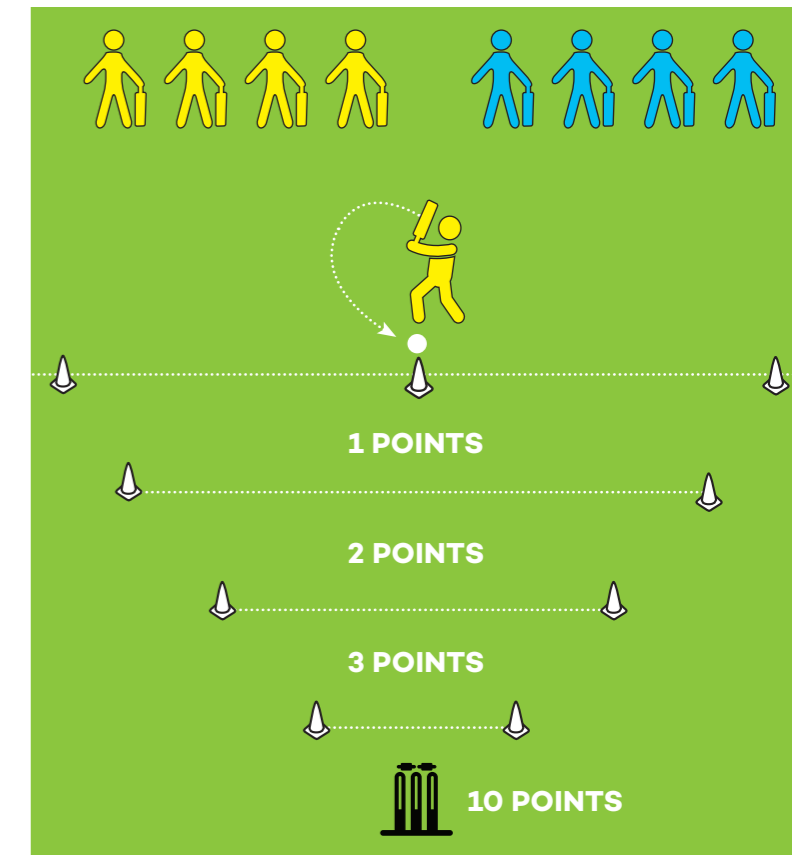
Description:

Players: 4+ in 2 teams

Each batter takes it in turn to hit a ball off a cone and aim the ball into a scoring area. The aim is to hit the wickets (for 10 points). The team with the highest score wins.

Objectives:






- Communication
- Decision making
- Improve accuracy





Bowling Skills

The following pages are colour coded so you can see the drills and games which focus on the skills below

-  Grip - Seam
-  Grip - Leg Spin
-  Grip - Off Spin
-  Front arm + Follow through
-  Take off and run up

BOWLING SKILLS



BOWLING BASICS

Grip - Seam

Grip - Leg Spin

Grip - Off Spin

Front arm & Follow through

Take off and run up



(1) Grip - Seam

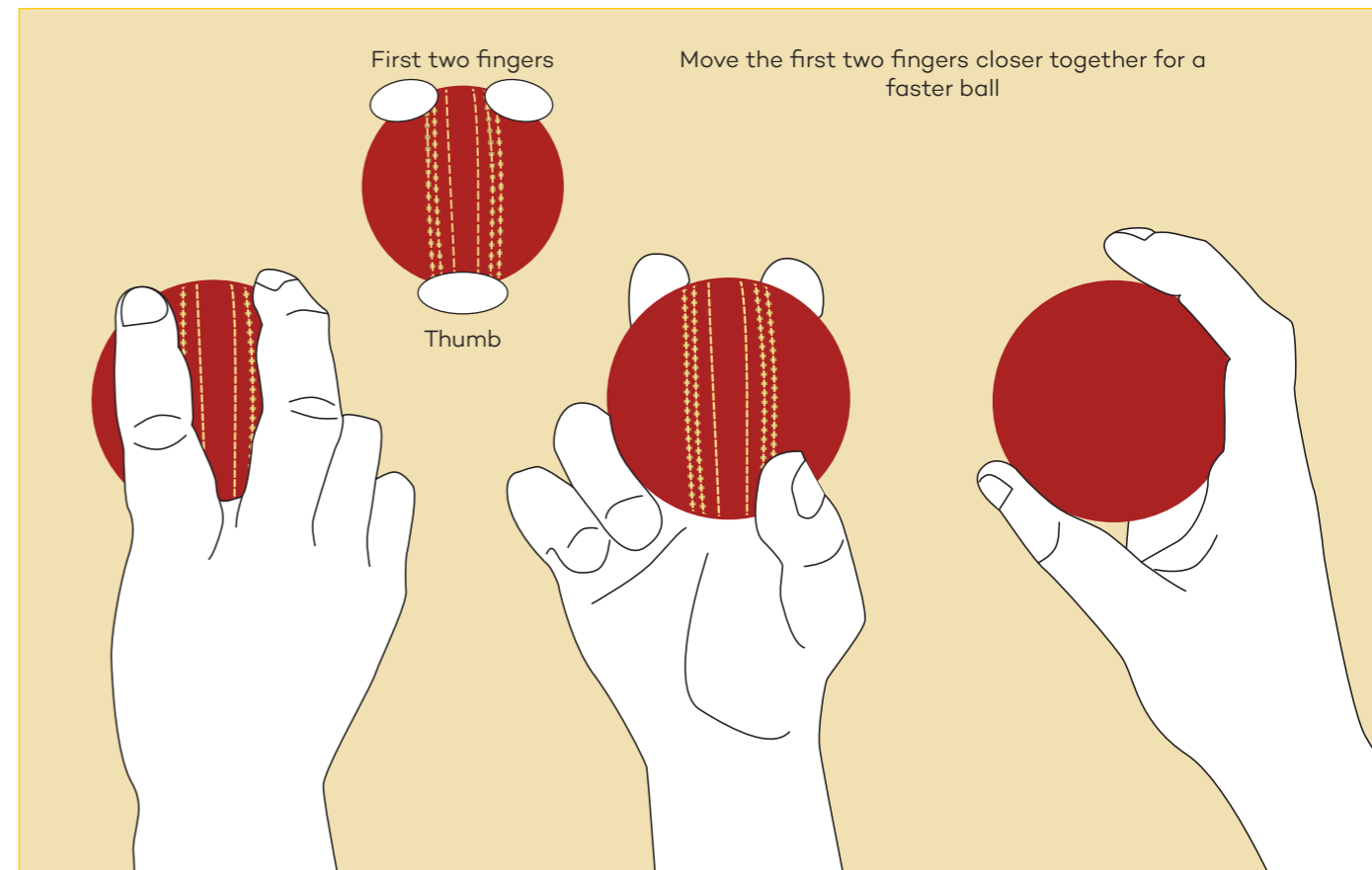
Description:

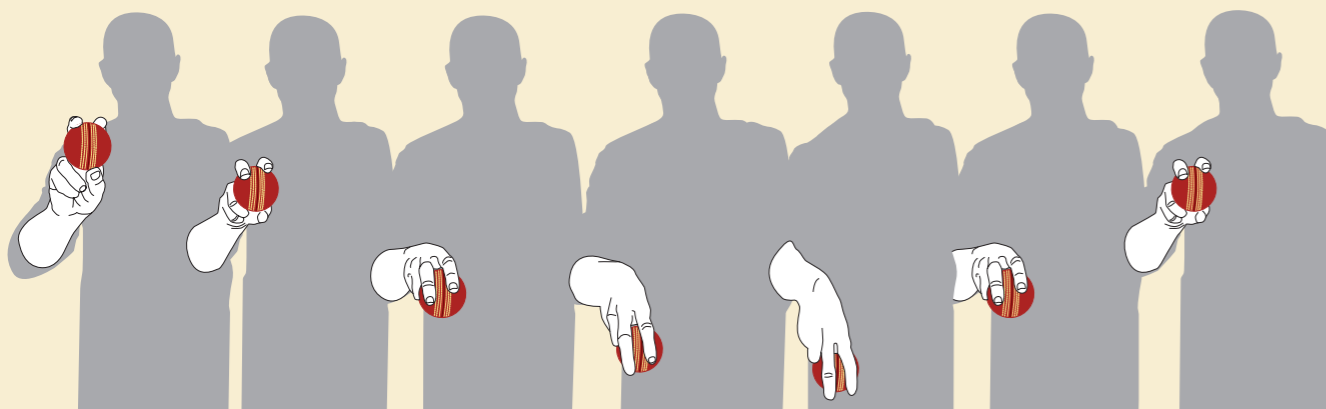
We are going to learn how to hold the ball correctly to be able to control the swing and get more accuracy.

Drills:

Flicking the ball in hand (seam)

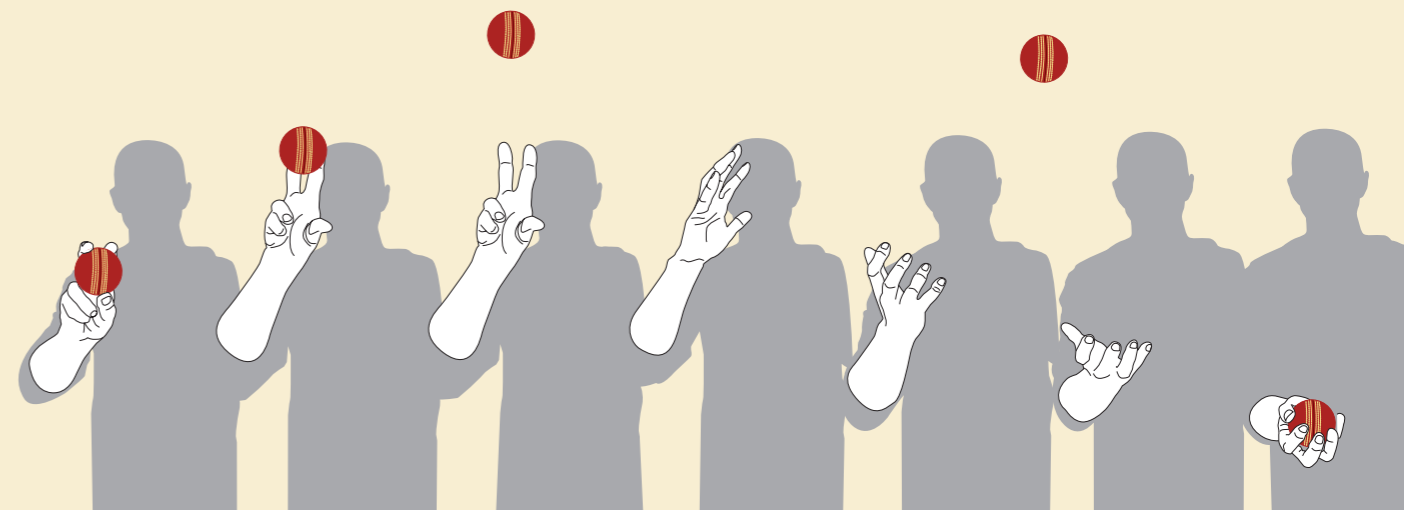
Wrist control, in pairs, practice throwing the ball to one another - start with the ball at your ear



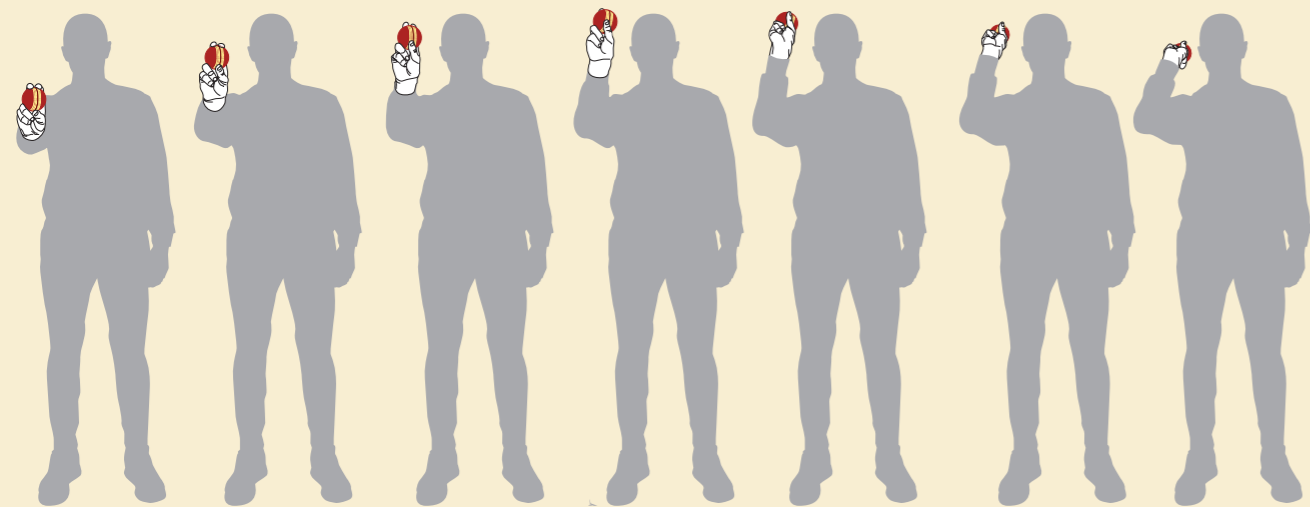


Flicking the ball in hand (seam)

For this drill ideally, everyone should have their own ball with a seam if you don't have enough balls then put the players into groups. The players should take it in turns to flick the ball in the air as seen above

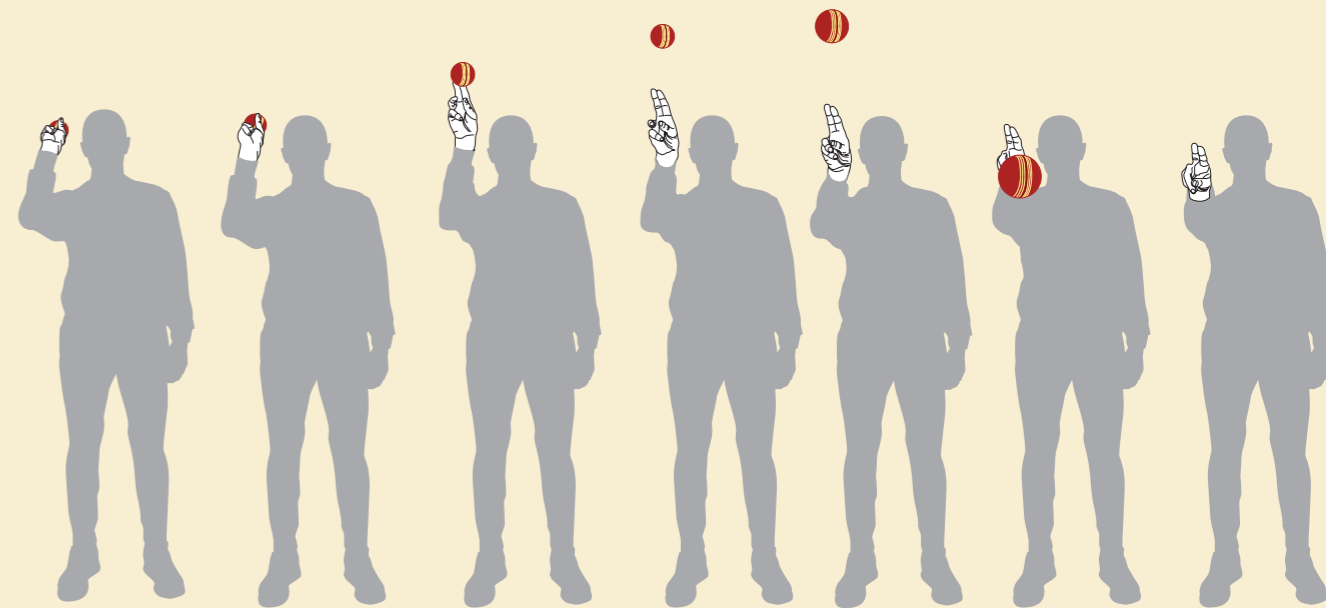


The aim of the drill is to get the seam as straight as possible when it is in the air.



Wrist control, in pairs, practice throwing the ball to one another - start with the ball at your ear

Split the group into pairs standing opposite one another, start at 5m and increase the distance as they improve. One player should have a ball in their bowling hand and bring the ball alongside their ear then extend their arm towards their partner releasing the ball as shown above.



The player should then try and release the ball towards their partner with the seam as straight as possible.



