

*New Zealand Post* 



**STAGE TWO**

# New Zealand Post Superstar Cricket Academy

The New Zealand Post Superstar Cricket Academy is a junior development programme that teaches the fundamentals of batting, bowling and fielding within an exciting and competitive environment. Designed for children aged 5-10 years (boys and girls), it is the first step on a pathway that can lead to a lifelong involvement in cricket, whether it's playing, coaching, umpiring, scoring or becoming a fan or maybe one day running on to the field as a BLACKCAP or a WHITE FERN.

Cricket is a great team sport with a rich variety of roles for all children, no matter what gender, age or ability. Through New Zealand Posts Superstar Cricket Academy's skills-based sessions, children develop skills, movement and techniques to enjoy the game of cricket. Children will be learning the rules of the game as well as learning the skills of bowling, attacking batting, fielding and wicketkeeping – so that hitting sixes, taking wickets and holding on to catches are within the grasp of all involved.

The aim of the New Zealand Post Superstar Cricket Academy is to get children involved in our sport and to build a new generation of cricketers by helping children discover, explore, and learn to love the game. Cricket is one of New Zealand's most popular summer sports and taking part in the New Zealand Post Superstar Cricket Academy helps our youngest participants join in on the fun of cricket.

# Introduction

The New Zealand Post Superstar Cricket Academy is designed as a practical resource which assists parents, teachers and coaches to effectively and confidently organise and run a New Zealand Post Superstar Cricket Academy programme in a school or club.

It will help standardise the coaching of cricket skills to players throughout New Zealand. The programme focuses on teaching children the essential skills of the game through a series of activities, drills and modified games in preparation for their successful introduction to New Zealand Post Superstar Cricket, a modified format of the game.

To ensure the New Zealand Post Superstar Cricket Academy is well organised and delivered successfully it requires coaches to have a familiarity with the objectives and requirements of the programme.

## Objective

- To provide a positive cricket experience for every child that is involved.

## Requirements

- Ensure that each session is planned and prepared.
- Be familiar with the structure of each session.
- Ensure there is enough equipment to run the session.

Each session within the New Zealand Post Superstar Cricket Academy is broken down into five sections:

- Warm-up drill
- Batting drill
- Bowling drill
- Fielding drill
- Modified game

Each session is broken down to include the instructions for that drill, coaching points/ success criteria and progressions to make the drills more complex. There are even some key questions you can ask your players to get them thinking!

# Session Key



Duration



Modified game



Equipment needed



Coach call



Group sizes



Shows path of the ball



Warm-up Game



Shows path of player



Batting drill



Bowling drill



Fielding drill



# THE BASICS

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# BATTING

How to hold the bat – **Grip**

Where to Stand – **Stance**

How to swing the bat – **Backswing, Straight bat shot, Horizontal bat shot**

Running between the wickets

# Grip

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1



2

- 
- 1 Pick up bat with both hands close together in the middle of the handle.
  - 2 Thumb and fore finger should be making a 'V' shape, pointing to the back edge of the bat.

# Stance

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1

- 
- 1 Stand side on in a comfortable upright position, with head and front shoulder facing the bowler.
  - 2 Feet are to be shoulder width apart and parallel to the batting crease.
  - 3 Head is still and eyes are level.
  - 4 Knees should be slightly bent and weight evenly distributed.
  - 5 The bottom of the bat is rested behind the back foot.



# Backswing

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- 
- 1 Head still and eyes level.
  - 2 Coordinate the backswing with the bowlers delivery stride.
  - 3 Swing bat backwards 'cocking the wrists', at the same time dip the front shoulder and step forward, swinging the bat down to hit the ball with the full face of the bat.

# Straight Bat Shot

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1



2



3

- 
- 1 Head still and eyes level and focused on the ball.
  - 2 When the bowler is in delivery stride, swing the bat back 'cocking the wrists' As the ball is bowled towards the batter, step forward with the front foot.
  - 3 Head and shoulders should move forward towards the ball.

# Horizontal Bat Shot

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- 
- 1** Head still and eyes level and focused on the ball.
  - 2** When bowler is in delivery stride, swing the bat back 'cocking the wrists'. At the same time quickly move your back-leg back and across into the crease.
  - 3** Having got into a stable base position the bat is swung horizontally from high to low from the backswing with the arms extended and the front foot acting as a pivot.

# Running Between The Wickets

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- 
- 1 Be prepared to run every ball.
  - 2 Hold the bat in the hand that is nearest to the bowler (standing side on with visual awareness of both the bowler and batting partner).
  - 3 As bowler is in delivery stride and about to bowl, begin walking towards batting partner, ready to run if required.
  - 4 Three main calls which need to be called loudly and clearly – ‘YES’, ‘NO’ or ‘WAIT’.
  - 5 If making a run, run fast and slide the bottom of the bat across the crease line.
  - 6 If running more than 1 run, always turn facing the fielder with the ball.



# BOWLING

# Bowling Grip

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1



2



3

- 
- 1 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).
  - 2 Grip is light and relaxed with the ball in fingers and not held in the palm of the hand.
  - 3 As the ball is bowled the seam will be upright, pointing towards the batter.

# Basic Action

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There are two main types of bowling action – ‘Side on’ and ‘Front on’. The bowling action referred to through the coaching resource is ‘side on’. This means that the bowler runs up and jumps into a ‘side on’ position to deliver the ball;

- Back foot lands parallel to the crease.
- Front foot, shoulders and hips point down towards the batter.
- Head looks over shoulder of the front arm.

Some players may have a ‘front on’ action. This is when the bowler runs up in a front on position to deliver the ball;

- Both feet point down the pitch towards the batter on landing.
- Shoulders and hips are parallel to the crease.
- Head looks inside a raised front arm.

