



Glenmore Cricket Club



# CRICKET COACHING MANUAL

Teachers Edition **2016**



# Skills Focus

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## BASIC BATTING

### Batting

- Pick up the bat by first cocking at the wrists

### Batting grip

- V's formed by thumb and forefinger aligned down front of bat
- Hands together in middle of handle

### Batting stance

- Side on
- Feet shoulder width apart
- Head upright, eyes level

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## BASIC BOWLING

### Grip

- Grip the ball with thumb underneath and first two fingers on top
- Bowl the ball with seam upright pointing toward the batter

### When at the bowling crease beginners should be:

- Side on to the target
- Non-bowling hand reaches up high and bowling hand moves down low
- Non-bowling hand pulls straight down as bowling hand moves over the top (arm straight) to bowl
- Follow through with bowling hand across the body

### Bowling with a run up

- To teach bowling with a run-up only progress to next point when the previous skill is mastered
- Revise: basic bowling action (arm action, including release of the ball)
- LIFT front knee and at the same time, perform the initial stretching movement of the arms. STAMP on front foot in a straight line towards the target and BOWL
- STEP THROUGH with back foot towards the target by taking it across the front foot. LIFT front foot, STAMP and BOWL
- Then, build run-up one step at a time. That is, one STEP back foot STEP THROUGH across front foot, LIFT front foot, STAMP and BOWL

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## FIELDING THROWING & CATCHING

### Ground Fielding

- Stay front on to the ball
- Bend knees and move into a low position

### Throwing

- Body side on to target
- Step towards target
- Throwing hand moves back and up fingers on top of ball
- Non-throwing hand points toward the target
- Throw the ball keeping the elbow high
- Throwing arm follows through across the body

### Catching

- Move into position quickly
- Keep head still, eyes on ball
- Fingers point down, up or to side
- Giving with the ball

### Underarm throwing

- Extend throwing hand back with arm straight
- Step towards target
- Swing arm through, release the ball and allow palm to continue through towards the target
- Have body weight moving towards target

# Activities

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Use these structured and progressive schemes of work as a guideline to plan a unit of striking and fielding within the overall curriculum games requirement for that key stage.

Each lesson includes a suggested warm up, main activity and a game. It is assumed that the lesson is 45-60 minutes long.

## Warm Up

Fun Physical Activities  
Jogging with Imaginary Fielding  
Running with the Bat  
Running, Throwing & Catching  
Creating Space & Catching

Running & Stopping the Ball  
Stretching  
Snowball Tag  
Ball Handling Routine  
Batting Relays

Red Rover  
Locomotion Relays  
Under and Over  
'10 Game' Catchers v Runners

## Fielding

Low Catch  
Shoulder High Catch  
High Catch  
Stopping the Ball with Two Hands

Throwing  
Target Throwing  
Roll-a-Ball  
Tower Game  
Run Out

Fielding Races  
Picking up One Handed & Throwing  
Chasing & Throwing  
Wicketkeeping

## Batting

The Basics of Batting  
How to Choose Which Shot to Play

Blocking the Ball  
Leaning Forward to Strike the Ball

Stepping Back to Strike the Ball  
Target Batting

## Bowling

Underarm Bowling  
Bowling Overarm from Standing

Bowling with a Run-Up  
Spinning the Ball

Target Bowling  
Bowl Out

## Team Games

Continuous Cricket  
Racing Cricket  
Caterpillar Cricket

Conveyor Belt Cricket  
Match Cricket  
Pairs Cricket

Fielding Soccer  
Rapid Fire



## 5 Lesson Plan Session

	Warm Up	Main Activity	Main Activity	Game
1	Snowball Tag	Stopping the Ball with 2 Hands	Target Batting	Rapid Fire
2	Batting Relays	Target Bowling	Target Batting	Continuous Cricket
3	Locomotion Relay	Target Throwing	Fielding Soccer	Caterpillar Cricket
4	Snowball Tag	Target Batting	Target Bowling	Conveyor Belt Cricket
5	Under and Over	Rapid Fire	Fielding Soccer	Pairs Cricket

## 10 Lesson Plan Session

	Warm Up	Main Activity	Main Activity	Game
1	Fun Physical Activities	Low catch	The Basics of Batting	Continuous Cricket
2	Snowball Tag	Underarm Bowling	Shoulder High Catch	Roll a Ball
3	Batting Relay	Blocking the Ball	Bowling Overarm from Standing	Rapid Fire
4	Running & Stopping The Ball	High Catch	Leaning Forward to Strike the Ball	Racing Cricket
5	Red Rover	Bowl Out	Stopping the Ball with Two Hands	Pairs Cricket
6	Jogging with Imaginary Fielding	Stepping Back to Strike the Ball	Target Bowling	Caterpillar Cricket
7	Locomotion Relays	Tower Game	How to Choose Which Shot to Play	Continuous Cricket
8	"10 Game"	Bowling with a Run-Up	Picking up One Handed & Throwing	Conveyor Belt Cricket
9	Match Cricket			
10	Match Cricket			

## 15 Lesson Plan Session

	Warm Up	Main Activity	Main Activity	Game
1	Fun Physical Activities	Low catch	Target Batting	Continuous Cricket
2	Snowball Tag	Underarm Bowling	Shoulder High Catch	Roll a Ball
3	Jogging with Imaginary Fielding	Blocking the Ball	Bowling Overarm from Standing	Tower Game
4	Ball Handling Routine	High Catch	Leaning Forward to Strike the Ball	Racing Cricket
5	Running with The Bat	Bowling Overarm from Standing	Stopping the Ball with Two Hands	10 Game
6	Batting Relays	Stepping Back to Strike the Ball	Bowling with a Run-Up	Caterpillar Cricket
7	Running Throwing & Catching	Throwing	How to Choose Which Shot to Play	Bowl Out
8	Red Rover	Bowling with a Run-Up	Picking up One Handed & Throwing	Conveyor Belt Cricket
9	Creating Space & Catching	Leaning Forward to Strike the Ball	Bowling with a Run-Up	Continuous Cricket
10	Locomotion relays	Chasing & Throwing	Stepping Back to Strike the Ball	Racing Cricket
11	Running & Stopping The Ball	Target Bowling	Wicket Keeping	Caterpillar Cricket
12	"10 Game"	Leaning Forward to Strike the Ball	Target Bowling	Conveyor belt Cricket
13	T20 Blast Game			
14	T20 Blast Game			
15	T20 Blast Game			

## Practical Tips

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**USE EXISTING LINES/MARKINGS** where possible (e.g. playground or running track).

Distances stated are safety guidelines, but **ADAPT TO DIFFERENTIATE** between abilities where necessary.

**DIFFERENTIATE** for lesser abilities by:

- (i) breaking skills down further,
- (ii) using different types and sizes of balls and equipment,
- (iii) altering times and turns.

**DEMONSTRATE WHENEVER POSSIBLE** using the pictures to help you. "A picture tells a 1000 words".

## Safety

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The players should always be at least **10m** away from the batter.

## Cool Down

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At the end of each lesson, **COOL** and **CALM** the players down by jogging 20 paces, striding 20 paces, walking 20 paces and 20 seconds silence to "Think about the lesson".

**N.B.** This is also an ideal time for the children to evaluate their performance and to discuss and plan with the teacher ways that they can improve.

# Useful Equipment

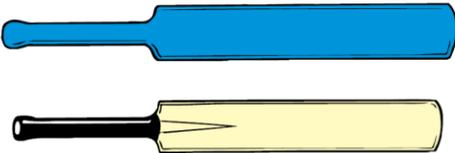
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15 - 20 balls

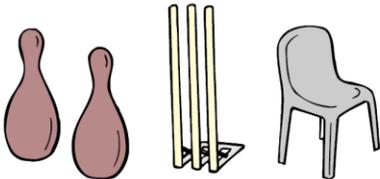
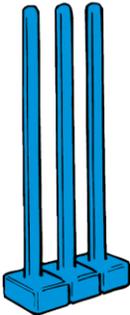


Tennis / Soft / Foam (Indoor use)

4 - 6 bats Blue/Wood



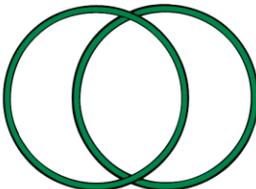
6 Blue Kwik Cricket Stumps



But you can also use  
Skittles / Spring / Chair



8 Cones



Hoops



1 Whistle



Bucket

# WARM UP ACTIVITIES

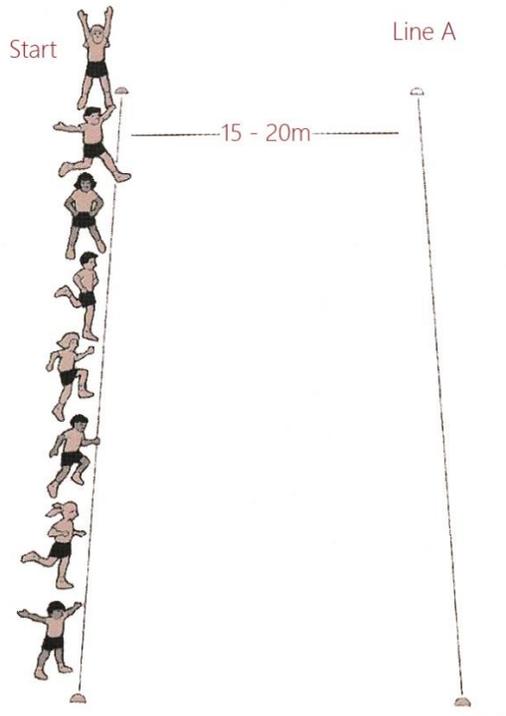
# Fun Physical Activities

**Time:** 5 mins

**Aim:** To use a variety of physical activities to increase body temperature

**Equipment:** 4 cones, existing lines

## Organisation



## Instructions

1. Children spread out along the start line.
2. Give instructions of various ways for all to move from the start line to line A and back again. e.g. jogging, hopping and side striding (star shape).
3. See ideas for progression for further ideas.

## Teaching Points

- Remain balanced at all times.
- Be aware of the people around you.
- Move in a straight line.

## Progression

- Walking/sprinting, arms can be by sides, above head or touching the ground.
- On all fours, either facing down hands first or facing up feet first (crab).
- Whilst jogging, pick knees up high in front or kick heels up behind.
- Pretend cricket skills, e.g. picking a ball off the ground in one or both hands, taking a catch, bowling a ball or hitting runs.
- Increase or decrease the distance of line A.
- Work in pairs, e.g. leap frog or wheelbarrow. Race other pairs.

## Suggestions for discussion on health education

**TASK** Put your hand on your forehead. What do you feel?

- Q** Why do we sweat? **A** When you exercise, your body temperature rises. Moisture comes through the skin surface to cool you down.
- Q** How can you replace the liquid in your body lost due to sweating? **A** By drinking cold water.

## Warm Up Activities

# SNOWBALL TAG

**Time:** 5 mins

**Aim:** To use a variety of physical activities to increase body temperature

**Equipment:** One ball per member of the group

## Organisation



## Instructions

1. Mark out a square approximately 10m x 10m
2. Place balls together at edge of square
3. One player begins with a ball and is the tagger
4. The tagger attempts to catch other players by tagging them with the ball or hitting below the shoulders with an underarm throw
5. All caught players collect a ball and become taggers
6. Last player caught wins

## Progression

- Restrict/increase playing area
- Impose time limits

## Teaching Points

### Number of Players

- Group activity

### Area size

- 10m X 10m square or larger with a bigger group

# BALL HANDLING ROUTINE

**Aim:** To use a variety of physical activities to increase body temperature

**Time:** 5 mins

**Equipment:** One ball per member of the group

## Organisation



## Instructions

1. Around head/waist/knees/ankles (several times in each direction)
2. Figure 8 around knees.
3. "Switch" – ball between knees with 1 hand in front & the other behind. Drop the ball & switch hands to catch (with or without bounce). Add 'Gorilla Walk' by taking a step forward with each switch
4. 'Yo-Yo' – hold ball in one hand out in front. Drop ball & catch before it hits the ground with hand on top of ball. Try non-preferred hand. Alternate hands to drop & catch
5. 'Circle & catch' - hold ball in one hand out in front. Drop ball & circle hand around the ball before catching it again. Try non-preferred hand
6. Throw ball under one leg & catch with other hand. Repeat with opposite hand & leg
7. Bounce & catch with one hand. Try non-preferred hand. Alternate hands to bounce & catch
8. Dribble like a basketball. Try non-preferred hand
9. Hit the ball on an open hand to self. Try non-preferred hand
10. Throw ball in the air to self & clap/touch ground/spin around etc. before catching
11. Stand side on, step & throw overarm to get maximum bounce. Catch ball & repeat
12. Add 'Colour Catching' if time permits

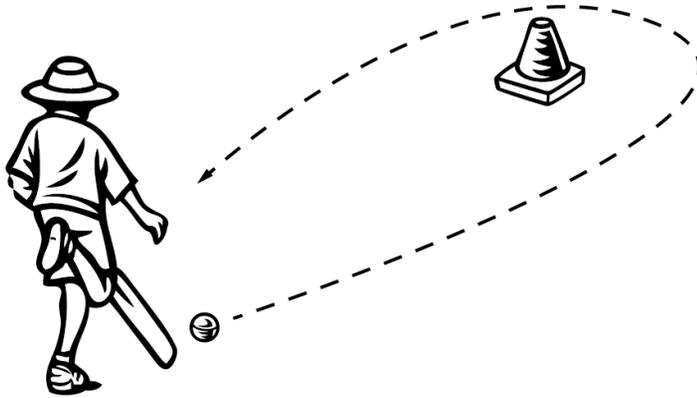
# BATTING RELAYS

**Time:** 5 mins

**Aim:** To use a variety of physical activities to increase body temperature

**Equipment:** One bat, bat & tee per group.

## Organisation



## Instructions

1. 'Dribble' the ball up & back around a tee like their playing hockey
2. Hit the ball to self in air and walk/run up & back around tee
3. Run up and hit ball off tee to team member who repeats the action.

## Teaching Points

- Teach technique as appropriate, otherwise ask questions to get children to guide their own learning about, 'What is the best way to do it?'

## Progression

- Restrict/increase playing area
- Impose time limits

# RED ROVER

**Aim:** To use a variety of physical activities to increase body temperature

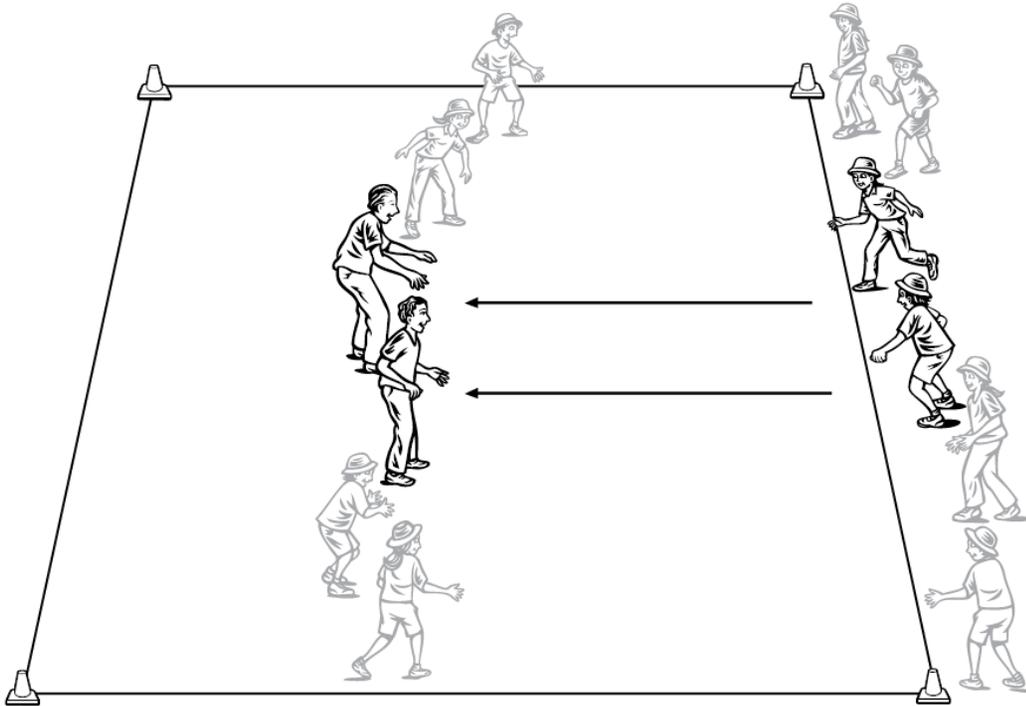
## Organisation

**Time:** 5 mins

**Equipment:** 4 markers set up in a large square

## Instructions

1. Select a few kids to start in the middle of the the square, making a line. They are the catchers
2. Start the rest of the children on one side of the square facing the catchers. They are the runners
3. Coordinator calls 'All Over Red Rover'
4. All the runners try to get past all the catchers to get the 'safe zone' which is the other side of the square
5. Catchers must try to tag the children as the run past
6. Any runner that is tagged then becomes one of the catchers
7. Coordinator continues to call out "all over Red Rover" until there is just one runner left that hasn't been tagged by the catchers. They are the winner