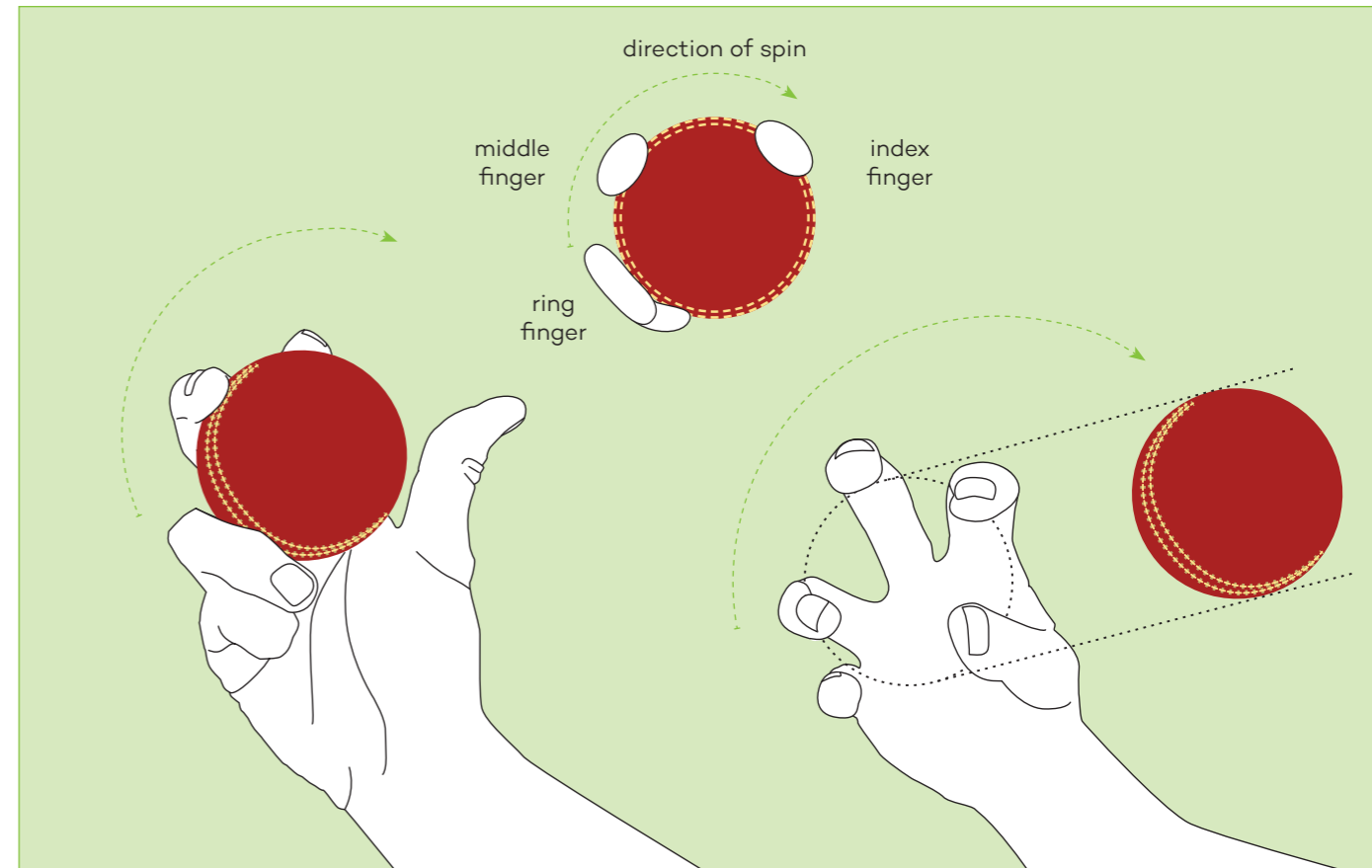
(2) Grip - Leg Spin

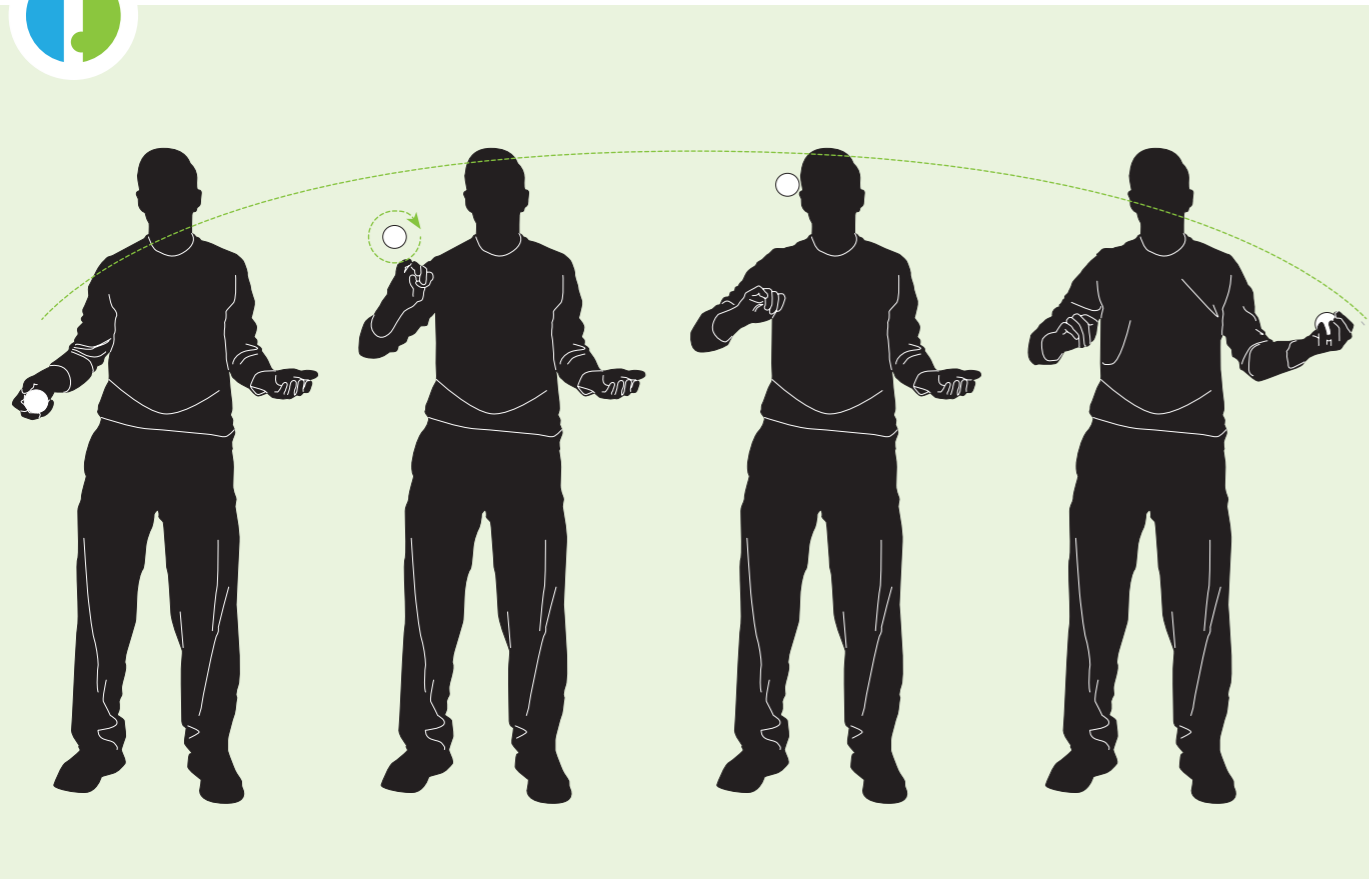
Description:

We are going to learn how to hold the ball to spin the ball consistently from right to left also known as wrist spin or leg spin.

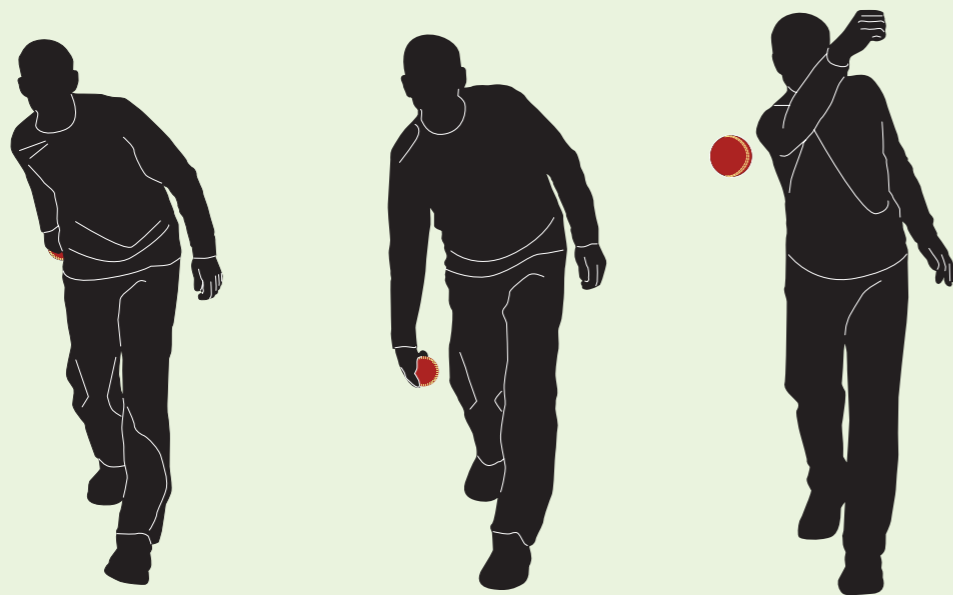
Drills:

- Flicking the ball in hand (leg spin)
- Maximum spin (leg spin)



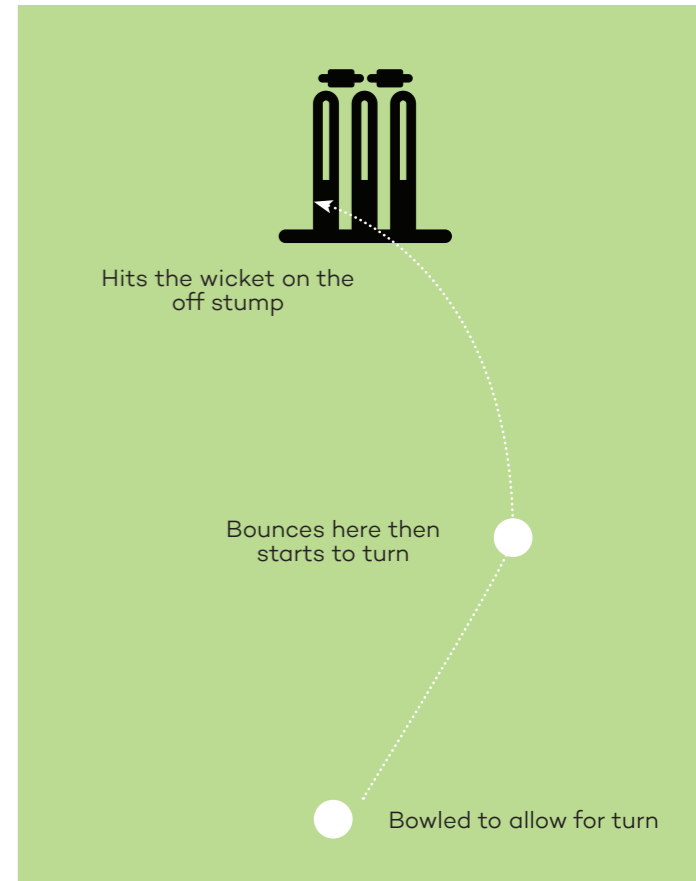
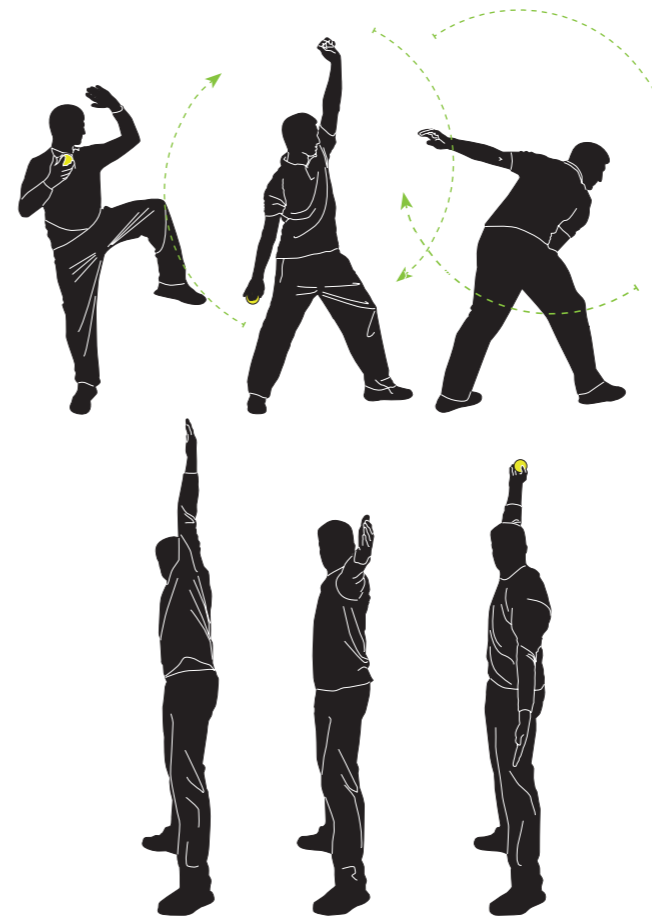
**Flicking the ball in hand (leg spin)**

Give all the players a ball and ask them to find a space where they can swing their arms safely. The image on page 119 gives a guide of how to hold the ball to bowl leg spin. Holding the ball in their bowling hand the players should rotate their wrist anti clockwise making the ball spin from right to left and try and catch it in their other hand as seen opposite.



Maximum spin (leg spin)

For this drill the players can either split up into pairs or practice this skill into a wall/net. To best practice spinning the ball players should try to underarm the ball and spin the ball from right to left as shown in the image above. When they feel like they are doing this well they should get side on (like the position right) and try and bowl overarm whilst using that same wrist rotation to spin the ball.





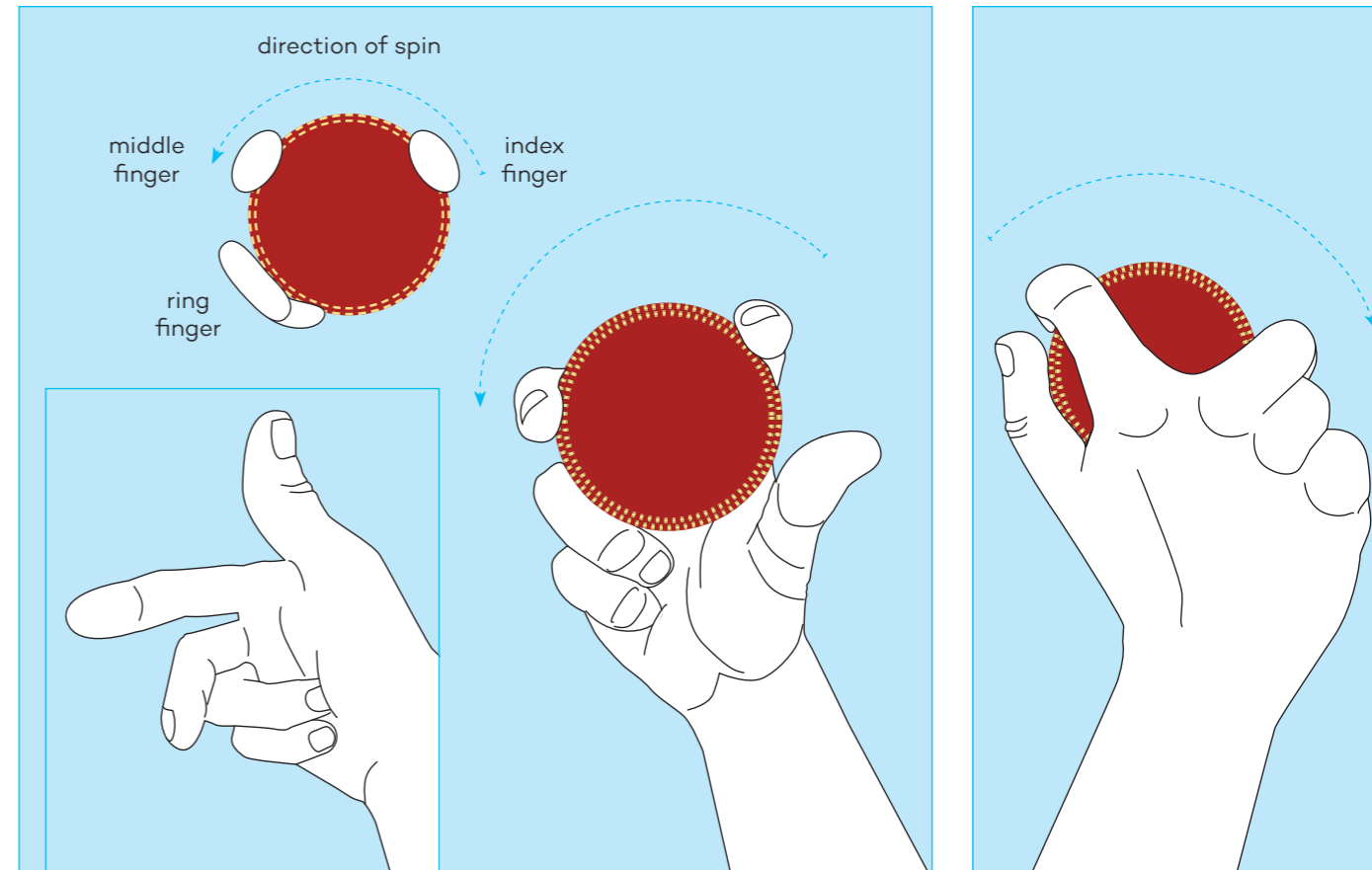
(3) Grip - Off Spin

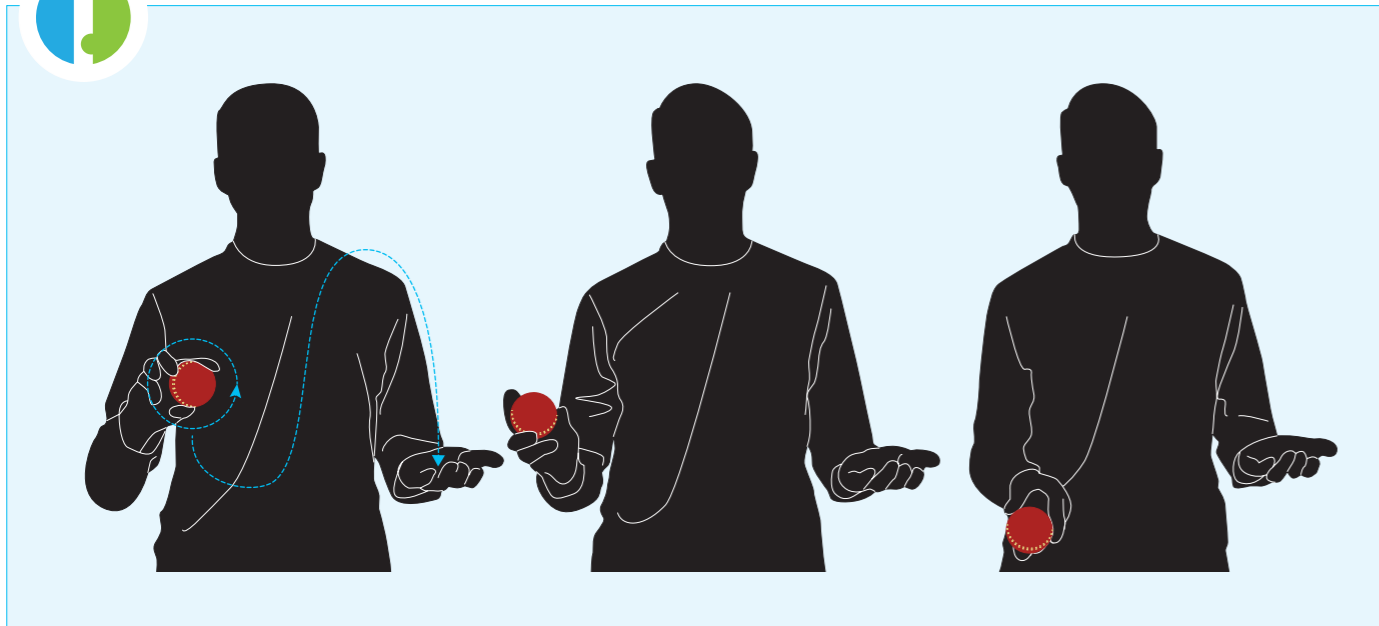
Description:

These drills are all about learning the feeling of bowling off spin. Also known as finger spin, this is because we focus on using our index finger to spin the ball.

