





Year 7 & 8



Consolidate ABC's and introduce
fundamental movement skills

In this pack you'll find a simple instruction sheet covering the basics of cricket, which also gives an overview of batting, fielding and bowling. Each skill has an instruction sheet which outlines:

- Target age group
- What type of skill it is
- Equipment needed
- Duration of skill/game

-  Choose a warm up card
-  Choose a bowling card (not relevant in years 0- 2)
-  Choose a batting card
-  Choose a fielding card

Make sure you are using the right stage for the children you are coaching

Year 0-2 – (Colour of resource)

Year 3-4 (Colour of the resource)

Year 5-6 (Colour of resource)

Year 7-8 (Colour of resource)

Encourage all children in your class to participate. If modifications are necessary, try to keep the challenges as true to form as possible. For example, in one activity you may wish to only change the distance over which the skill is performed.

The various skills of CATCHING, THROWING, STRIKING and BOWLING can be tested with children seeing how well they perform the various skills. There is a scoring card template included in every pack! Or it can be downloaded from the New Zealand Cricket website from the New Zealand Post Superstarter Skills page (Web address TBC)

For alignment with the New Zealand Curriculum, have a look at the Cricket Smart resources (in particular Hit it for six!) which shows how cricket based activities can work in the school yard and in the classroom. **Have fun!**

Stage Objectives

Build the base of physical literacy skills.

Master/consolidate fundamental skills.

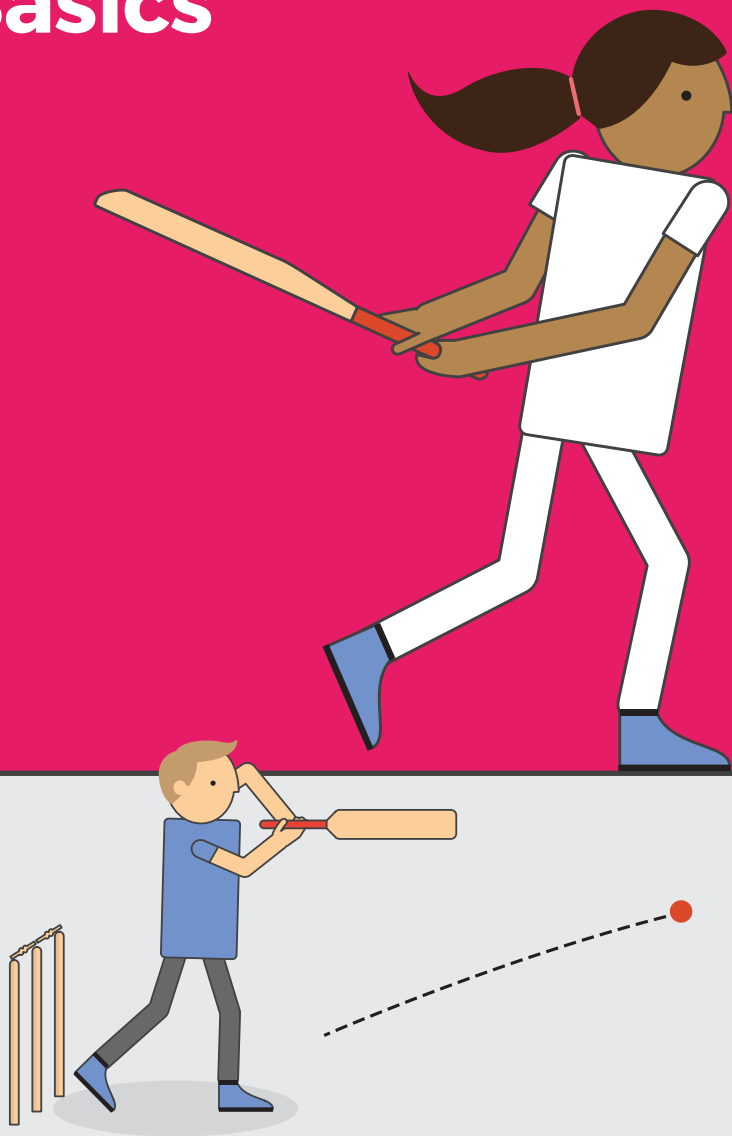
Introduce fundamental sport skills such as batting for direction/distance, throwing and catching.

Use modified games to practice movement skills.



Batting

Basics



Batting grip

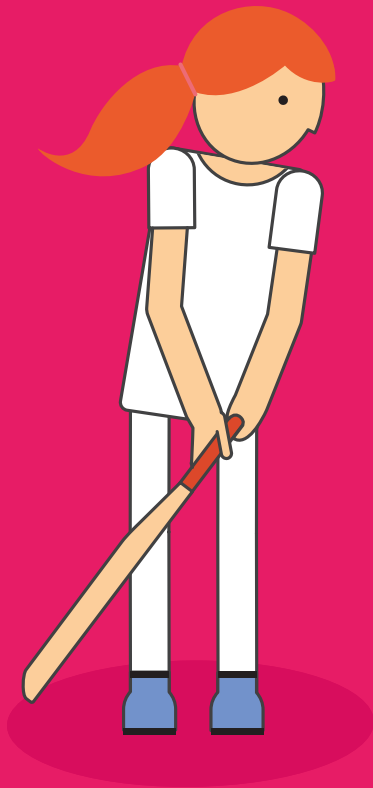
First the players should, hold their hands together, comfortably, in the middle of the bat handle. Now look down at their hands. They should be making a V-shape with the thumb and forefinger of each hand, with the 'V' pointing to the forward edge of the bat.

Stance

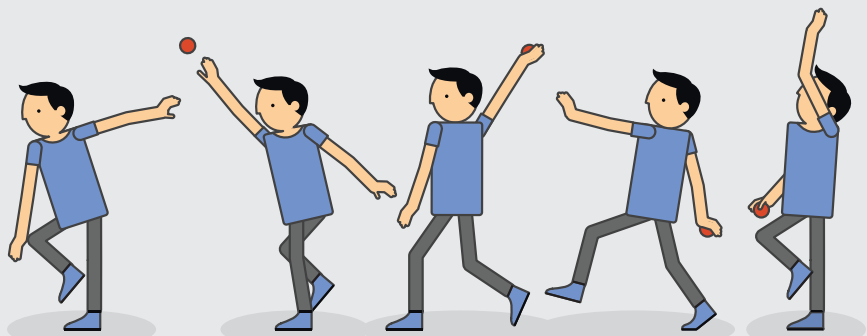
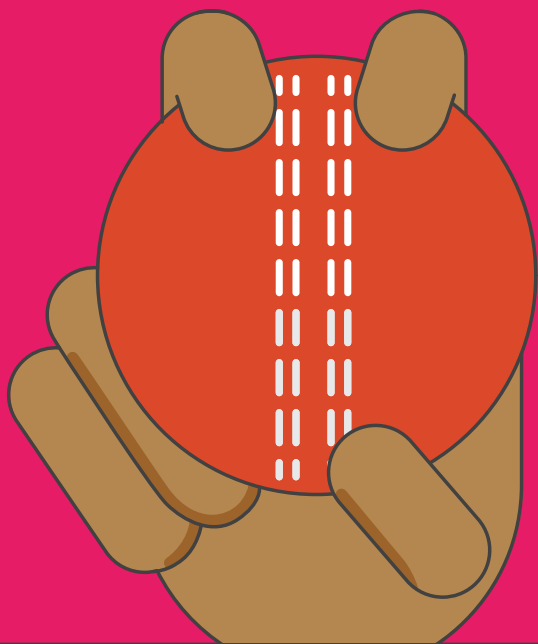
This refers to the way in which a batter stands in front of the wickets to receive a bowled ball. When facing a bowler, the batter should always stand side-on, feet should remain shoulder-width apart. Players should have their head upright and eyes level.

Backswing

With correct grip and stance in place now progress to the backswing. Head still, eyes level, swing the bat backwards cocking the wrists, at the same time dip the front shoulder and step forward, swinging the bat down straight to hit the ball with the full face of the bat.