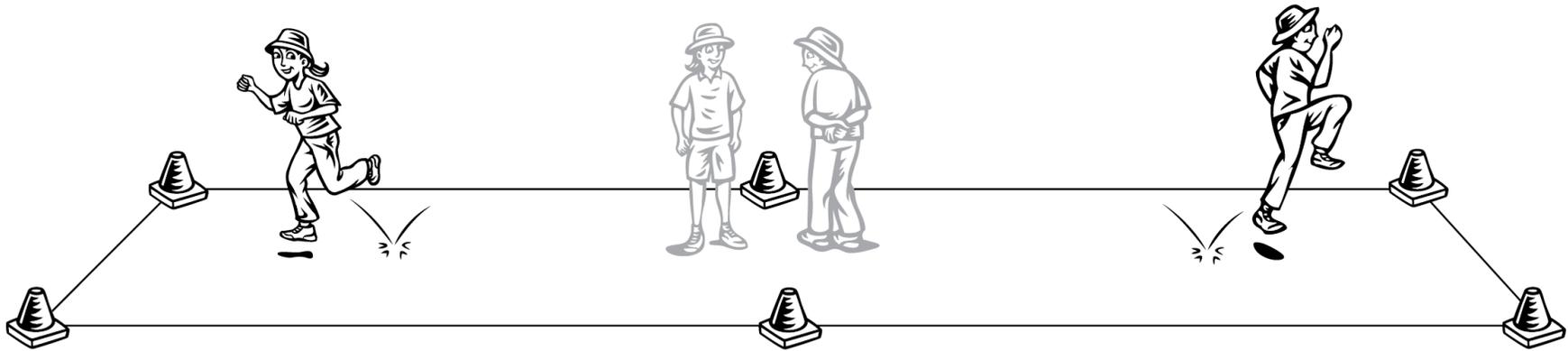
# LOCOMOTION RELAYS

**Aim:** To use a variety of physical activities to increase body temperature

**Time:** 5 mins

**Equipment:** Marker cones at each end of space and across 'halfway' as start/finish

## Organisation



## Instructions

1. Children Line up across 'halfway' line in pairs facing each other – half are #1's & half are #2's
2. Take it in turns to go Up & Back to own end using various forms of locomotion: Eg. Running, Skipping, Hopping, Jumping, Leaping, Side Stepping, Grapevine
3. #1's go first & then tag #2's who copy what #1's do & the process repeats

## UNDER & OVER

**Aim:** To use a variety of physical activities to increase body temperature

**Organisation**

**Time:** 5 mins

**Equipment:** None



### Instructions

1. Pairs (numbered off #1 & #2)
2. #1 holds body in 'Bridge' position
3. #2 crawls under #1, who then lowers to Push Up position
4. #1 returns to 'Bridge' position & so on
5. Repeat 5 times & swap roles. Perform 2-3 'sets'

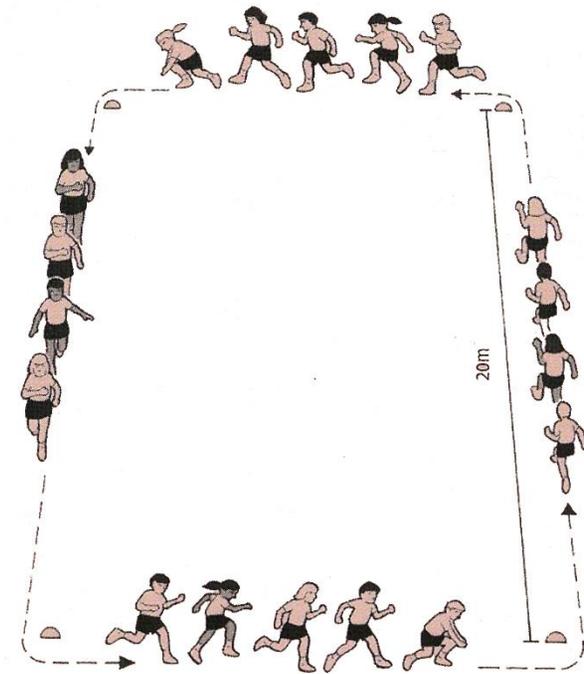
# JOGGING WITH IMAGINARY FIELDING

**Aim:** To combine continuous movement with fielding skills

**Time:** 5 mins

**Equipment:** 4 cones, 1 whistle

## Organisation



## Instructions

1. Children continuously jog round a square cornered by cones.
2. When the teacher calls either 'left' or 'right,' the children pretend to pick up the ball in that particular hand.
3. On the call of 'both,' the imaginary ball is picked up in two hands.
4. When the whistle blows, children change direction.

## Teaching Points

- Get down and touch the floor when picking up the imaginary ball.

## Progression

- Increase or decrease the size of the square as appropriate.
- Teacher calls 'jump' for the children to pretend to jump and catch.
- Teacher calls 'throw' for the children to pretend to throw the ball at the stumps for a run out.

## Suggestions for discussion on health education

**TASK** Think about how much air you are breathing in now, compared to before you started warming up?

- Q** Why do we breathe faster and more deeply during and after exercise?
- Q** How can we increase the amount of oxygen that our body can take in?

- A** To breathe in more oxygen from the air. This is then carried by the blood to feed our muscles as we work them harder.
- A** By playing sport and exercising regularly, we can train our lungs to take in more oxygen.

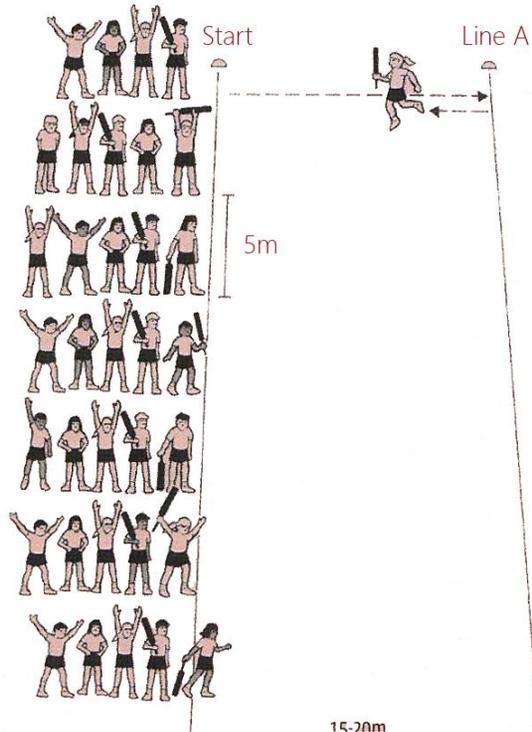
# RUNNING WITH THE BAT

**Time:** 10 mins

**Aim:** To increase knowledge of how to run with the bat by means of a relay race

**Equipment:** 2 bats per team, 4 cones / existing lines

## Organisation



## Instructions

1. Divide into equal teams according to the number of bats, e.g. 2 per team.
2. First member of each team runs to line A and back again.
3. As they pass the start line next member repeats and so on.
4. First team to finish wins.

## Teaching Points

- Grip bat at the end of the handle
- When waiting to run, you are allowed to stand in front of the start line, as long as your bat is touching the ground behind it.
- When approaching the lines, reach out using the full length of the bat to touch down over the line.

## Progression

- Teams run through twice before finishing.
- Give a time limit (i.e. 2 minutes) ± teams count how many runs they can complete in the given time.

## Suggestions for discussion on health education

**TASK** Run 20 metres as quickly as possible.

- Q** At the beginning of your run which muscles worked the hardest?
- Q** How can you improve your speed?

**A** Your leg muscles.

**A** By strengthening your muscles. You can do this by exercising regularly.

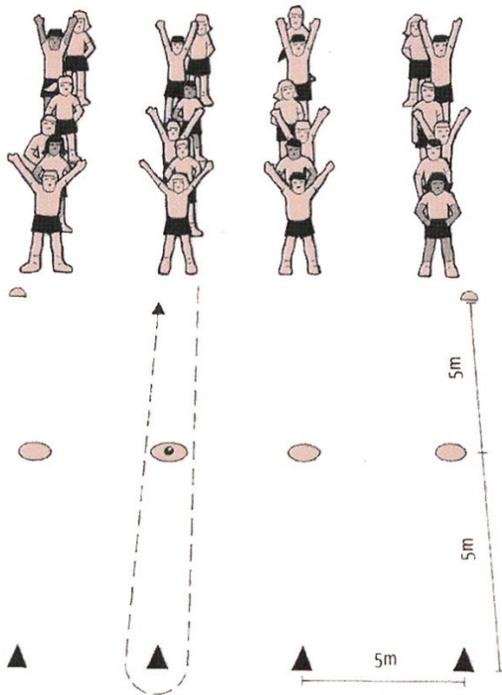
# RUNNING, THROWING & CATCHING

**Time:** 10 mins

**Aim:** To improve fielding skills by means of a relay race

**Equipment:** 4 tennis/soft balls, 4 stumps, chalked circles, 2 cones / existing lines

## Organisation



## Instructions

1. Split class into 4 equal teams.
2. First person in each team starts with a ball and runs placing it in the circle and continues forward round the skittle.
3. On the way back they stop, pick up the ball and gently throw underarm for next person to catch.
4. Catcher repeats.
5. First team to finish wins.

## Teaching Points

- Place the ball so that it remains in the circle.
- Stay low when you throw the ball so that it arrives at waist height.

## Progression

- Increase distances apart.
- If distance allows encourage an overarm throw.
- Using the same lesson format, set a time limit (i.e. 3 mins), teams count the number of clean catches achieved.

## Suggestions for discussion on health education

**TASK** Feel the warmth on your arms and legs ± They will feel warmer due to exercise.

**Q** Why do sports people warm up?

- A**
- (i) To avoid injury.
  - (ii) To get their body ready for further exercise.
  - (iii) To feed their muscles with more blood which carries oxygen.
  - (iv) To get themselves ready mentally as well as physically for exercise.

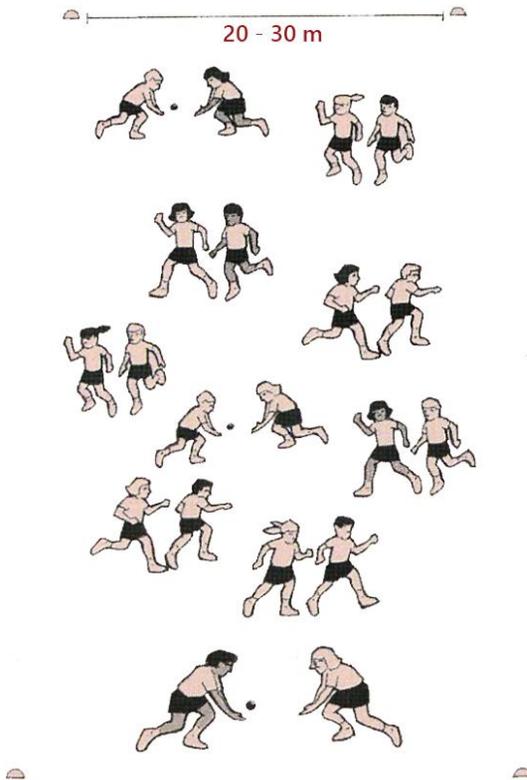
# CREATING SPACE & CATCHING

**Aim:** To improve spatial awareness and catching skills

**Time:** 10 mins

**Equipment:** 1 tennis/soft ball per pair, 4 cones, 1 whistle.

## Organisation



## Instructions

1. In pairs, jog around the available space changing direction frequently.
2. When the whistle blows, pairs begin low catching for 30 seconds, counting their score.
3. When the whistle blows again, pairs resume jogging.
4. Repeat process 3 ± 4 times, with pairs attempting to beat their previous score each time.

## Teaching Points

- When jogging change direction to find space.
- When catching;
  - I. Stand 2m away from your partner.
  - II. Catch the ball in two hands.
  - III. Watch the ball into your hands.

## Progression

- When jogging around, one of the pair takes the lead and must dodge, weave and side step to lose their partner.
- Use the same lesson format but for the different catches on pages 21 and 23.

## Suggestions for discussion on health education

**TASK** Think about the amount of energy you have just used whilst warming up.

**Q** How will you replace this used energy?

**A** By eating and drinking at your next meal time.

**Q** Are some foods better for you than others?

**A** Yes, but it is important to have a balanced diet including fresh fruit and vegetables.

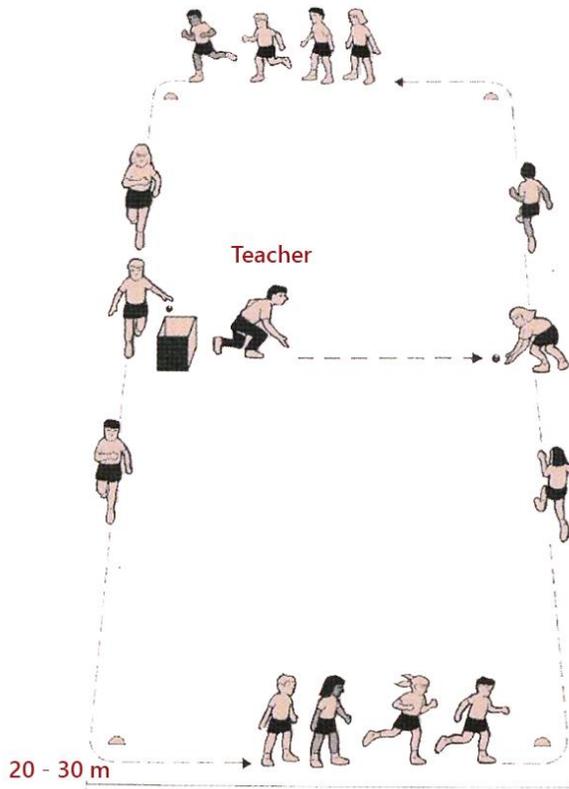
# RUNNING & STOPPING THE BALL

**Time:** 5 mins

**Aim:** To increase the heart rate, using continuous movement and incorporating a fielding skill

**Equipment:** Minimum 10 tennis/soft balls, 4 cones, 1 bucket/box

## Organisation



## Instructions

1. Children in a straight line between cones 1 & 4.
2. Teacher continuously rolls out balls to be stopped with hands between cones 1 & 2.
3. Children individually stop and collect a ball and continue round the square.
4. Place the ball in the bucket/box and join the back of the line. Repeat.

## Teaching Points

- Run fast to get close to the ball.
- Use two hands to stop the ball.
- Place the ball in the bucket/box.

## Progression

- Roll the ball out slower to make it easier, or faster to make it more difficult.
- Change the size of the square to increase or decrease the distance that has to be run.
- Loop the ball in the air for the children to take a high catch

## Suggestions for discussion on health education

**TASK** Feel your heart... is it beating faster than when you started?

**Q** Why? What does your heart do?

**A** When you are active, your muscles need more blood, so your heart has to work harder to pump it around your body.

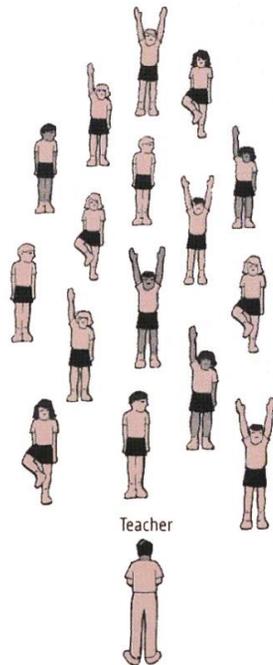
# STRETCHING

Time: 10 mins

Aim: To encourage safe stretching exercises to increase flexibility and to avoid injury

Equipment: Nil

## Organisation



## Instructions

1. Class jog around gently for 2 minutes, then spread out and find a space facing the teacher.
2. Work on muscles and joints from head to toe. See the teaching points for different instructions.
3. When stretching, hold for 10 seconds, then slowly release. 'No bouncing'.
4. When mobilising, rotate the joint slowly three times.

## Progression

Further stretching exercises.

- (i) Arms above head palms touching, push hard against each other. (Upper body).
- (ii) Left foot in front of the other, bend left leg at the knee and straighten right leg, keeping the heel on the floor. Repeat, right leg in front. (Calves).
- (iii) Left foot forward one pace, bend right knee, keep left one straight and push back slightly. Repeat, right leg in front. (Hamstrings).

## Teaching Points

- **Stretching Exercises** ' Neck: Look over right shoulder, hold. Look over left shoulder, hold. ' Sides: Feet shoulder width apart, right arm stretched above head, push up and hold. Repeat left arm.
- **Mobilising Exercises** ' Arms: Arms above head, rotate forwards (3 times slowly), then backwards. ' Legs: Lift up right knee, rotate to the side then down to the floor. Repeat left knee. ' Ankles & Wrists: In turn rotate clockwise and anti-clockwise.