*Both actions are equally acceptable as long as they are safe and carried out correctly.*

## PHASE 1

- 1 Stand side-on
- 2 Feet shoulder width apart
- 3 Back foot parallel to the stumps
- 4 Head towards the batter
- 5 Hands together with the ball under the chin

## PHASE 2

- 1 Stretch hands apart
- 2 Reaching high with the front arm
- 3 Look over the front shoulder
- 4 Push the bowling arm down towards the back knee

## PHASE 3

- 1 Rotate the arms
- 2 Pull the elbow of the front arm down to the front hip
- 3 Swing the bowling arm over straight, brushing the ear
- 4 Release the ball at the top

## PHASE 4

- 1 Swing the arms through
- 2 Front arm down passed the front hip
- 3 Followed by the bowling arm across the body to the front hip
- 4 Keep the head still, eyes level and focused on the batter

# Walk/Run Up And Follow Through

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- 
- 1** Start from three paces behind the stumps.
  - 2** Step right, left and right turning side on and swinging the left leg across the body to point towards the batter (left arm bowlers begin by stepping onto the left foot first in the step sequence).
  - 3** Reach high with front arm.
  - 4** Look over front shoulder.
  - 5** Push bowling arm down from under the chin to the back hip.
  - 6** Make a windmill-like motion, bringing the non-bowling arm down and the bowling arm over.
  - 7** Pull elbow of the front arm down to the front hip.
  - 8** Swing the bowling arm over straight, brushing the ear.
  - 9** Release the ball at the top.
  - 10** Swing the arms through, with front arm down past the front hip.
  - 11** Bowling arm comes across the body to the front hip.
  - 12** Step through with the back leg so the bowling arm shoulder points towards the batter.
  - 13** Follow through, keeping head still and eyes level, focused on the batter.



# Progression

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*Progression from walking through the action is running through the action.*

- 1** Measure the run up.
- 2** Run in gradually building pace.
- 3** Jump into the delivery stride, turning side on.
- 4** Reach high with front arm.
- 5** Look over front shoulder.
- 6** Push bowling arm down from under the chin to the back hip.
- 7** Make a windmill-like motion, bringing the non-bowling arm down and the bowling arm over.
- 8** Pull elbow of the front arm down to the front hip.
- 9** Swing the bowling arm over straight, brushing the ear.
- 10** Release the ball at the top.
- 11** Swing the arms through, with front arm down passed the front hip.
- 12** Bowling arm comes across the body to the front hip.
- 13** Step through with the back leg so the bowling arm shoulder points towards the batter.
- 14** Follow through, Keeping head still and eyes level, focused on the batter.



**FIELDING**

# Ground Fielding

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- 
- 1 Be alert and walk in slowly whilst the bowler is running in to bowl.
  - 2 Keep head still, eyes level and focused on the ball.
  - 3 Move in quickly to attack the ball behind the line of the ball, bend with knees and have both hands low and ready.
  - 4 Watch the ball into your hands.
  - 5 Stand and prepare to throw the ball.

## Backing Up

Move quickly behind a nearby fielder who is attempting to stop the ball. The backing up player is ready to assist if the player fielding the ball misses it.

Move quickly behind the bowler or wicketkeeper to back up throws from other fielders, to assist if the bowler or wicketkeeper misses the ball.

# Catching

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1



2

- 
- 1 Move into position quickly.
  - 2 Keeping head still and eyes on the ball at all times.
  - 3 Cup hands together with the little fingers touching.
  - 4 The palms of hands should be facing the ball, ready to cushion the ball as it is caught.

# Underarm Throw

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*These are short distance throws and are used for speed and accuracy.*

- 1 Extend throwing arm back with straight arm.
- 2 Step forward towards the target with the opposite leg to the throwing arm.
- 3 Swing your throwing arm forward and release the ball. Allow the palm of the hand to continue through towards the target.

# Overarm Throw

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1



2



3



4



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*These are longer throws and are used for power and distance.*

- 1 Stand side-on to the target.
- 2 Throwing arm moves back and up with the fingers on top of the ball.
- 3 The non-throwing arm points towards the target.
- 4 Step towards the target throwing the ball keeping the elbow high.
- 5 Throwing arm follows through across the body and the players should also transfer their body weight into the throw.

# Wicketkeeping

Standing back - fast bowler



Standing up - slower bowler



*It's important for the wicketkeeper to catch deliveries from the bowler that a batter misses or from throws that are thrown by fielders.*

- 1** Crouched behind the stumps (at a comfortable distance from the stumps) with bent knees in a low position.
- 2** Hands together, palms open and facing the bowler and fingers pointing downwards.
- 3** Head still, eyes level and focused on the ball.
- 4** When receiving a ball from a fielder, wicketkeepers should be standing close to the stumps.







# STAGE 2 SESSION 1

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# Five Pass

 5 MINS

 4 CONES, BALL

 EVERYONE

**AIM:** To warm up, pass the ball, and catch

## 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?  
(*Run into space and call for the ball.*)



# Side-On Squares

 15 MINS

 4 CONES, BALL

 SMALL GROUPS: 2-4

**AIM:** To promote a side on bowling action

## Instructions

- 01** Set up a square using the cones, 10 metres x 10 metres.
- 02** A player stands at each corner of the square.
- 03** The bowler bowls the ball to the next player on the cone.
- 04** Players catch the oncoming ball and then bowl to the next player on a cone.

## Progressions

- Place two stumps (1/2 metre apart) in front of each player. The bowler must try to bowl the ball through the 'channel' created by the stumps.

## Coaching points / Success criteria

- Use the "bunny ears" grip.
- Stand side-on with feet apart.
- Point your front arm at the target.
- Rock back and forth.
- 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

- When players step to bowl, where does their front foot point?  
(Towards the target.)





# Split 'Em

10-15 MINS | 2 CONES, STUMPS, BALL, BAT, BATTING TEE | SMALL GROUPS: 2-4

**AIM:** For the batter to hit the ball into the spaces

## Instructions

- 01** Set up two cones 10 – 15 metres from the batting position. The cones in the outfield should be spaced 10 metres apart.
- 02** The two fielders are positioned on each of the outfield cones.
- 03** The batter has to drive the ball between the cones and beat the fielders, the fielders can move off their cones once the ball has been hit and try to stop the ball passing through the cones.
- 04** If the ball goes through the cones the batter scores 4 runs.

## Progressions

- Use a pull shot to hit the ball through the cones.
- Moving the cones, make the target bigger or smaller.
- The coach may choose to increase or decrease the hitting distance.

- Have another player bowl underarm to the batter, so that they must hit a moving ball.

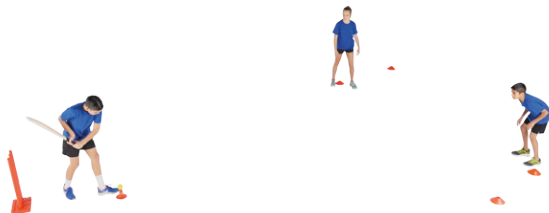
## Coaching points / Success criteria

- 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.