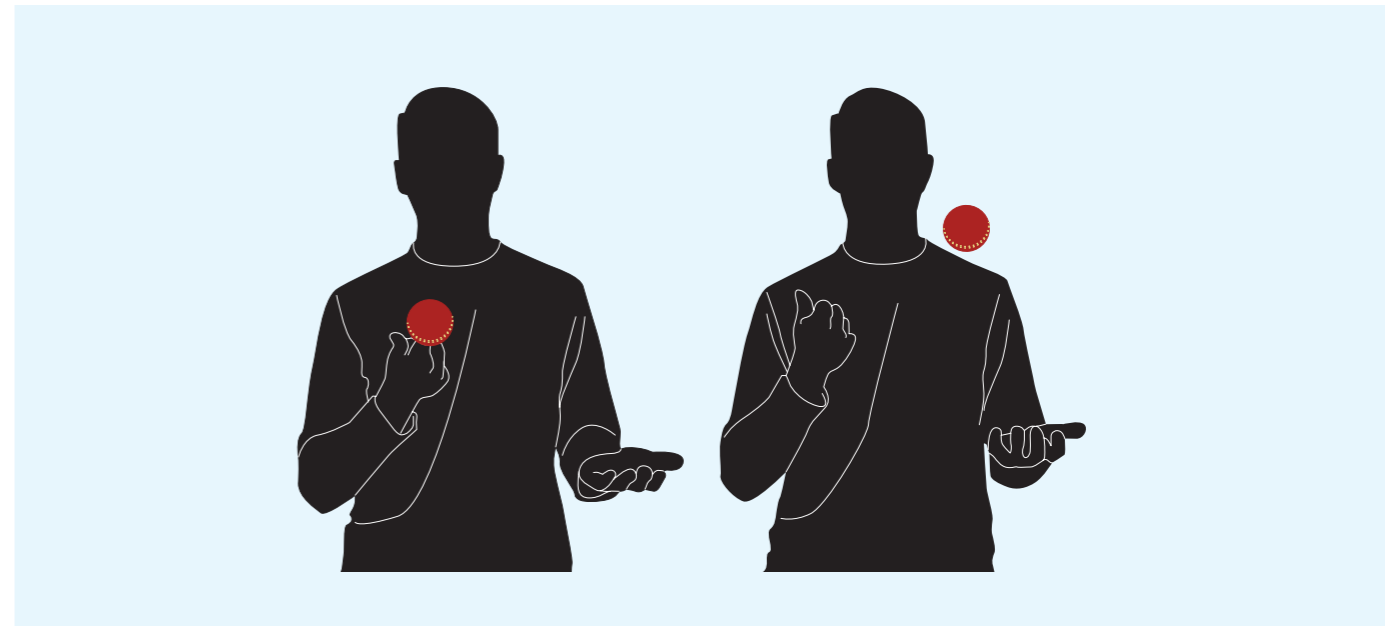
Drills:

- Flicking the ball in hand (off spin)
- Maximum spin (off spin)

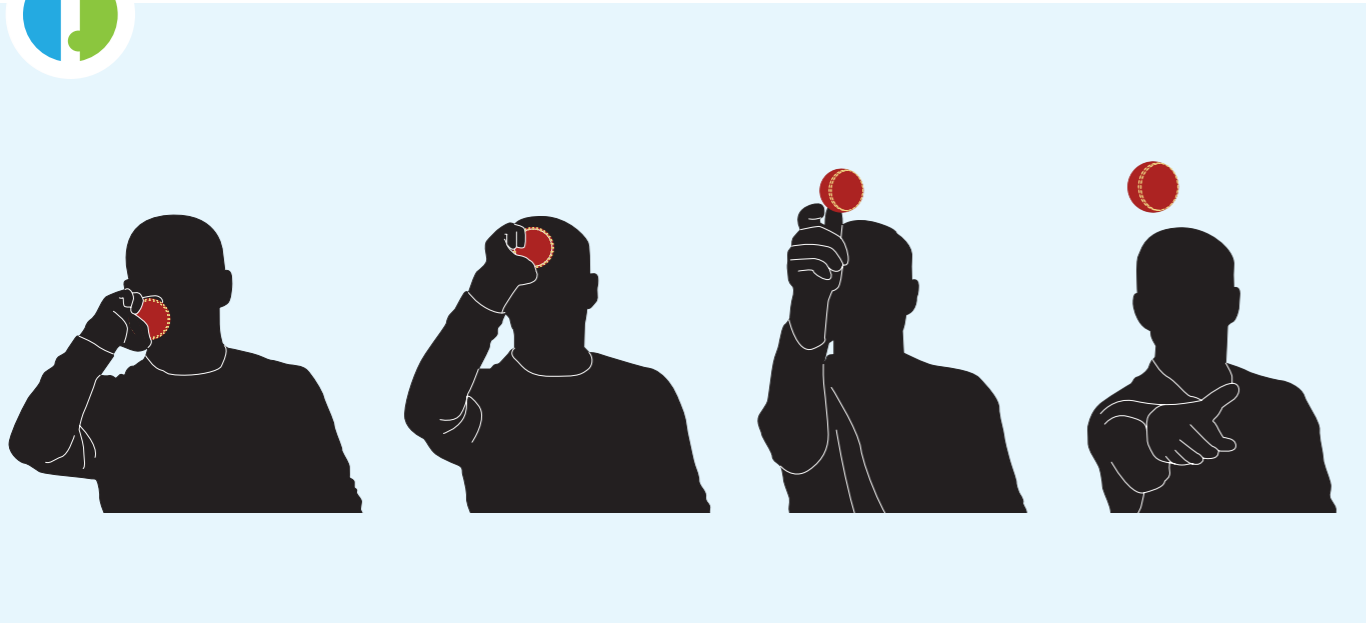


**Flicking the ball in hand (off spin)**

Using the grip from page 125, get the players to play around with flicking the ball from hand to hand as show in the image above. The players should be focusing on rotating their hand clockwise to try and spin the ball from left to right. This can either be done as an under arm or overarm movement, whichever the player finds easiest.



For off spin the first finger is the finger that should be creating the spin.

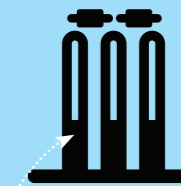
**Maximum spin (off spin)**

This is a great drill to get the feeling of releasing an “off spinner”. Split the players into pairs so that they are facing each other with a few meters in-between. The players should start in the position shown above with their bowling hand in front of their chest.

Spin bowling is such a difficult skill to learn. It's important to remember that this is not the only way players can try and spin the ball.

If your players are finding off or leg spin difficult then allow them to practice their own grip and experiment with ways to spin the ball.

As long as they are using a straight arm when they bowl your players may find a unique way to spin the ball.



Hits the wicket on the off stump

Bounces here then starts to turn

Bowled to allow for turn



(4) Front arm & Follow through

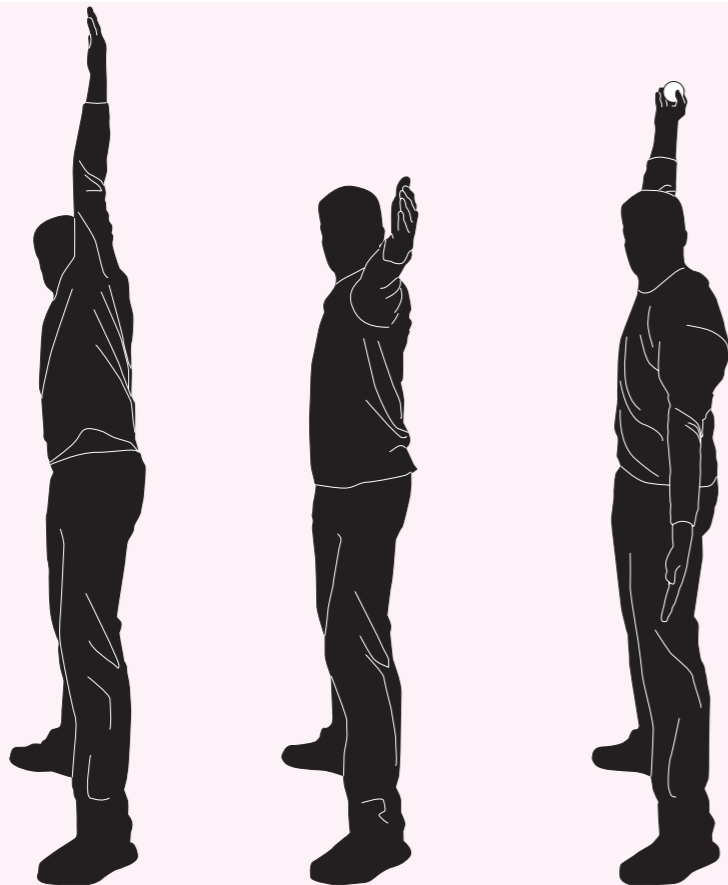
Description:

We should use our front arm more when bowling to give us more stability and accuracy. When following through we want the rotation of our shoulders to be completed. The arms follow through across the body and the back leg drives forward with the eyes fixed on the target. The more momentum we can get going towards the target the better chance of accuracy we have.

Drills:

- See-saw both arms
- Full action line drill
- Line drill by wall
- Cones for follow through

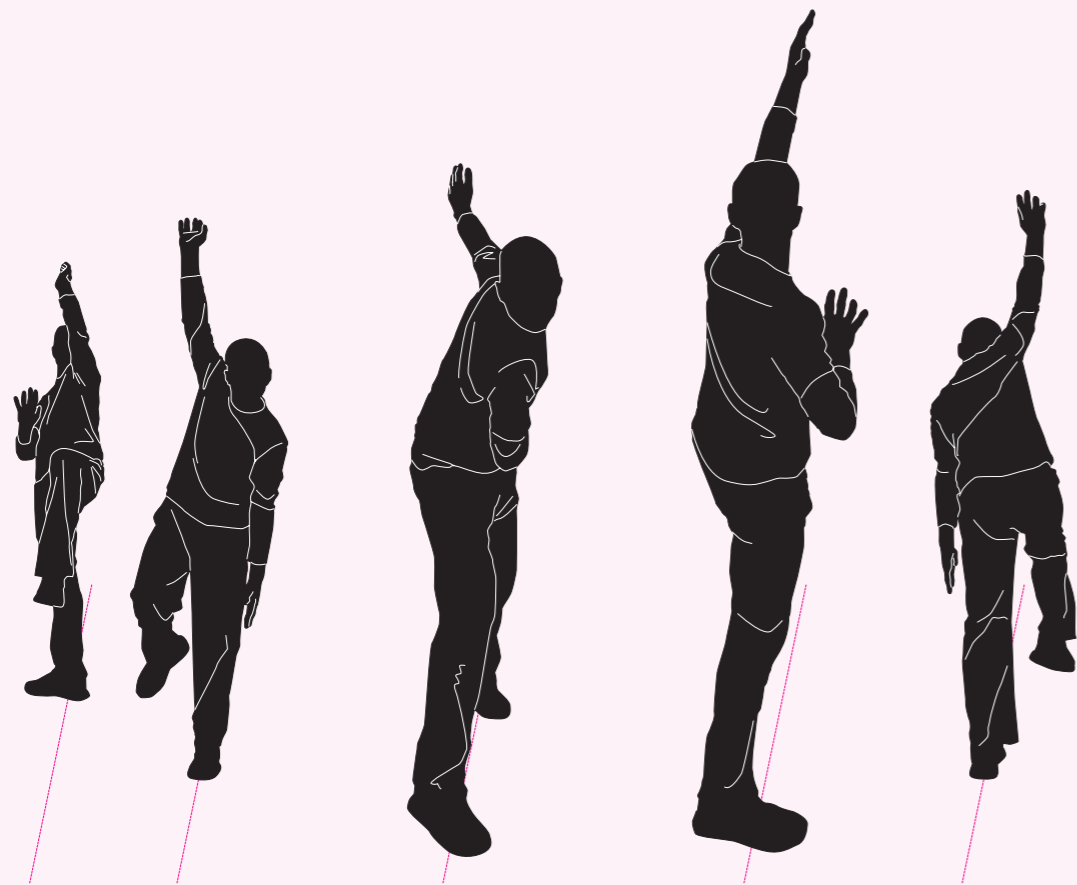


**See-saw both arms**

For this drill make sure that players have enough space around them so they won't hit anyone. The players should start in the position seen on the opposite page, facing side on looking over their non-dominant shoulder with the ball in their dominant hand.

Without releasing the ball, the players should move their arms like a seesaw, when the bowling arm goes towards the sky the non-bowling arm goes to the ground.

When the players feel comfortable with this movement, they can try to release the ball towards a net/wall or a partner opposite if it's safe to do so

**Full action line drill**

For this drill you want an area with lines on the floor, if not you can use two cones and ask the players to visualise a line between the two. The players should line up with their back foot on the line and the non-dominant leg in the air as shown on the opposite page.

This drill is the same as the see-saw drill except this time as the arms start to move the player should move their non-dominant leg towards the ground. As the players bowling hand (the hand with the ball in it) gets to the highest point the players back leg should drive forward towards the target and land on the line in front of the player.

The players should be able to turn their head, lift their non-dominant leg and arm up and repeat in the opposite direction.

**Line drill by wall**

See the description on page 135. For this drill ask the players to stand next to a wall and repeat. This is to keep the players staying tall in their action.

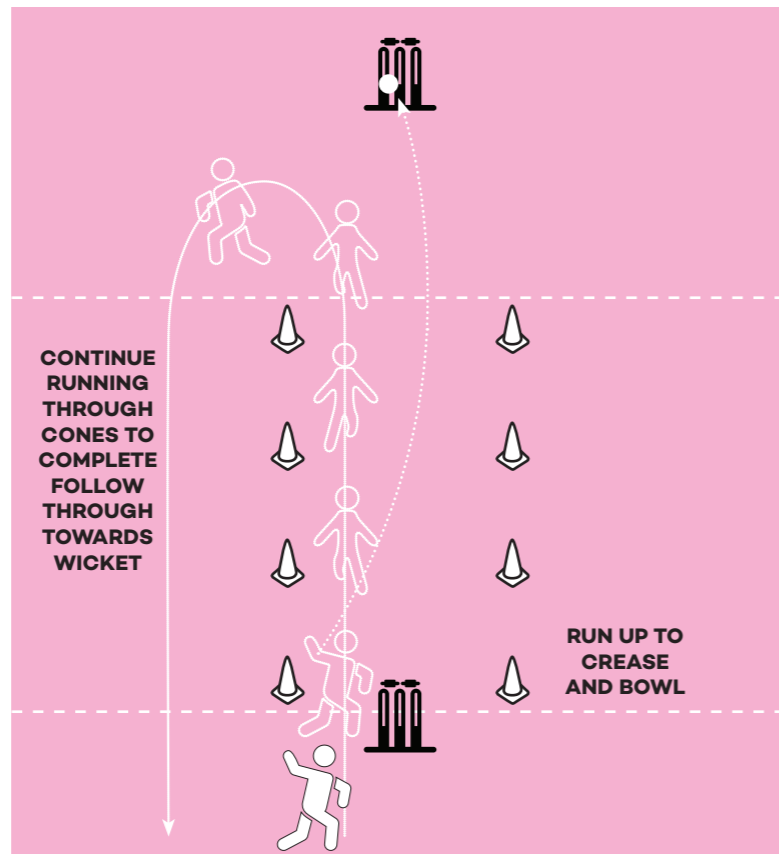
This is a skill which often takes a few sessions before it becomes smooth. Ask the players to practice this movement at home and in their own time.



Cones for follow through

Now that the players are able to complete the full action ask them to bowl towards a target (from a stationary position) with some cones creating a pathway to the wickets.

The emphasis on this drill is to get the children taking their energy towards the target. Don't worry too much about outcome on this drill as the focus is on them having fun but KINGnforcing the need for them to keep their energy going towards where they want to bowl the ball.



Before progressing to the next stage make sure that the players are happy and comfortable with their action from a stationary position.

A good indicator for this would be to ask them to bowl 6 balls at the stumps from the appropriate distance for their age (see page 194). Place two cones 1m either side of the stumps as a bigger target for them to bowl between.

If the players can bowl 4 out of 6 accurately then they can move onto the run up.