Basics

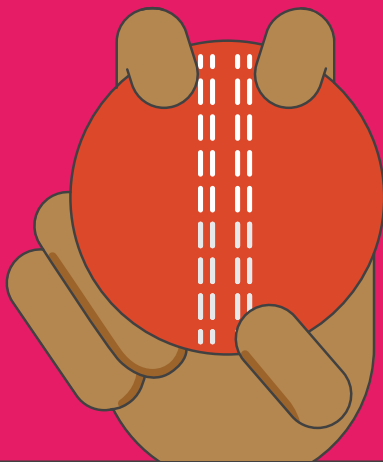


Bowling grip

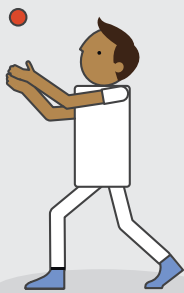
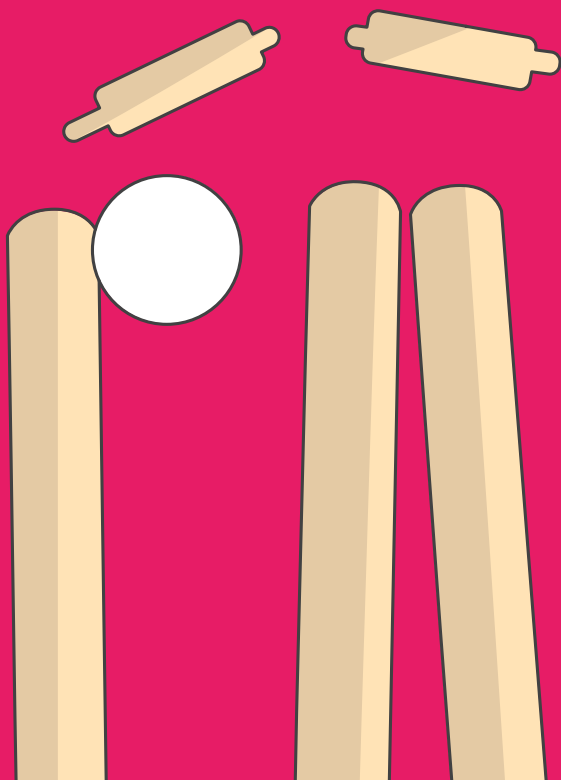
Players should grip the ball with their thumb underneath and the first two fingers on top (making 'bunny ears' on either side of the seam). As they bowl the seam will be upright, pointing towards the batter.

Action

When we say 'action,' we're referring to the way that the ball is delivered to a batter. Bowlers should stand side-on to the target. With the ball held using the bowling grip, their bowling arm should be held straight down towards their back knee. Meanwhile, the other arm should be stretched up to the sky. Once the player is ready to bowl, make a windmill-like motion by bringing the non-bowling arm down, and the bowling arm up and over. Lastly, as they follow through the motion, the bowling arm should end across the front of their body.



Basics



Fielders must learn to stop the ball and prevent runs

Underarm throw

These are short distance throws and are used for speed and accuracy. This means releasing the ball from below shoulder height. The correct way to perform a good underarm throw is by extending throwing arm back with straight arm then stepping forward towards the target with the opposite leg to the throwing arm. Then swing your throwing arm forward and release the ball. Allow the palm of the hand to continue through towards the target.

Overarm throw

These are longer throws and are used for power and distance. Players should stand side-on to the target that they are aiming for. The throwing arm moves back and up with the fingers on top of the ball. The non-throwing arm points towards the target, step towards the target throwing the ball keeping the elbow high. Throwing arm follows through across the body and the players should also transfer their body weight into the throw.

Catching

Players must learn to catch the ball as this is one of the main ways to dismiss a batter. Players should move into position quickly, keeping head still and eyes on the ball, they should then cup their hands together with their little fingers touching. The palms of their hands should be facing the ball, ready to cushion the ball as you catch it.

Ground fielding

This refers to collecting the ball when it's on the ground. The best way to collect the ball quickly is to move into a low position with bent knees and gather the ball with two hands.

Wicketkeeping

It's important for the wicketkeeper to catch deliveries from the bowler that a batter misses. The wicketkeeper should be waiting on bent knees in a low position, at a comfortable distance behind the wickets to catch the ball. The other very important thing that a wicketkeeper does is they often collect the ball that is thrown by the fielders. When receiving a ball from a fielder like this, wicketkeepers should be standing close to the stumps.



Equipment



Balls

Variety of ball types can be used: Tennis balls, sponge balls, soft cricket balls etc.

Bats

Plastic or wooden.

Cones

Marker cones.

Batting tee

You can use batting tees to introduce batting. If batting tees are not available you could use stacked marker cones as an alternative.

Wickets (stumps)

You can use plastic or wooden stumps. If these are not available you can use upturned bins, buckets or similar targets.

Targets

You can use a range of targets to help develop throwing, bowling and batting accuracy.





Touch Cricket



5 MINS



CONES, STUMPS, BALLS



LARGE GROUPS: 6-8

AIM: TO KNOCK OVER THE STUMPS TO SCORE POINTS.

Instructions

- 01** Create two small equal groups - five vs five would be ideal. Set up a set of stumps at each end of the playing area.
- 02** One team rolls the ball underarm to their teammates, working their way up the field. No one is allowed within the coned area around the set of stumps.
- 03** Play is turned over if the ball is intercepted by the defending team.
- 04** A point is scored if a player rolls the ball from outside the shooting circle and hits the stumps.
- 05** Once a point has been scored, possession turns over to the other team.
- 06** Whenever a player has the ball, they must remain stationary.



Progressions

- Make the area between the sets of stumps larger.
- Offer the children the option of underarm or overarm passes.

Coaching points / Success criteria

- Move into empty spaces.
- Call for the ball.
- Aim by pointing with the non-throwing arm.

Key questions

- Why is calling for the ball important?
(So teammates know where to pass.)
- When is the best time to try and score?
(When close to shooting circle.)





Snowball Tag



5 MINS



CONES, BALLS



EVERYONE

AIM: TO AVOID BEING TAGGED.

Instructions

- 01** Create a marked off zone which all players need to stand inside.
- 02** The coach gives a ball to one player – this person is now the tagger that everyone must avoid!
- 03** The tagger must run around trying to 'tag' the other players, who cannot run outside the marked zone.
- 04** Once tagged, a player has to collect a ball from the bucket outside the marked zone, and they then become another tagger.
- 05** The last player to be tagged is the winner.



Progressions

- When a player is tagged and collects their ball, they must bounce-catch it five times before they can become an active tagger.
- Make the area either larger or smaller.

Coaching points / Success criteria

- Look for the spaces to move into.
- Work together as a team of taggers.

Key questions

- What can you do as a team of taggers?
(Work together to trap and tag a player.)
- How can you make sure players know they are tagged?
(They run with a ball in their hands.)





Umpire Tag



5 MINS



CONES

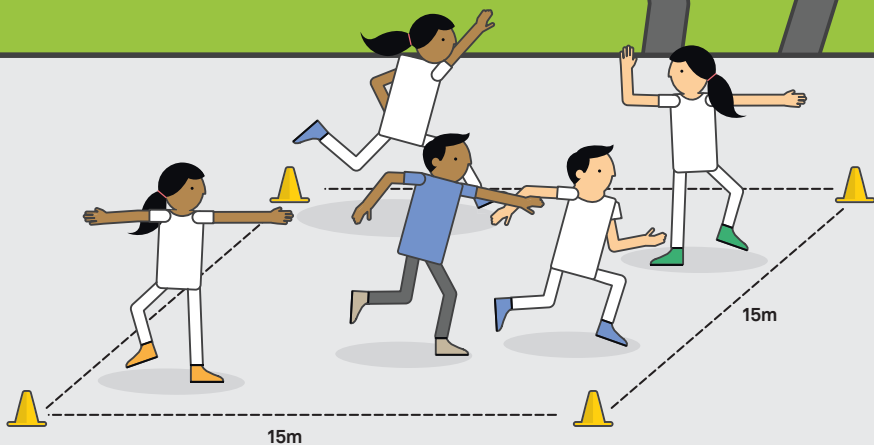


EVERYONE

AIM: TO LEARN THE CRICKET UMPIRE CALLS.

Instructions

- 01 Players spread out in a coned-off area, and one player starts as the tagger.
- 02 When tagged, players must stand on one leg with their arms out wide.
- 03 To be freed, another player must jump up and "high five" the tagged player.
- 04 Add the progressions to the freeing sequence one at a time.
- 05 Players cannot be tagged while they are freeing another player.



Progressions

- Perform and call the “four” signal.
- Perform and call the “six” signal.
- Perform and call the “leg bye” signal.
- Perform and call the “bye” signal.
- Perform and call the “wide” signal.
- Perform and call the “no ball” signal.
- Call “howzat” and perform the “out” signal.

Coaching points / Success criteria

- Make sure the players use clear signals.

Key questions

- When is a good time to free someone else?
(When the tagger is not nearby.)
- How will you communicate your calls clearly?
(Showing the signal clearly.)