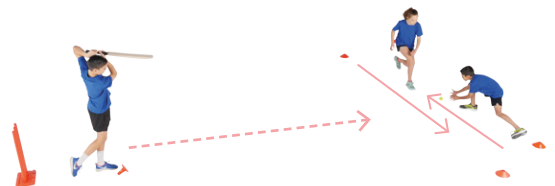
## Key questions

- How do you hit the ball where you want it to go? *(Swing the bat down straight hitting the ball with the full face of the bat directed towards the target area.)*

1



2



# Bump The Cone

 10 MINS

 10 CONES,  
2 BALLS

 SMALL GROUPS: 2-4

**AIM:** To overarm throw accurately

## Instructions

- 01** Create two equal teams, set up 1 cone for teams to stand behind and 10 metres in front of them set up five scattered cones (as per diagram), one team member will go and stand behind the scattered cones and act as the wicketkeeper.
- 02** From behind the cone players throw one at a time and try to hit a cone on the full (no bounce prior to hitting the target). If a cone is hit the wicketkeeper removes the cone.
- 03** The thrower follows their throw and becomes the wicketkeeper, the wicketkeeper catches the ball and returns it back to the next person in the line.
- 04** Once all cones have been hit and eliminated the team with no cones will be the winner.

## Progressions

- 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.

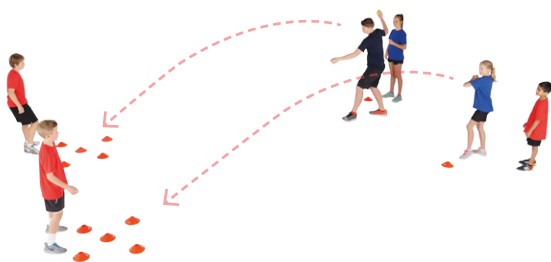
## Coaching points / Success criteria

- Stand sideways.
- Look at target.
- Point at target with non-throwing hand.
- Stretch arms out as wide as possible.
- Step through with rear leg at the same time as driving throwing arm through.
- Follow through so whole body is facing in the opposite direction.

## Key questions

- Where should you be aiming?  
*(At one of the cones.)*

1



2



# Collector Cricket



20 MINS

6-8 CONES, BALL,  
BAT, BATTING TEE

SMALL GROUPS: 2-4

**AIM:** To collect as many cones as possible

## Instructions

- 01** Create two equal teams.
- 02** Batters take turns to hit the ball off a batting tee. With every hit, they get to run and collect one cone at a time.
- 03** The fielders retrieve the ball and return it as quickly as possible to the batting tee. Once the ball is back on the batting tee, the batter stops running.
- 04** Every cone collected represents 1 run. (The batter can count the cones, keeping track of their scores, before returning them for the next batter's turn).
- 05** Each batter has two turns before swapping over.

## Progressions

- Bowl or throw the ball.
- Increase the distance to the cones.
- Batter runs to a bucket of balls (as opposed to cones) and throws underarm one ball at a time back to the other batters waiting for their turn. Each ball that is caught successfully equals 1 run.

- Fielding team must pass the ball to each other once before placing it back on the batting tee.

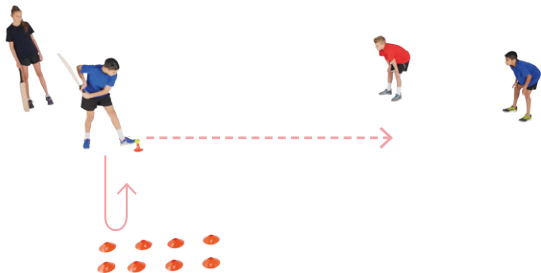
## Coaching points / Success criteria

- Hold bat with correct grip.
- Hit the ball into the spaces.
- Whilst running to collect cones, when turning, face the side of the field.

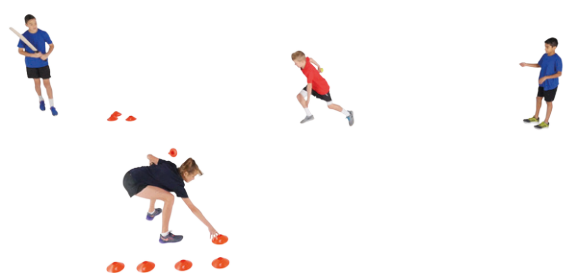
## Key questions

- How should we organise ourselves in the field?  
*(Spread out! Some fielders will be close, others further away.)*
- How can the fielders make it difficult for the batters?  
*(By spreading out, and working together by relaying the ball back.)*
- How do you decide who should chase the ball?  
*(The closest person to the ball should pursue it.)*
- If we're not chasing the ball, what should we do?  
*(Help out as back up to the other fielders.)*

1



2





# STAGE 2 SESSION 2

SESSION 2

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# Catching Zig-Zags



5-10 MINS



10-15 BALLS



LARGE GROUPS: 10+

**AIM:** To underarm accurately and catch correctly

## Instructions

- 01** Create two equal teams. Then line up into two lines. Players should have another player standing opposite them (slightly on the diagonal), in a zig-zag format.
- 02** The player at the start of one line throws four balls (one at a time) to the player opposite them in the other line. They then run down to the end of their line to re-join the zig-zag format.
- 03** The catcher receives the ball and also throws to the player opposite them in the other line. They then run down to the end of their line to re-join the zig-zag format.
- 04** The first team to work their way down the field to a certain point (staying within their line format) is the winning team.

## Progressions

- Add additional balls into the drill for a further challenge.
- Make players catch with only one hand and throw with their non-dominant hand.

- The coach can determine how players should move when going to re-join their line (like hopping, skipping, or running backwards).

## Coaching points / Success criteria

- Ensure players use the correct catching technique: Eyes on the ball (always watch the player you are receiving the ball from); Cup your hands together with little fingers touching.
- Vary the game with progressions to keep the kids on their toes.