(5) Take off and run up

Description:

To create a smooth run up that is repeatable with as much energy as possible going towards the target.

Drills:

- Stay tall
- 3 cone take off drill
 - Take off
 - Stepping into take off
 - Walk through
- Follow through cones



**Stay tall**

For this drill set up some wickets for the players to bowl at. As the coach you are looking at their head position when running up and bowling. The players should be trying to stay as tall as possible throughout their action.

An easy way to visualise this is to imagine a string goes from the players head to an object above the wickets.

For a coach to help the players stand tall they can get them into this position before they bowl and stand next to them as shown in the image, left.

**a) Take off**

For the first stage of the take-off the players should stand with their non-dominant foot behind a hurdle or a stack of cones and lift their dominant leg up.

In this position the players should jump over the cone/hurdle and land on their dominant leg ready to bowl as seen in the diagram left



b) Stepping into take off



c) Walk through



**b) Stepping into take off**

The second stage is linking the take off with the step before. Add another cone to the drill as shown on previous page

This time the player should stand behind the additional cone with their dominant foot in front of their non-dominant. When they step forward onto their non-dominant leg, they are ready to take off as practiced in the first stage.

c) Walk through

For the final stage we add one more cone and ask the players to get used to the steps before the take off. For right-handed bowlers they should think right, left, right, take-off and for the left-handed bowlers the opposite.

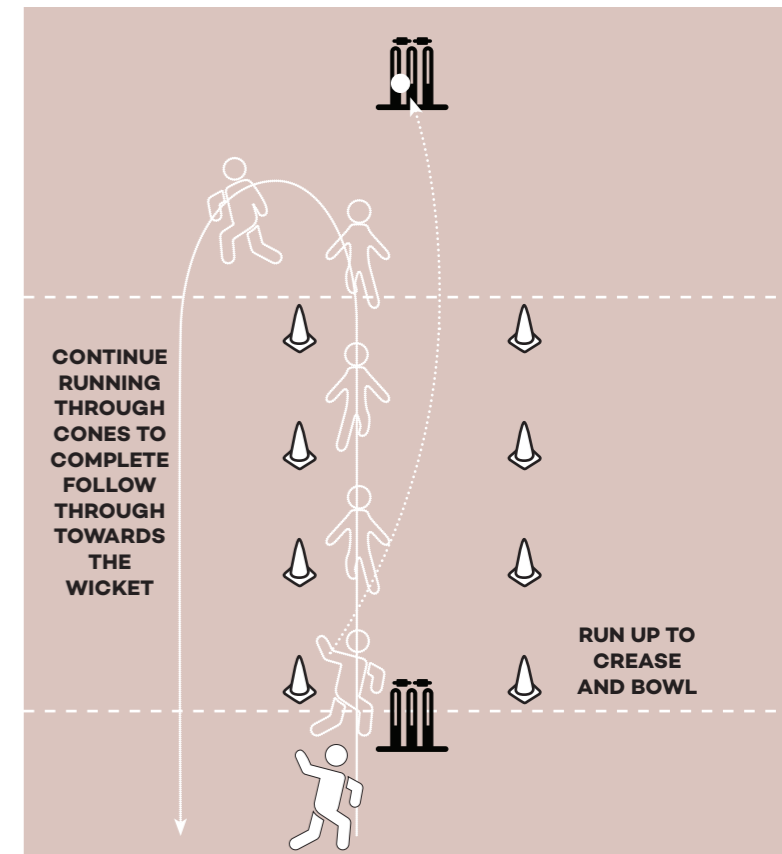
b) Using the skills learnt in the stages ask they players to walk through this movement getting used to the feeling. When they can repeat these movements, they are ready to progress to a run

When the players are ready to run through this movement keep the cones there as a reference. The more confident the players get the more cones you can take away.

Follow through cones

Keep the cones from “3 cone take-off drill” on page 145 but add cones going towards the wicket as shown in the image on this page.




When young players are focusing on their take-off they often forget to follow through towards the wickets, this drill is to bring the whole action together.





Bowling basic objectives









NB: The teacher / coach can decide which skill to focus on during each of the games or ask the students what they want to focus on

-  Grip- Seam
-  Grip- Leg Spin
-  Grip- Off Spin
-  Front arm + Follow through
-  Take off and run up
-  Decision making
-  Communication skills

BOWLING GAMES



GAMES TO IMPROVE SKILLS

- LPS stump hit 
- LPS Line 
- LPS Length 
- MPW- Stump hit 
- MPW - Line accuracy 
- MPW - Length accuracy 
- Target practice 
- Knock em down- Bowling 
- Continuous cricket 



LAST PERSON STANDING STUMP HIT

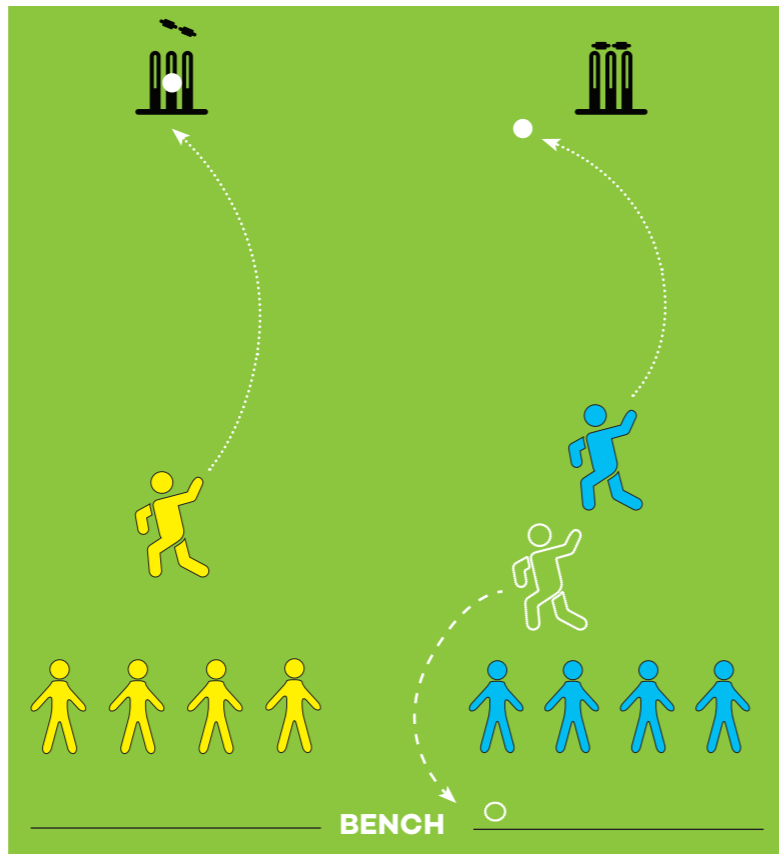
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets. If one player hits and the other doesn't the player that hits can stay standing. The one that didn't sits down. If they both miss or hit they stay in their team. Once the team has no players standing the other team wins.

Objectives:

- A great drill for volume bowling with a focus on accuracy.
- Use references from the drills for the students to focus on to improve.



LAST PERSON STANDING LINE ACCURACY

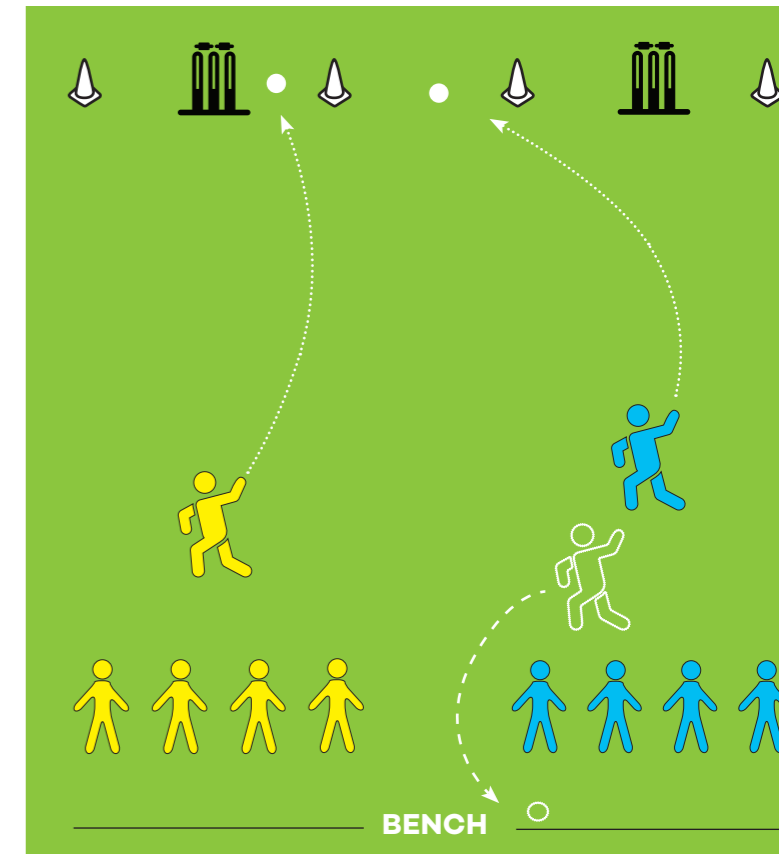
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with two cones equal distance either side of the stumps. If one player bowls in-between the cones and the other doesn't the player that bowls in-between the cones can stay standing. The one that didn't sits down. If they both miss or hit they stay in their team. Once the team has no players standing the other team wins.

Objectives:

- A great drill for volume bowling with a focus on the line of the ball when released.
- Use references from the drills for the students to focus on to improve.
- Hand eye co-ordination





LAST PERSON STANDING LENGTH ACCURACY

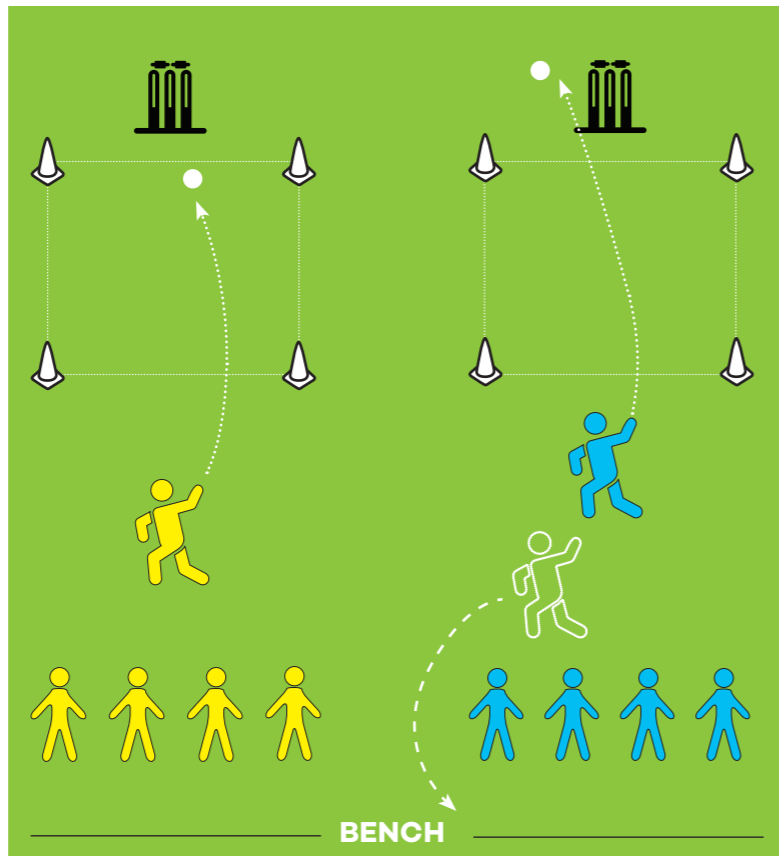
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with 4 cones creating a box on a "good length". If one player bowls into the area and the other player doesn't the player that gets it in the zone can stay standing. The one that didn't sits down. If they both miss or hit they stay in their team. Once the team has no players standing the other team wins.

Objectives:

- A great drill for volume bowling with a focus on the length of the ball they are bowling.
- Use references from the drills for the students to focus on to improve.



MOST POINTS WIN STUMP HIT

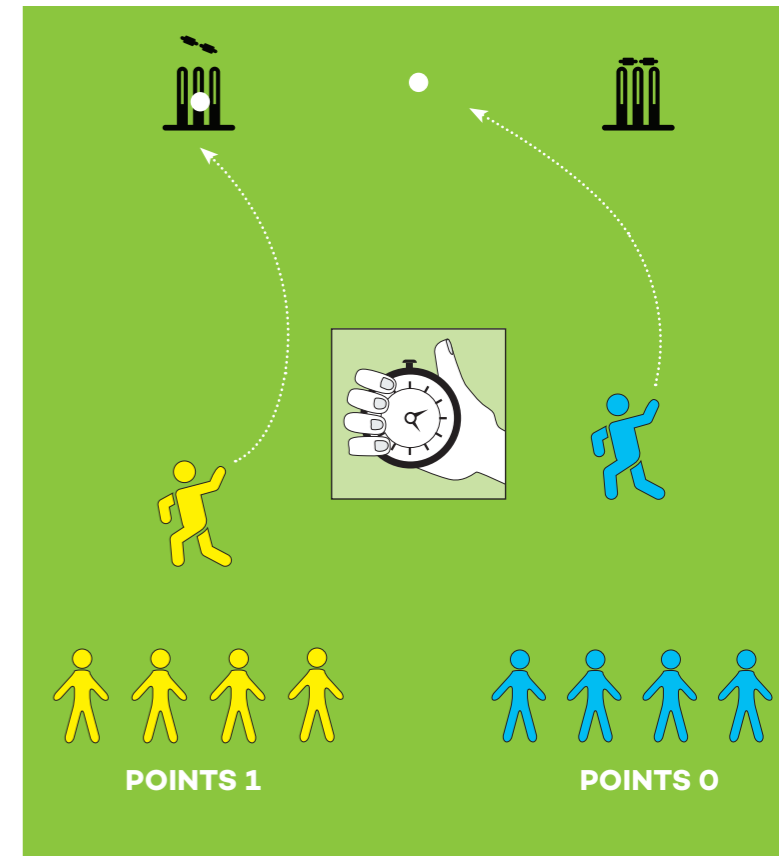
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets, if they hit the stumps they get their team 1 point. The team with the most points at the end of the time wins the game.

Objectives:

- A great drill for volume bowling with a focus on accuracy.
- Use references from the drills for the students to focus on to improve.





MOST POINTS WIN LINE ACCURACY

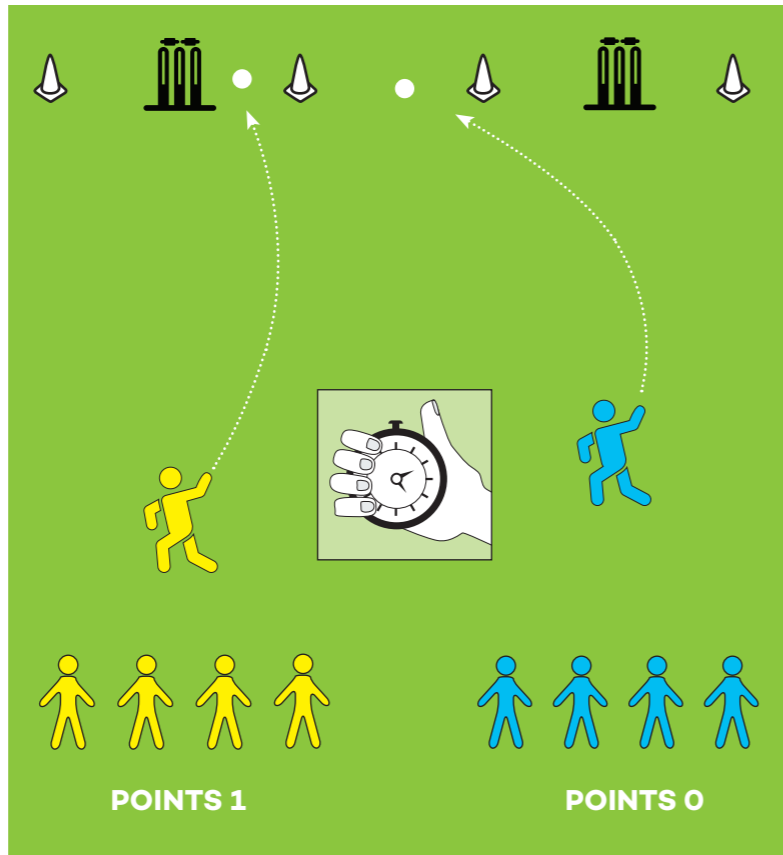
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with two cones equal distance either side of the stumps. If a player bowls in-between the area that player gets their team 1 point. The team with the most points at the end of the time wins the game.

Objectives:

- A great drill for volume bowling with a focus on the line of the ball when released.
- Use references from the drills for the students to focus on to improve.