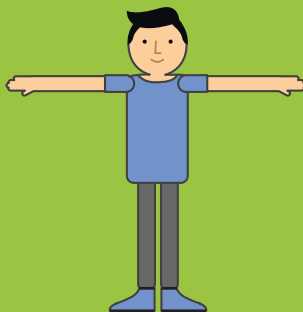
6 runs



Out



Leg bye



Wide



Bye



4 runs



No ball



Five Pass



5 MINS



CONES, BALLS

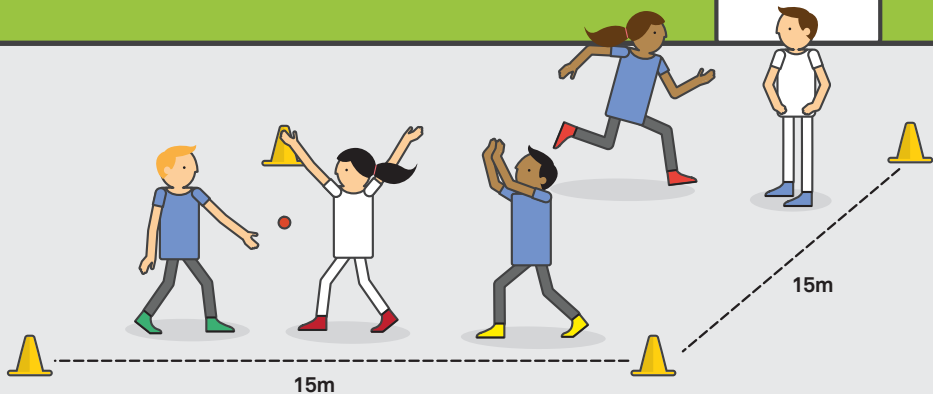
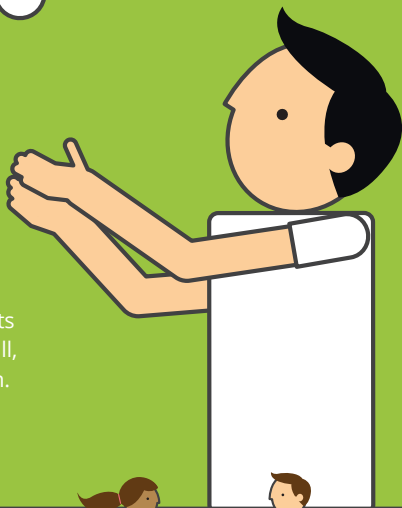


EVERYONE

AIM: PASSING AND CATCHING THE BALL.

Instructions

- 01 Set up a 15 metre x 15 metre square, as shown in the diagram.
- 02 The first team starts with the ball and attempts to complete five passes between team members.
- 03 The other team tries to intercept the ball.
- 04 If a team completes five passes then they receive a point.
- 05 Complete five passes, and the other team gets a turn with the ball. Or if a team drops the ball, then they must pass it over to the other team.



Progressions

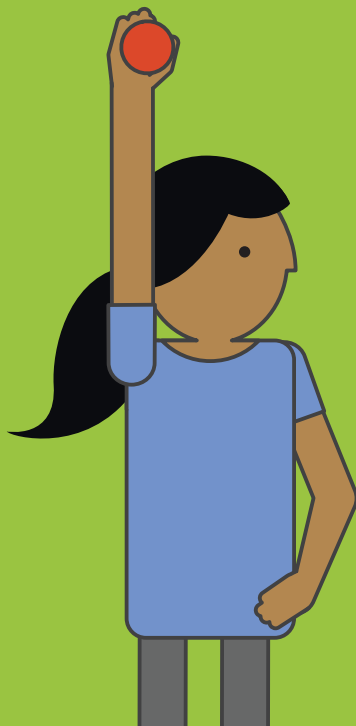
- Try one handed catching with either the left hand or right hand.
- Roll the ball along the ground.

Coaching points / Success criteria

- Eyes on the ball.
- Cup your hands together with little fingers touching.
- Palms should always face the ball when catching.
- Always cushion the ball into your hands.

Key questions

- How can teammates without the ball make it easier to achieve the five passes?
(Running into space.)





Target Driving



10 MINS



CONES, BALLS,
BATS, BATTING TEES

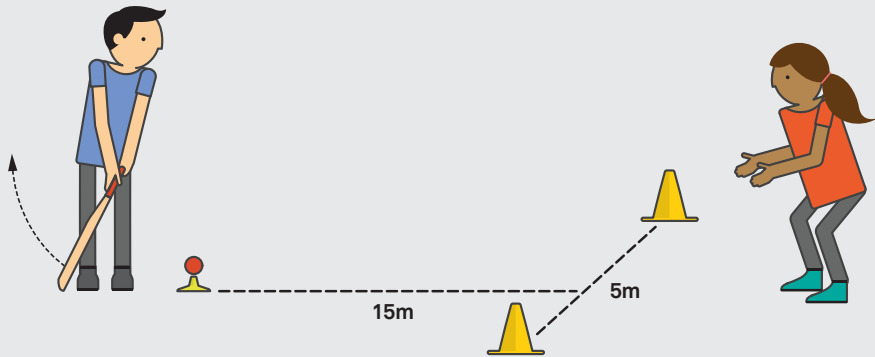
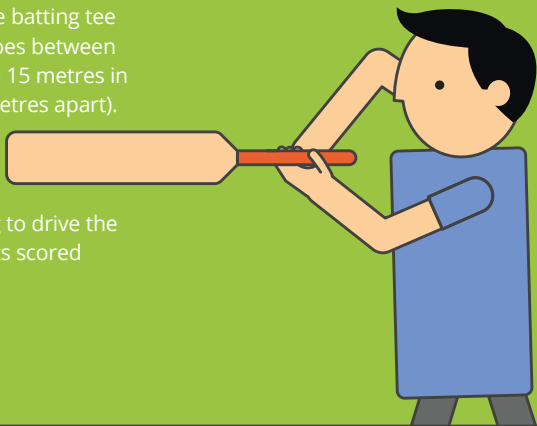


SMALL GROUPS (PAIRS)

AIM: TO DRIVE THE BALL ACCURATELY WITH YOUR BAT.

Instructions

- 01** Split the players into pairs (one will begin as the batter, the other as the fielder).
- 02** The batter drives the ball off the batting tee and scores 1 run each time it goes between the two cones (cones are set up 15 metres in front of the batting tee and 5 metres apart).
- 03** The fielder has to stop the ball and return it to the batter.
- 04** Each player gets six turns trying to drive the ball. Count the number of points scored before swapping.



Progressions

- Increase the difficulty by underarm bowling the ball to the batter.
- Create extra zones that the batter has to hit the ball into to score extra runs.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Follow through.

Key questions

- What can you do to make your hit more accurate?
(Have your shoulders pointed towards the target when hitting.)





Teeline Drive



10 MINS



CONES, STUMPS, BALLS,
BATS, BATTING TEES

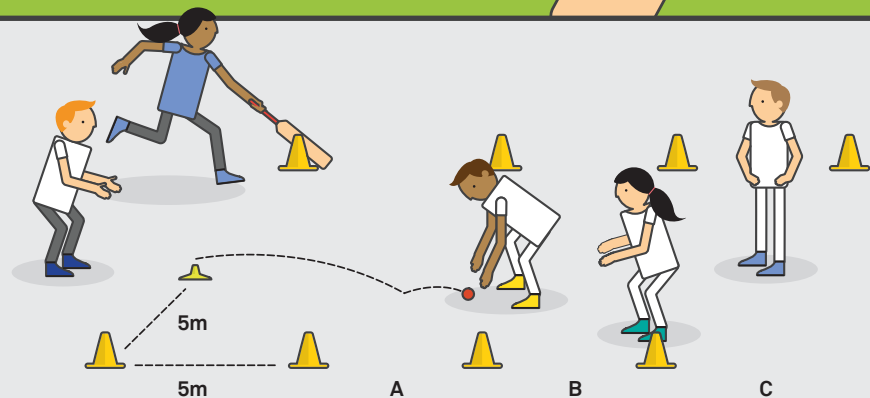
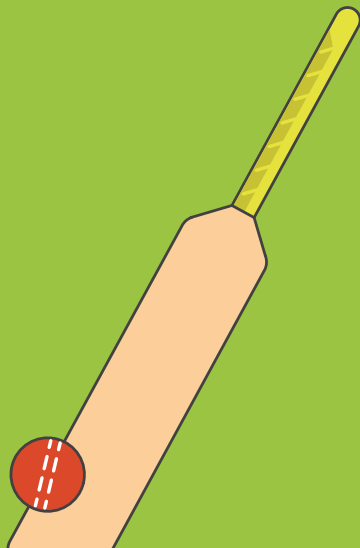


SMALL GROUPS: 2-4

AIM: TO COLLECT AS MANY CONES AS YOU CAN.

Instructions

- 01** Create two equal teams and set up the field as per the diagram. One team bats first and the other team fields.
- 02** The fielders spread out behind the cones, with one fielder who takes position as the wicketkeeper.
- 03** Each batter gets a turn hitting the ball off the batting tee.
- 04** The scoring system – 1 point is awarded for hitting the ball between the cones, and another point can be awarded for running with the bat around the cone and back to the batting tee again.
- 05** Each member of the batting team is allowed two turns before swapping with the fielding team.



Progressions

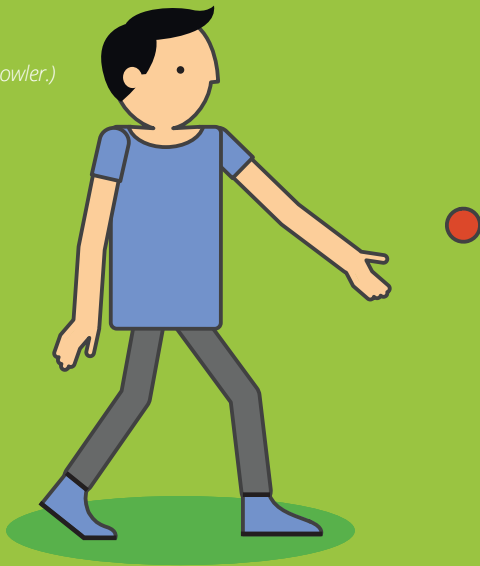
- Underarm bowl.
- Increase the distance between the running cones.