## Key questions

- What do you do when you have received and thrown all of the balls?  
*(Run to other end of line and get ready to catch more balls.)*
- Do we line up diagonally across from the other line or straight across? *(Diagonally – make like a zig zag!)*
- Which person should we be watching?  
*(Whoever the ball is coming from.)*

1



2





# What's The Number?

 15 MINS

 BALL

 PAIRS

**AIM:** Focus on the target before bowling the ball

## Instructions

- 01** Standing in pairs (12-18 metres apart), two players will get turns bowling to each other.
- 02** The bowler focuses on their partner (the target), the partner uses their fingers to flash numbers between one and five as the bowler is about to bowl. The bowler must be able to tell what number was shown.
- 03** The partner catches the ball and then has their turn at doing the same.

## Progressions

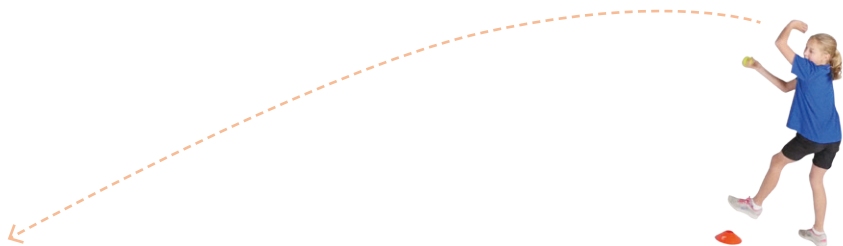
- Make the target a set of stumps. The partner can stand behind the stumps and flash a number with their fingers.

## Coaching points / Success criteria

- Stand side-on with your feet apart.
- Point your non-bowling arm at the target.
- Head positioned towards the target, eyes level.

## Key questions

- Why do we have to look where we bowl?  
(So that the ball can go towards the target.)





# Rapid Fire

 15 MINS



2 CONES, 2 SETS OF STUMPS,  
6 BALLS, 2 BATS, 6 BATTING TEES



LARGE GROUPS: 6-8

**AIM:** Hit balls through the gates accurately and run as many as runs as possible

## Instructions

- 01** Create two equal teams (six to eight within a team is ideal).
- 02** Set up six batting tees, evenly spaced 0.5 metres apart between two sets of stumps. Then set two cones like a goal (20 metres in front of the batter and 10 metres apart), the fielders must start behind the cones.
- 03** The batter then has to hit the balls off the batting tee (six hits) through the goal, the fielders cannot move until all six balls have been hit. Once all balls have been hit the batter starts running between the wickets.
- 04** The fielders must collect the balls and return them to the batting tees. Once they've all been returned, batters must stop running.
- 05** Once all team members have had a bat, teams swap over.

## Progressions

- Set up with one stump and a batting tee on top so that players can use it to practice their pull shots.

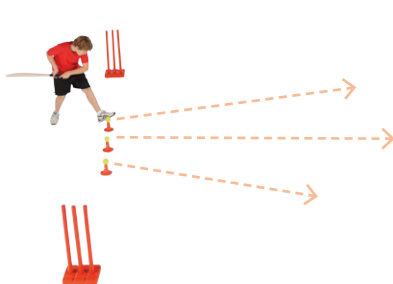
## Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Swing the bat down straight hitting the ball with the full face of the bat.
- It's important that fielders watch the balls so they don't lose sight of any.

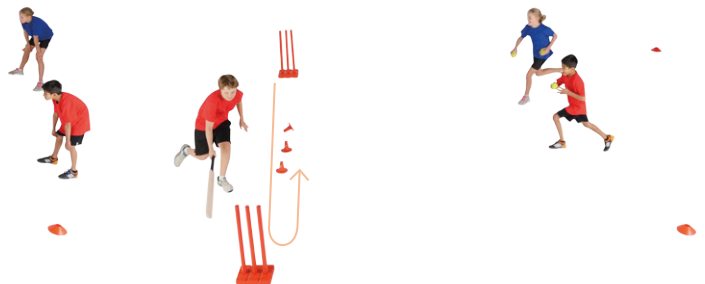
## Key questions

- Where is the best place to hit the balls?  
(*Into a space far away from the fielders.*)

1



2





# Longest Throw



10-15 MINS



8 CONES, 1 BALL  
(PER PLAYER)



INDIVIDUALS

**AIM:** To overarm throw the ball as far as possible

## Instructions

- 01** Set up cones at 10 metres, 20 metres and 30 metres away.
- 02** Players stand on a line and throw into the different zones using correct throwing technique.
- 03** Points are awarded based on which zone the ball finishes in.
- 04** Players run out and retrieve their own balls and then return to line ready to throw again.

## Progressions

- Call out a zone, and the players must then aim to throw their ball into that zone.
- Make the zones smaller or larger.

## Coaching points / Success criteria

- For close range, use an underarm throw.
- For distance, use an overarm throw.

## Key questions

- What is the best angle to throw in order to gain the greatest distance?  
(*Aim high and long.*)



# Team Rapid Fire

 20 MINS

 2 SETS OF STUMPS, 4 BATS,  
4 BALLS, 4 BATTING TEES

 SMALL GROUPS: 2-4

**AIM:** To collect as many cones as possible

## Instructions

- 01** Create equal teams (four in a team is ideal).
- 02** One team is first assigned to be the batters, while the other team(s) field.
- 03** Set up two sets of stumps 16-18 metres apart. In front of a set of stumps, have four batting tees set up 1 metre apart from each other.
- 04** All of the batters line up behind a batting tee (four batters), they hit the ball off the batting tee into the field, and then run in-between wickets.
- 05** When the fielders collect the balls and return them to the batting tees, they can call 'stop.'
- 06** Players in the batting team get three turns each and then swap with one of the fielding teams.
- 07** Add all the runs from each batter, the team with the most runs wins.

## Progressions

- Introduce 'max zones' of about 20 or 30 metres. Batters can earn double runs if the ball goes past the max line.