## Suggestions for discussion on health education

**TASK** Clench your fist and bring your fist towards your shoulder.

**Q** Why are your muscles so important and what do they do?

**A** They hold the bones together (stability) and they produce movement.

**Q** When you bent your arm at the elbow, what happened to the muscle to make your arm bend?

**A** It shortened (contracted).

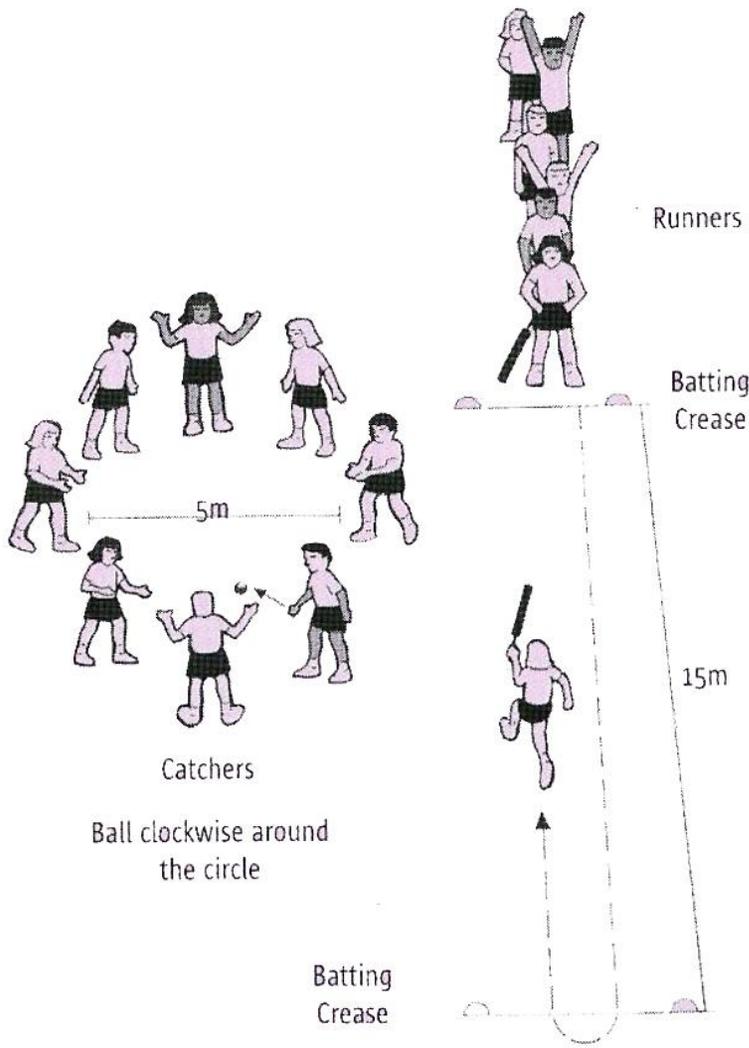
# "10 GAME" CATCHERS V RUNNERS

Time: 10 mins

**Aim:** To practice catching and running between the wickets in a competitive game.

**Equipment:** 1 tennis/soft ball, 2 bats 4 cones/existing creases

## Organisation



## Instructions

1. Split into 2 teams.
2. Running team in a straight line, catchers in a circle. (As diagram).

### Catchers:

3. Throw the ball to each player clockwise around the circle.
4. Each clean catch counts as one point.

### Batters:

5. In turn, runners run to the batting line (crease) and back, as in a relay.
6. Rules:
7. When all the batters have run once, the catchers stop. Record the catchers' score.
8. Teams change over.
9. The team with the most catches wins.

## Rules

### Catchers:

- Hands together, catch in two hands.

### Runners:

- Run fast in a straight line.
- Reach out and touch the bat down over the line at each end.

**FIELDING**

# TARGET THROWING

**Aim:** Throw the ball accurately hitting a target

## Organisation



marker.



## Instructions

1. Throwing overarm at a marker
2. 5 year olds are 5 steps back from the marker, 6 year olds are 6 steps back from the marker etc
3. 6 steps back from the marker etc
4. Partner is on the opposite side, also throwing at the marker.
5. 1 point for hitting the cone
6. 10 points for getting the marker to do the Super Flip

## Progression

- Increase distance between partners
- Twenty throws with right hand
- Twenty throws with left hand

**Time:** 10 mins

**Equipment:** 1 tennis/soft ball per pair

## Teaching Points

- Feet, shoulder width apart.
- Bend your knees and keep your bottom high.
- Watch the ball into your hands.

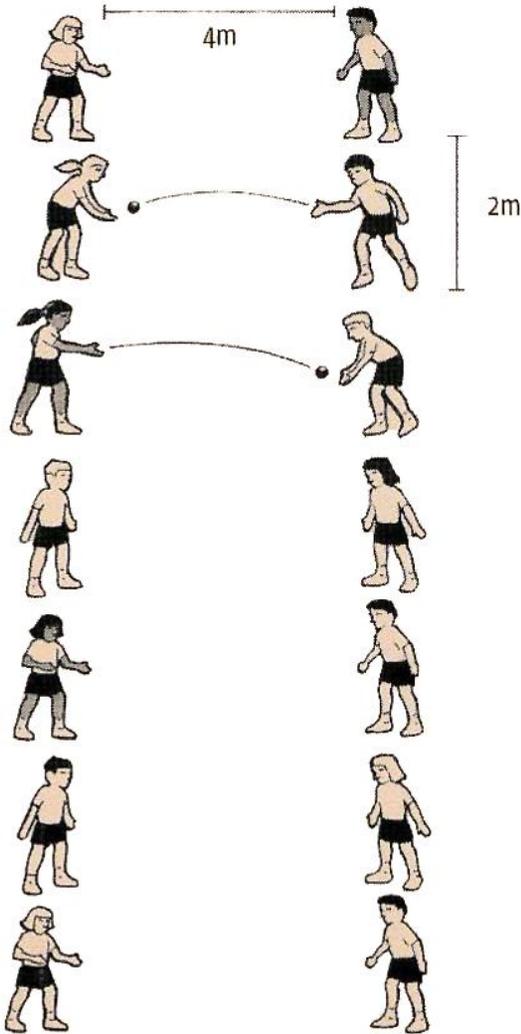
# LOW CATCH

**Aim:** To catch a ball between waist and ankle height

**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs gently underarm the ball for each other to catch.
2. Serve with one hand, catch in two.
3. The ball should arrive between waist and ankle height.

## Teaching Points

- Feet, shoulder width apart.
- Bend your knees and keep your bottom high.
- Watch the ball into your hands.

## Progression

First pair to achieve 10 clean catches win.

- (i) Count how many clean catches can be achieved in 30 seconds.
- (ii) Another 30 seconds. . . Pairs attempt to beat their previous total.

'5-4-3-2-1- STOP'

- After 5 clean catches, pairs put the ball down and switch places with their partner. Then, 4 clean catches put the ball down and switch places, then 3, 2 and 1. First pair sitting down having finished win.
- Introduce a harder ball where safe and appropriate.

## Fielding

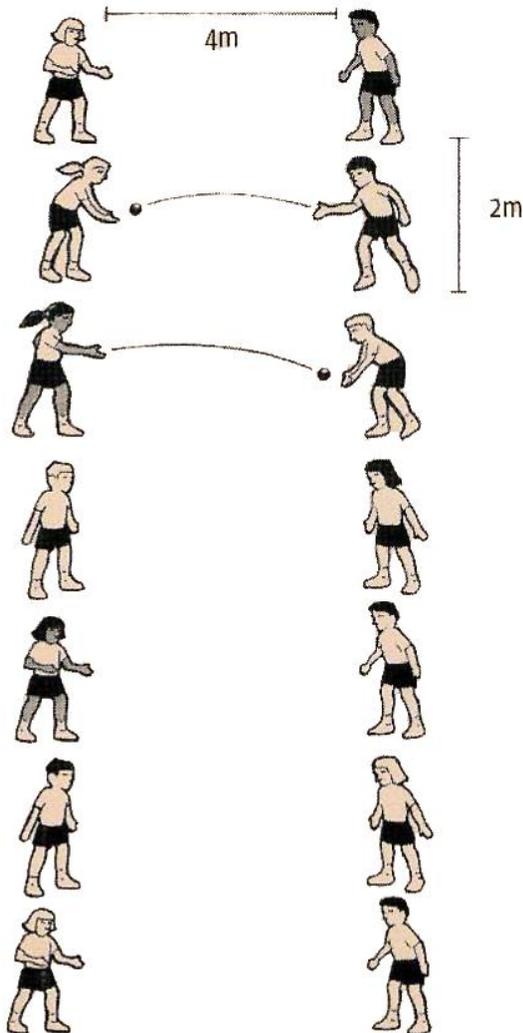
# SHOULDER HIGH CATCH

**Aim:** To catch a ball at shoulder/head height

**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs gently underarm the ball for each other to catch.
2. Ball should arrive at shoulder/head height.

## Teaching Points

- Hands up, palms facing forwards.
- Thumbs crossed, fingers pointing up.
- Catch, letting hands go with the ball over one shoulder.

## Progression

First pair to achieve 10 clean catches win.

- (i) Count how many clean catches can be achieved in 30 seconds.
- (ii) Another 30 seconds. . . Pairs attempt to beat their previous total.

'5-4-3-2-1- STOP'

- After 5 clean catches, pairs put the ball down and switch places with their partner. Then, 4 clean catches put the ball down and switch places, then 3, 2 and 1. First pair sitting down having finished win.
- Introduce a harder ball where safe and appropriate.

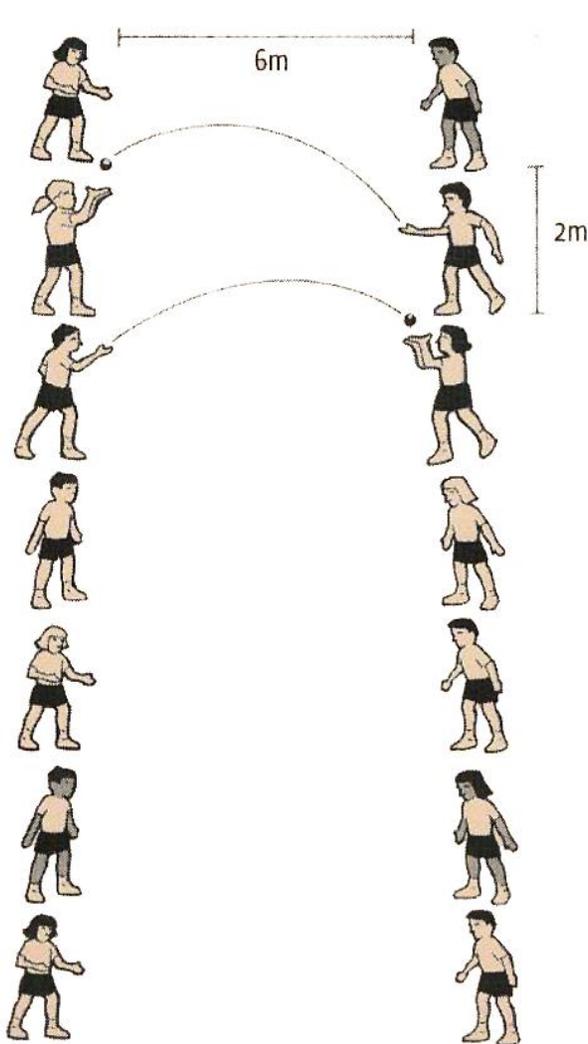
# HIGH CATCH

**Aim:** To catch a ball dropping from above head height

**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs loop the ball underarm for each other to catch.
2. Try to make the ball drop near partner's head.

## Teaching Points

- Watching the ball all the time, move to where it is dropping.
- Cup hands together, little fingers touching.
- Hands up early, palms facing upwards
- Catch at eye level, then relax arms.

## Progression

- Increase/decrease the height of catches.
- Before catching the ball:
  - (i) Clap once, twice, etc.
  - (ii) Perform a skill, e.g. call your name or touch the ground with 2 hands, etc.
- Make the catcher move by looping the ball slightly to the right or left.
- Introduce a harder ball where safe and appropriate.

## Fielding

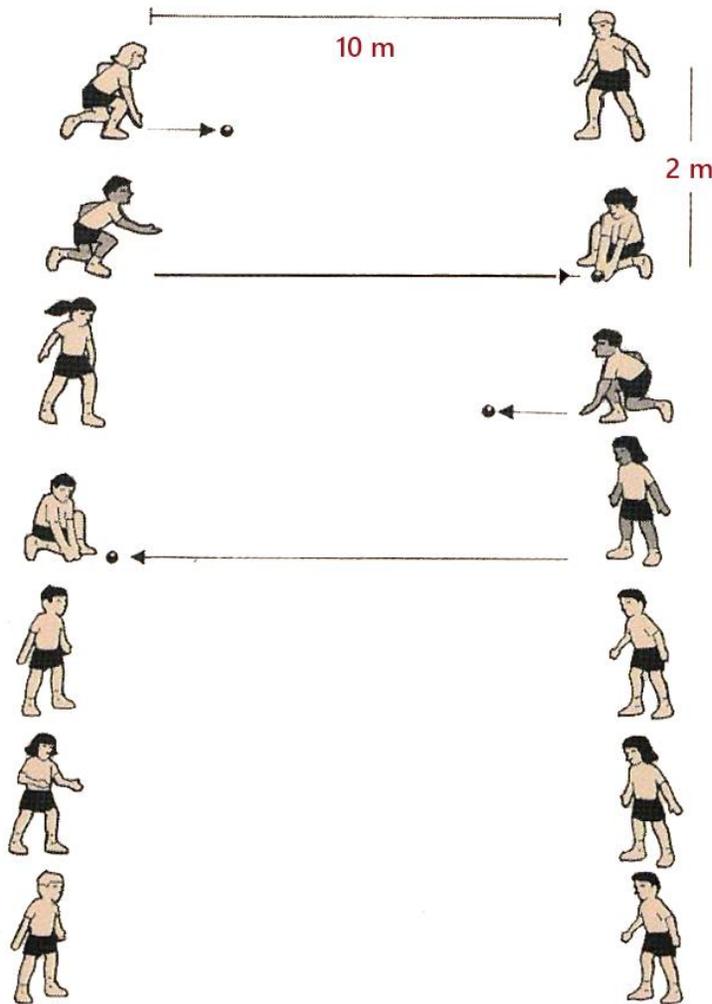
# STOPPING THE BALL WITH TWO HANDS

Time: 15 mins

Aim: To stop a fast moving ball using two hands and the body as a barrier

Equipment: 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs roll the ball in a straight line for partner to stop using two hands.
2. Having stopped the ball, they stand up and roll the ball back for partner to repeat.
3. The ball must be rolled underarm, not bounced along the ground.

## Teaching Points

- Stand side on, so the arm you roll the ball with is furthest from your partner.
- As the ball approaches get down on the knee nearest your partner.
- Stop the ball alongside your knee, with hands together and fingers pointing down.

## Progression

- Children should move into the line of the rolling ball before going down on their knee. To practice this, pairs
- roll the ball very slightly to the left or right of their partner.
- Stopping the ball and then throwing to partner:
  - (i) One of the pair rolls the ball out, the other stops the ball using 2 hands and body as a barrier, then quickly stands up and throws gently overarm one bounce to partner. Repeat 3 times each, then change.
  - (ii) If space is available, allow for a harder throw by increasing the distance apart.
  - (iii) Throw to partner without bouncing, (i.e. for partner to catch).
- Pairs roll the ball faster to test if their partner can stop it cleanly.