Coaching points / Success criteria

- Grip the bat with both hands around the middle of the handle.
- Stand side-on to the batting tee or the bowler.
- Step forward towards the ball and swing down with full face of the bat, keeping your eyes on the ball.
- Follow through so that your arms are fully extended.

Key questions

- What do you need to be thinking about as a batting team?
(Where to hit the ball.)
- What do you need to be thinking about as a fielding team?
(The quickest way to get the ball back to the bowler.)





Three Strike Cricket



10 MINS



CONES, BALLS,
BATS, BATTING TEES

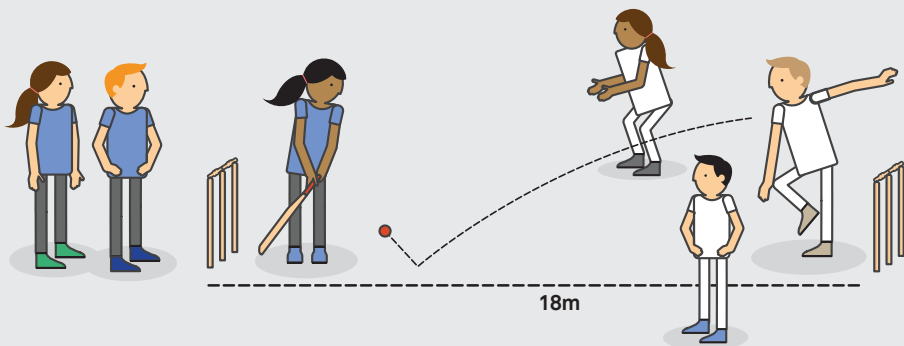
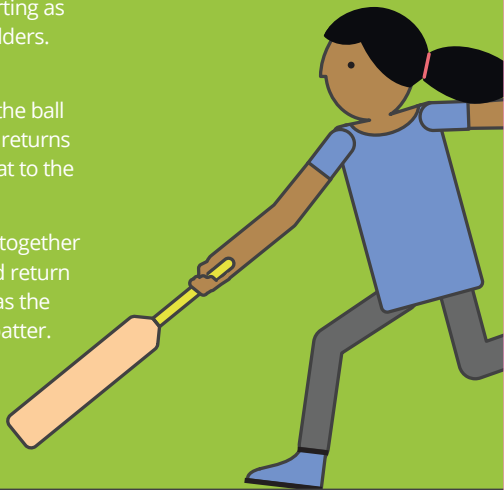


SMALL GROUPS: 2-4

AIM: TO RETURN THE BATS BACK AS FAST AS POSSIBLE.

Instructions

- 01** Create 2 equal teams, with one team starting as the batters and the other team as the fielders. The batting team is given three bats.
- 02** The bowler bowls to the batter, who hits the ball and runs to the stumps. When the batter returns back to the crease, they must give their bat to the next player in line that isn't holding a bat.
- 03** Meanwhile, the fielding team must work together to retrieve the ball as fast as they can and return it to the bowler. As soon as the bowler has the ball, they're allowed to bowl to the next batter.
- 04** If the batter doesn't have a bat, they are 'out' and go to the back of the line.
- 05** After three 'outs' the teams swap roles.



Progressions

- The batter loses 2 runs if the fielders catch the hit ball, or stop the ball and return it to the wicketkeeper before the batter returns to the batting tee.

Coaching points / Success criteria

- Grip the bat with both hands around the middle of the handle.
- Stand side-on to the batting tee or the bowler.
- Step forward towards the ball and swing down, keeping your eyes on the ball.
- Follow through so that your arms are fully extended.

Key questions

- Where is the best place to hit the ball?
(Into the empty spaces.)
- How will you decide whether to run or not?
(Depending on whether the ball has been hit towards a fielder or not.)





Diamond Cricket



10-15 MINS



CONES, STUMPS,
BALLS, BATS

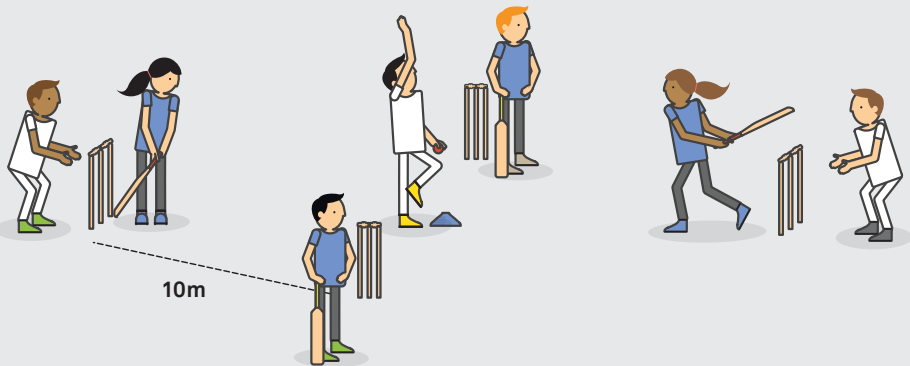


LARGE GROUPS: 6-8

AIM: TO SCORE MORE RUNS THAN THE OPPOSITION.

Instructions

- 01** The game is played on a diamond shaped playing area with a set of stumps at each corner. A batter needs to stand at each set of stumps.
- 02** The bowler may bowl the ball to any batter. It's the fielders' job to return the ball back to the bowler in the middle of the diamond.
- 03** After bowling six balls the bowler rotates with one of the fielders so that everyone has a chance to bowl.
- 04** Once the ball has been hit, the batters run clockwise to the next set of stumps (or further, if they can)!
- 05** Batters must run if they miss two balls in succession. If the players successfully make it to the next set of stumps altogether, it counts as 10 runs.



Progressions

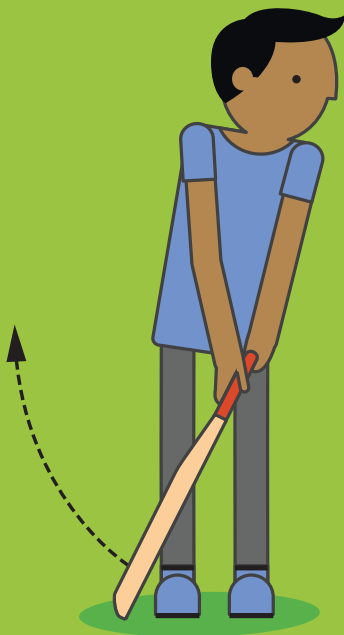
- Always bowl from the centre of the diamond.
- Batter calls for direction to run in – either left or right.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Follow through.

Key questions

- Where is the best place to try and hit the ball?
(Into the empty spaces.)
- How do you know when to stop running?
(As the ball is being returned to the bowler.)
- How will you organise yourselves in the field?
(Spread out.)





Bat and Beyond



10-15 MINS



CONES, STUMPS, BALLS,
BAT, BATTING TEES

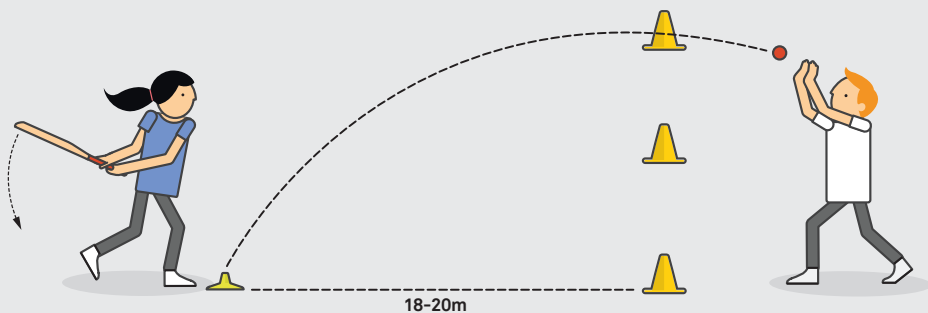


SMALL GROUPS: 2-4

AIM: TO HIT THE BALL IN THE AIR SAFELY OVER THE FIELDERS.

Instructions

- 01** Split the players into pairs (one will begin as the batter, the other as the fielder).
- 02** Set up three cones as a guideline for the batter to hit over (18-20 metres away from the batting tee, as per the diagram).
- 03** The batter strikes the ball off the batting tee and scores 1 run each time it goes over the cones without bouncing.
- 04** The fielder has to stop the ball and return it to the batter.
- 05** Each player gets six turns trying to loft (hitting the ball in the air) the ball. Count the number of runs scored before swapping.



