



**Cricket**  
development  
programme

# **CRICKET DEVELOPMENT PROGRAMME - BEGINNER**

[cricketdevelopmentprogramme.com](http://cricketdevelopmentprogramme.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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# WARM UPS

Stop the Joker

Hot potato

Don't drop it

Against the clock

Mountains and valleys

End zone collect

Caterpillar catch

*5 minutes*

*Have fun and get the  
players chasing around so  
they are warmed up and  
ready to learn a skill*



## STOP THE JOKER

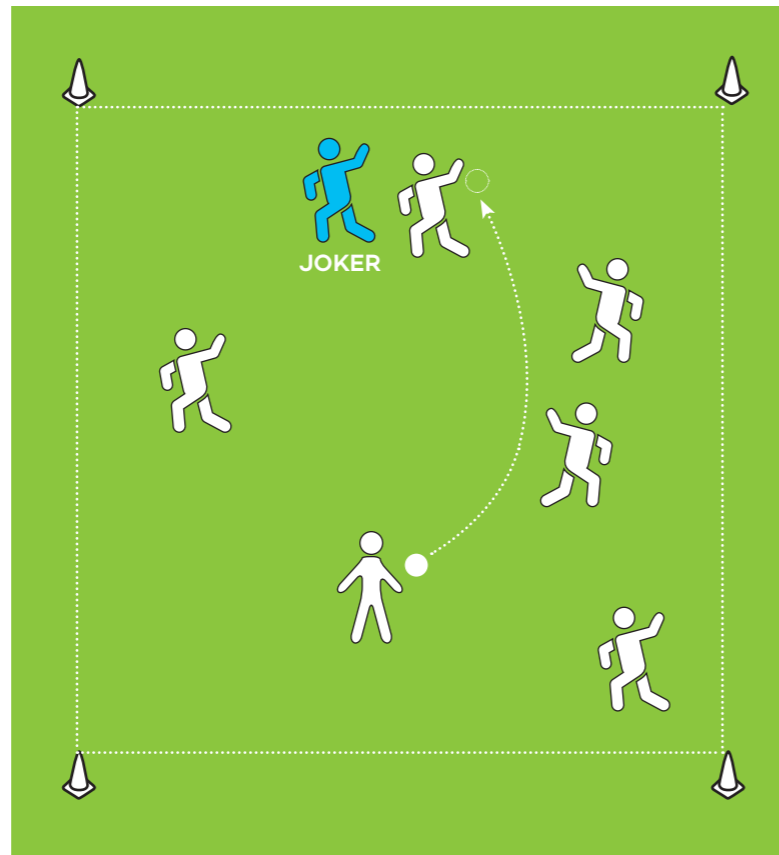
### Description:

Create a playing area with 4 cones and choose one player to be the Joker. The remaining players must try and touch the Joker with the ball in their hand. The joker is allowed to run around but the other players can only run when they aren't holding the ball. The players must try and communicate to get close to the Joker by passing the ball to each other.

To make this harder for the Joker add in more balls.

### Objectives:

- Communication
- Agility
- Hand eye coordination
- Running, jumping
- Decision making



## HOT POTATO

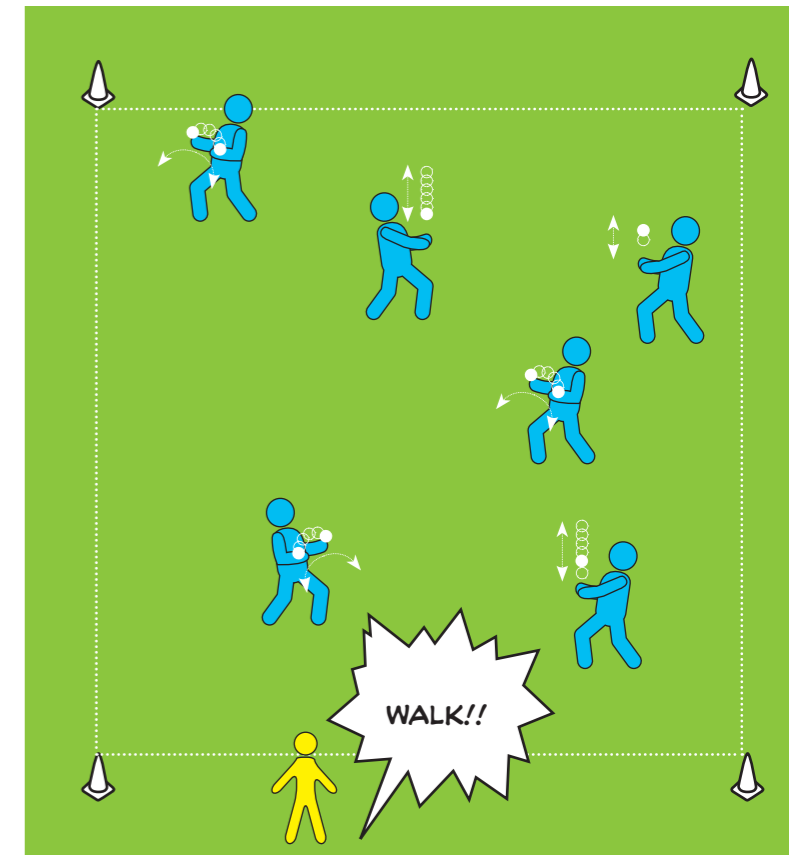
### Description:

Get the players to spread out across the playing area, they should keep the ball up by tapping it from one hand to another, or tapping it up using both hands. (Tell them to imagine the ball is so hot they can't keep it in their hand for any length of time!)

When the coach shouts walk the players must start to walk around the area, when the coach shouts stop the players must stop. The aim is to not drop the ball when moving around.

### Objectives:

- Listening
- Agility
- Hand eye coordination
- Running, jumping
- Decision making





### O'S AND X'S

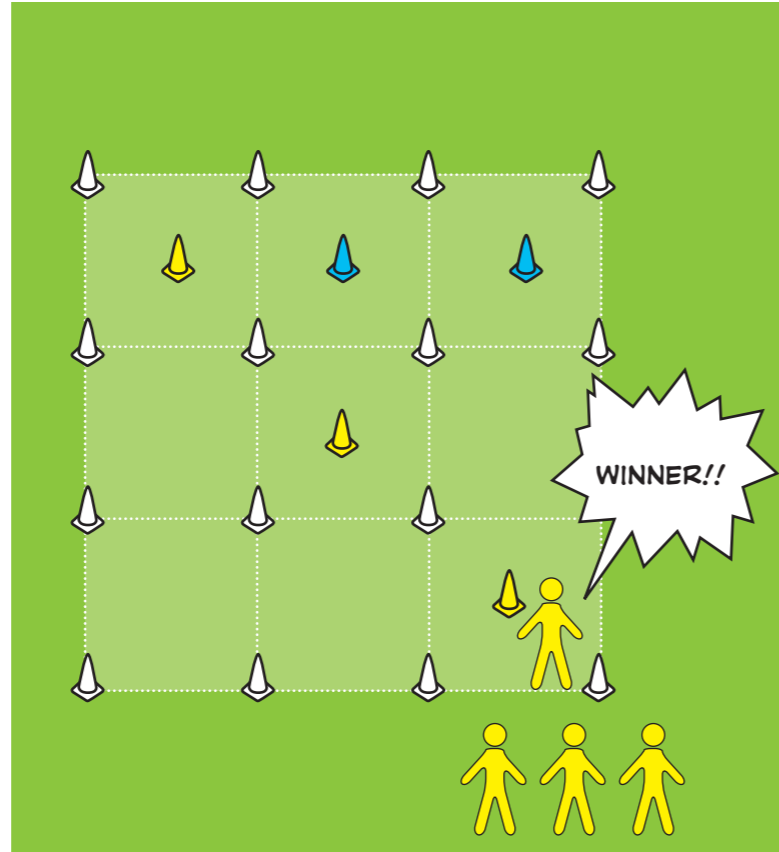
**Description:**

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



### AGAINST THE CLOCK

**Description:**

The coach gives out balls to half the players and then sets a time for the length of the game (they decide). The players can only hold onto the ball for 2 seconds and then they need to pass it to another player. When the timer goes off the players with the balls get one point. Players should keep moving to try and get into space so that they can receive a catch from the ball carriers.