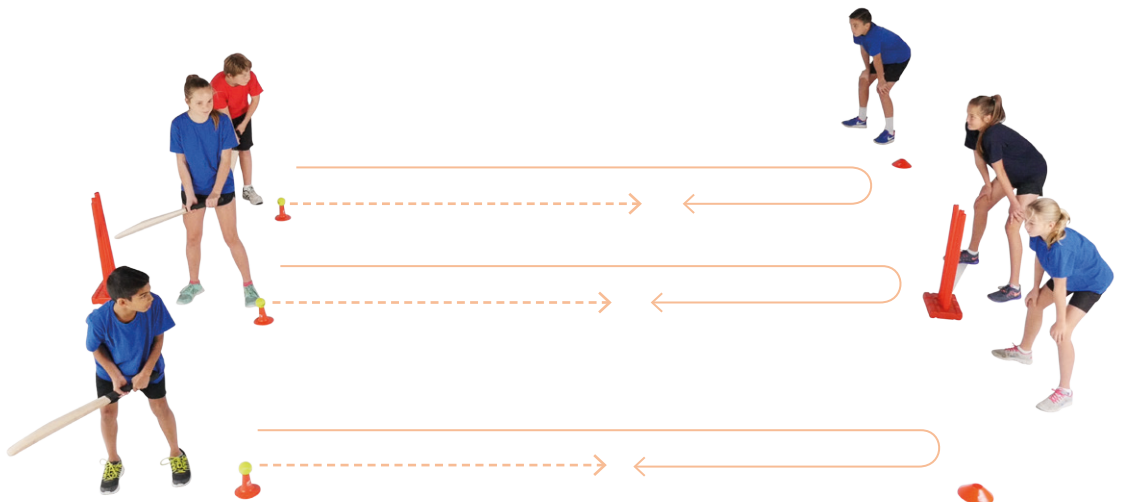
- Fielders retrieve balls and throw them back to wicketkeepers.

## 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

- Where is the best place to hit the ball?  
*(Anywhere that's an empty space.)*
- How can you work together as a team of batters?  
*(Hit the ball in different directions and communicate with each other.)*





# STAGE 2 SESSION 3

SESSION 3

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# Touch Cricket

 5-10 MINS

 12 CONES, 2 SETS OF STUMPS, BALL



LARGE GROUPS: 6-8

**AIM:** To knock over the stumps to score points

## Instructions

- 01** Create two equal numbered teams. Set up stumps at each end of the playing area.
- 02** One team rolls the ball underarm to their teammates, working their way up the field.
- 03** Play is turned over if the ball is intercepted by the defending team.
- 04** 1 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

- How would calling for the ball help you and your teammates?  
*(Allows for your teammates to know where you are and where to pass the ball.)*
- When is the best time to try and score?  
*(When yo have a clear shot at them.)*



# Leap Into Action

 15 MINS

 3 CONES,  
STUMPS, BALL

 SMALL GROUPS: 2-4

**AIM:** To run up and bowl

## Instructions

- 01 Create groups of three.
- 02 Set up two cones 2 metres apart (this is the zone the bowlers are to bowl to).
- 03 Stumps are to be laid out parallel on the ground, by the bowler creating very small hurdles.
- 04 One player stands behind the two cones zone to catch the ball.
- 05 Players take turns bowling. They walk through and take three steps, before leaping over the hurdle and bowling at the target zone. They then follow the ball and become the catcher whilst the catcher runs back with the ball and passes to the next player and joins the line.

## Progressions

- Use stumps, which are relatively narrow, instead of a larger target zone.
- Once the players have mastered this, encourage them to run up and bowl from 4 metres behind the stump.
- Play the game 'What's the number' in addition to the above activity. This will test whether the bowlers are really keeping their eyes fixed on the target.

## Coaching points / Success criteria

- Staying focused on the target.
- Jumping off the correct foot and landing to bowl correctly.

## Key questions

- Do we leap up to the sky or forwards to the target?  
(*Forward, towards the target.*)

1



2



3





# Pierce The Gap

 15-20 MINS

 6 CONES, STUMPS, 3 BALLS,  
BAT, 3 BATTING TEES



LARGE GROUPS: 10+

**AIM:** To drive the ball accurately

## 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 player who takes position as the wicketkeeper. The aim is to get three balls through each of the zones. Either 2, 4 or 6 runs are awarded, depending on which zone the ball goes to.
- 03** The fielding team are allowed to place their fielders in the zones to ensure that the balls are stopped.
- 04** If the ball goes outside the coned zones then no runs are scored. Likewise, if the ball is caught in the air then no runs are scored, and that batter will not get another hit.

## Progressions

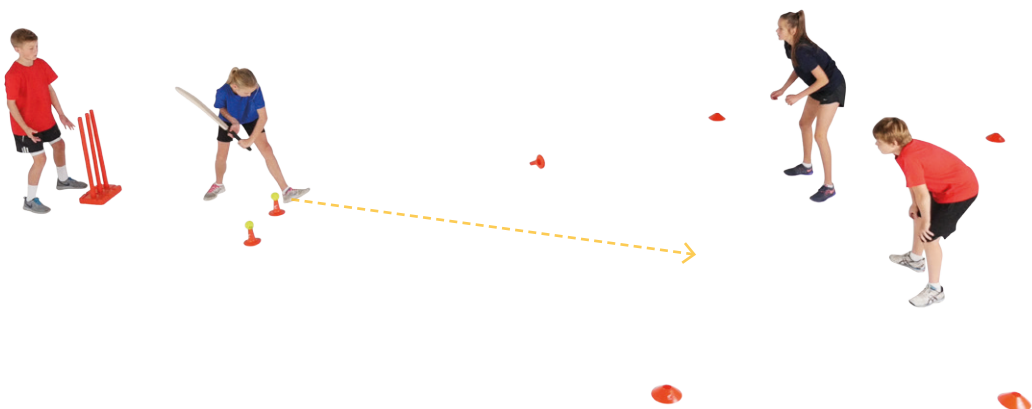
- Set up the batting tees with one stump and a batting tee on top so that players can try using the pull shot.

## 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

- How can batters hit the ball where they want it to go? *(Hit with a straight bat, and follow through towards the target.)*





# Stump Destruction

 15-20 MINS

 2 CONES, BALL, STUMPS

 SMALL GROUPS: 2-4

**AIM:** To throw the ball accurately at the target

## 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 run to join the back of their teams 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.
- Add cones in front of the stumps as another object to hit.
- Increase or decrease the distance between the sets of stumps.

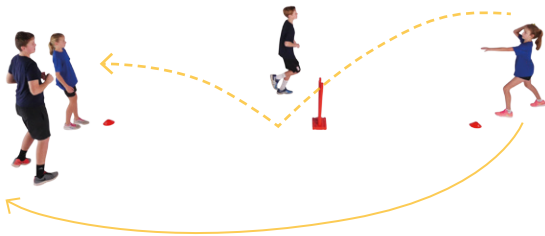
## Coaching points / Success criteria

- 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.