Progressions

- Increase the distance from stumps to dropping zone.
-

Coaching points / Success criteria

- Grip the bat with both hands around the middle of the handle.
 - Stand side-on to the batting tee or the bowler.
 - On impact head must be still and eyes on the ball.
 - Transfer weight onto back foot to allow your bat to come down and under in a scooping motion.
 - Remain side-on at contact point.
 - Extends hands fully through the ball.
-

Key questions

- Where is the best place to try and hit the ball?
(Into the empty spaces.)
- How do you decide whether to hit the ball with the lofted drive or not?
(If you cannot hit it on the ground past the fielders, look to go over the top of them.)

Stump Destruction



10 MINS



CONES, STUMPS, BALLS

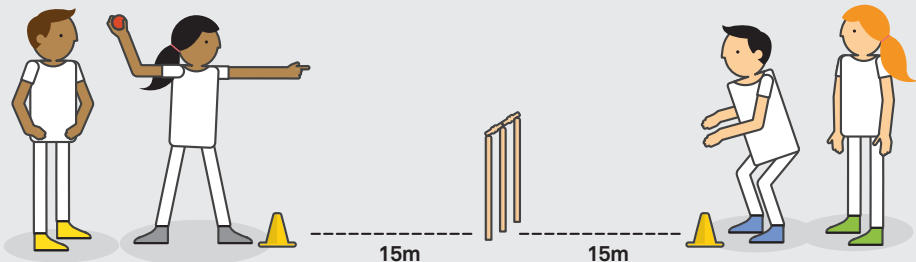


SMALL GROUPS OR PAIRS

AIM: TO KNOCK OVER THE STUMPS.

Instructions

- 01** Create small groups - ideally of two to four players per group, facing each other with a set of stumps between each group.
- 02** One player starts with the ball and throws to hit the stumps. They then follow their throw and join the other line.
- 03** Each time the stumps are hit, one stump is removed.
- 04** The first team to remove all their stumps is the winner.



Progressions

- When there is only one stump left, the stumps are replaced one at a time for every successful hit.
- Increase or decrease the distance between the sets of stumps.

Coaching points / Success criteria

- Stand side-on to the target.
- Fingers should be on top of the ball, and the throwing elbow higher than the shoulder.
- Non-throwing arm should be pointed towards the target.
- Step forward with opposite foot and follow through down and across the body.

Key questions

- How do you make your throw more accurate?
(Point at the target with your non-throwing arm.)





Battleships



10 MINS



CONES, BALLS

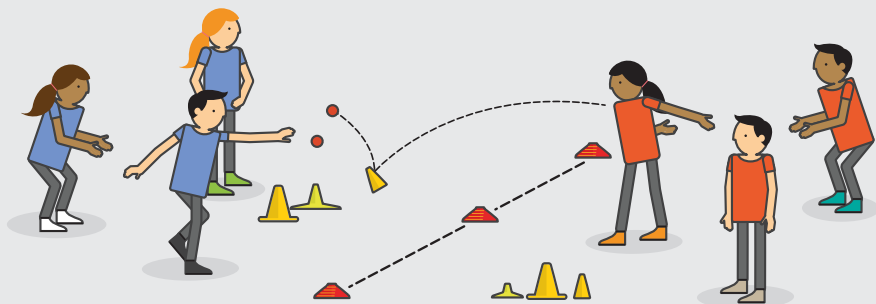


SMALL GROUPS: 2-4

AIM: TO USE DIFFERENT TECHNIQUES TO THROW ACCURATELY.

Instructions

- 01** Create small teams (ideally four vs. four).
- 02** Each team sets up a number of ships (cones, at different lengths). Each team must make theirs on either side of the dividing line.
- 03** Players try and 'bomb' the other teams 'ships' by hitting each cone one at a time.
- 04** The team that destroys the other teams 'ships' first are the winners.



Progressions

- Increase or decrease the distance.
- Use sets of stumps instead of cones.

Coaching points / Success criteria

- If throwing from close range, use an underarm throw.
- If throwing from a further distance, use an overarm throw.
- Low position with bent knees to gather ball with two hands.

Key questions

- How will you organise yourselves as a team?
(Spread out, standing behind the 'battleship' cones.)
- What throwing techniques will you use?
(Choose between underarm or overarm.)





Bulldog Cricket



10 MINS



CONES, BALLS

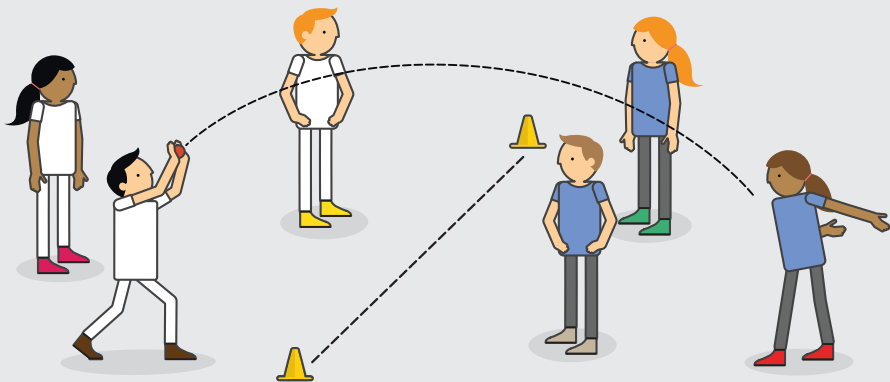
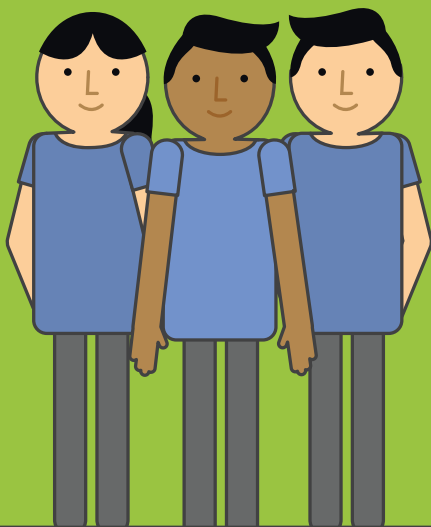


LARGE GROUPS: 6-8

AIM: TO END UP WITH THE MOST PLAYERS IN YOUR ZONE.

Instructions

- 01** Two teams stand on either side of a centre line - neither team is allowed to cross this line!
- 02** One player starts with the ball and launches it as high as they can into the other teams zone.
- 03** If the ball is caught, then the thrower joins the opposite team.



Progressions

- Catch with two hands, or with only the left or right hand.

Coaching points / Success criteria

- Eyes on the ball.
- Cup your hands together with little fingers touching.
- Palms should always face the ball when catching.
- Always cushion the ball into your hands.

Key questions

- How will you organise yourselves as a team?
(Spread out in space.)
- Why is it important to cover space?
(To be able to take the catch.)
- How will you know who will catch the ball?
(Call "Mine!" when catching.)



Fielding Soccer

 10-15 MINS

CONES, STUMPS, BALLS

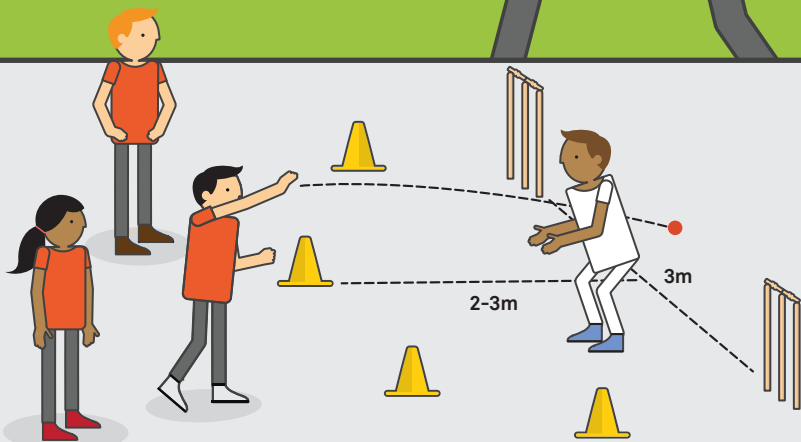


LARGE GROUPS: 6-8

AIM: TO THROW AND CATCH THE BALL USING THE CORRECT TECHNIQUES.

Instructions

- 01** Create two equal teams (one player will be the goalie).
- 02** One team starts with the ball and attempts to throw it between their designated cones, whilst the other team attempts to intercept the ball and pass and catch towards their designated cones.
- 03** It's the goalie's job to dive and catch the ball, in order to stop it going through the goal.
- 04** Players may pass and catch with each other to get closer to the goal and then attempt to throw the ball into the goal.