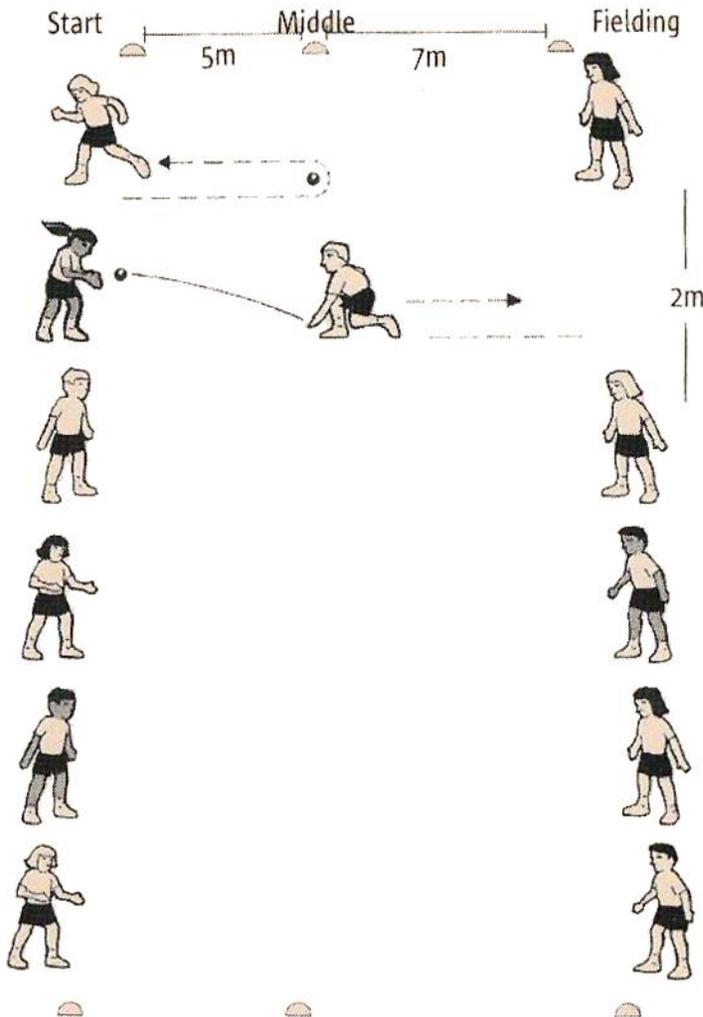
# PICKING UP ONE HANDED & THROWING

Time: 15 mins

Aim: To pick up and throw a ball underarm on the run

Equipment: 1 tennis/soft ball per pair, 6 cones / existing lines

## Organisation



## Instructions

1. Pairs stand opposite each other.
2. Person on the start line has the ball and runs out placing it on the middle line and then returns quickly to the start line.
3. Now, person on the fielding line runs towards the ball and picks it up one handed, then throws it underarm for person on the start line to catch.
4. While fielder runs back to fielding line, person on start line repeats for next turn.
5. Change after 3 turns each.

## Teaching Points

- Shape throwing hand like a 'scooper'.
- Pick the ball up by the outside of your foot.
- Staying low, throw the ball underarm keeping your head still and arm straight.

## Progression

- Set a time limit, (i.e. 2 minutes). 1 point is scored for each successful pick up and throw. The point only counts if the ball is caught. Highest pair score wins.
- Person on start line gently rolls the ball out for fielder to run, pick up and throw the 'moving' ball back to the person on the start line. Person on the start line rolls again only when the fielder has returned to fielding line. First pair to have 3 successful turns each win.

Fielding

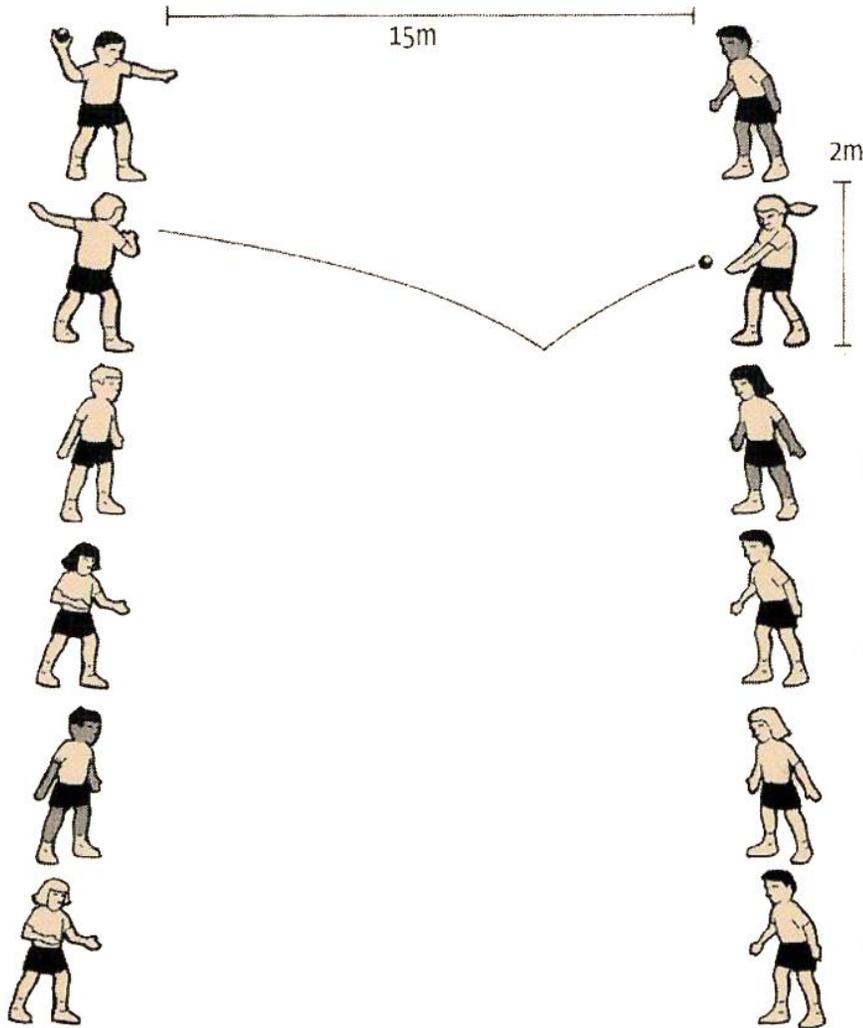
# THROWING

**Aim:** To throw a ball overarm with power and accuracy

**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs throw the ball powerfully overarm one bounce to each other.
2. The ball should be bounced so that it arrives at waist height.

## Teaching Points

- Point non-throwing arm at partner.
- Lift your throwing arm up and bend it at the elbow.
- Rock back then forward, releasing the ball quickly to your partner.
- Keep your eyes fixed on the target.

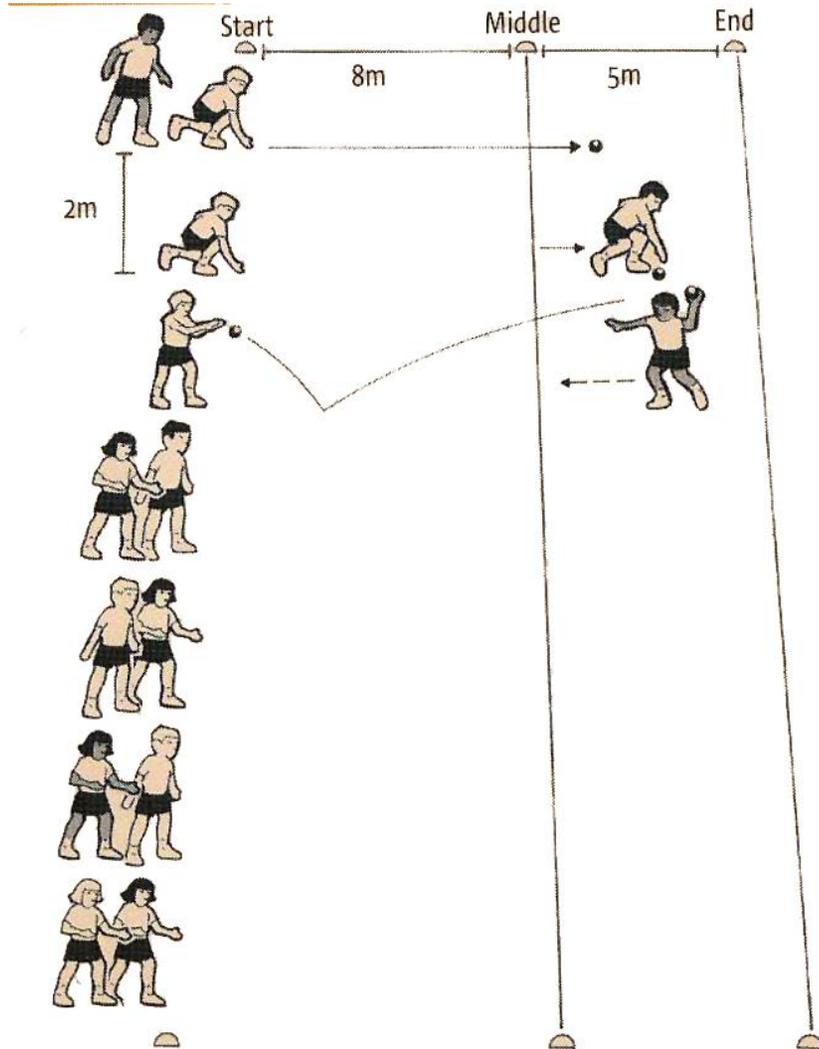
## Progression

- Increase distance apart.
- Use a hoop 2m in front of partner as a target. 5 attempts each. 1 point for each successful one bounce attempt. Highest pair score wins.
- Throw the ball directly for partner to catch without bouncing.

# CHASING & THROWING

**Aim:** To chase and return a ball

## Organisation



**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair, 6 cones / existing lines

## Instructions

1. Pairs stand beside each other on the start line.
2. One of the pair gently rolls the ball out straight for partner to chase and pick up between the middle and end line.
3. Chaser throws the ball overarm one bounce back to partner.
4. When chaser returns, repeat.
5. Change after 3 turns each.

## Teaching Points

- Chase and catch up with the ball.
- Let the ball roll into your throwing hand, by the outside of your foot.
- To turn, spin on the balls of your feet towards partner.
- Balance and throw.

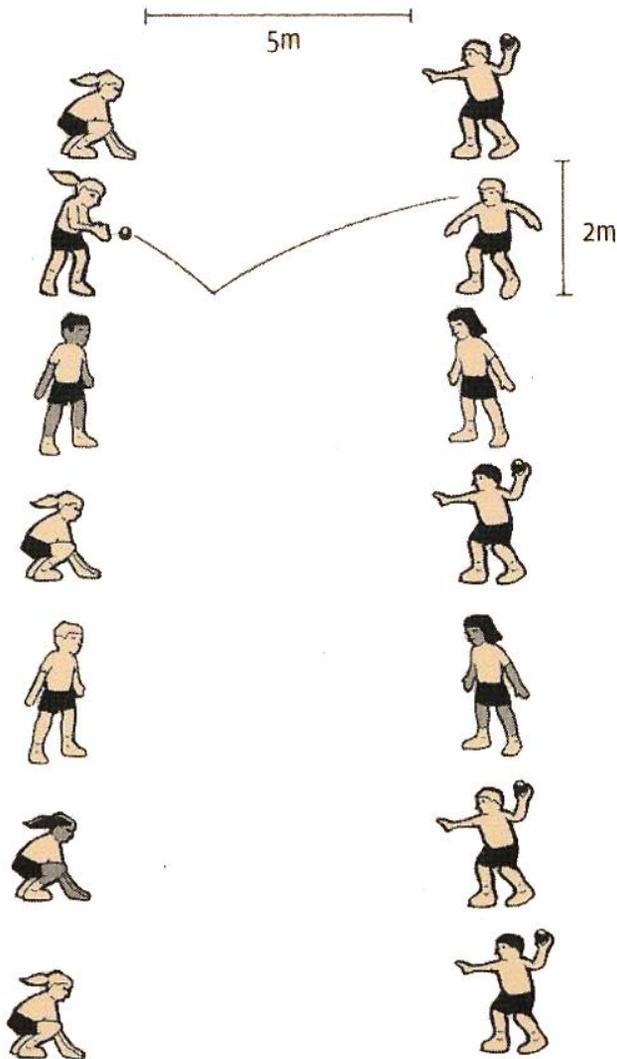
## Progression

- Chaser throws the ball to partner without bouncing, i.e. partner catches.
- Increase distance of throw by moving middle and end line further from start line.
- Set a time limit (i.e. 2 minutes). 1 point is scored for each successful chase and return. The point only counts if the ball is picked up between the middle and end line. Change after each turn. Highest pair score wins.
- Repeat with pairs attempting to beat their previous score in the set time.

# WICKETKEEPING

**Aim:** To catch a bouncing ball, from a crouched position

## Organisation



**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair

## Instructions

1. Pairs throw the ball overarm one bounce to each other.
2. Stand when throwing. When receiving, crouch and rise catching the ball with two hands.

## Teaching Points

- Hands together, fingers touching the ground.
- Weight on balls of your feet.
- Rise with the bounce of the ball.
- Catch with two hands at waist height.

## Progression

- Vary the throw slightly to the partner's left or right.
- Set a time limit, (i.e. 1 minute). Pairs must stand when throwing and crouch when receiving. The pair with the highest number of successful one bounce attempts win.
- Increase the distance and speed that the ball is thrown.
  - (i) Introduce wickets/skittles/chairs in front of one of the pair (wicketkeeper). Partner deliberately throws to miss the wicket. The wicketkeeper rises to catch the ball in two hands and as quickly as possible touches the wicket. Change after 3 turns each.
  - (ii) Where appropriate, partner may bowl instead of throwing.

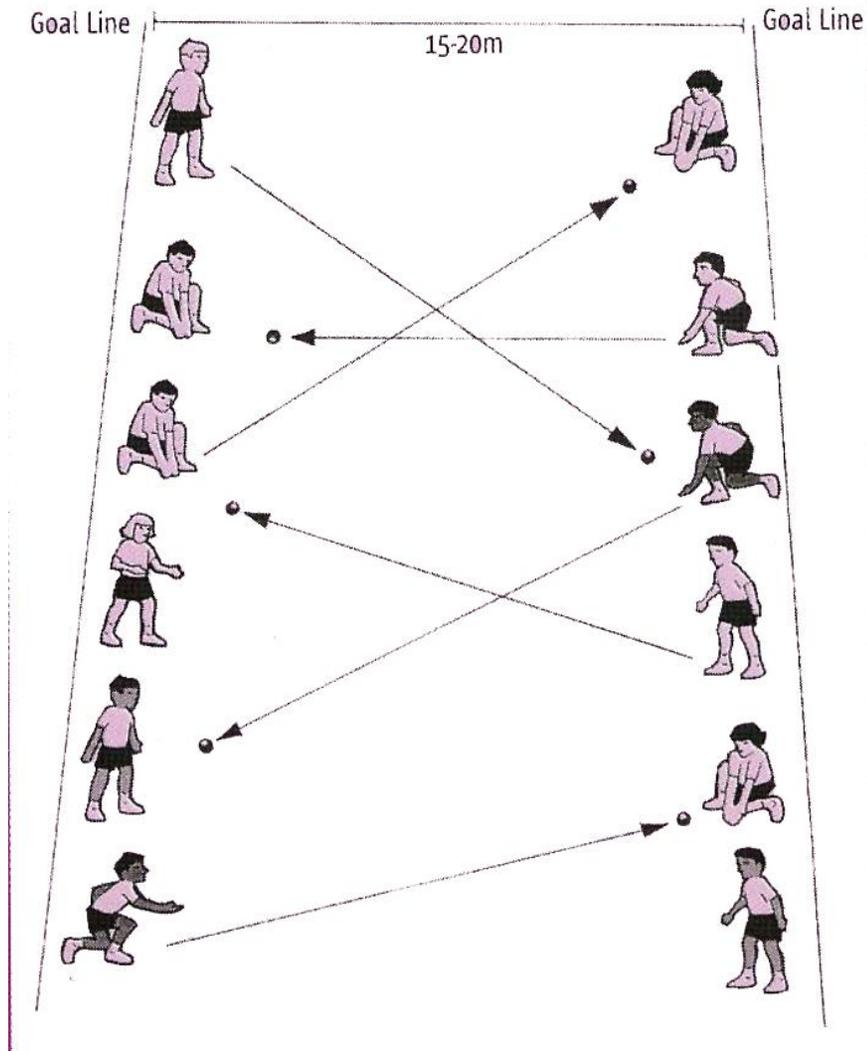
# ROLL-A-BALL

**Time:** 10 mins

**Aim:** To practice stopping a ball with two hands, in a competitive game

**Equipment:** Tennis/soft balls approx 1 per 3 players, 4 cones

## Organisation



## Instructions

1. Split into 2 teams. Same number of balls per team.
2. Each team spread out just in front of their goal line.
3. Teams continuously roll the ball underarm, attempting to cross the other team's goal line.
4. A goal is scored each time a ball crosses the goal line. First team to 10 goals wins.
5. The ball must be rolled underarm from just in front of the goal line.

## Rules

- Get your body into line with the ball and stop it using two hands.
- Roll the ball by placing your hand close to the ground.
- Roll the ball into the spaces in the other team's goal.