MOST POINTS WIN LENGTH ACCURACY

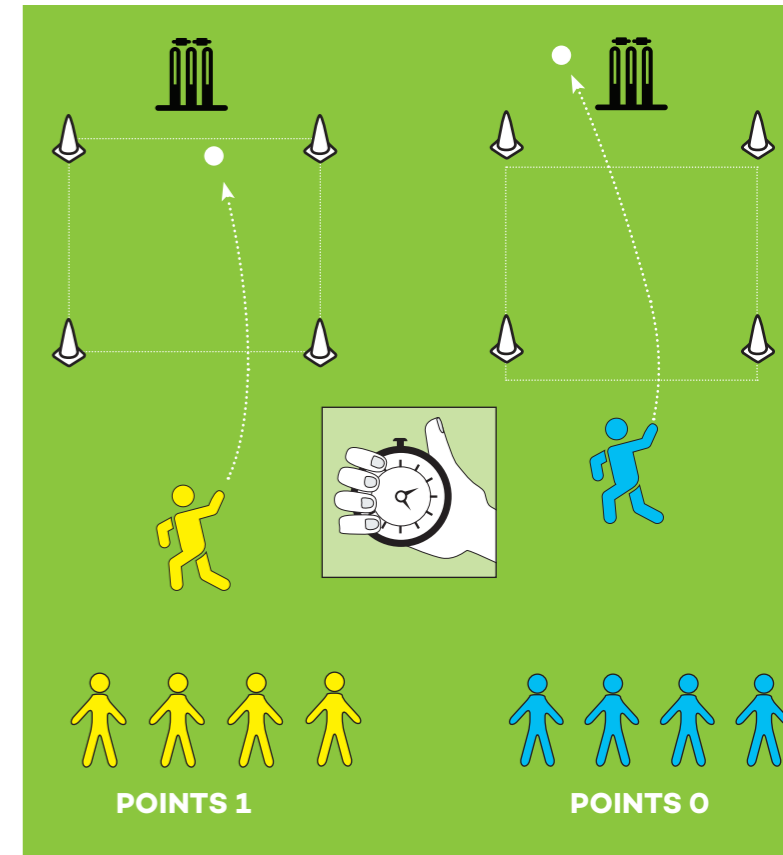
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with 4 cones creating a box on a "good length". If a player bowls into the area that player gets their team 1 point. The team with the most points at the end of the time wins the game.

Objectives:

- A great drill for volume bowling with a focus on the length of the ball they are bowling.
- Use references from the drills for the students to focus on to improve.





TARGET PRACTICE

Description:

Players: 4+ in teams

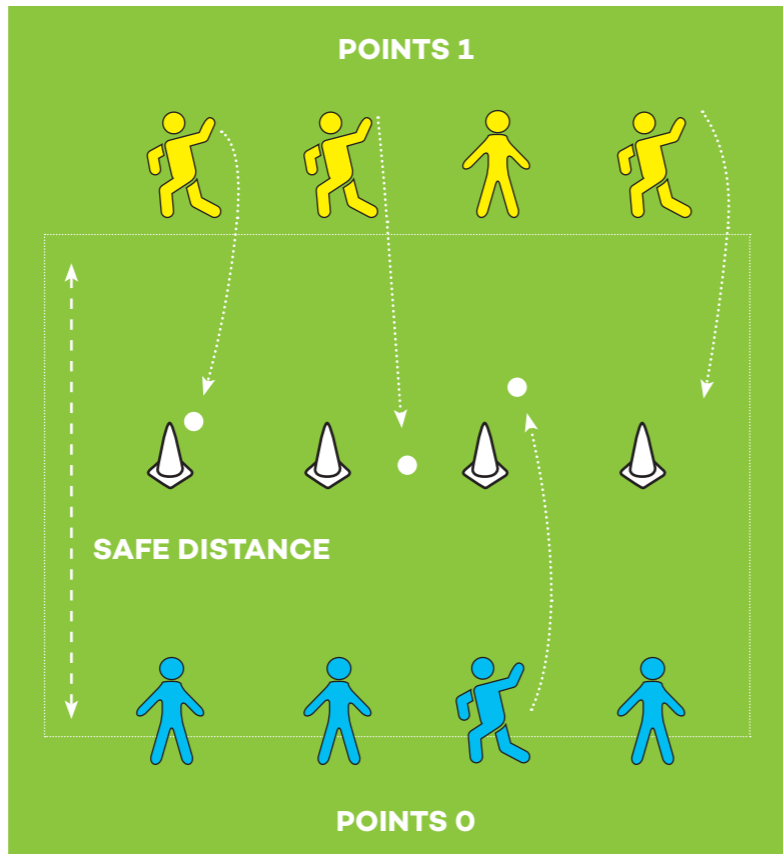
Split into two teams and get each player facing someone else from the other team. Place a cone/object in the middle of both players (making a safe distance between players).

Both players take it in turns to bowl towards their partner and try to hit the cone. Each player hitting a cone gets a point for their team.

Make it easier by making the cone/object bigger.

Objectives:

- To get the students to really focus on a specific target when they are bowling to help improve accuracy.



KNOCK EM DOWN- BOWLING

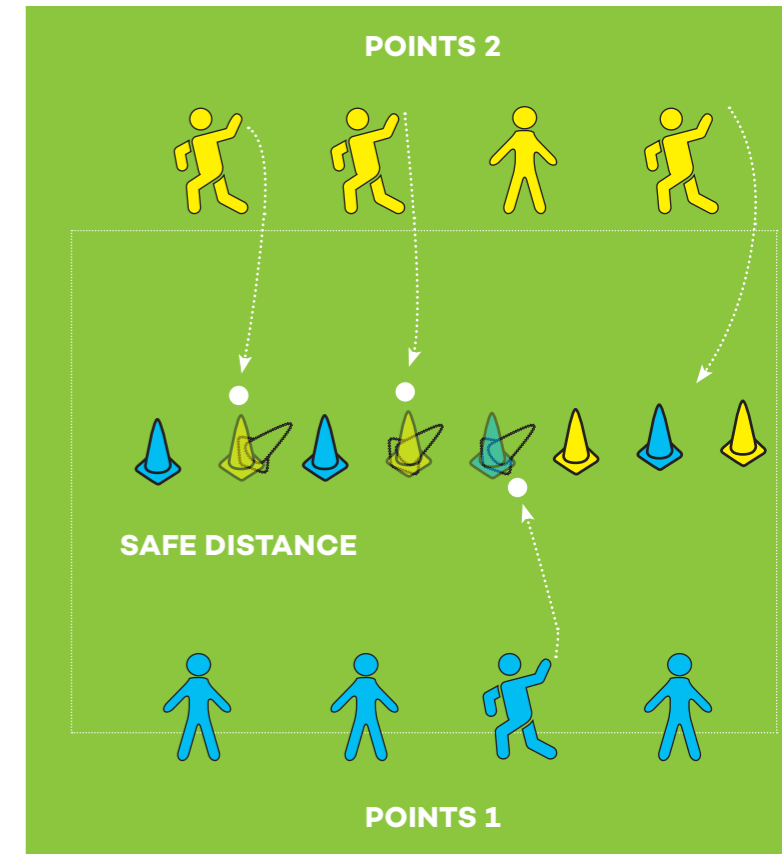
Description:

Players: 4+ in teams

Split into two different coloured teams and get each player facing someone else from the other team. Place two different coloured cones down the middle of both players (make a safe distance between players). Both players take it in turns to try and hit the cone that represents the colour of their team and if one player does, they take that cone away. The team wins once all their cones are taken away. Make it easier by making the cone/object bigger.

Objectives:

- To get the students to really focus on a specific target when they are bowling to help improve accuracy.
- Use references from the drills for the students to focus on to improve.





CONTINUOUS CRICKET

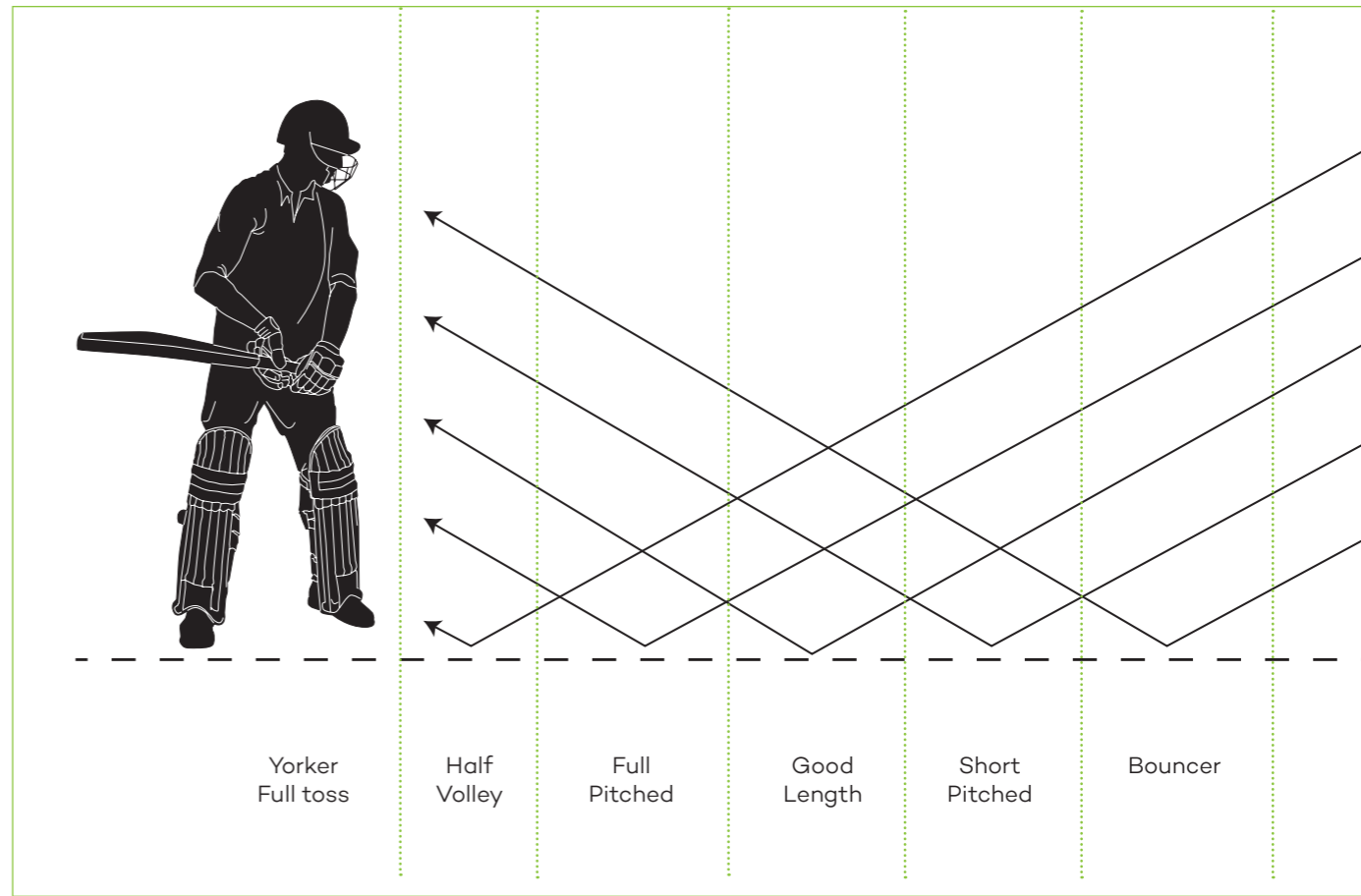
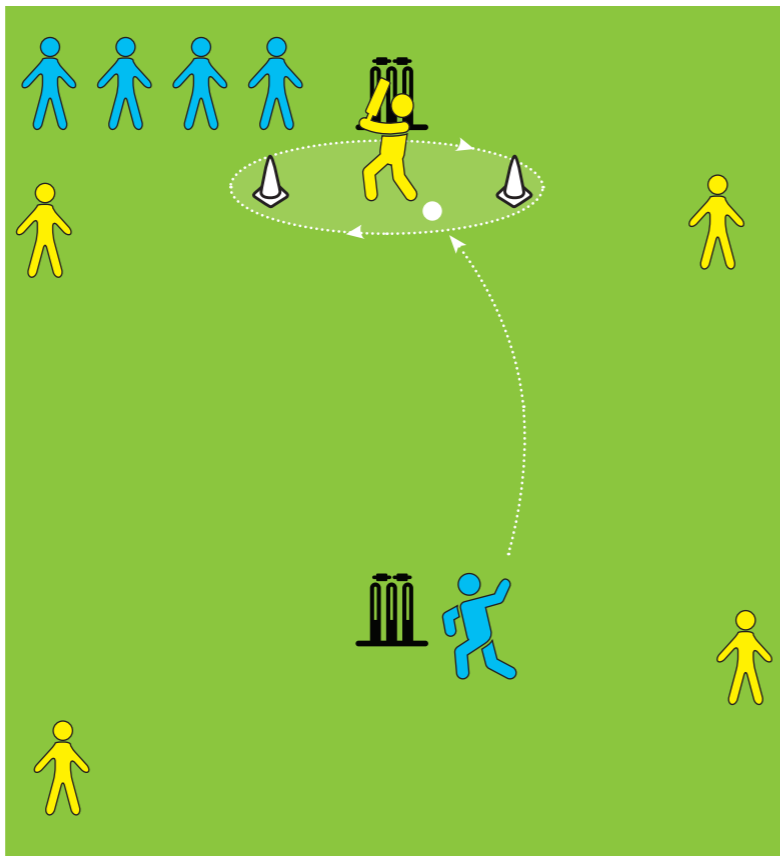
Description:

Players: 4+ in teams

Split into two teams to play a game of cricket. Each player takes it in turns to bowl an over (6 balls) at the batter. The bowler can bowl again when the ball is fielded and returned to their hands. When the batter hits the ball they can run as many times around the cones to gain points but if they try and run too many they may get bowled out because they didn't make it back to face the next ball. (If the students aren't bowling accurately enough allow them to practice the wrist position drill releasing from near their ear.)

Objectives:

- FUN
- Enables the coach to focus on any aspect of the game that needs improving





Fielding Skills

The following pages are colour coded so you can see the drills and games which focus on the skills below



Throwing technique



Catching basics



Pick up

FIELDING SKILLS



FIELDING BASICS

Throwing technique

Catching basics

Pick up



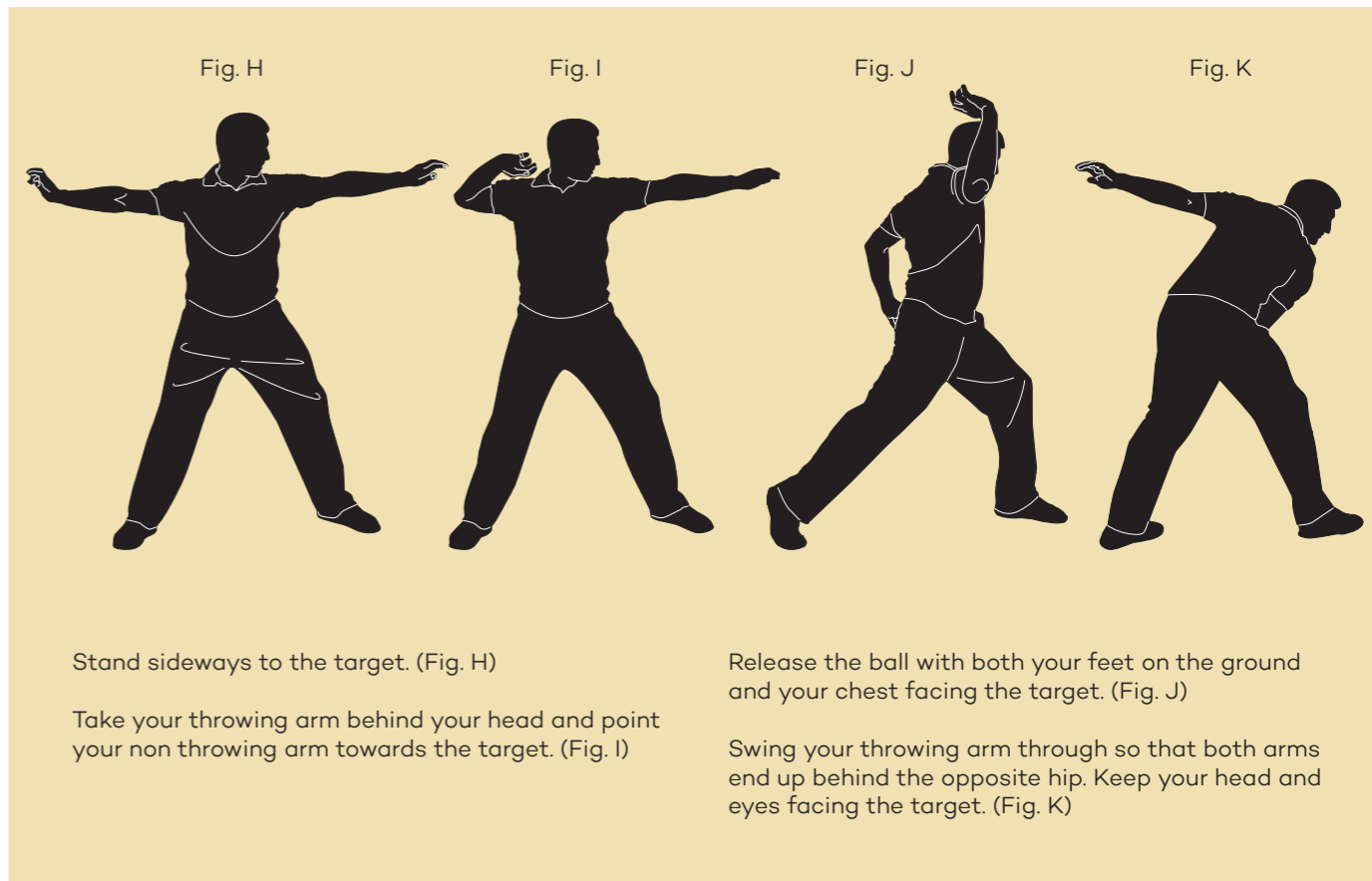
(1) Throwing technique

Description:

With the throwing technique is very important to get the basics correct at the start. Once we get into a bad throwing habit it is very difficult to reverse and can cause injuries.