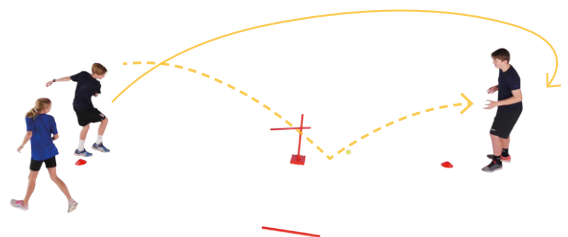
## Key questions

- How can you throw accurately?  
(*Look at the target and point with non-throwing arm.*)

1



2



# Diamond Cricket



20 MINS

4 SETS OF STUMPS,  
BALL, 4 BATS

LARGE GROUPS: 6-8

**AIM:** To score more runs than the opposition

## Instructions

- 01** Create teams of four.
- 02** 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.
- 03** 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.
- 04** After bowling six balls the bowler rotates with one of the fielders so that everyone has a chance to bowl.
- 05** Once the ball has been hit, the batters run clockwise to the next set of stumps (or further, if they can)!
- 06** 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.

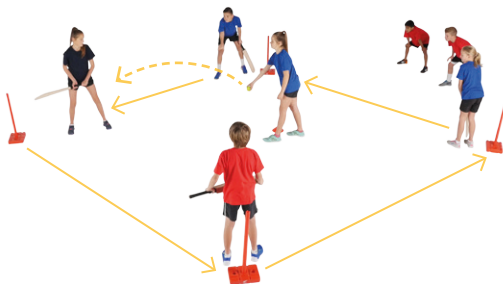
## Coaching points / Success criteria

- Make sure the bat is held with the correct grip.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Stand side-on when bowling and batting.

## 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?

1



2





# STAGE 2 SESSION 4

New Zealand Post 





# Snowball Tag



5-10 MINS



8 CONES, BALLS



EVERYONE

**AIM:** To avoid being tagged

## Instructions

- 01** Create a marked off zone which all players need to stand inside.
- 02** The ball is given 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 isolate a player.)
- How can you make sure players know they are tagged?  
(Ensure they have a tennis ball in their hands.)



# Stump To Stump Bowling

 10 MINS

 CONE, BALLS, STUMPS  
(OR ANOTHER TARGET)

 PAIRS

**AIM:** To bowl the ball accurately

## Instructions

- 01** Set up stumps and a cone 12 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** Bowl six balls and then swap with partner.

## 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).

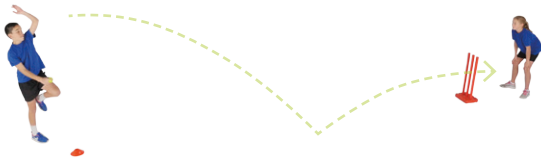
## Coaching points / Success criteria

- 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.)*

1



2





# Perfect Cricket

15 MINS

2 SETS OF STUMPS,  
BALL, 2 BATS

LARGE GROUPS: 8-10

**AIM:** Understand the fundamentals of running between the wickets

## Instructions

- 01** Set up two sets of stumps 15 metres apart.
- 02** Two players will start off as the batters, while the others field. The batter hits the ball off the batting tee, whilst their partner is waiting at the other end ready to run.
- 03** Batters must call out to each other (yes, no or wait), run holding the bat correctly, and make sure to slide their bat ahead of them into the crease.
- 04** If batters do not complete a call, hold the bat correctly and use the correct sliding technique the coach stops play and selects another batter to replace them from the team of fielders.
- 05** Fielders are to retrieve the ball and place back on batting tee and call 'stop' if the batters are still running.

## Progressions

- You may choose to single out a particular part of running between the wickets to focus on, like how to slide the bat forward, and then introduce another skill later.

- Introduce a rule that the batter must run within three balls even if it is hit straight to a fielder.

## Coaching points / Success criteria

- Calls: Yes, No, Wait!
- Backing up at non strikers end.
- Sliding the bat.
- Turn facing the ball.

## Key questions

- What calls do we make?  
*(Yes, No, or Wait)*
- Who calls when the ball goes behind the wicket?  
*(The non-striking batter, who can see everything happening behind the batter who is hitting the ball.)*
- Who calls when the ball goes in front of the wicket?  
*(The non-striker, meaning the player waiting at the other end of the wickets.)*

1



2



3



# Fireball

 15-20 MINS

 4 CONES,  
8 BALLS

 SMALL GROUPS: 2-4

**AIM:** Learning how to throw accurately and catch the ball

## Instructions

- 01** Create two teams; set up a rectangular box, one team stands at one end (with four balls) whilst the other team is at the other end (with four balls).
- 02** When the coach says 'go' players from both teams throw balls to the opposite end.
- 03** Balls are thrown continually with players throwing and catching until the coach yells out 'stop'. The team with the least amount of balls wins.

## Progressions

- To make the drill more challenging increase distance of the box.
- Have the players increase how high they bounce their balls.

## Coaching points / Success criteria

### Throwing

- Stand side-on to the target.

- Fingers should be on top of the ball and the throwing elbow higher than the shoulder.
- The non-throwing arm should be pointed towards the target.
- Throwing arm follows through across the body.

### Catching

- 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

- Where do you have to move your body to be able to catch the ball easily?  
*(To a position where you can catch the ball standing still.)*
- What should you watch?  
*(The ball.)*



# Non Stop Cricket



20 MINS

2 CONES, BALL, BAT,  
4 SETS OF STUMPS

LARGE GROUPS: 6-8

**AIM:** To run between the wickets and score the most runs

## Instructions

- 01** Create two equal teams, one team is the batting team and the other team is the fielding team.
- 02** The ball is bowled to the batter, who hits the ball into the field of play and then runs around one of the cones (A or B as per diagram).
- 03** The fielders must return the ball to the bowler, who can then bowl the ball at any time.
- 04** There are two ways that the batters can be 'out.' They may be caught out or batters can be bowled out.
- 05** The coach may choose to retire a batter (after they have scored a predetermined number of runs).

## Progressions

- Place extra scoring zones in the field.
- Increase the distance that batters have to run.
- Increase the distance that bowlers have to bowl.