## Fielding

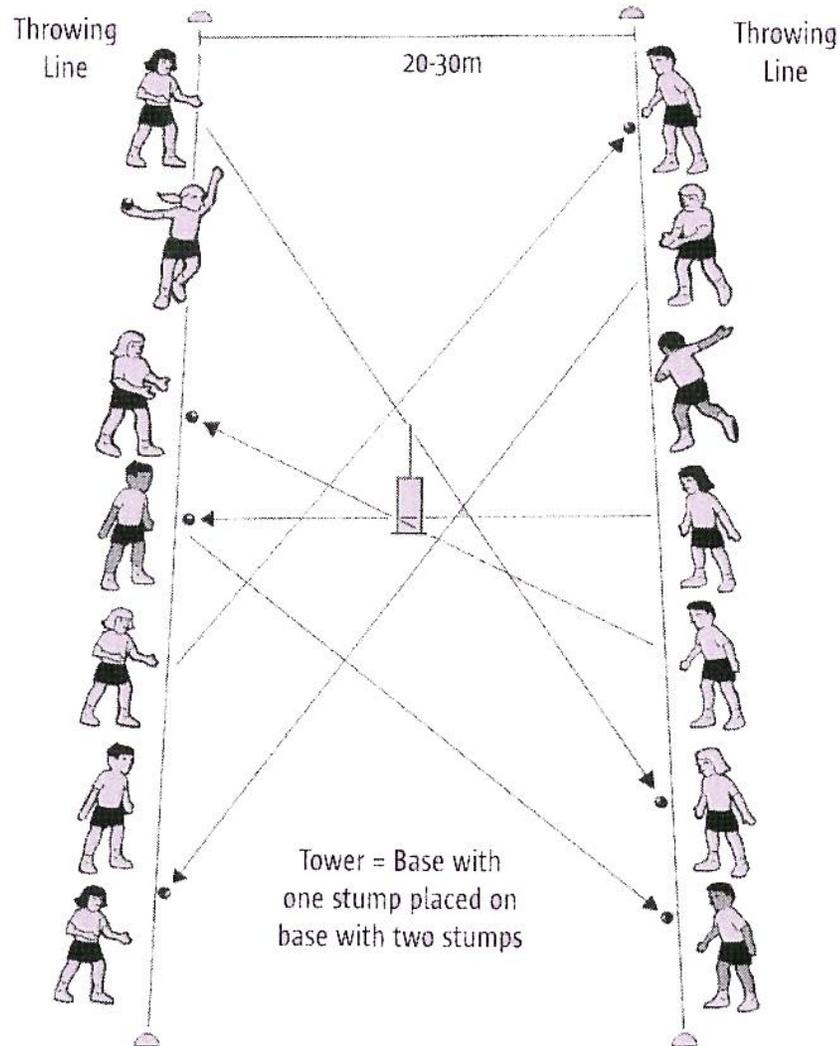
# TOWER GAME

**Time:** 10 mins

**Aim:** To improve throwing by use of a target

**Equipment:** 2 cricket bases and 3 stumps. Tennis balls approx 1 per 3 players, 4 cones.

## Organisation



## Instructions

1. Split into 2 teams. Same number of balls per team.
2. Each team spread out just behind their throwing line.
3. Tower assembled as picture and placed in the centre.
4. Teams throw continuously until tower is knocked over.
5. First team to knock down the tower 5 times wins.
6. Teams must not throw from in front of the throwing line.

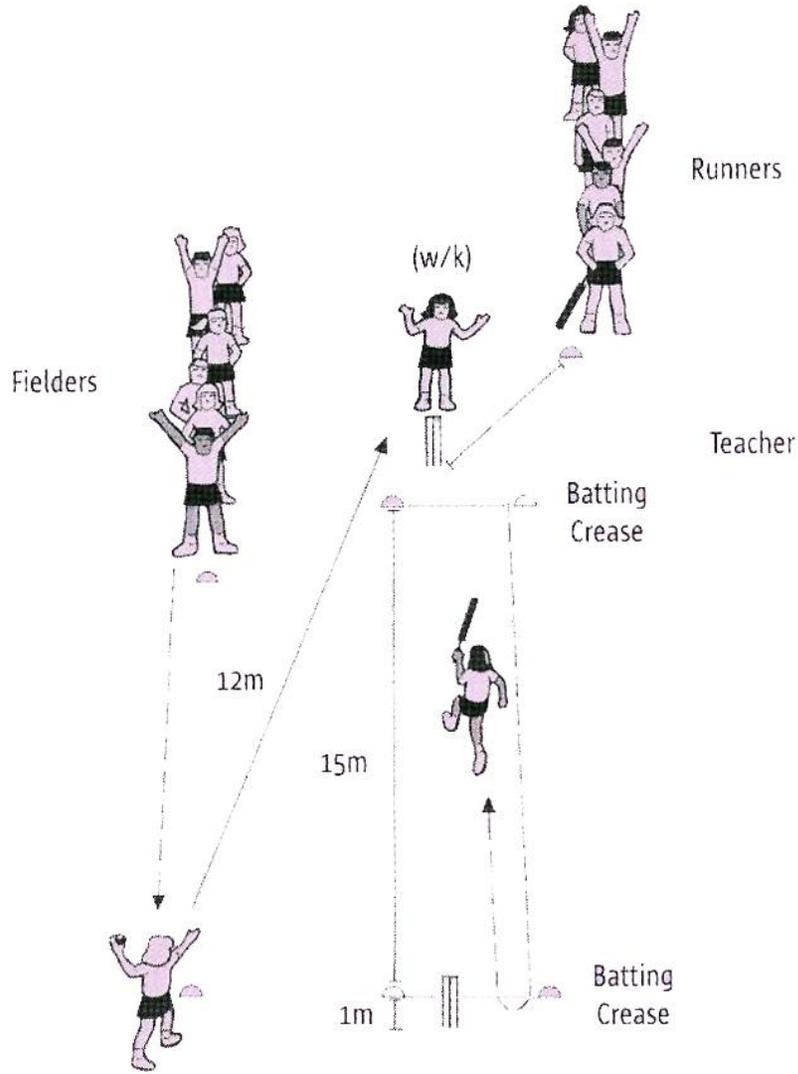
## Rules

- Stand side on and aim at the target with non throwing arm.
- Use two hands to gather misses by the other side.
- Work as a team, everyone should have a turn.

# RUN OUT

**Aim:** To improve throwing and running between the wickets

## Organisation



**Time:** 15 mins

**Equipment:** 2 bats, 1 tennis/soft ball, 2 sets of stumps/skittles, 7 cones

## Instructions

1. Split into 2 teams, decide which team bats.
2. One of fielding team acts as wicketkeeper (w/k).
3. When teacher calls 'Yes':
  - 1st batter runs to the other batting line (crease) and back.
  - 1st fielder runs to the stationary ball and throws for the w/k to catch and then touch against the stumps.
4. The batter is 'run out' if they do not cross the line in time.
5. One point is awarded to the fielding team for every run out.
6. Replace ball to repeat with next member of each team.
7. Teams change when each member has had a turn.
8. 7 The fielding team with the most run outs wins.

## Rules

### Batters:

- Use the bat as an extension of your arm. stretch it out to touch over the line at each end.

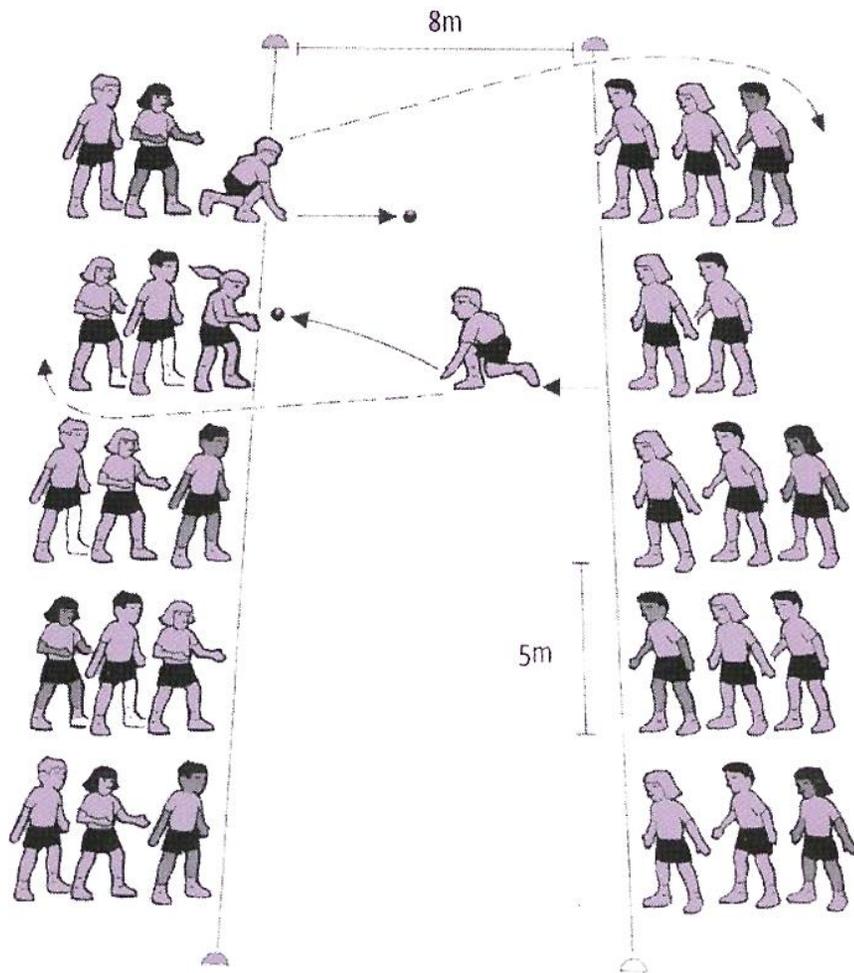
### Fielders:

- Turn and balance before throwing.
- Point non throwing arm at the target and throw the ball without bouncing to the wicketkeeper.

# FIELDING RACES

**Aim:** To practice fielding skills in a race

## Organisation



**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per group. 4 cones/existing lines

## Instructions

1. This example uses picking up one handed and throwing, for other skills see ideas for progression.
2. Divide into groups of 6.
3. Half of the group on the serving line, other 3 opposite on the fielding line.
4. First person on the serving line very gently rolls the ball out and runs to join the back of the fielding group.
5. First person on the fielding line runs out, picks up and underarms the ball for the next server to catch and then continues to the back of the serving group.
6. Repeat until every person is back to their original position.

## Rules

**Serving:** Roll the ball out gently.

**Fielding:** Underarm the ball at waist height.

## Progressions

- Using the same lesson format practice these fielding skills:
  - (i) Running towards the ball ± picking it up with two hands and throwing overarm.  
Serving and fielding line = 15m apart.  
Server rolls the ball out a little bit harder.
  - (ii) Stopping the ball with two hands and throwing overarm.  
Serving and fielding line = 15-20m apart.  
Server rolls the ball much harder.

**BATTING**

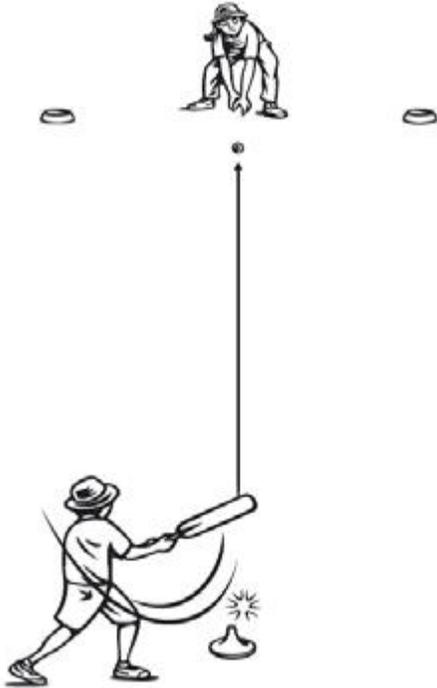
# TARGET BATTING

**Time:** 10 mins

**Aim:** Throw the ball accurately hitting a target

**Equipment:** One Tee, One Ball, Two Cones or markers and One Bat per pair

## Organisation



## Instructions

1. Set up a batting tee, with two cones set up in goal formation ten metres from batting tee.
2. Students, in pairs take turns trying to hit the ball through the goals.
3. The partner will field the ball and return it back to the batter.
4. Once the ball has been hit 5-10 times, the batter will rotate with the fielder

## Progression

- Vary the distance of the batting tee depending on ability/age.
- The size of the goals can vary depending on the ability/age.
- Remove the goals, and leave one cone for the batter to aim at.
- Have the fielder standing between the goals acting as a goalie.

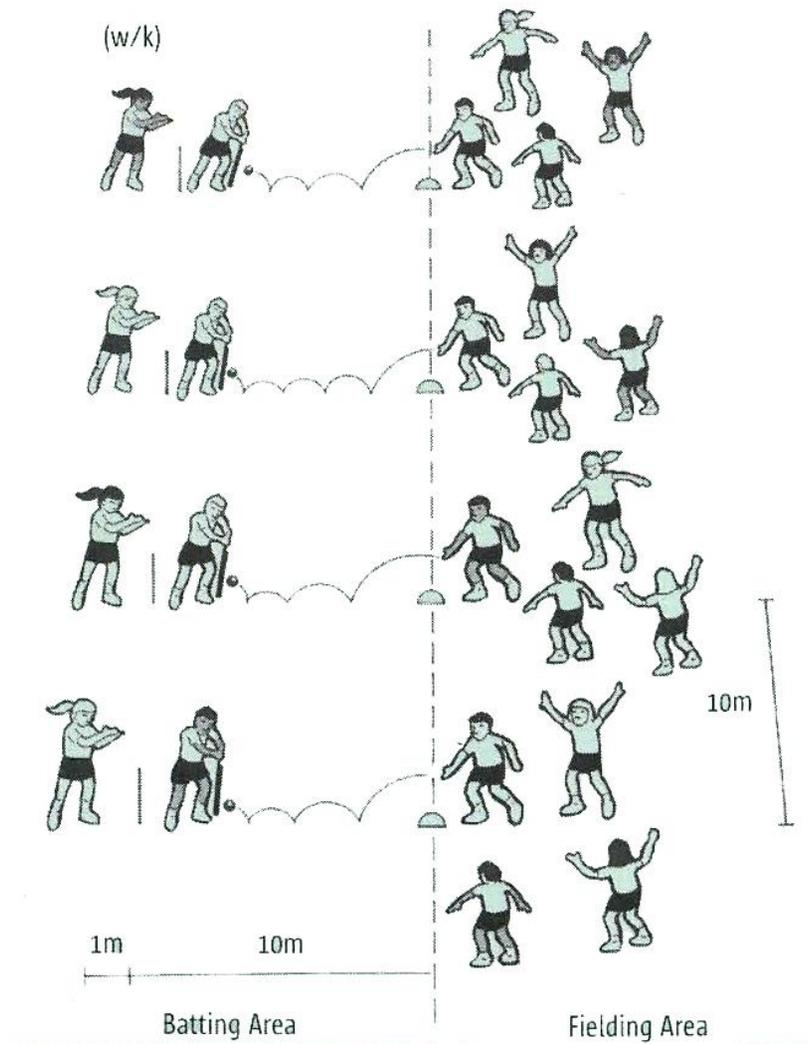
## Teaching Points

- Feet, shoulder width apart.
- Bend your knees and keep your bottom high.
- Watch the ball into your hands.

# BLOCKING THE BALL

**Aim:** To block a ball that will hit the stumps

## Organisation



**Time:** 20 mins

**Equipment:** Each group has a bat, tennis/soft ball (foam for indoors), set of stumps/skittle & a cone. Use an existing line to divide areas.

## Instructions

1. Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
2. Each group has a batter, server & wicketkeeper (w/k). Others act as fielders.
3. When the batter calls 'ready', the server underarms the ball to reach the batter on the 3rd or 4th bounce.
4. Batter leans forward to block the ball with the bat next to front leg.
5. Safety. The ball must be blocked, not hit with power.
6. Safety. Only the w/k & batter are allowed in batting area.
7. Each batter has 3 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.

## Teaching Points

- Dip head and shoulders over the ball.
- Front foot moves near to the ball and the knee bends.
- Bat is brought straight down (vertical) next to the front leg to block the ball.

## Progression

- Batters attempt to block the ball softly enough so that it does not reach the server.
- Server underarms the ball one bounce for the batter to stop.
- Each team has 2 attempts per person: 1 point for stopping the ball, 2 points for stopping the ball and keeping it in the batting area. Teams keep their own score. Highest team score wins.