**Objectives:**

- Communication
- Agility
- Hand eye coordination
- Running
- Decision making





### MOUNTAINS AND VALLEYS

**Description:**

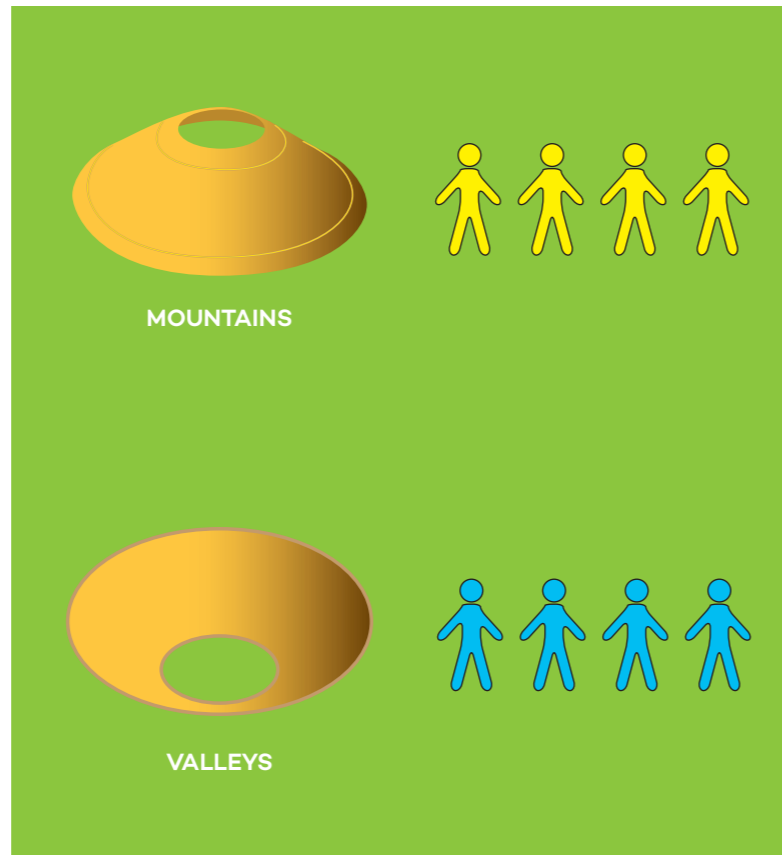
Players: 2 teams 4+

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.



### ENDZONE COLLECT

**Description:**

Players: 4+ in teams

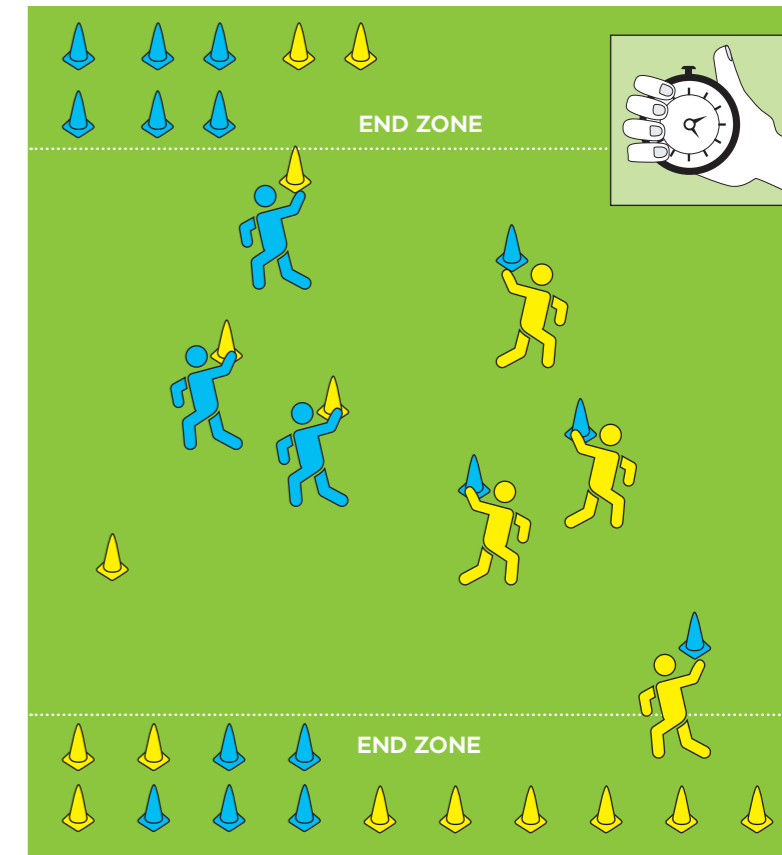
Get into two teams, both with an endzone.