## Coaching points / Success criteria

### Fielding

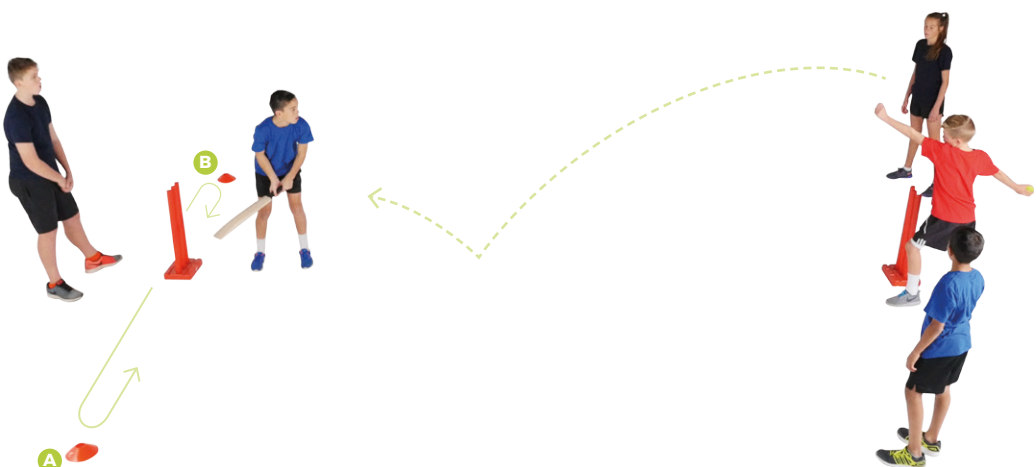
- Retrieve the ball and return to the bowler as quickly as possible.

### Batting

- Make sure you have the correct grip and look to hit into empty spaces.

### Key questions

- How do the batters decide whether to run or not? *(If the fielder stops the ball and returns it back to the bowler quickly, the batter should decide as to if they should run.)*
- How can the fielders collect the ball quickly? *(With their knees bent, and using both hands.)*
- How could you bowl more accurately? *(Point at the target with your non-bowling arm.)*







# STAGE 2 SESSION 5

New Zealand Post 





# Dragon's Den

 5-10 MINS

 20 CONES, 20 BALLS, 2 BIBS  
(TO IDENTIFY DRAGON)



LARGE GROUPS: 8-10

**AIM:** To retrieve balls and avoid being tagged

## Instructions

- 01** Using the cones, set up a 1 metre x 1 metre square, then 3 metres from the middle square set up another square. Then set up another square 5 metres from the middle square cones (as per the diagram) put all twenty balls inside the 1 metre x 1 metre square.
- 02** Select two players to be the 'dragons,' and then divide all other children into four groups.
- 03** The dragons' role is to guard the balls, keeping them inside the two middle squares.
- 04** The incoming player must try to get one ball at a time out of the square without being tagged. If tagged (by a dragon), the ball must go back into the middle, and the tagged player has to go back to their line, leaving the next player to have a go.
- 05** Only one person at a time from each line is allowed to try and steal the balls.
- 06** It's at the coaches' discretion to change the 'dragons'.

## Progressions

- Make the game more challenging by adding in extra dragons.

- Similarly, the game can be made harder for the dragons by having more teams with fewer people in them.
- Try making the square a bigger or smaller size for the dragons to patrol.

## Coaching points / Success criteria

- Vary the game with progressions to keep the kids on their toes.
- Only one person at a time from each team should try to get a ball.
- Ensure players are not running into others during the game as this can result in injury.

## Key questions

- What should we do if we're tagged by a dragon?  
*(Put the ball back in the centre and go back to their teams line – another teammate will try next.)*
- How many balls can the players take at once?  
*(One.)*
- Where do the dragons have to stay?  
*(Inside the square at all times.)*

1



2



# Knock 'em' Out

 15 MINS

 3 SETS OF STUMPS, BALL

 SMALL GROUPS: 2-4

**AIM:** Bowling the ball accurately to knock down the stumps

## Instructions

- 01 Create small groups (ideally groups of four).
- 02 Place two sets of stumps side by side (six wickets as the target), and one set of stumps 12 metres opposite.
- 03 The teams of four include three bowlers and a wicketkeeper, these players all take turns rotating positions after each ball is bowled.
- 04 The goal is for each teammate to take turns trying to bowl over a stump. Every time the stumps are hit, one stump is removed. This makes the target harder to hit with every successful ball!
- 05 The winning group is the first to knock down all six stumps.

## Progressions

- Bowling with a small run up.
- Bowl with a target zone that the ball must bounce in before hitting the stumps.

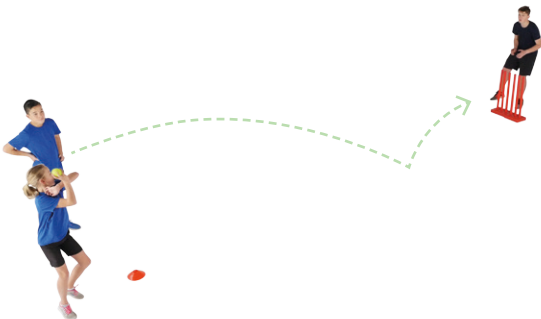
## Coaching points / Success criteria

- Point your front arm at the target.
- Rock back and forth.
- Swing your bowling arm straight over like a windmill and release the ball at the top.

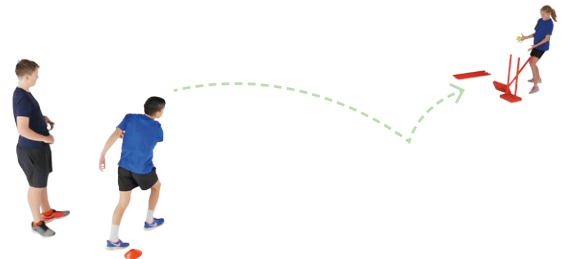
## Key questions

- How should bowlers aim?  
(By pointing the front arm towards the target.)

1



2





# Defence Cricket



15-20 MINS

8 CONES, BAT,  
BALL, STUMPS,

LARGE GROUPS: 6-8

**AIM:** Defend the ball with soft hands upon the bat

## Instructions

- 01** Set up cones 3 metres from the bat (as shown in the diagram below).
- 02** Coach bowls the ball underarm at the batter.
- 03** Batters can only play defensive shots – that means only hitting balls that threaten them or the stumps.
- 04** 1 point is given for every ball the batter successfully faces and keeps within the zoned area.
- 05** Batters can be dismissed if their ball is caught in the air, caught one hand one bounce, or if bowled.
- 06** Batters have three turns and then swap with another player.