Progressions

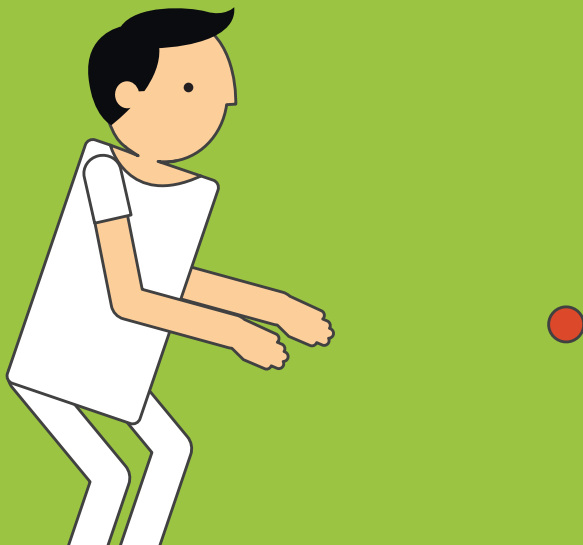
- You can increase or decrease the distance to make it easier or harder.
 - Arrange the game so that a specified number of passes must be made before a team can shoot at goal.
-

Coaching points / Success criteria

- When diving land on large parts of the body to prevent injury.
 - Stop the ball with your hands.
 - Always watch the ball.
-

Key questions

- How can you get the ball closer to the goals?
(By passing to teammates.)
- What is the best way to stand to be ready to move?
(With your knees bent and hand out, ready to catch.)



Stump To Stump Bowling



10 MINS



CONES, STUMPS (OR ANOTHER TARGET), BALLS

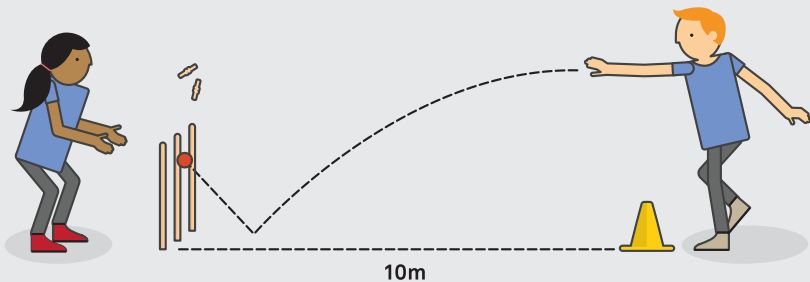


SMALL GROUPS (PAIRS)

AIM: TO BOWL THE BALL ACCURATELY.

Instructions

- 01** Set up stumps and a cone 10 metres apart.
- 02** Divide the players into pairs – one bowler and one wicketkeeper.
- 03** The bowler has six opportunities to bowl the ball from behind the cone, with the intention of hitting the stumps. 1 point is scored for each successful hit.
- 04** The wicketkeeper collects the ball each time it has been bowled, and then returns it to the bowler.
- 05** After six balls have been bowled, the players switch roles.



Progressions

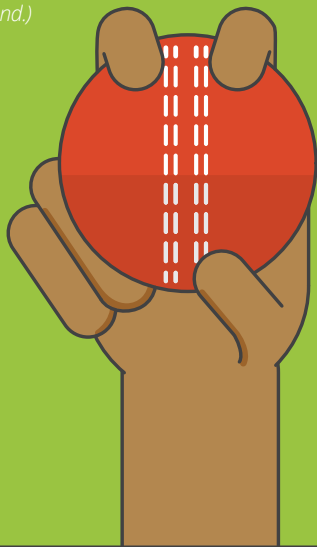
- Once the bowlers are comfortable with the distance, challenge them by moving the cone further away from the stumps (up to 20 metres apart).

Coaching points / Success criteria

- Use the “bunny ears” grip for the ball.
- Stand side-on to the wicket with your feet apart.
- Point your non-bowling arm at the target.
- Swing your bowling arm straight over like a windmill and release at the top of the arc.
- Follow through with your bowling arm across the front of body.

Key questions

- How can you bowl more accurately?
(Watch the target as you bowl, point your non-bowling arm towards the target, and follow through towards the target.)
- What should you watch if you are the wicketkeeper?
(You should be watching the ball out of the bowler's hand.)





Bowling Stump Destruction



10 MINS



CONES, STUMPS, BALLS

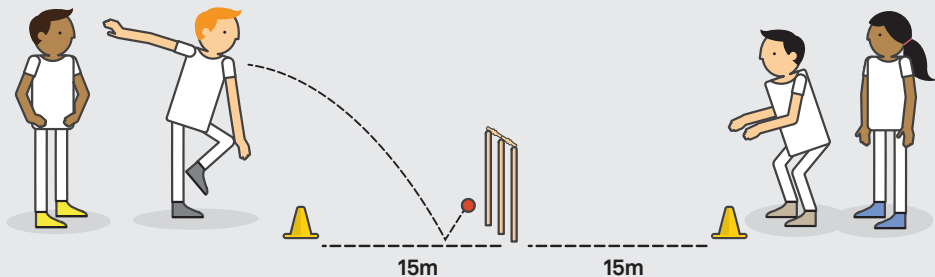


SMALL GROUPS (PAIRS)

AIM: TO KNOCK OVER THE STUMPS.

Instructions

- 01** Divide the players into groups of two or four, facing each other with a set of stumps between each group.
- 02** One side starts with the ball and bowls to hit the stumps.
- 03** Each time the stumps are hit, one stump is removed.
- 04** The first team to knock over all stumps is the winner.



Progressions

- When there is only one stump left, the stumps are replaced one at a time for every successful hit.
- Increase / reduce the distance to the stumps.

Coaching points / Success criteria

- Use the 'bunny ears' grip
- Stand side-on with feet apart.
- Point your front arm at the target.
- Swing your bowling arm straight over like a windmill, and release the ball at the top.
- Follow through with your bowling arm across the front of your body.

Key questions

- How can you bowl more accurately?
(Watch the target as you bowl, point your non-bowling arm towards the target, follow through towards the target.)
- What should you watch when you are the wicketkeeper?
(The ball out of the bowlers hand.)





On The Money



10-15 MINS



CONES, STUMPS, BALLS

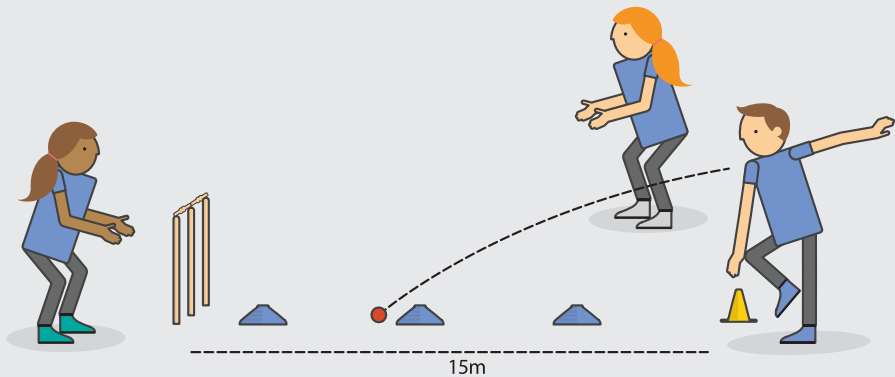


SMALL GROUPS: 2-4

AIM: TO BOWL AT DIFFERENT LENGTHS.

Instructions

- 01** Play in groups of three, with one playing area set up per group. Set stumps to have 2 zones marked out in front, Zone A is 1 metre away from the stumps and Zone B is 2 metres away from the stumps.
- 02** Players take turns at being the bowler, wicketkeeper, and fielder.
- 03** The bowler takes a turn at bowling so that the ball bounces within a zone.
- 04** Every time the bowler bounces the ball in Zone A, they score 1 point. Each time the ball bounces in Zone B they score 2 points and if they hit the stumps they get 3 points.
- 05** After each ball is bowled the wicketkeeper gathers the ball and underarm throws to the fielder, who then returns the ball to the bowler.
- 06** After the bowler has bowled their four allocated balls they rotate positions.



Progressions

- Move the markers backwards or forwards narrowing the landing zones.

Coaching points / Success criteria

- Use the “bunny ears” grip for the ball.
- Stand side-on to the wicket with your feet apart.
- Point your non-bowling arm at the target.
- Swing your bowling arm straight over like a windmill and release at the top of the arc.
- Follow through with your bowling arm across the front of body.

Key questions

- How do you change the length of the bounce?
(By watching the cone you want to hit.)





Bowling Goaler



10-15 MINS



CONES, STUMPS, BALLS

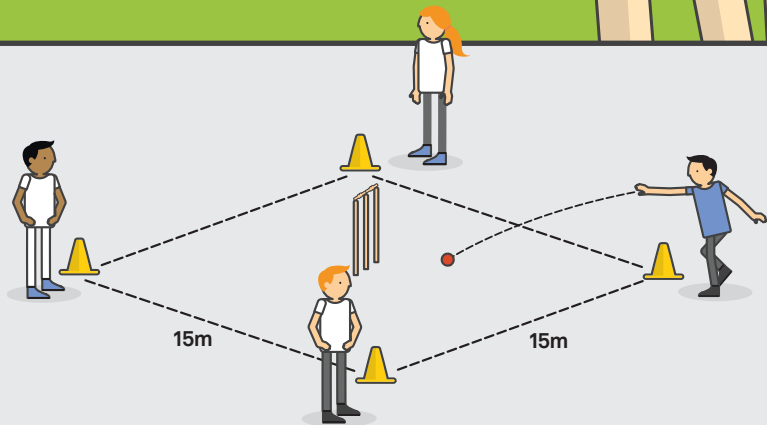


SMALL GROUPS: 2-4

AIM: TO BOWL THE BALL ACCURATELY.