## Batting

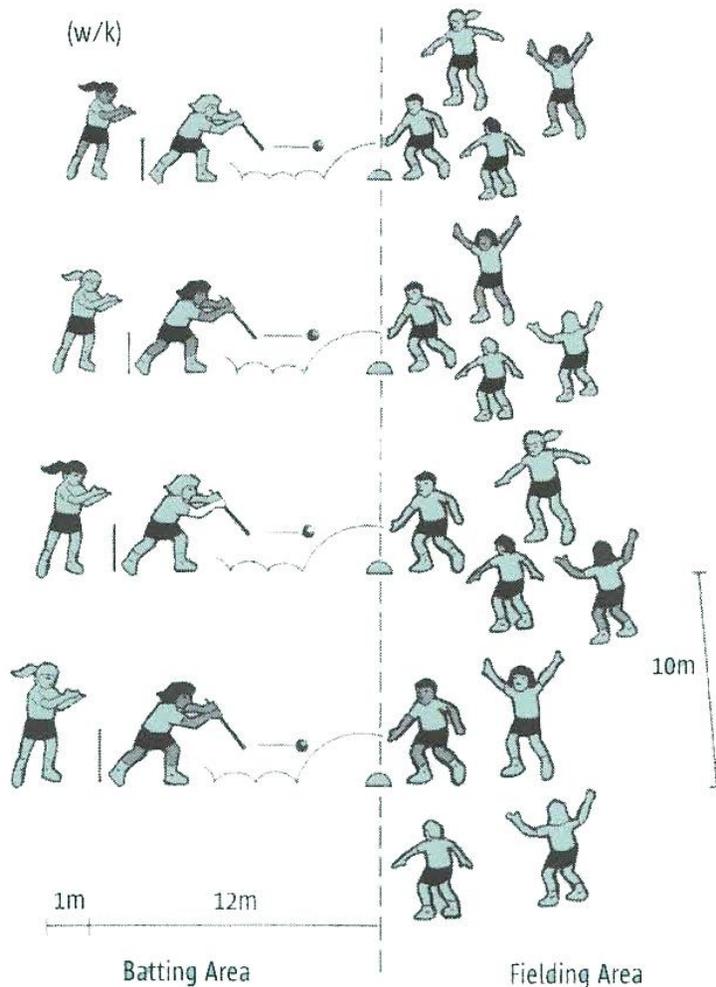
# LEANING FORWARD TO STRIKE THE BALL

Time: 30 mins

**Aim:** To lean forward and strike a ball that is bouncing one pace in front of the batter.

**Equipment:** Each group has a bat, tennis ball, set of stumps & a cone.

## Organisation



## Instructions

1. When outside, use a flat surface, e.g. a playground.
2. Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
3. Each group has a batter, server & wicketkeeper (w/k). Others act as fielders.
4. When the batter calls 'ready', the server underarms the ball to reach the batter on the 3rd or 4th bounce.
5. Batter leans forward to strike the ball along the ground.
6. **Safety. The ball must be blocked, not hit with power.**
7. **Safety. Only the w/k & batter are allowed in batting area.**
8. Each batter has 3 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.

## Teaching Points

- Dip head and shoulders over the ball.
- Front foot moves near to the ball and the knee bends.
- Keep head down and swing the bat straight through (vertical) to strike the ball.

## Progression

- For each group create a 5m wide target by using 2 cones, placing them 3m behind the server. 1 point every time a batter gets the ball through the target having bounced at least once. Each group member has 3 attempts. Highest team score wins.
- Narrow the width of the target or increase its distance behind the server.
- Decrease the number of bounces before it reaches the batter, e.g. 2.

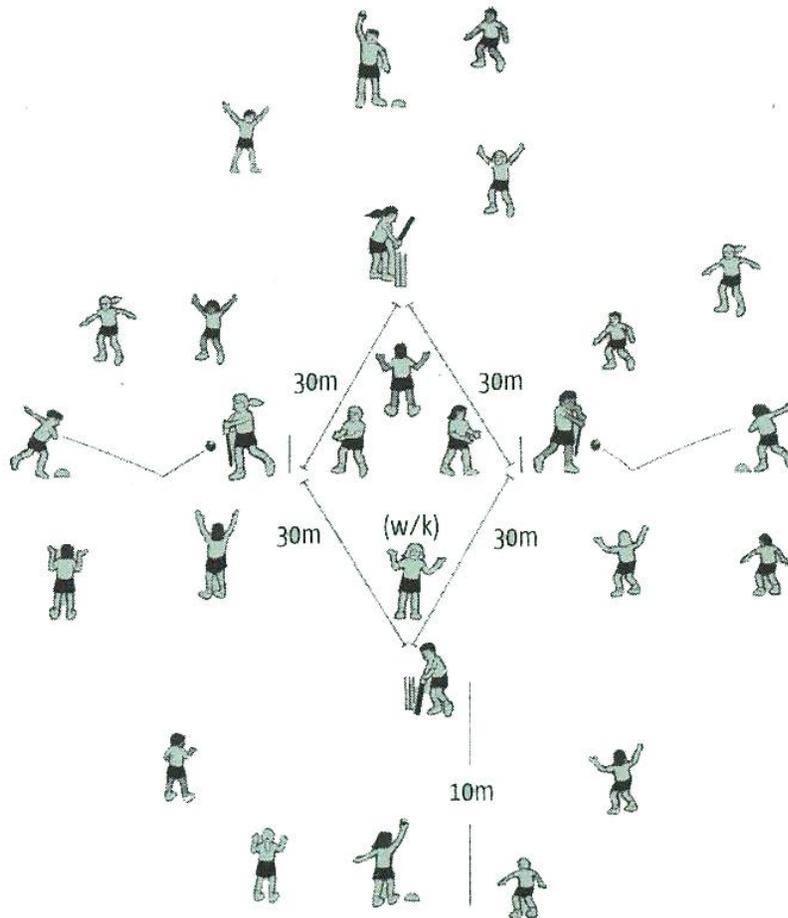
# STEPPING BACK TO STRIKE THE BALL

Time: 30 mins

**Aim:** To step back towards the stumps, to strike a ball bouncing up at waist height.

**Equipment:** Each group has a bat, tennis/soft ball, set of stumps & a cone.

## Organisation



## Instructions

1. For safety reasons this skill is usually only possible outside on a playground or field.
2. Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
3. Each group has a batter, server, wicketkeeper (w/k). Others act as fielders.
4. Groups occupy their own large area. No fielder closer than 10m to the bat.
5. When the batter calls 'ready', the server throws the ball hard (overarm), one bounce to reach the batter at waist height.
6. The batter steps back and attempts to hit the ball by swinging the bat across their body.
7. Each batter has 5 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.

## Teaching Points

- As the ball is thrown, take a step back towards the stumps.
- Now bring your other foot back, so that both feet are apart facing the bowler.
- Keep your head still and watch the ball.
- Swing the bat across your body, hitting the ball with arms at full length.

## Progression

- Using the same lesson format, create a game situation: Having hit the ball, the batter scores runs by running to the server's cone and back (2 runs). This is done as many times as possible whilst the fielders collect the ball and return it to the server by the cone. Each batter has 3 attempts. No runs are scored if the batter is bowled, run out, caught or hit wicket. Total the 3 attempts and the highest individual score wins. Safety: Take great care when retrieving the ball from other areas.
- Using the same lesson format. The players bat in pairs, one at each end. Each pair has 6 attempts between them. The highest pair score wins.

## Batting

**BOWLING**

# TARGET BOWLING

**Time:** 10 mins

**Aim:** Throw the ball accurately hitting a target

**Equipment:** One ball, one set of stumps and two markers per pair

## Organisation



## Instructions

1. Bowling at stumps from the marker approximately 6m apart
2. Partner is the Wicket Keeper
3. 1 point for hitting the stumps
4. 10 points for knocking the stumps over
5. 100 points for a 'hat trick'
6. 3 turns each then swap

## Teaching Points

- Student steps up to cone, turns side on to target, feet comfortably apart, bowling arm at the side (with ball) & other arm raised above their head.
- Rock from back foot to front foot, bend their trunk forward and swing bowling arm over, ensuring it is kept straight.
- Momentum carries the bowler over their front foot and toward the target as the ball is released.

## Progression

- Remove a stump for each hit until no stumps are left
- Remove middle stump and award points for the number of 'goals' scored by bowling the ball through the stumps.
- Place a tee on top of a stump and award points each time the bowler hits the tee.
- Place a hoop or cone in front of stumps and award points each time the ball lands in the hoop or hits the cone.

## Bowling

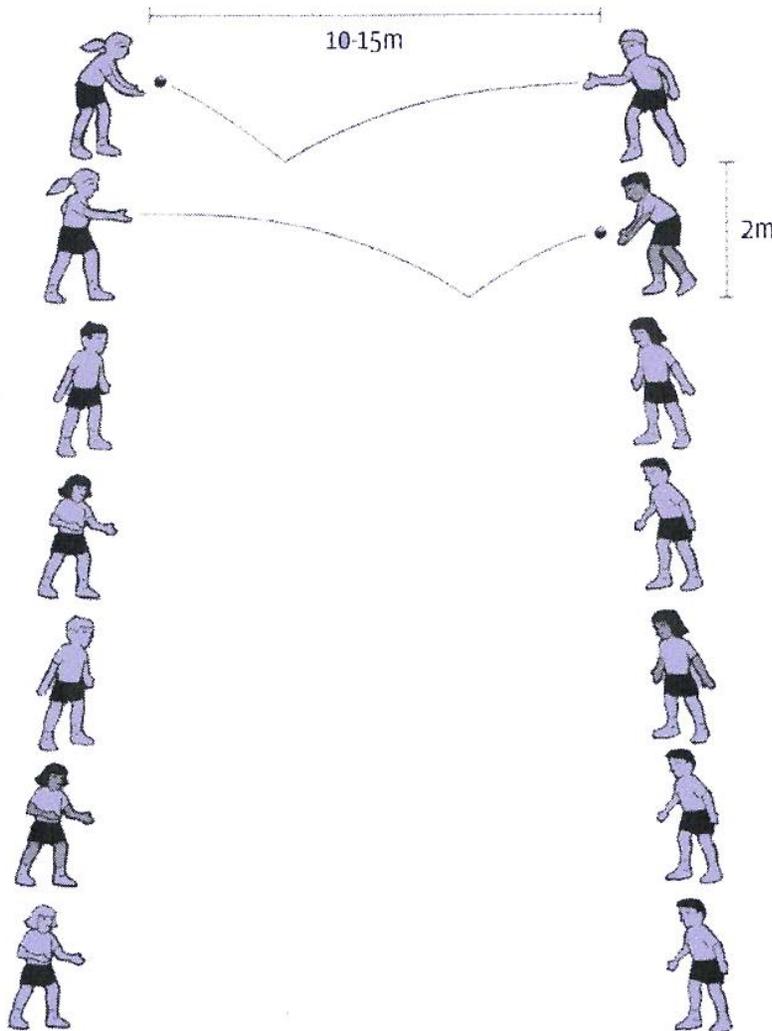
# UNDERARM BOWLING

**Aim:** To bowl underarm accurately one bounce to a partner

**Time:** 10 mins

**Equipment:** 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs bowl the ball underarm one bounce to each other.

## Teaching Points

- Face your partner.
- Swing your bowling arm back.
- Take a pace forward with your opposite foot.
- Swing your bowling arm straight through and release the ball as you step forward.

## Progression

- Place a hoop or chalk a circle as a target 2m in front of each person:
  - (i) Aim to hit partner's target on the first bounce.
  - (ii) Award 5 points for each successful attempt. First pair to 25 points win.
  - (iii) Add a wicket/skittle in front of one of the pair. Maximum per bowl is now 10 points. 5 for bouncing in target + 5 for hitting the wicket. Change after 3 attempts each. First pair to 50 points win.

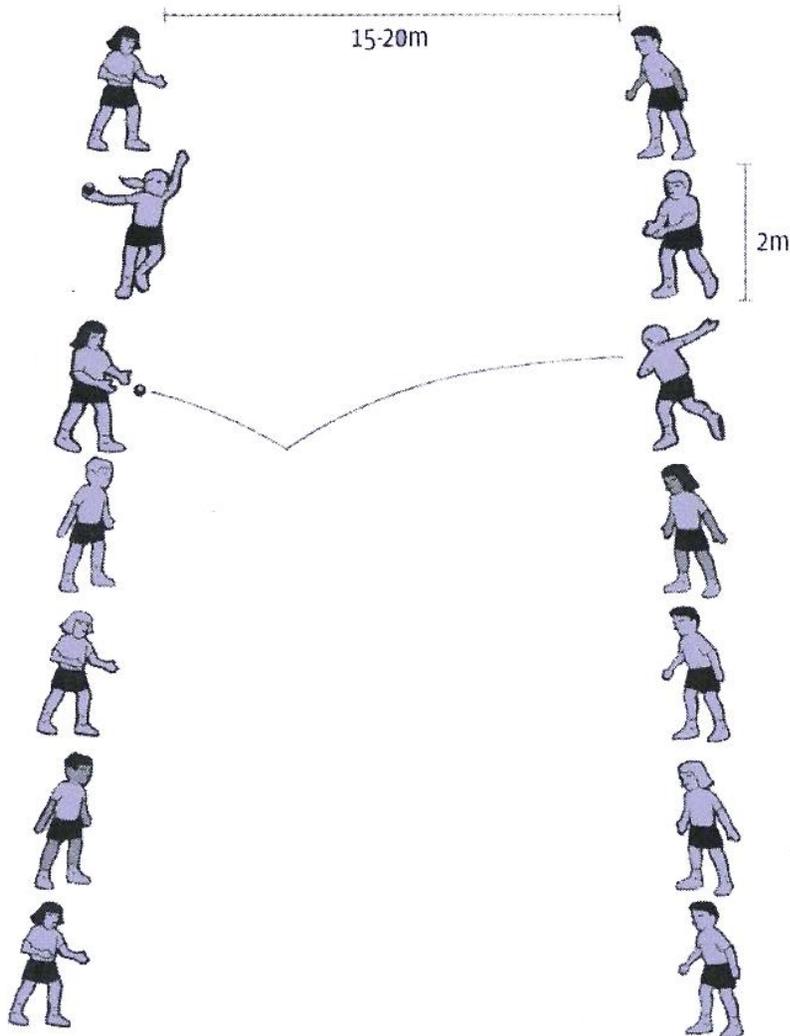
# BOWLING OVERARM FROM STANDING

**Time:** 20 mins

**Aim:** To bowl accurately overarm (with a straight bowling arm), one bounce to a partner

**Equipment:** 1 tennis/soft ball per pair

## Organisation



## Instructions

1. Pairs bowl overarm one bounce to each other.
2. Suggested grip (see picture).
3. It is best to encourage bowling as a sideways on activity, (in relation to the batter).

## Teaching Points

- Stand side on.
- Arms outstretched to the sides.
- Pull your front arm up high towards you and look over your shoulder at your partner.
- Rock away from your partner by lifting up your front leg.
- Rock forward keeping both arms straight and release the ball quickly one bounce to your partner.
- After release take a step forward.

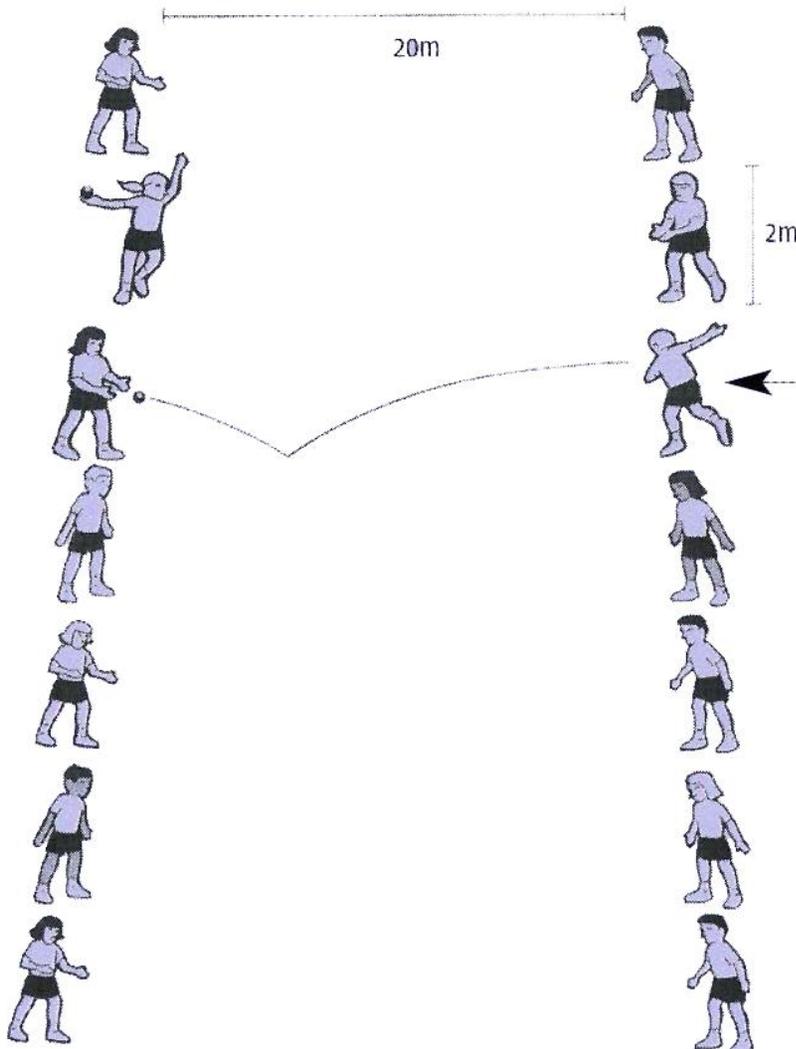
## Progression

- Place a hoop or chalk a circle as a target 2m in front of each person:
  - (i) Aim to hit partner's target on the first bounce.
  - (ii) Award 5 points for each successful attempt. First pair to 25 points win.
  - (iii) Add a wicket/skittle in front of one of the pair. Maximum per bowl is now 10 points. 5 for bouncing in target + 5 for hitting the wicket. Change after 3 attempts each. First pair to 50 points win.