Drills:

Throw in pairs focusing on high take away - extend both arms
Pairs aiming at a cone
Hit a target on the wall (soft ball)

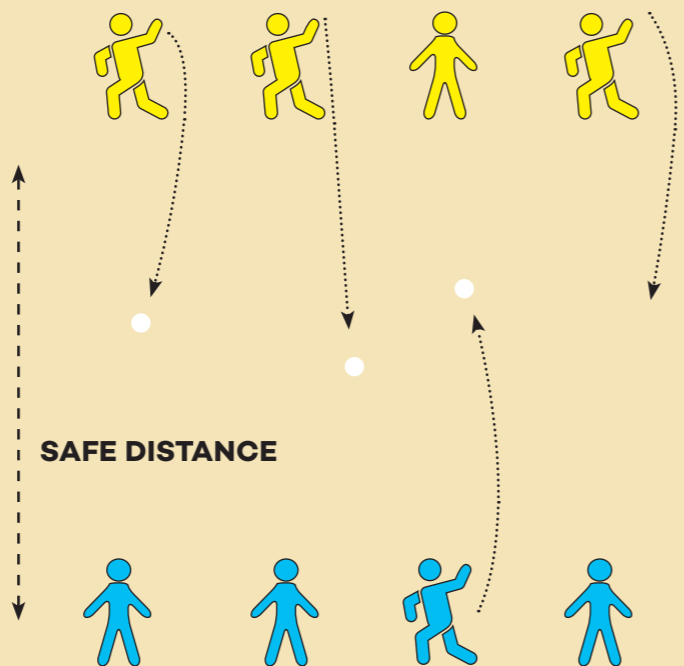




Throw in pairs focusing on high take away - extend both arms

Split the players into pairs facing each other about 10/20m apart. Start off with the players in the position shown on page 163 with both arms extended.

As a coach you can decide if you want the players to throw to each other on the full or on the bounce, but the key is to look for repeatability and accuracy.

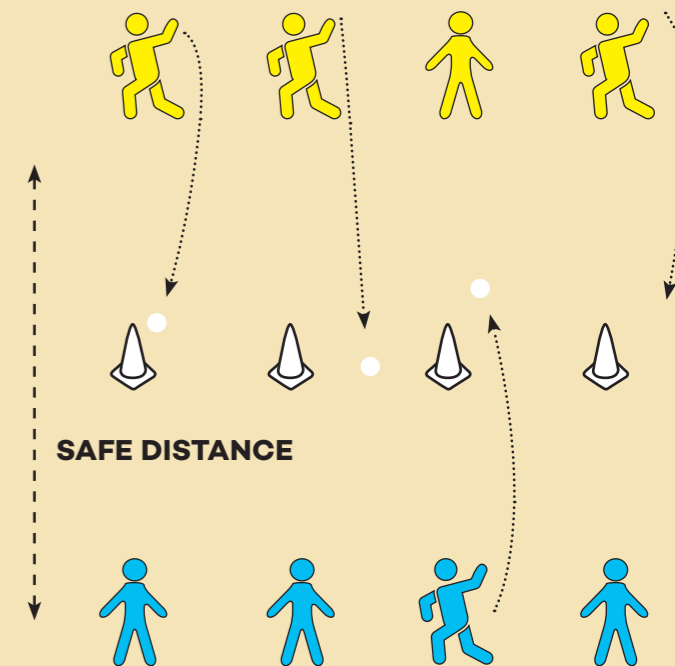


Pairs aiming at cone

Split the players into pairs facing each other about 10/20m apart. Start off with the players in the position shown on page 163 (Fig. H) with both arms extended.

Place a cone in the middle of the players as seen in the image on this page, the players should try and hit the cone. This gives the players something else to focus on rather than their throwing action and hopefully will increase their accuracy.

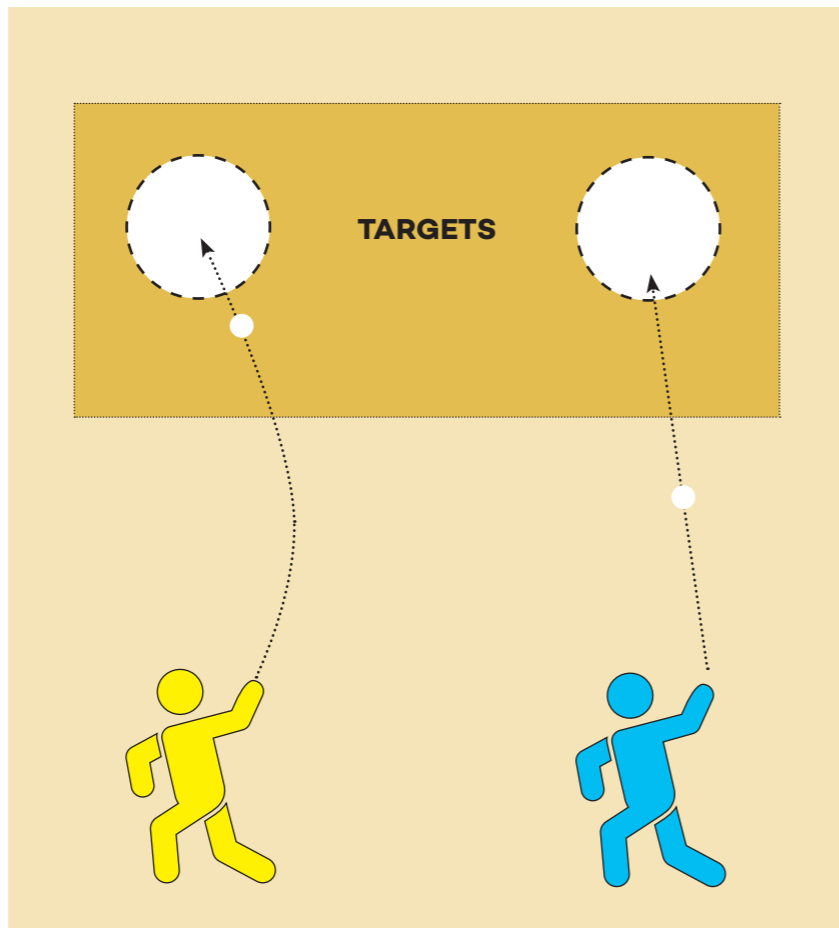
POINTS 1



**Hit a target on the wall (soft ball)**

This is a great drill to do with a large group of players to work on throwing accuracy. If you have a large flat wall, they can all line up facing the wall if not they should take it in turns to throw.

Place a target on the wall for the players to aim at and let them rip. The image on page 163 shows the ideal position the players should be in when throwing.



Throwing the ball in quickly and accurately from the outfield is an important skill for every fielder to master. It is a useful tool in preventing runs and getting batsmen run out so it's important to get the basics right.

A common mistake when throwing is for players to only focus on their arms.

Remind players that after they throw it's important to follow through with their back leg towards the target. This will allow them to get more power and accuracy.



(2) Catching basics

Description:

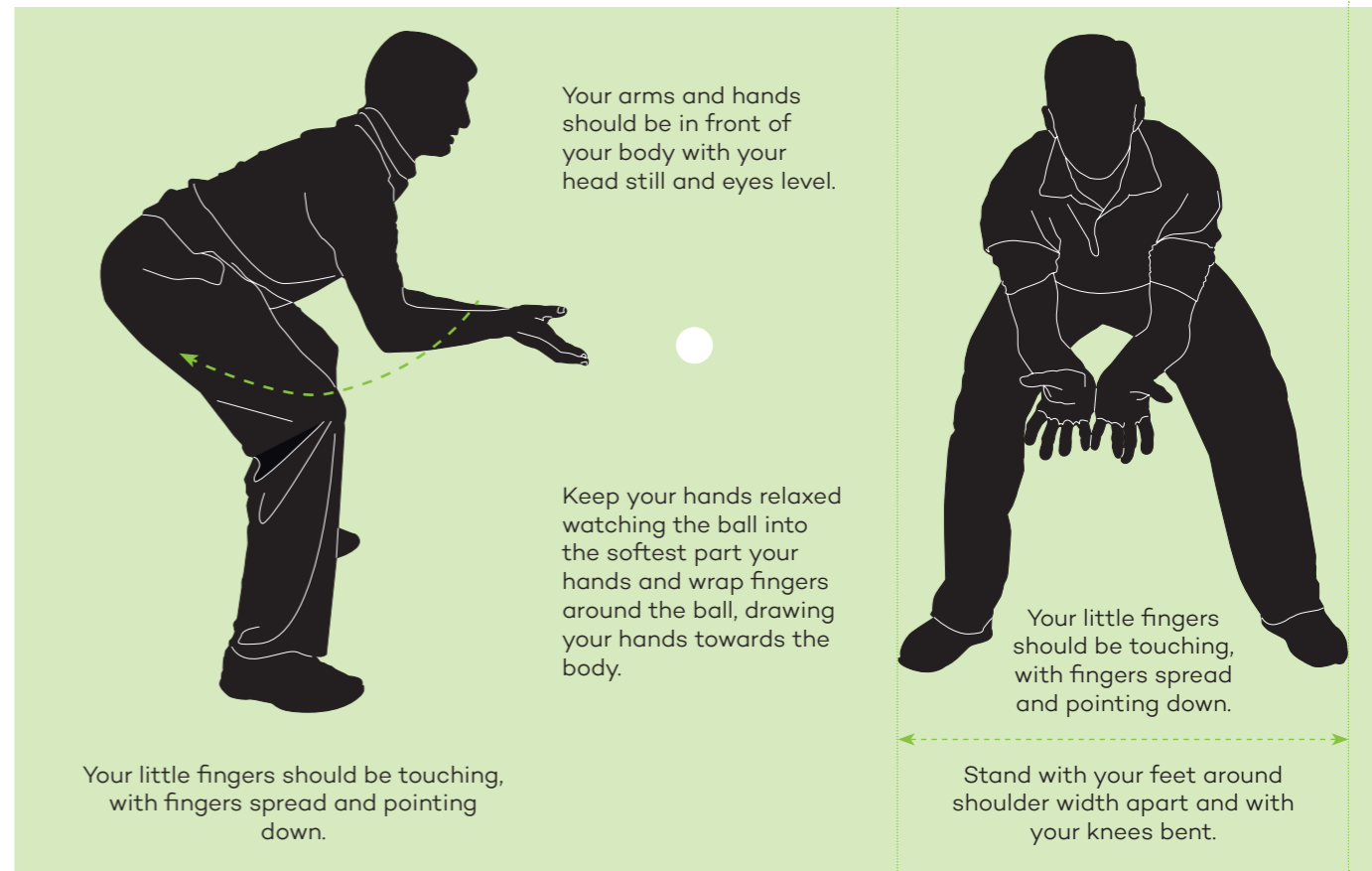
To learn how to catch, using the best technique, focus on creating the largest surface area with your hands, having a strong base and watching the ball all the way into your hands.

Drills:

Ball catch against wall in pairs

Left and right hand in pairs

One hand opposite side catch with shoulder rotation - low medium and high reaction catches

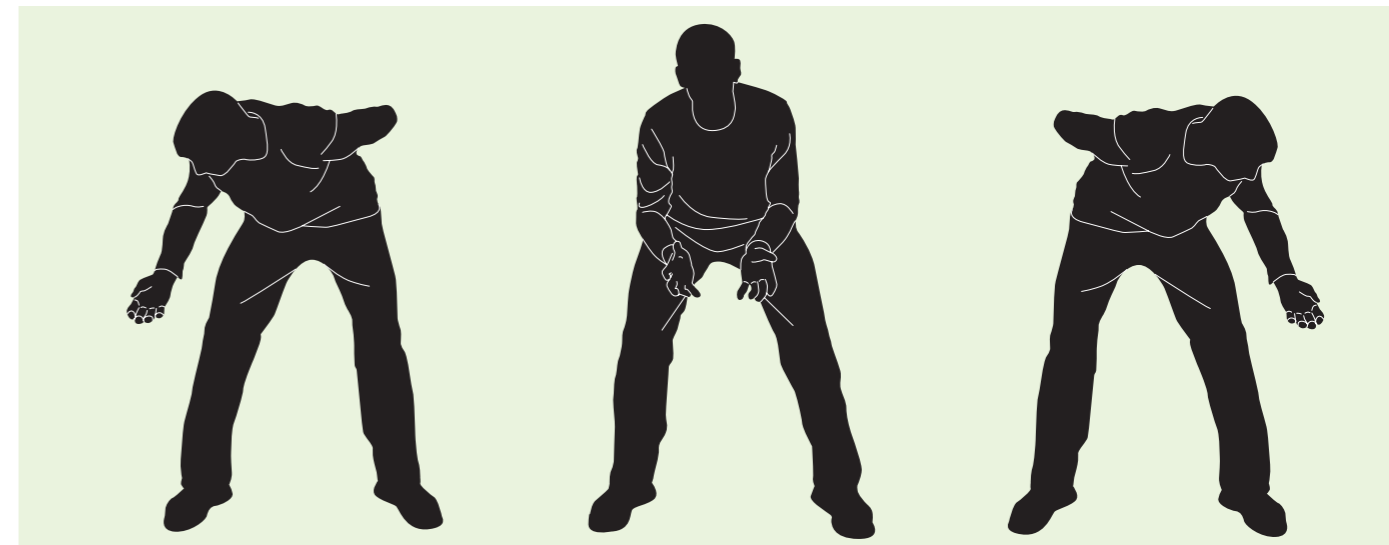
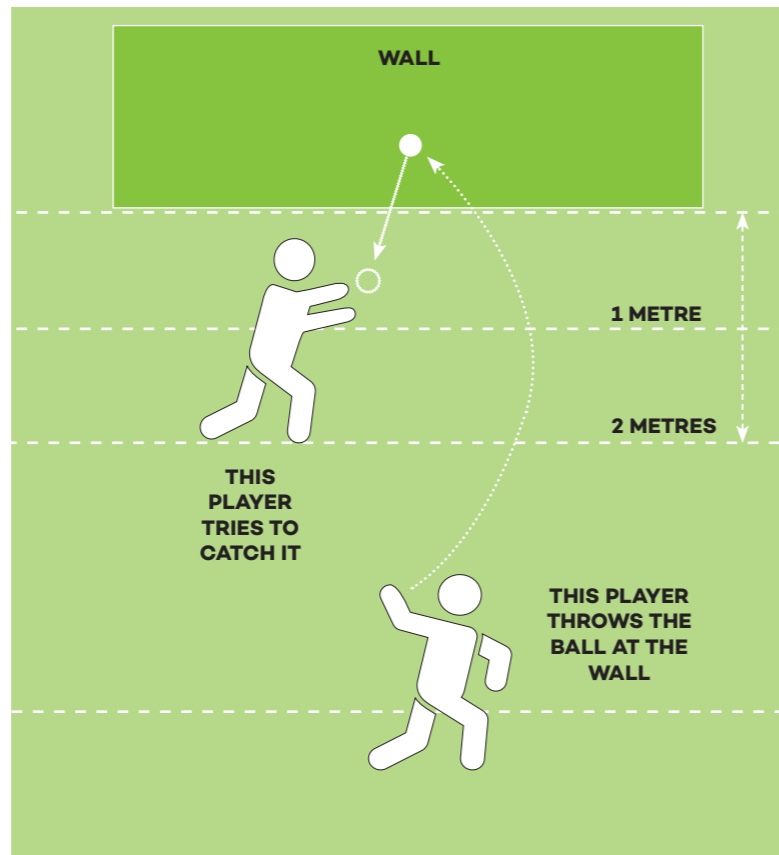




Ball catch against wall in pairs

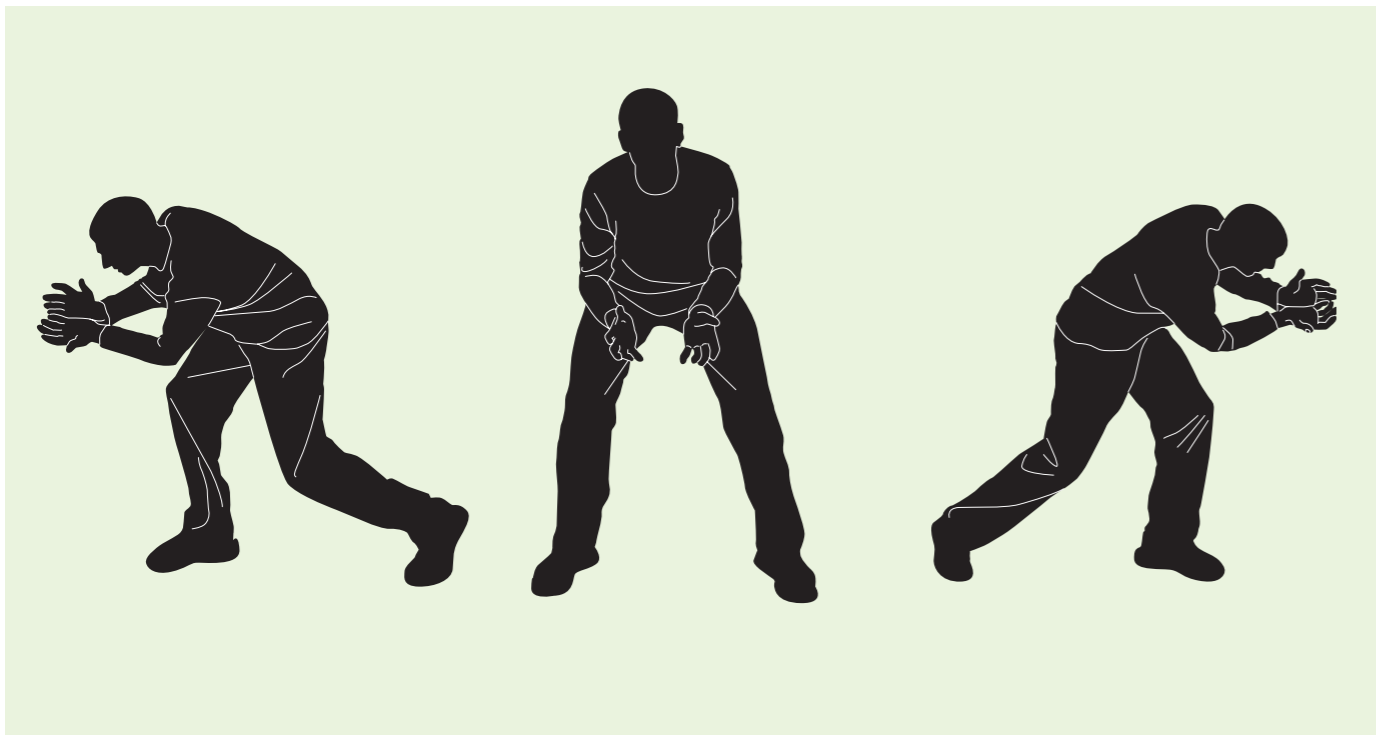
Have the players split into pairs with one facing the wall about 1-2m away.