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





### CATERPILLER CATCH

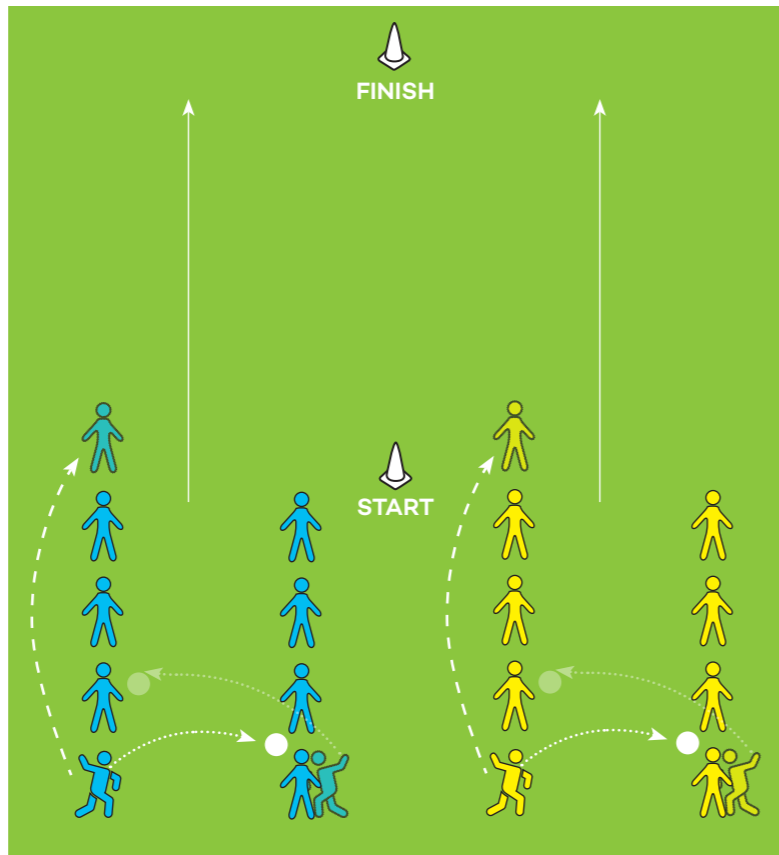
**Description:**

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



### DEFEND YOUR GOAL

**Description:**

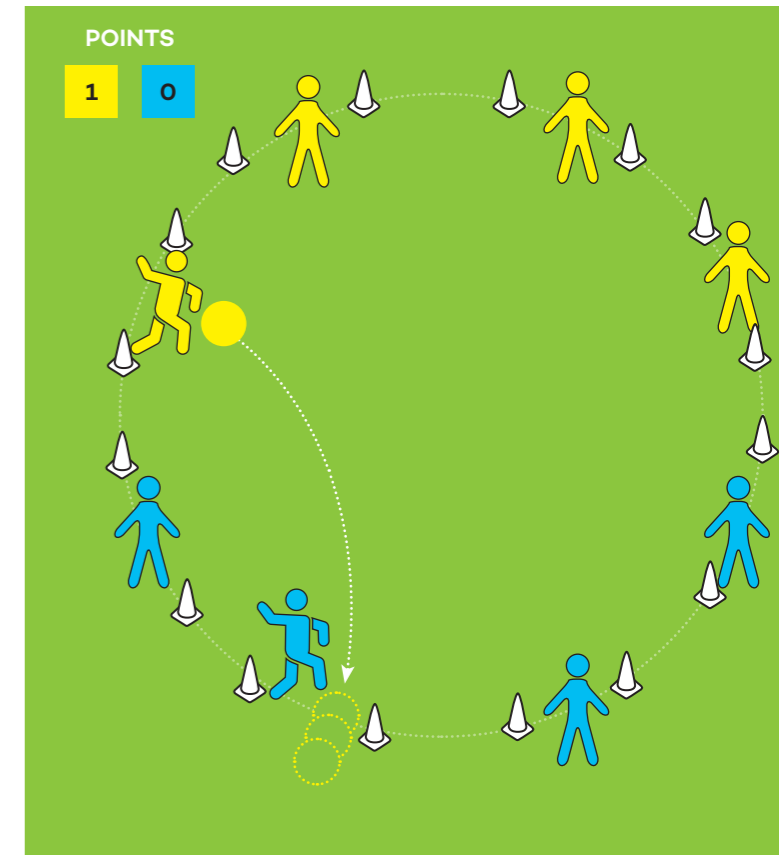
Players: Teams of 4-6 each

To set up get the players to form a circle with two cones either side of each player. Players must take it in turns to hit a ball (large foam ball or tennis ball depending on standard) towards another player's goal (between their two cones).

If a player gets the ball between the two cones they get one point.

**Objectives:**

- Hand eye coordination
- Decision making
- Stretching and agility





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