# BOWLING WITH A RUN-UP

**Aim:** To link overarm bowling with a run-up

## Organisation



**Time:** 10 mins

**Equipment:** 1 tennis/soft ball per pair 4 cones/existing lines

## Instructions

1. Pairs run up to bowl overarm one bounce to each other.
2. No more than 4 steps are required.
3. After bowling return to the line.

## Teaching Points

- Walk 4 paces forward, starting on the same foot as the side you hold the ball in.
- On the 4th step jump from that foot.
- Whilst in the air turn sideways on. (Pic 1)
- Land on your other foot and bowl. (Pic 2)
- After releasing take a few steps forward. (Pic3)
- Jog the 4 paces to bowl.
- Run the paces to bowl.

## Progression

- Place a hoop or chalk a circle as a target 2m in front of each person:
- If space permits, allow a longer run which should be no longer than 10 paces. Ensure bowlers jump off the correct foot (the opposite one to the arm they release the ball with).
- Place another line 1m behind both existing lines:
  - (i) Measure a run to allow gradual increase in running speed, aim to bowl the ball when you are between the two lines that are 1m apart.
  - (ii) Try to make the ball bounce first time in between your partner's lines.
  - (iii) Award 5 points for each successful one bounce attempt. First pair to 25 points win.
- Test for a side on bowling position by creating (or using existing) straight lines between partners. Bowlers try not to fall either side of the line throughout the run up, jump, release or step through after release.

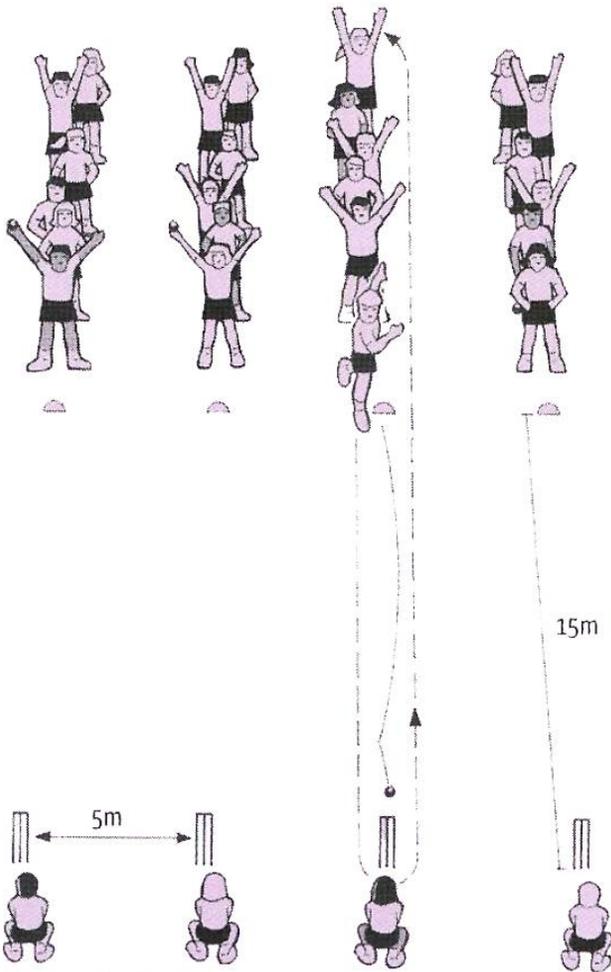
# BOWL OUT

**Time:** 15 mins

**Aim:** To practice basic bowling skills in a continuous game

**Equipment:** Each group has a tennis/soft ball, set of stumps and a cone

## Organisation



## Instructions

1. Split into groups, between 4-6 is ideal.
2. Team members bowl in turn at the stumps and then join the back of the team to await their next turn.
3. One member of each team acts as a wicketkeeper (w/k) and returns the ball to the next bowler.
4. After each member has bowled the front person swaps with the w/k.
5. Five points are scored each time the wicket is hit. The ball must only bounce once.
6. Highest team score after 3 minutes' win.

## Rules

- Bowl from standing still.
- Aim with your front arm.
- Focus on your target.
- Release with a straight bowling arm.
- Take a step forwards after release. (Follow through).

## Progressions

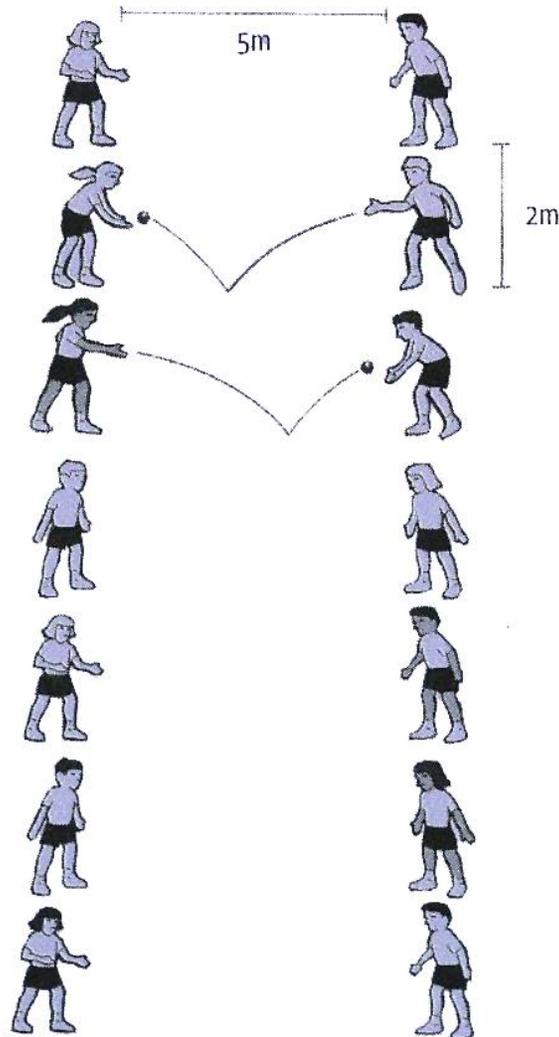
- Using the same lesson format:
  - (i) Decrease difficulty by allowing underarm bowling.
  - (ii) Where space permits, allow overarm bowling with a run up.
- Using either underarm or overarm only:
  - (i) Chalk or use cones to mark a target 5m long x 2m wide in front of the wicket. One bounce in the target = 5 points, hit the wicket = 5 points. Maximum per bowl = 10 points. First team to 40 points, wins.
  - (ii) Set a longer time limit (i.e. 5 minutes).
  - (iii) A ball each if available.
  - (iv) Decrease the size of the above target.

## Bowling

# SPINNING THE BALL

**Aim:** To make a ball spin on landing

## Organisation



**Time:** 15 mins

**Equipment:** 1 tennis/soft ball per pair

## Instructions

1. Pairs underarm the ball one bounce to each other.
2. Pairs try to make the ball spin on landing.

## Teaching Points

- Flick your wrist clockwise on release.
- Now try anti-clockwise.
- Try different ways of gripping the ball.
- Flick the wrist as hard as you can to increase the spin.

## Progression

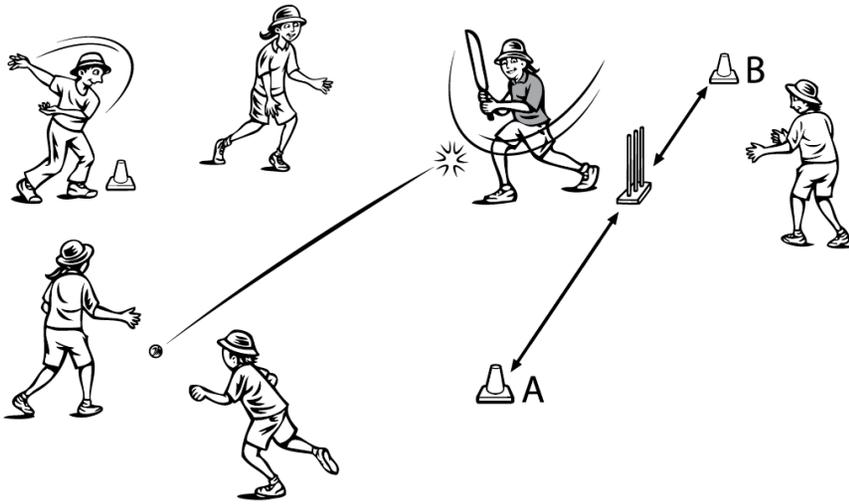
- Pairs experiment to discover how many different ways they can spin the ball.
- Test the amount of spin.
  - (i) Pairs find a straight line on the floor. Stand 4-8m apart, pairs underarm the ball to each other attempting to spin it across the line.
  - (ii) Pairs repeat attempting to spin the ball across the line on the other side.
- Pairs bowl to their partner trying to spin the ball.
  - (i) From standing 12 ± 15m apart.
  - (ii) With a short run up 16 ± 20m apart.
- Have a 'bowl out' spinning the ball.

# TEAM GAMES

# CONTINUOUS CRICKET

**Aim:** To improve basic striking, fielding and decision making skills

## Organisation



**TIME:** 30 MINS

**Equipment:** 2 bats, 1 tennis/soft ball, 2 sets of stumps & 2 cones

## Instructions

1. Split into 2 teams, decide which team bats.
2. Batting team line up as in diagram.
3. Fielding team spread out in front of the stumps, minimum 10m away for safety.
4. One fielder acts as wicketkeeper (see w/k).
5. Teacher serves ball one bounce underarm at the stumps. Batter attempts to hit it.
6. Whether they hit it or not the batter has to run.
7. Batter scores one run each time they travel round the cone and back. More than one run at a time can be scored.
8. Fielders return the ball every time to the teacher who continuously serves.
9. Each batter keeps going until they are bowled, caught or hit wicket.
10. Highest team score wins.

## Teaching Points

Batters:

- (i) Do not stand so close that you hit your own stumps.
- (ii) Stand side on and watch the ball.

Fielders:

- (i) Be ready every ball.
- (ii) Aim your throw straight to the teacher as quickly as possible.
- (iii) Catch in two hands.

## Progression

- Fielders change positions by moving clockwise each time a batter is out. Only one w/k at a time and all other fielders should be a minimum 10m away for safety.
- Fielders take it in turn to serve the ball.
- Inside: batters can be caught out off the walls and the ceiling.
- Outside:
  - (i) Introduce a harder ball where safe and appropriate. (Not a cricket ball).
  - (ii) Have a boundary line (approx 40m from stumps), if the ball crosses having bounced first = 4 runs, without bouncing = 6 runs.
- Two innings per team.
- Set a time limit, (i.e. 10 mins per batting team). Batters continuously rotate whether they are Out or Not Out.

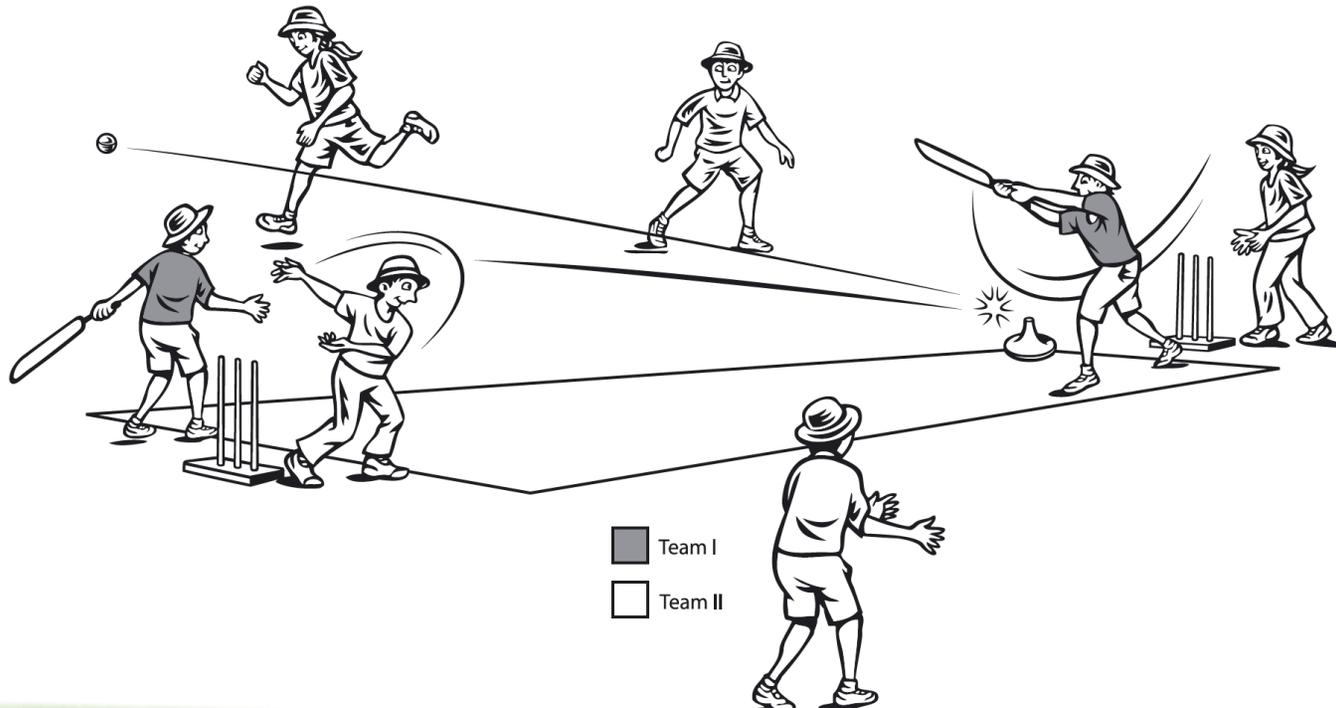
# PAIRS CRICKET

**Time:** 30 mins

**Aim:** To improve basic striking, fielding and decision making skills

**Equipment:** 2 Bats, 2 Balls, 2 Stumps, 1 Tee

## Organisation



## Instructions

1. Matches should consist of no more than 6-8 players (3-4 pairs)
2. Players compete in pairs against the other pairs
3. Batters can be out bowled caught or run out
4. If batters get out they simply swap ends and continue to bat
5. After two overs the batting pair retire and the next pair have their turn to bat
6. Each player bowls one over of 6 balls while their partner wicketkeeps
7. After they have completed their over they swap
8. If a ball is bowled 'wide' the batter can place the ball on the Tee for a 'Free Hit'
9. The ball must be bowled with a straight arm
10. If a pair is not batting or bowling, they are fielding, so that everyone is involved
11. You do not have to run when you hit the ball.
12. If the ball is missed, batters may still run

## Team Games

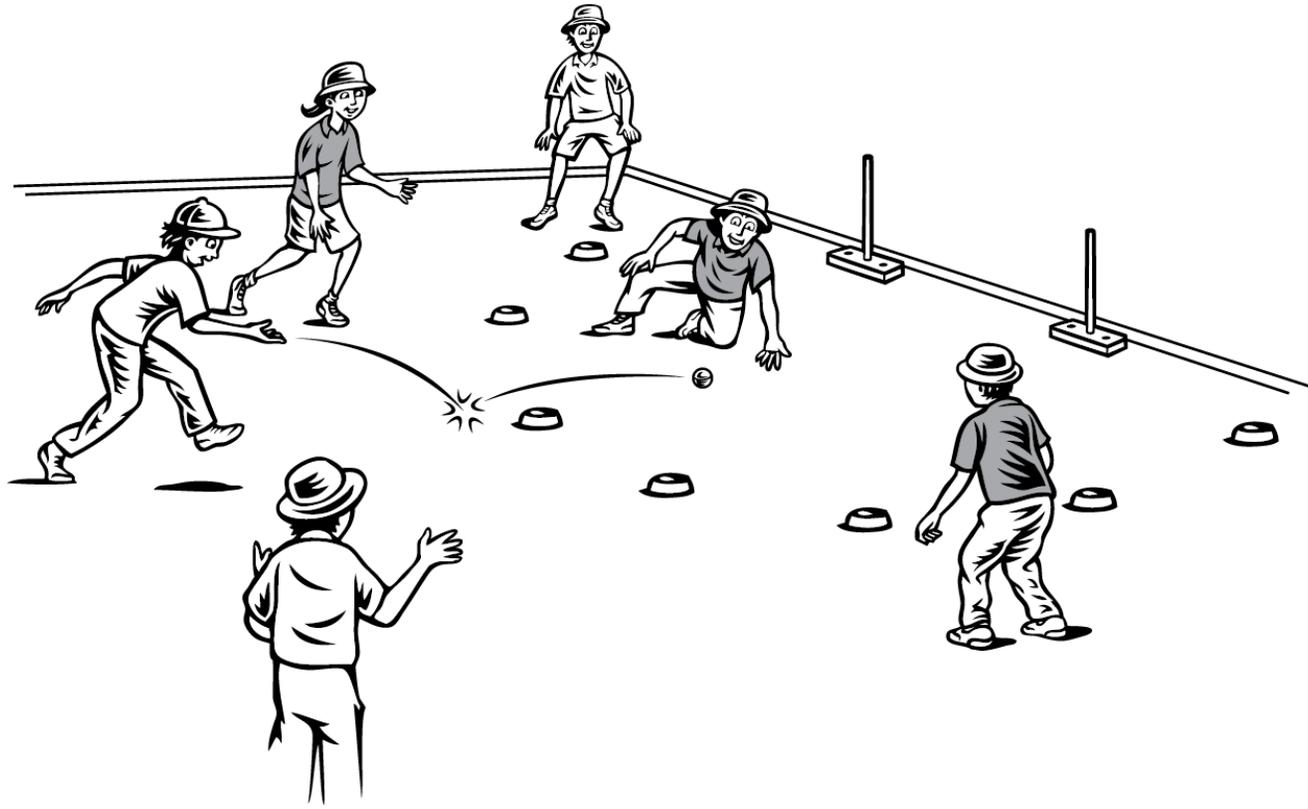
# FIELDING SOCCER

**Time:** 20 - 30 mins

**Aim:** Throw the ball accurately hitting a target

**Equipment:** Tennis Balls, Cones/Markers and 4 x Single Stumps

## Organisation



## Instructions

1. Groups are divided into equal team, with no more than 10 players per team.
2. 2 sets of goals 5m apart at opposite ends
3. Playing field 20 – 30m max long
4. Aim to score a goal by rolling ball from outside goal zone through the goal
5. Players may underarm the ball to team mates
6. Players cannot run with the ball but can run to receive it