Instructions

- 01** Create equal groups.
- 02** Create a square box 15 metres x 15 metres with cones at each point; place a set of stumps in the middle of the square.
- 03** One player begins with the ball and passes (clockwise) to the next player, the ball is passed around the outside of the square to all players until it gets to the last player, who then gets a chance to bowl at the stumps.
- 04** Players behind the stumps back up.
- 05** All players then move around clockwise to the next cone and then begin the bowling sequence again.
- 06** Each time the group hit the stumps they score 1 point. The first group to score 5 points wins.



Progressions

- Increase or reduce the size of the playing area.
- Increase or reduce the distance between the bowler and the stumps.

Coaching points / Success criteria

Bowlers

- Use the “bunny ears” grip for the ball.
- Stand side-on to the wicket with your feet apart.
- Point your non-bowling arm at the target.
- Swing your bowling arm straight over like a windmill and release at the top of the arc.
- Follow through with your bowling arm across the front of body.

Fielders

- Eyes on the ball.
- Cup your hands together with little fingers touching.
- Palms should always face the ball when catching.
- Always cushion the ball into your hands.

Key questions

- How can you bowl more accurately?
(Watch the target, point your non-bowling arm towards the target, and follow through towards the target.)

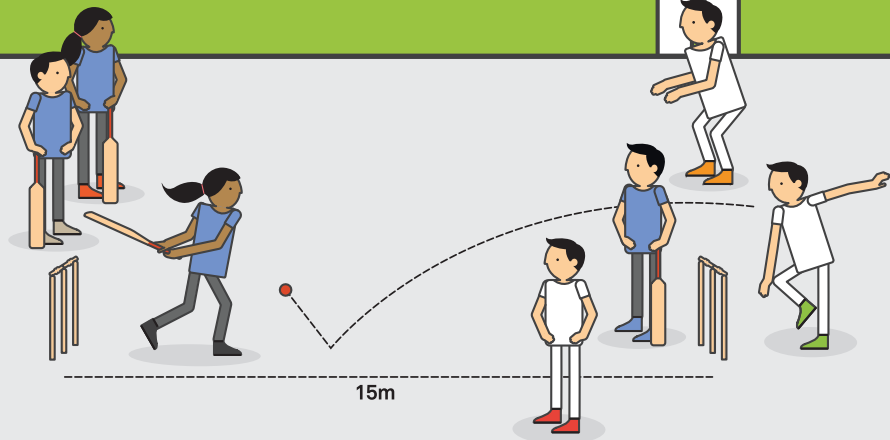


Super Sixes

 20-25 MINS STUMPS, BALLS, BATS LARGE GROUPS: 6-8**AIM: TO SCORE MORE RUNS THAN THE OPPOSITION IN SIX OVERS.**

Instructions

- 01** To play this game, you'll need 2 teams of six. Each team will be allowed to bowl six overs (six balls equals one over).
- 02** Every player will have the opportunity to bat in pairs for twelve balls, regardless of whether they get out or not.
- 03** If a batter is caught or bowled out, then the bowling team receives 5 points.
- 04** The batting team gets 10 bonus points if they hit a 'six.' (six = ball travelling in the air on the full 30 metres from the stumps).
- 05** All players get a turn at bowling one over.



Coaching points / Success criteria

- Bowlers should point their non-bowling arm at the stumps.
- Fielders should gather the ball and return it to the wicketkeeper or bowler as quickly as possible.
- Batters should have the correct grip and aim to hit into the empty spaces.

Key questions

- How do you decide how many runs to make?
(Communicate with your partner.)
- How can you bowl more accurately?
(Point at the target you're aiming for.)
- How can you collect the ball quickly?
(With your knees bent and using two hands.)



Pairs Cricket

 20 MINS

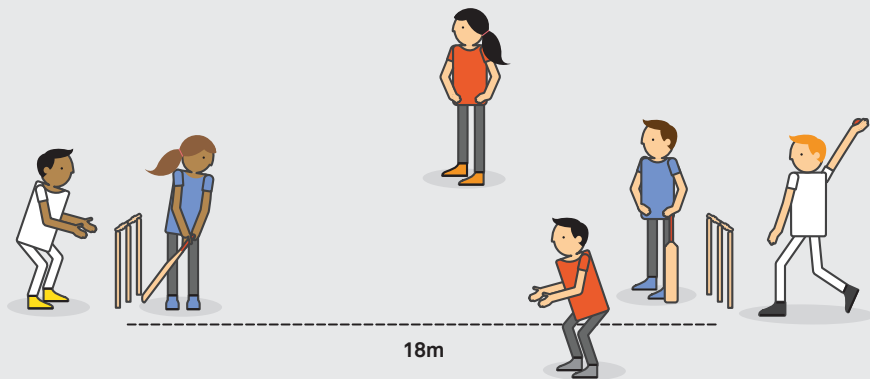
 STUMPS, BALLS, BATS

 LARGE GROUPS: 6-8

AIM: TO AIM TO SCORE MORE RUNS THAN THE OPPOSITION.

Instructions

- 01** This game is played in pairs, within teams of eight.
- 02** Set up two sets of stumps 18 metres apart.
- 03** One pair bats, another pair bowls, another pair wicketkeeps, and the last pair fields.
- 04** Each player bowls three balls while their partner wicketkeeps.
- 05** The batting pair faces twelve balls, and they score 1 run for each successful run. They lose 1 run if they are caught, bowled or run out.
- 06** The pairs rotate positions after the six balls have been bowled.
- 07** The pair with the highest score wins.



Progressions

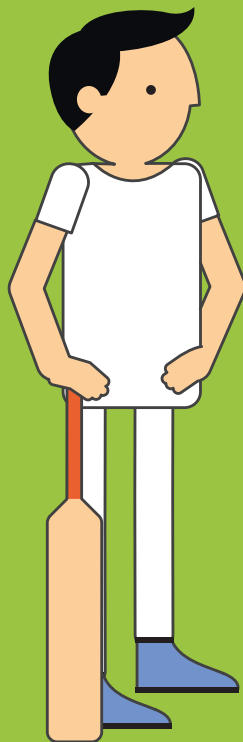
- Place extra scoring zones in the field.

Coaching points / Success criteria

- Bowlers should point their non-bowling arm at the stumps.
- Fielders should gather the ball and return it to the wicketkeeper or bowler as quickly as possible.
- Batters should have the correct grip and aim to hit into the empty spaces.

Key questions

- How do you decide how many runs to make?
(Communicate with your partner.)
- How could you be more accurate?
(Point at the target.)
- How can you collect the ball quickly?
(With your knees bent and using two hands.)





Tee Ball Drive



10 MINS



4 CONES, 3 BALLS,
BAT, BATTING TEE

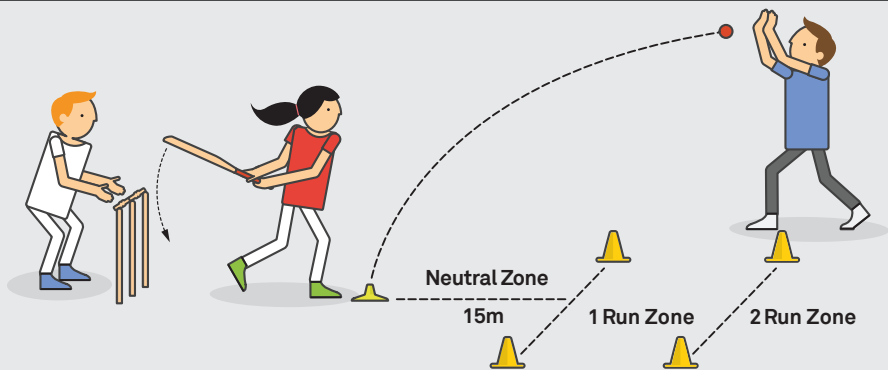
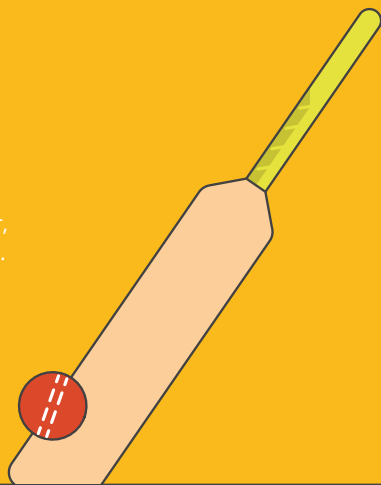


SMALL GROUPS: 2-4

AIM: TO HIT THE BALL ACCURATELY USING FRONT FOOT DRIVE.