The other player should stand behind them and throw a ball at the wall for it to rebound as a catch as shown in the image right.



Left and right hand in pairs

Get the players into pairs facing opposite one another. The players should underarm catches to their partner and call out which hand they want their partner to catch with. This is a fun drill for players to do to improve their hand eye coordination.

**Catching with shoulder rotation**

Get the players into pairs facing opposite one another. The players should underarm catches to the left and right of their partner. The players should be focusing on rotating their shoulder as seen in the image opposite.

When the players rotate their shoulders it will make it easier for them to catch as they will provide a bigger surface area in their hands. As you can see on the opposite page the thumbs are pointing to the sky and the floor and the fingers are pointing away creating the best chance of catching the ball.



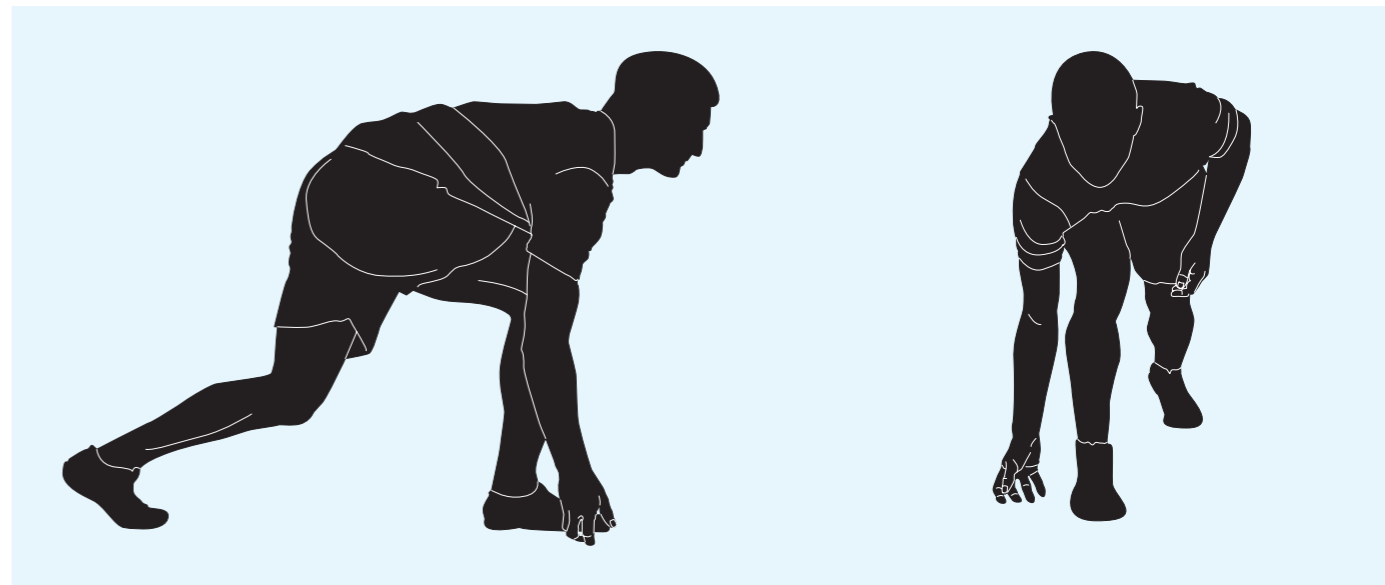
(3) Pick up

Description:

The pick up is a part of the game that isn't taught early enough and is a raw skill in cricket that is fundamental to being a good fielder.

Drills:

- Attacking the ball one handed
- Long barrier
- Attacking the ball two handed

**Attacking the ball one handed**

Start about 10m away from all your players and roll a ball out to them one by one. Each player should run forward one at a time to pick up the ball, with one hand and throw back to the coach.

This position is used when the ball hasn't been hit hard, and you want to release the ball quickly. In the image above you can see the players hand is alongside their foot and head is over the ball.

**Long barrier**

Start about 20m away from all your players and roll a ball out to them one by one. Each player should run forward once at a time to pick the ball up and throw it into the coach. For this drill the players should be trying to pick the ball up in the long barrier position shown in the image on this page. This position is used when the ball is coming a lot faster or we have more time to secure the ball before throwing it in. Notice how the knee on the floor is next to the heel of the other foot which reduces the chance of the ball beating the fielder.






**Two handed pickup**

Start about 10m away from all your players and roll a ball out to them one by one. Each player should run forward once at a time to pick the ball up and throw it into the coach. For this drill the players should be trying to pick the ball up with two hands and be in the position shown on this page. Notice how the head is over the ball, knees are bent and the players back foot is behind the line of the ball so if the player misses the ball their foot will still stop the ball



Fielding basic objectives

NB: The teacher / coach can decide which skill to focus on during each of the games or ask the students what they want to focus on

-  Throwing technique
-  Catching basics
-  Pick up
-  Decision making
-  Communication skills

FIELDING GAMES



FIELDING BASICS

Cone / object hits

Knock 'em down- fielding

Tug of war -fielding

Cone tap back to catch

King of the castle

Pick up and throw

Deflection off a wall





CONE / OBJECT HITS

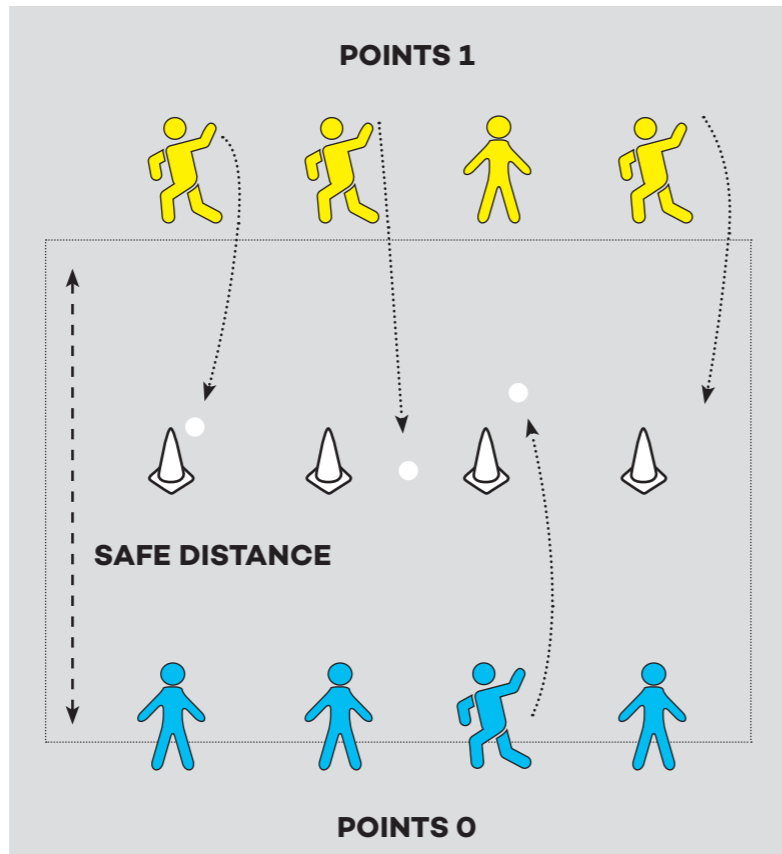
Description:

Players: 4+ in teams

Split into two teams and get each player facing someone else from the other team. Place a cone / object in the middle of both players (make a safe distance between players). Both players take it in turns to try and hit the cone and if one player does, they get a point for their team. Make it easier by making the cone / object bigger.

Objectives:

- To get the students to really focus on a specific target when throwing to help increase accuracy.



KNOCK 'EM DOWN - FIELDING

Description:

Players: 4+ in teams

Split into two teams and get each player facing someone else from the other team. Place two different coloured cones down the middle of both teams (make a safe distance between players). Both team take it in turns to try and hit the cone that represents their team and if one player does, they take that cone away. The team wins once all their cones are taken away. Make it easier by making the cone / object bigger.

Objectives:

- To get the students to really focus on a specific target when they are bowling to help improve accuracy.



KNOCK 'EM DOWN - FIELDING

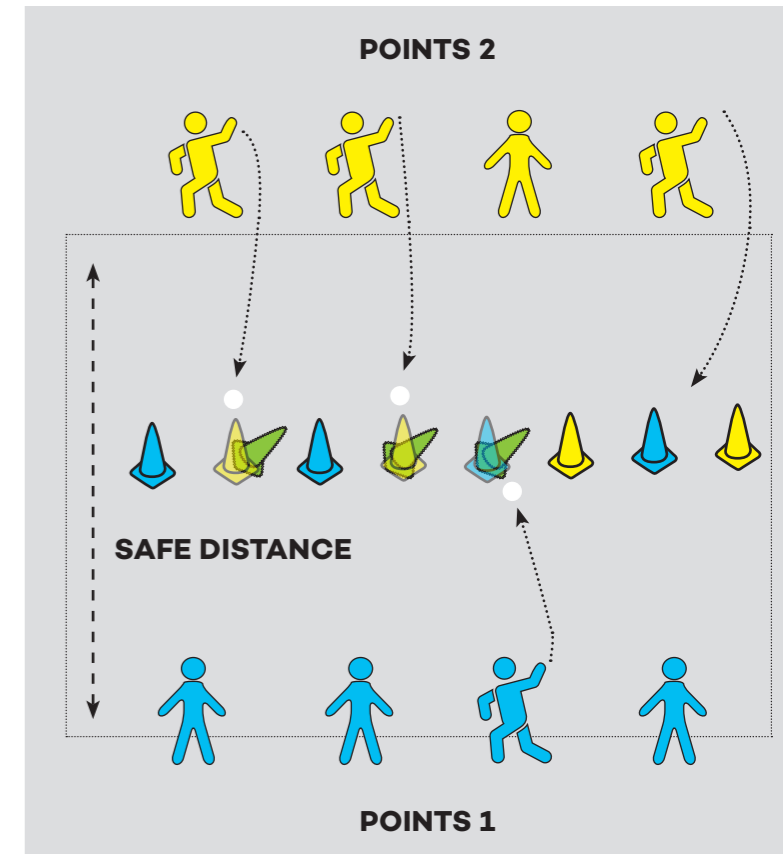
Description:

Players: 4+ in teams

Split into two teams and get each player facing someone else from the other team. Place two different coloured cones down the middle of both teams (make a safe distance between players). Both team take it in turns to try and hit the cone that represents their team and if one player does, they take that cone away. The team wins once all their cones are taken away. Make it easier by making the cone / object bigger.

Objectives:

- To get the students to really focus on a specific target when they are bowling to help improve accuracy.





TUG OF WAR - FIELDING

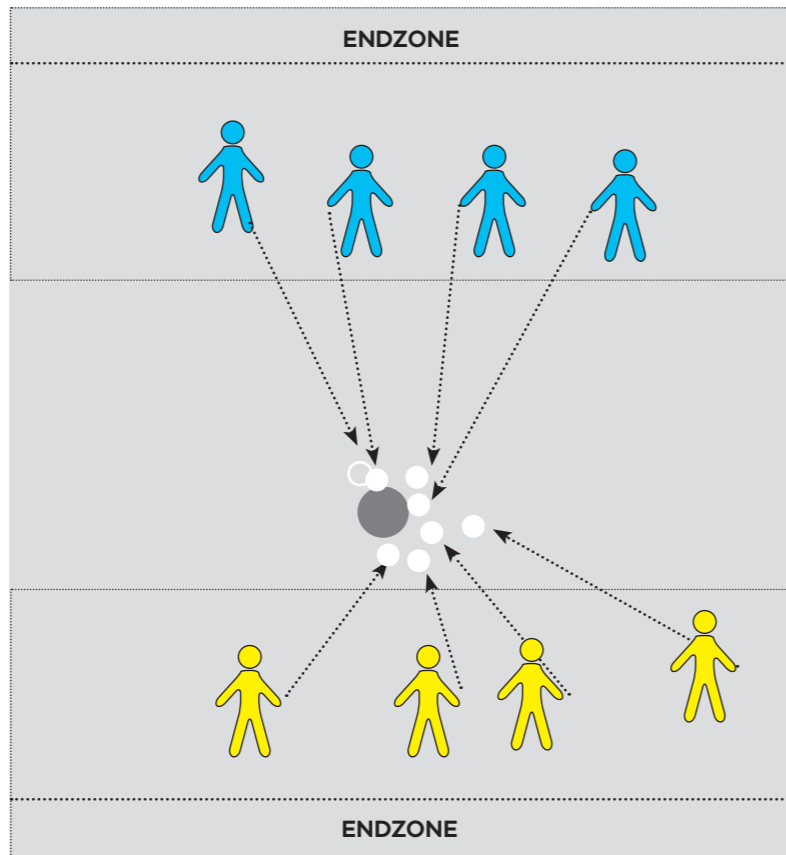
Description:

Players: 4+ in teams

Split into two teams and make an "END ZONE" for each team. Place an object in the middle of both teams (football, basketball etc.) Each team have an equal number of balls, the aim is to move the object from the middle over the oppositions END ZONE. Teams will continuously throw until one team wins.

Objectives:

- FUN
- Overall throwing and fielding skills
- Communication with team mates.



CONE TAP BACK TO CATCH

Description:

Players: 4+ in teams

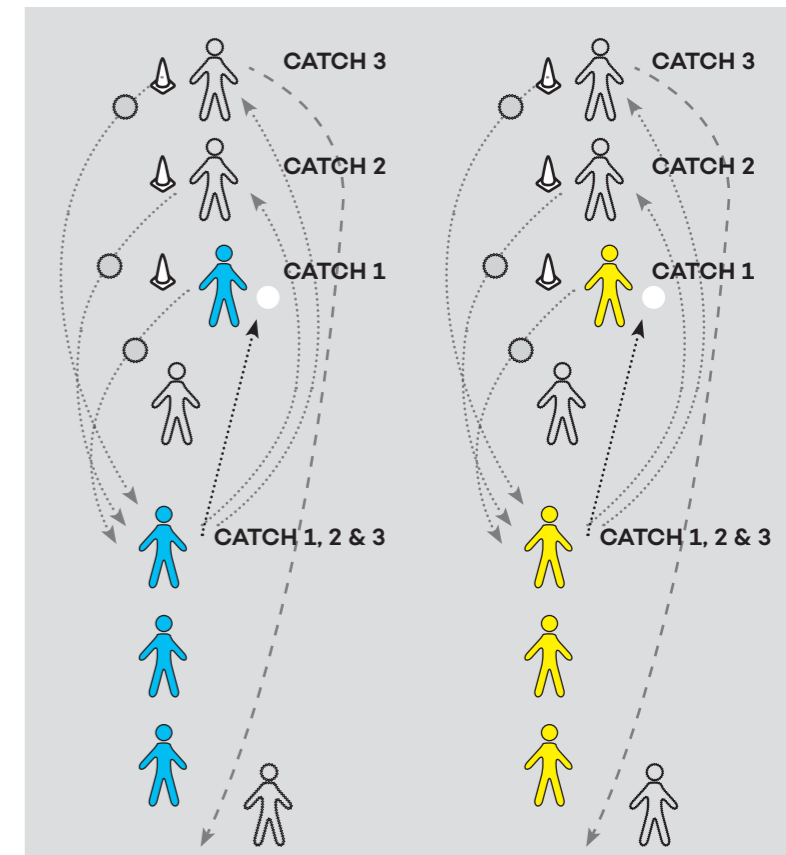


Split into two teams. Each player has to take a catch at each coned station and throw the ball back to the next player once they have completed their catches at each cone, they can sit down behind their teammates. First team to be seated wins.

Objectives:

- FUN
- Improve overall catching, throwing and concentration

To make this harder make the players use their non-dominant hand





KING OF THE CASTLE

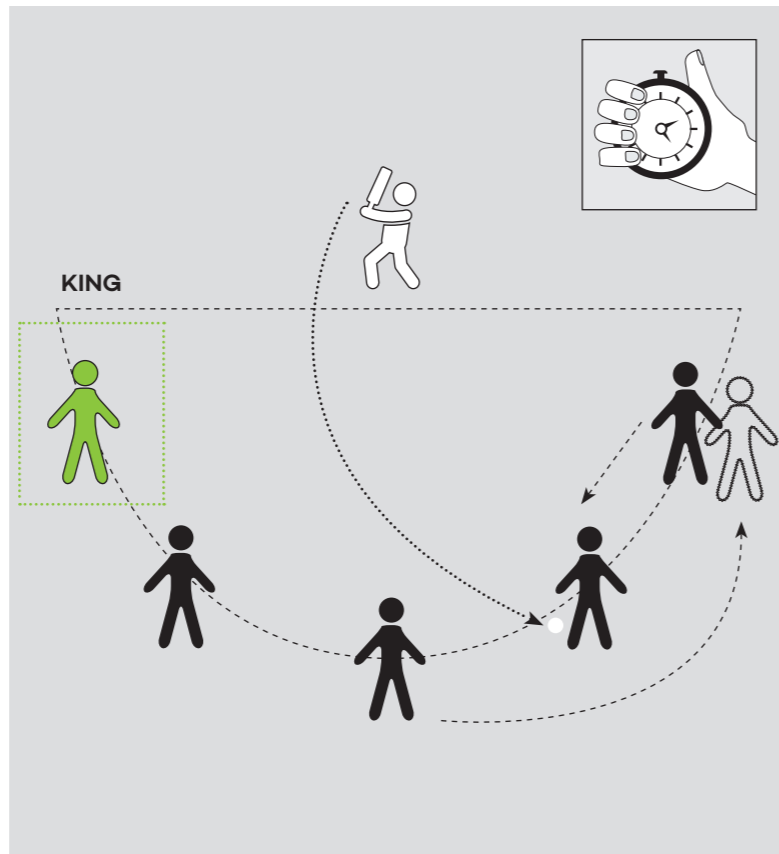
Description:

Players: 4+ in teams

All players stand in a semi-circle around the coach. The coach will hit catches towards the players, if they drop a catch they must go to the opposite end from the King. Whoever is standing in the Kings spot at the end wins.