## Progressions

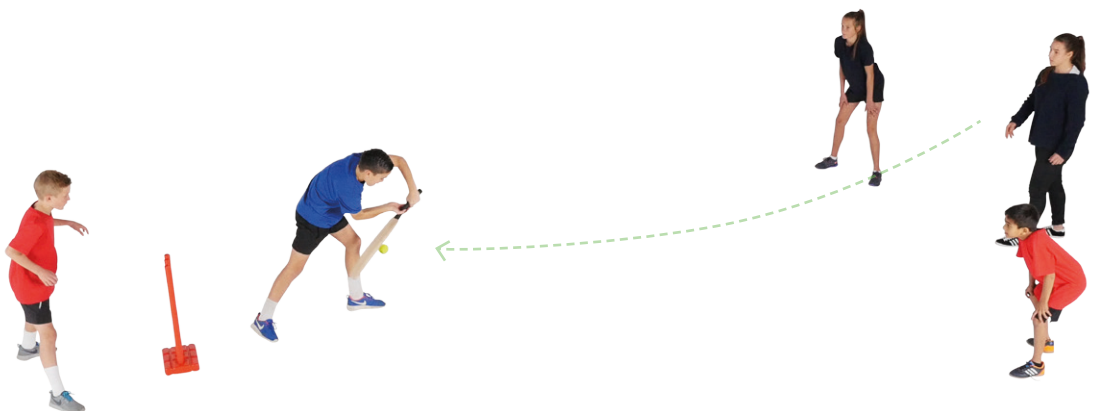
- Once the players have the hang of it, try adding in other cricketing dismissals, such as LBW (Leg Before Wicket) and getting stumped (when the wicketkeeper knocks the off the bails with the ball before the batter can get their body or bat on the ground behind the batting crease).

## Coaching points / Success criteria

- Defending with a straight bat.
- Soft hands upon the bat, to ensure the ball is defended.
- Select only balls threatening the batter or the stumps.

## Key questions

- How can the batters play wider deliveries?  
*(They should use their feet to get closer to the ball, but leave the ball if it's too wide to hit.)*
- How should fielders take a low catch?  
*(Down low and with bended knees.)*



# Battleships

 10 MINS

 20 CONES,  
4 BALLS

 SMALL GROUPS: 2-4

**AIM:** To focus on different targets and throw the ball 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.

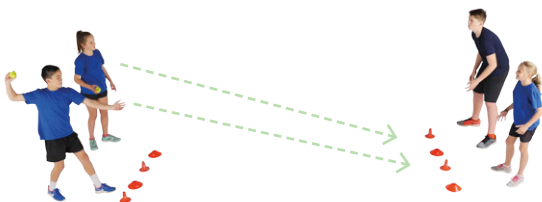
## Coaching points / Success criteria

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

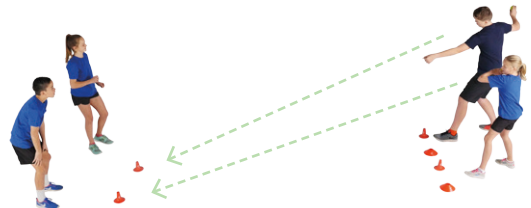
## Key questions

- What throwing techniques will you use?  
(Choose between underarm or overarm.)

1



2



# Tee Pairs Cricket



20 MINS

3 CONES, 2 SETS OF STUMPS,  
BALL, 2 BATS, BATTING TEE

LARGE GROUPS: 6-8

**AIM:** To score more runs than the opposition

## Instructions

- 01** This game is played with large groups (ideally of up to ten players (two batters, eight fielders).
- 02** Organise each of the fielders into pairs and number each pair.
- 03** The batting pair hit twelve balls (six balls each), off the batting tee.
- 04** Each successful run between the stumps equals 1 run. If a batter is run out or caught out, then they lose a run.
- 05** The pairs rotate positions after the twelve balls have been hit off the tee, and the game is complete when every pair has had a turn batting.
- 06** The pair with the most runs wins.

## Progressions

- Place extra scoring zones in the field to make it easier to win points.

## Coaching points / Success criteria

### Fielding

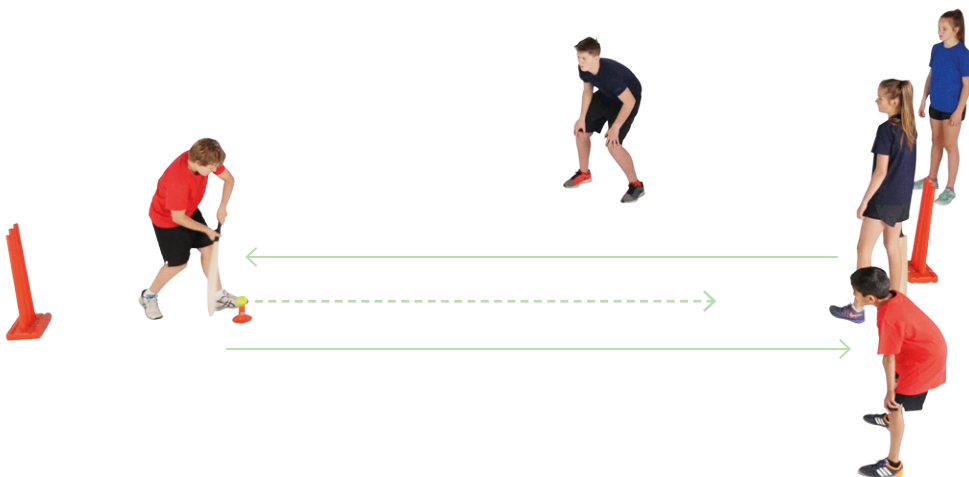
- Gather the ball and return to the wicketkeeper or bowler as quickly as possible.

### Batting

- Have the correct grip, stance and backswing and look to hit into the empty spaces.

## Key questions

- How do the batters decide whether to run or not? (*Communicate by yelling out to your partner with either a Yes, No or Wait!*)
- How can the fielders collect the ball quickly? (*With their knees bent, and using both hands.*)





# STAGE 2 SESSION 6

New Zealand Post 









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