One goal keeper inside goal zone per team

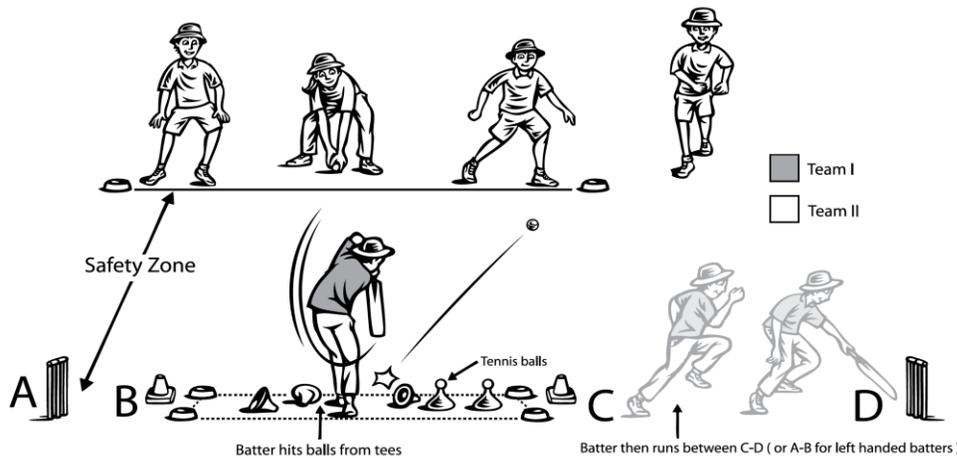
## Progression

- Only allow throwing with non-preferred hand
- Increase/Decrease playing area
- Remove the goals and goalkeeper and make players throw to a team mate inside the goal zone who must catch the ball to score

# RAPID FIRE

**Aim:** Fielding: stopping the ball and catching  
Batting: grip and swing

## Organisation



**Time:** 20 mins

**Equipment:** Amount of equipment dependent on number of teams. Tees, Bats, Markers (for goals) and Stumps

## Instructions

1. Teams of 4 – 6
2. The object of the game is for the batting team to hit the ball from the tees, through the goals which are guarded by the fielding team. Fielders cannot move forward of the goals (Safety Zone) until the last ball is hit
3. The goals should be approximately 20m from the batters. (This will vary with age/ability)
4. Each time the ball passes through the goals the batter scores ten
5. Batter has 3 – 6 hits
6. After the last ball is hit the batter runs between A – B or C – D scoring single runs to be added to those acquired from hitting through the goals
7. To stop the batter from running the fielders have to retrieve the balls and put them back on the tees in the designated area
8. When all players from one team have batted, the teams reverse roles

## Progression

- Decrease playing area
- Increase/decrease number of balls hit
- Increase distance to score a run
- Allow only underarm throwing
- Width of goals (increase/decrease)
- Impose time limits
- Have scoring zones for bonus runs
- Fielding team can place a hoop to return balls to in the field rather than back on tees

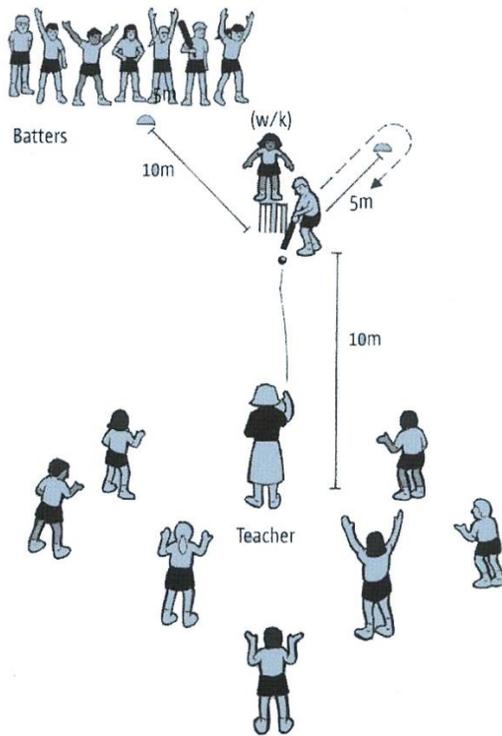
# RACING CRICKET

**Time:** 30 mins

**Aim:** To improve basic striking, fielding and decision making skills

**Equipment:** 3 bats, 1 tennis/soft ball (foam indoors), 2 sets of stumps/chairs (together) & 4 cones

## Organisation



## Instructions

1. Split into 2 teams, decide which team bats.
2. Batting team line up as in diagram.
3. Fielding team spread out in front of the stumps, minimum 10m away for safety.
4. One fielder acts as wicketkeeper (see w/k).
5. Teacher serves ball underarm at the stumps, the batter attempts to hit it.
6. Whatever happens, even if out, the batter has to then run immediately around the three running cones, to return the bat to the team. They then join the back of the team to await their next turn.
7. One run is scored each time the ball is hit in front of the stumps.
8. If the ball is missed or hit behind the stumps, no run is scored.
9. If Out (caught, bowled or hit wicket), one run is deducted.
10. Fielders return the ball every time to the teacher who continuously serves, even if the bats have not been returned!
11. Each team bats for 10 minutes. Highest score wins.

## Teaching Points

Batters:

- (i) Watch the ball closely and attempt to hit the ball between the fielders.
- (ii) Run with the bat as fast as possible to make sure your team does not run out of bats.

Fielders:

- (i) Spread out to cover the whole area.
- (ii) Return the ball to the teacher as quickly as possible to try to make the batters run out of bats.

## Progression

- Make it harder or easier for the batters to receive a bat for their turn by:
  - (i) Increasing or decreasing the number of bats.
  - (ii) Increasing distance of running cones from the stumps. For safety reasons do not decrease the distance.
- If the fielders waste time then add one run.
- Have an out zone. After returning the bat to the team, if the batter was out they sit in a designated zone a minimum of 20m behind the stumps. The team bat until they are all out. Highest team score wins.
- Two innings of 5 minutes per team. Introduce a harder ball where safe and appropriate. (Not a cricket ball).

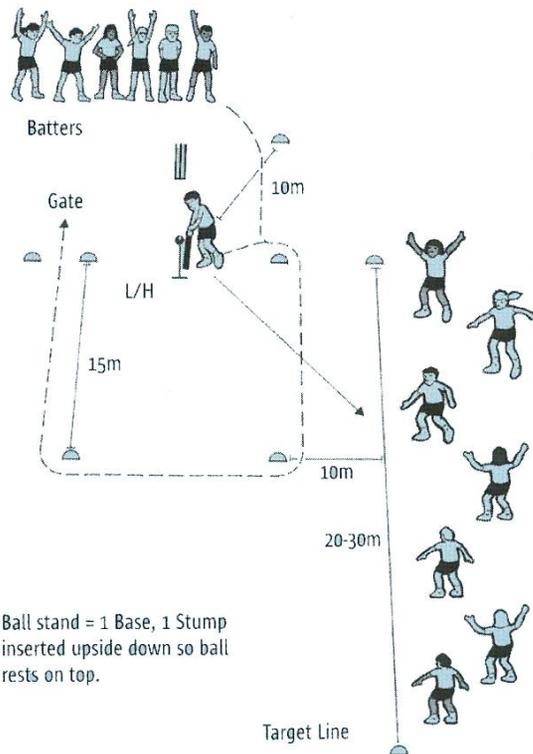
# CATERPILLAR CRICKET

**Time:** 10 mins

**Aim:** To encourage teamwork and improve basic striking and fielding skills

**Equipment:** 1 bat, 1 tennis/soft ball, 2 cricket bases and 4 stumps 1 hoop & 8 cones

## Organisation



## Instructions

1. Split into 2 teams, decide which team bats.
2. Fielding team spread out behind target line.
3. Batting team line up as in diagram.
4. In turn a batter strikes the ball from the top of the ball stand (placed in front of them) towards the target line.
5. That batter then runs around the box and through the gate followed in a straight line by the whole batting team.
6. On return, that batter joins the back of the line for the next batter to repeat.
7. The batting team do not run if the ball does not cross the target line or if the batter is caught.
8. Left handed batters strike the ball from the other side of the ball stand. See L/H.
9. Once the ball has crossed the target line and been stopped by a fielder, the rest of the fielding team must form a line behind them. The ball is passed overhead in a straight line until it reaches the 5th fielder who then runs to touch the ball on the set of stumps.

## Teaching Points

- Each team bats until each batter has had an attempt at hitting the ball.
- The number of batters who have run through the gate before the ball is touched on the stumps determines the number of runs scored that turn.
- No runs are scored if the ball does not cross the target line or if the batter is caught.
- Highest team score wins.

## Progression

- Increase or decrease the number of fielders in the line who have to handle the ball before it is touched onto the stumps.
- Increase the distance run by extending the size of the box.
- Involve all the fielders regularly, by naming specific fielders who must handle the ball on a particular turn.
- Instead of hitting from a ball stand, the teacher serves the ball overarm one bounce to reach the batter at waist height.
- Using the same principle a similar game can be played involving 'leaning forward to strike the ball', but using a smaller batting tee.

## Team Games

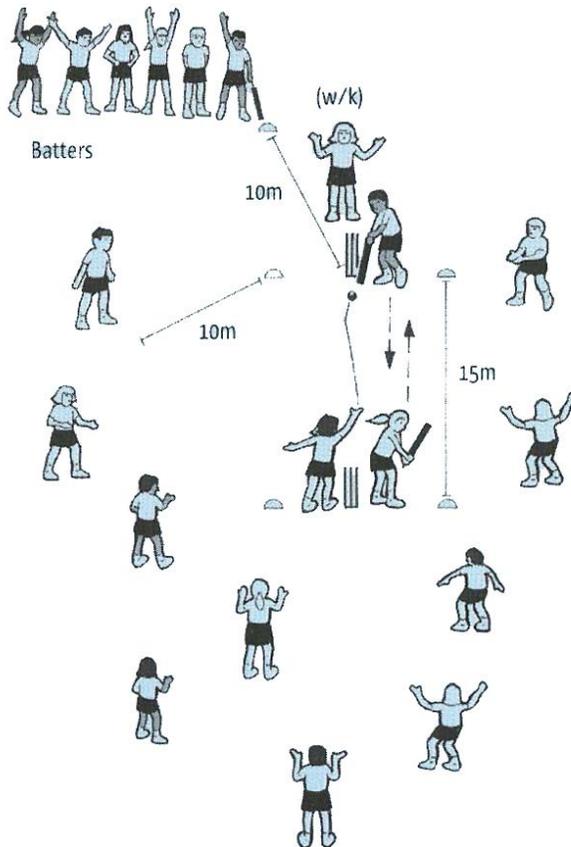
# CONVEYOR BELT CRICKET

**Time:** 30 mins

**Aim:** To encourage good communication between batters in a match situation

**Equipment:** 3 bats, 1 tennis, 2 sets of stumps, 5 cones

## Organisation



## Instructions

1. Split into 2 teams, decide which team bats.

Fielders:

2. One acts as wicketkeeper (w/k), the rest spread out in front of the stumps (minimum 10m away for safety).
3. Each fielder in turn bowls two balls, under or overarm. Rotate clockwise.

Batters:

4. Line up as in diagram.
5. There must always be a batter at each end.
6. One run is scored each time the batters switch ends. No boundary, so no limit on the amount of runs scored on each turn.
7. If either batter is out no runs are scored for that turn.
8. After each ball the batter at the striking end joins the back of the line to be replaced by the next batter.

## Progression

- Use cones to create a boundary, 30-40m distance from the stumps. A ball crossing the boundary having bounced first = 4 runs, without bouncing = 6 runs. A boundary counts as that batter's turn.
- Increase the time per innings and bowls per bowler.
- Include the following ways of being Out:
  - (i) Stumped ± the wicketkeeper touches the ball on the wicket when the batter is in front of the crease .
  - (ii) L.B.W. (Leg Before Wicket) ± if any part of the body intercepts the ball that would have hit the wicket.
- The above decisions must be judged by an umpire, usually a teacher.
- Introduce a harder ball where safe and appropriate. (Not a cricket ball).

## Teaching Points

- Each team bats for 10 mins.
- The fielding team bowl as many balls as possible in that 10 mins.
- Batters can be out: bowled, caught, run out or hit wicket.
- Wide = the ball is unreachable or No Ball = it rolls. For these 2 runs are added, the batter stays to receive the next ball.
- The highest team score wins.

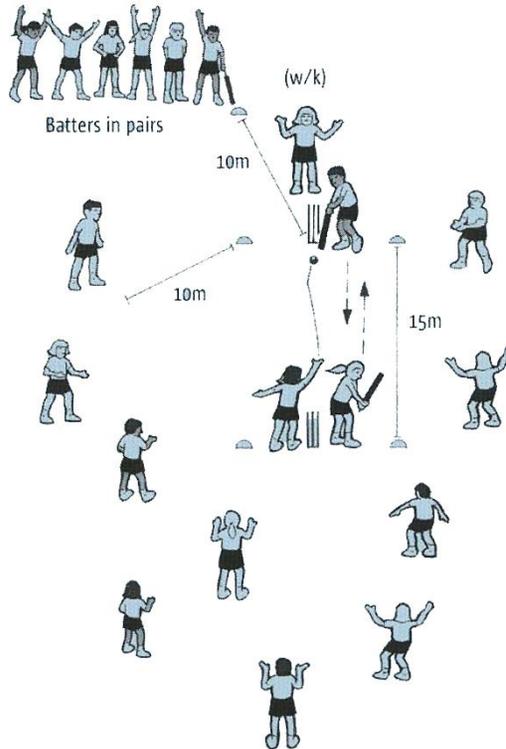
# MATCH CRICKET

**Time:** 10 mins

**Aim:** A match requiring batters to co-operate in pairs.

**Equipment:** 2 bats, 1 tennis, 2 sets of stumps, 5 cones.

## Organisation



## Instructions

1. Due to the waiting time for the batters, this is best used as an after school practice (class size 12-20).

2. Split into 2 teams, decide which team bats.

Fielders:

3. One acts as wicketkeeper (w/k), the rest spread out in front of the stumps (minimum 10m away for safety).

4. Each fielder in turn bowls one ball, under or overarm. Rotate clockwise. See page 64 for how many balls in an over.

Batters:

5. Line up in pairs as in diagram.

6. In turn each pair bat for two overs. Even if they are out.

7. One run is scored each time the batters switch ends. No boundary, so no limit on the number of runs scored on each turn.

8. Batters do not have to run each ball.

9. To communicate, batters call 'yes' or 'no' to decide whether to run or not.

## Rules

- Each team starts with 200 runs.
- Each team bats until every pair has had 2 overs.
- Batters can be out: bowled, caught, run out or hit wicket.
- If a batter is out the pair switch ends and the team lose 5 runs.
- Wide = the ball is unreachable or No Ball = it rolls. For these 2 runs are added, the batter stays to receive the next ball.
- The highest team score wins.

## Progression

- Use cones to create a boundary 30-40m distance from the stumps. A ball crossing the boundary having bounced first = 4 runs, without bouncing = 6 runs.
- Include the following ways of being Out:
  - (i) Stumped ± the wicketkeeper touches the ball on the wicket when the batter is in front of the crease (line).
  - (ii) L.B.W. (Leg Before Wicket) ± if any part of the body intercepts the ball that would have hit the wicket.
- Have a 'Test Match'. Two innings per team (perhaps over two sessions). Highest grand total wins.
- Use a harder ball where safe and appropriate. (Not a cricket ball).

## Team Games