Objectives:

- FUN
- Overall catching skills



PICK UP AND THROW

Description:

Players: 4+ in teams

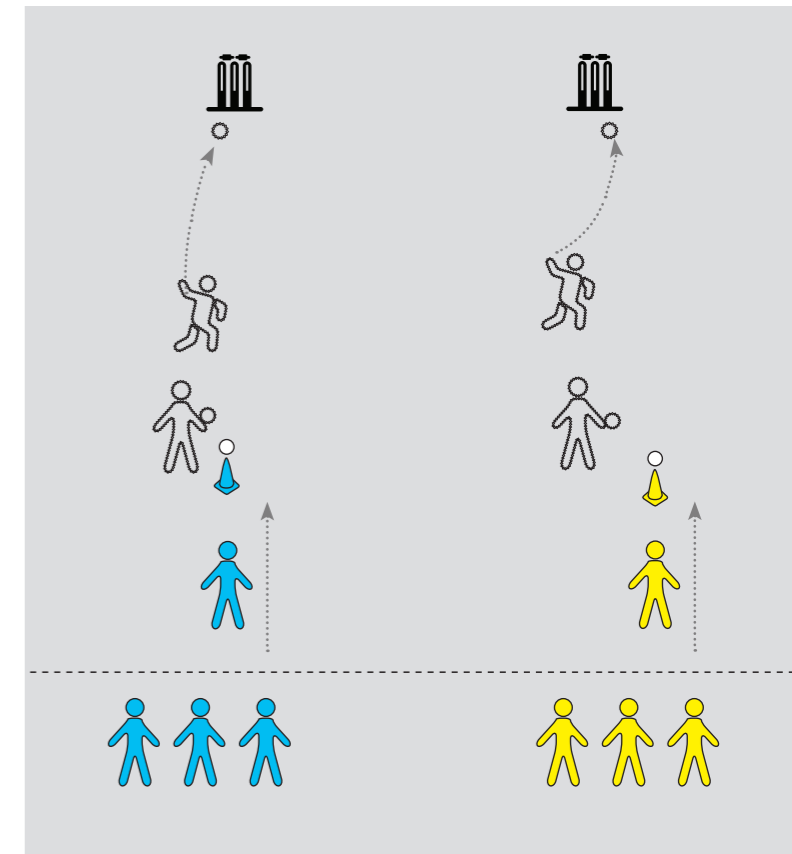
Split your players into two teams, place a cone on the floor with a set of stumps 10-20 meters away from the ball.

When the coach shouts 'go' the players will take it in turns to run, pick up the ball and try to hit the stumps. Every time they hit the stumps they get a point, the team with the most points at the end of the allotted time wins.

You can make it harder by getting the players to pick the ball with one hand or even with their non dominant hand.

Objectives:

- Work on your pickup and throwing techniques





DEFLECTION OFF A WALL

Description:

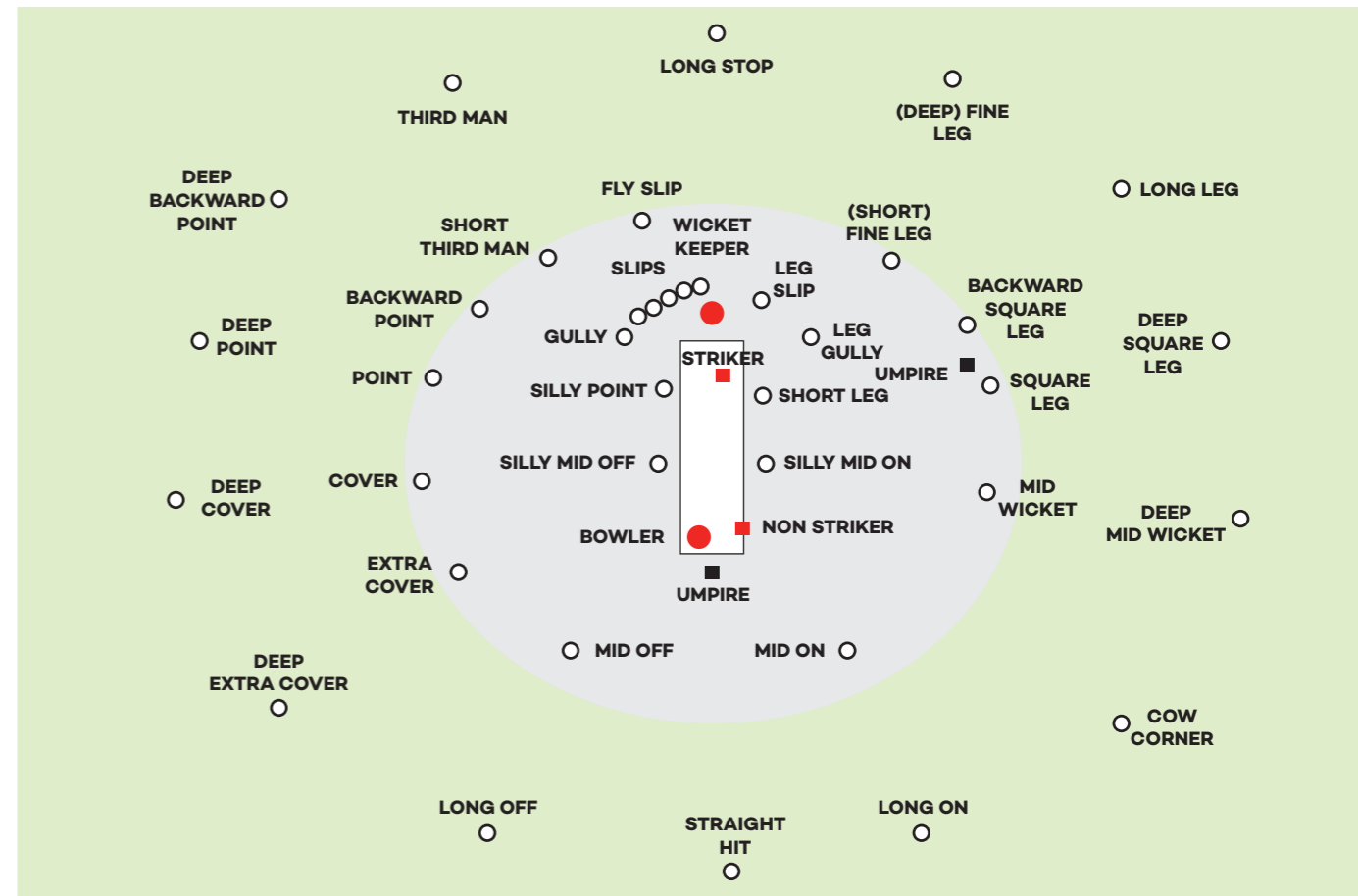
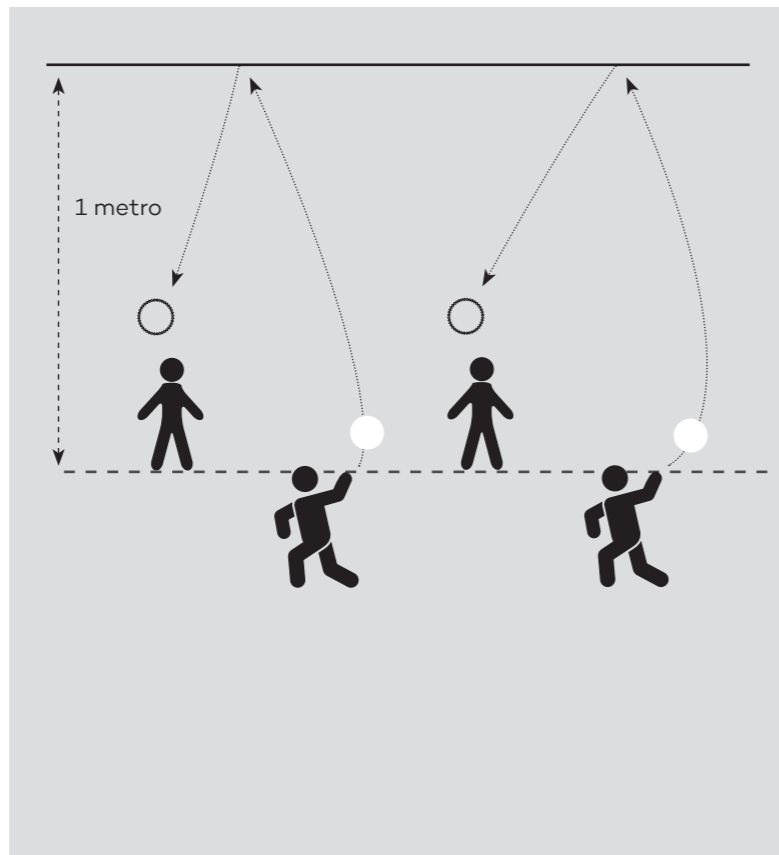
Players: 2+in pairs

Split into pairs, One stands facing the wall about 1 or 2m away. Their partner throws the ball against the wall from any side of the player and they have to catch the rebound. The coach sets a target of catches to make.

Once the players reach this amount of catches they sit down. They then swap over to let the next player have a go. (You can make this harder by adding in rules such as, only one hand, eyes closed until the ball hits the wall etc.)

Objectives:

- FUN, Reaction catching





BASIC RULES

Players:

Players: 2 teams of 11 players

Rules:

Cricket is played between two teams each made up of eleven players. In some junior games you will see less.

An innings is where each team will take turns in batting and fielding/bowling. The fielding team will try their best to make sure the batting side get as few runs as possible. The fielding team tries to get the batsmen out by:

- Hitting the wickets with the ball when bowling
- Catching a batsman's shot on the full
- Hitting the batsman's leg in front of the wicket (LBW)
- Hitting the wickets before the batsmen can run to the other end of the pitch

The bowler is from the fielding side and has one over at a time (6 balls) to try and get the batsman out:

Once a bowler has bowled an over, a teammate will bowl an over from the other end of the pitch. Sometimes the game is limited overs and sometimes until everyone is out

The batsmen try to score as many runs as possible before getting out by:

- Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. When the batters run one full length of the pitch (passing each other) it equals 1 run
- Hitting the ball to the boundary along the ground is 4 runs.
- Hitting the ball over the boundary on the full equals 6 runs.
- The fielding team must get 10 batsmen out before they can change over and start batting.

The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.

Basic Cricket Skills and Exercises

When your child starts to play sport it always helps them enjoy it more if they have a basic level of skill and understanding of the game. They will be able to participate more, have more confidence and this will stay motivated to keep playing and hopefully join a local club.

To be a good cricket player requires:

- Good hand eye co-ordination
- The ability to throw and catch a ball
- Good batting and bowling technique
- The ability to concentrate for sometimes long periods of time



EQUIPMENT

With all the different ranges out there is often very hard to know what is the best, so, if you're on the lookout for protective gear, here are a few essentials you'll need to search for.

Helmet

Most cricketers at all levels now wear a helmet while batting and any player under the age of 18 must wear one. One of the most important things to think about when picking a helmet is comfort. Helmets can feel very weird when you first wear one, however its important they don't slip around and that the fitting is snug allowing you to run without a lot of movement.

Most cricket specialists will only stock helmets that have passed the required safety tests, so choosing a helmet really comes down to comfort and budget. Most helmets available have some adjustments to make them more comfortable.

Make sure you read the information with each helmet to get the perfect fit.

Pads

The best way to choose your pad size is to ensure your knee is lined up right in the middle of the knee roll and then check that the top of the pads are not getting in the way of your hands when you are in your

batting stance. Having the wrong size pads will make it very difficult to run and play free cricket shots. They are also less effective in providing protection as the padding won't be in the correct place.

Box

The box provides protection to the groin. A cricket box is an absolutely essential piece of cricket protection. Never go out to bat not wearing one and don't expect to borrow one either!

Thigh pads

Thigh pads are not essential however they provide very useful protection. Make sure your thigh guard isn't so big that it restricts your movement or swing of the bat.

Chest guard

Few players at amateur level wear chest guards but they are well worth considering if you are facing fast bowling. They are also a great tool to wear to gain confidence on playing the shorter pitch bowling.

Arm guard

Arm guards are a very useful piece of equipment if, as a player, you want to gain more confidence playing quicker bowlers as they protect the front forearm when facing a bowler.

Gloves

Gloves come in both left and right-handed pairs and a good fit is essential. The gloves should fit with your fingers at the end of the glove. If they are too big they may reduce the protection they should offer.

**Bat**

English willow bats are renowned for their quality and are generally of a higher standard than Kashmir willow bats. When looking to buy a bat for your child, see if the child can hold the bat with one arm outstretched if this is too hard then the bat may be too heavy for them.

Footwear

All cricketers should have a pair of cricket boots or spikes to give them extra traction when running around the field. Even when you feel spikes are unnecessary, cricket boots should still be worn instead of trainers as they are harder and more likely to protect your toes and feet from the impact of a cricket ball.

There are many types of cricket shoes out there now for bowlers and batters but it is important again to look for comfort over fashion.

Balls

A Red Leather cricket ball is used in the longer formats of the game and is used in Test Match cricket. We use a red ball because it shows up well in front of the white clothing worn by players.

A White Leather cricket ball is used in limited over games where players wear coloured cricket kits and is used in cricket ODI matches and T20 matches.

A Pink Leather cricket ball is used to play day-night multi day games and is used for improved night visibility.

A soft ball (such as the Incrediball) looks like a cricket ball but is made from soft plastic with a lightweight core. This is ideal for training or soft ball matches where the players are learning. There are match weight versions in youth and senior sizes.

The official regulations for cricket ball sizes are:

4 ³/₄ oz for junior players up to and including under 13

5 oz for women players from 14+

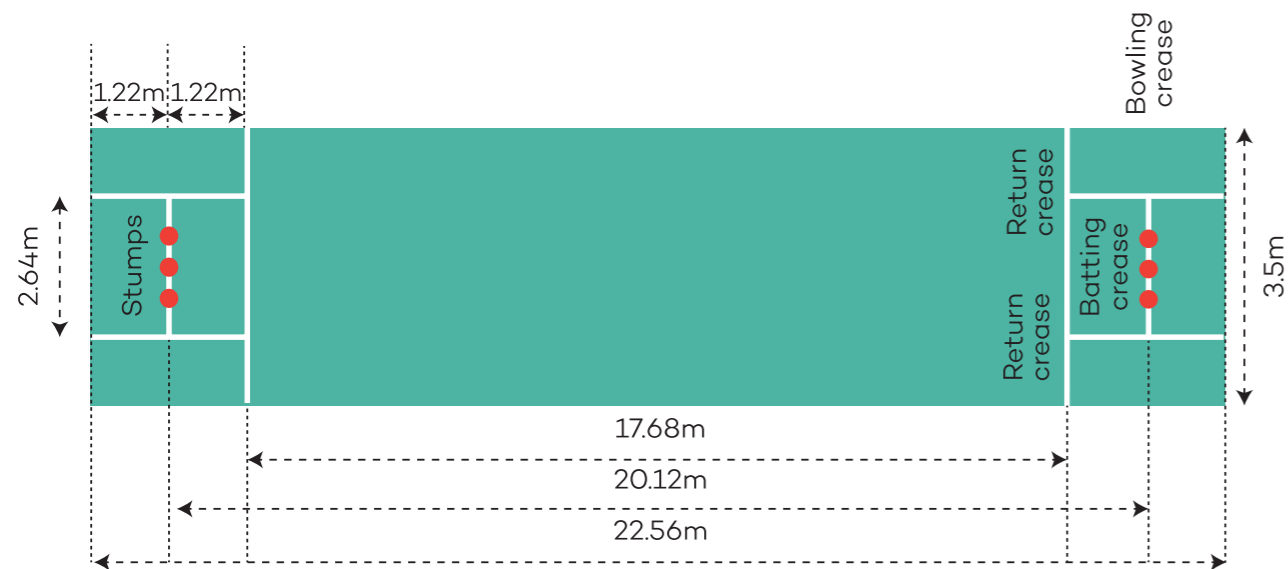
5 ¹/₂ oz for male players from 14+ through into men's cricket

Wickets

Also known as stumps you will see two sets of stumps and two bails at either end of the pitch.

Traditionally stumps and bails are made from wood but here are many different types of wickets from cheap plastic costing a couple of pounds to Led Stumps bails used in the Vitality T20 blast costing £23,000.

For training there are many different stumps from single (to fine tune accuracy) to triple with spring back bases



The size of the field on which the game is played varies from ground to ground but the pitch is always a rectangular area of 22 yards (20.12m) in length and 10ft (3.05m) in width.

The Batting (popping) crease is marked 1.22m in front of the stumps at either end, with the stumps set along the bowling crease.

The return creases are marked at right angles to the popping and bowling creases and are measured 1.32m either side of the middle stumps.

The two sets of wickets at opposite ends of the pitch stand 71.1cm high and three stumps measure 22.86 cm wide in total.

Usually made out of willow the stumps have two bails on top and the wicket is only broken if at least one bail is removed.

If the ball hits the wicket but without knocking a bail off, then the batsman is not out.

After extensive research, in 2018, the ECB approved changes to the length of pitches at junior level:

AGE GROUP	OLD LENGTH	NEW LENGTH
U8/U9	16 yards	15 yards
U10	19 yards	17 yards
U11	20 yards	17 yards
U12	21 yards	19 yards
U13	21 yards	19 yards
U14	22 yards	22 yards
U 15	22 yards	22 yards



Cricket
development
programme