Instructions

- 01** Set up the batting tee and place a 2 runs and 1 run scoring zone 15 metres from the batting tee.
- 02** Batter hits/drives a ball off the batting tee.
- 03** Runs are scored depending on which zone the ball goes into.
- 04** Fielder returns the ball to the wicketkeeper, who places the ball back on the batting tee.
- 05** The batter hits three balls, and then swaps with another player.



Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
 - Stand side-on to the batting tee.
 - Swing the bat backwards cocking the wrists.
 - Step forward with the foot beside the ball.
 - Swing the bat down straight hitting the ball with the full face of the bat.
 - Keep your head still when striking the ball.
 - Follow through.
-

Success criteria

1 run zone = 1 point.

2 run zone = 2 points

If the ball hits the cone the batter gets the higher point at that cone.

Score

____ out of 6 points.



Bat And Beyond



10-15 MINS



3 CONES, STUMPS, BAT,
BALLS, BATTING TEES

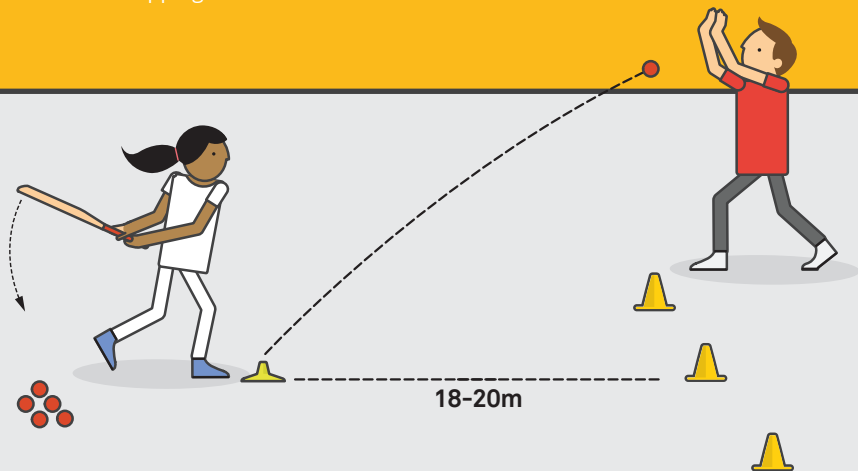


SMALL GROUPS: 2-4

AIM: TO HIT THE BALL IN THE AIR SAFELY OVER THE FIELDERS

Instructions

- 01 Split the players into pairs (one will begin as the batter, the other as the fielder).
- 02 up three cones as a guideline for the batter to hit over (18 - 20 metres away from the batting tee as per the diagram).
- 03 The batter strikes the ball off the batting tee and scores 1 run each time it goes over the cones without bouncing.
- 04 The fielder retrieves the ball and returns to the batting tee after the batter has had six turns.
- 05 Count the number of runs/points scored before swapping.



Coaching points / Success criteria

- Grip the bat with both hands around the middle of the handle.
 - Stand side-on to the batting tee or the bowler.
 - On impact head must be still and eyes on the ball.
 - Transfer weight onto back foot to allow your bat to come down and under in a scooping motion.
 - Remain side on at contact point.
 - Extends hands fully through the ball.
-

Success criteria

1 run if ball is hit over the cones without bouncing = 1 point.

If the ball hits the cone the batter gets 1 point.

Score

_____ out of 6 points.



Catches Win Matches



10 MINS



5 CONES, BALL

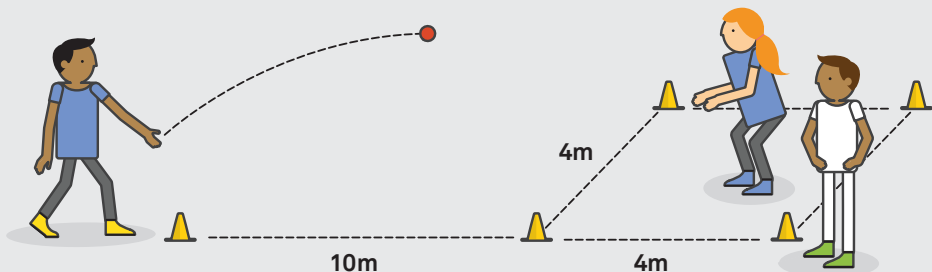


SMALL GROUPS: 3

AIM: TO CATCH ALL SIX CATCHES.

Instructions

- 01 One player (the catcher) stands in the 4 metre x 4 metre square. A second player stands beside the square and scores. The third player (the thrower) stands 10 metres away, behind a single cone.
- 02 The thrower lobs the ball into the square for the catcher to attempt a catch.
- 03 Each catcher receives six catches then swaps roles.



Coaching points / Success criteria

- Watch the ball.
 - Cup your hands together with little fingers touching.
 - Palms should always face the ball when catching.
 - Always cushion the ball into your hands.
-

Success criteria

Successful catch = 1 point.

Score

____ out of 6 points.

Shy At The Stumps



10 MINS

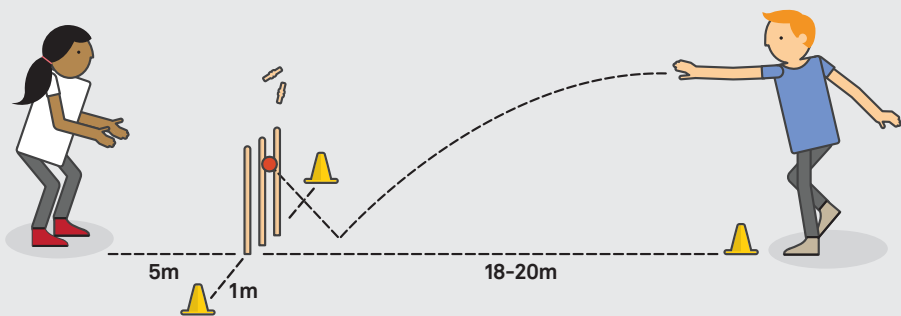
4 CONES, STUMPS,
BALL

SMALL GROUPS: 3

AIM: TO OVERARM THROW THE BALL AS ACCURATELY AS POSSIBLE.

Instructions

- 01 Set up the stumps with a cone 1 metre away on each side of the stumps.
- 02 Throwers attempt to overarm throw the ball to try and hit the stumps, or get the ball to go through the wider cones.
- 03 1 point for each ball that goes between the outer cones. 2 points for each ball that hits the wickets.
- 04 Each thrower gets three throws. The fielder retrieves the ball and returns back to the wicketkeeper.



Coaching points / Success criteria

- Stand side-on to the target.
 - Fingers should be on top of the ball, and the throwing elbow higher than the shoulder.
 - Non-throwing arm should be pointed towards the target.
-

Success criteria

The ball hits the stumps = 2 points.

The ball goes in between the outside cones = 1 point.

Score

____ out of 6 points.



Bowling



10 MINS

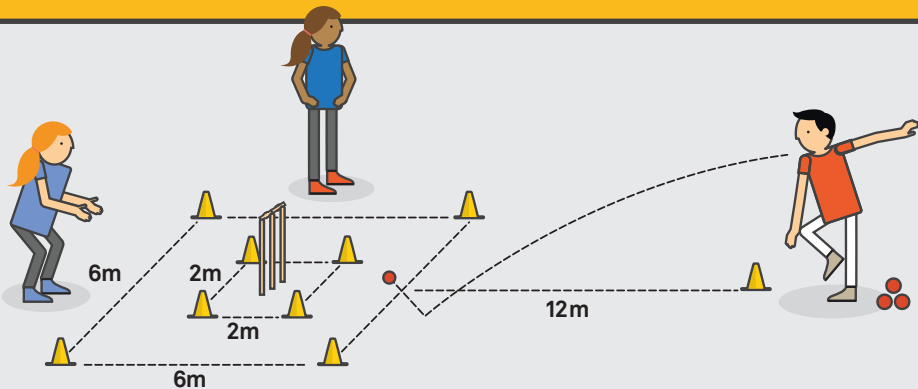
8 CONES, STUMPS
BALL

SMALL GROUPS: 3

AIM: TO BOWL ACCURATELY AT THE STUMPS.

Instructions

- 01** Set up one cone, and then 12 metres in front of it, use eight cones to make two squares - one inside the other. One square should be 2 metre x 2 metre, the other square should be 6 metre x 6 metre. Place the stumps at the midpoint inside the large square.
- 02** Bowlers are to run in and try to land the ball inside the squares.
- 03** Each bowler is allowed 3 attempts each.
- 04** One player is the scorer, one player is the wicketkeeper and one player is the bowler.



Coaching points / Success criteria

- Use the “bunny ears” grip.
 - Stand side-on with feet apart.
 - Point your front arm at the target.
 - Swing your bowling arm straight over like a windmill, and release the ball at the top.
 - Follow through with your bowling arm across the front of your body.
-

Success criteria

Ball lands in the 6 metre x 6 metre square = 1 point.

Ball lands in the 2 metre x 2 metre square = 2 points.

Score

____ out of 6 points.