





Year 5 & 6



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.

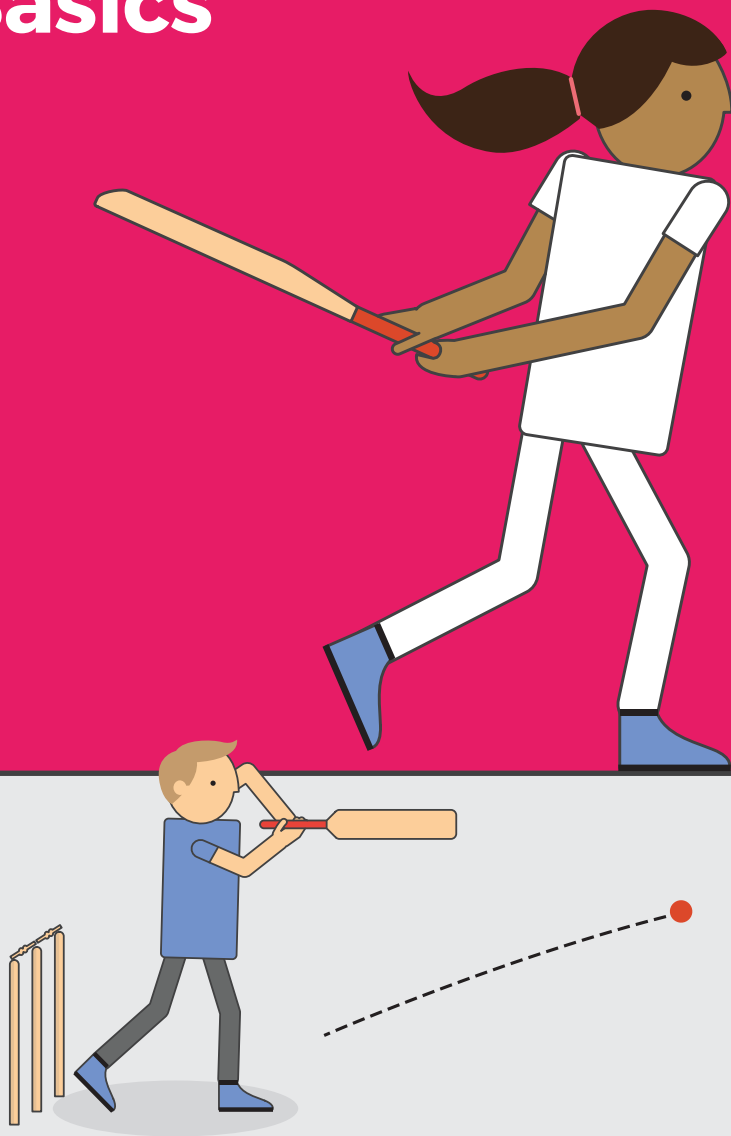
Introduce fundamental sport skills such as batting for direction/distance, throwing and catching.

Use modified games to practice movement skills.



Batting

Basics



Batting grip

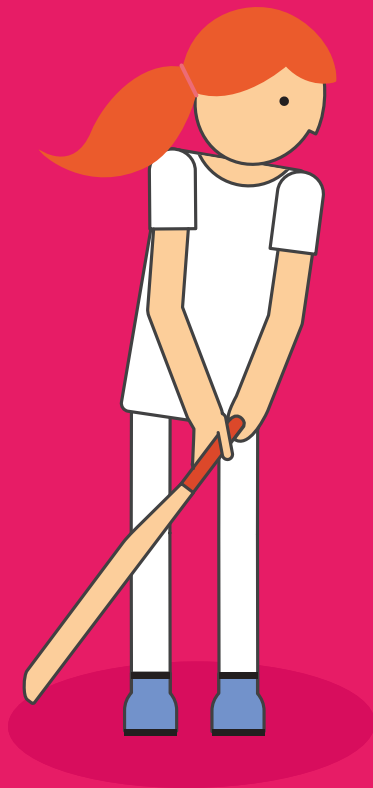
First the players should, hold their hands together, comfortably, in the middle of the bat handle. Now look down at their hands. They should be making a V-shape with the thumb and forefinger of each hand, with the 'V' pointing to the forward edge of the bat.

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

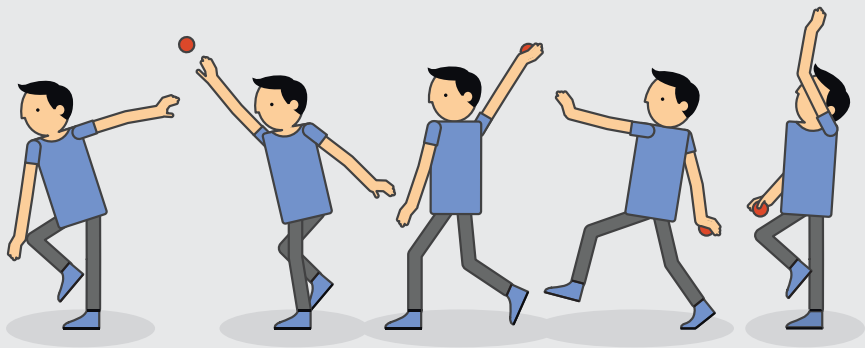
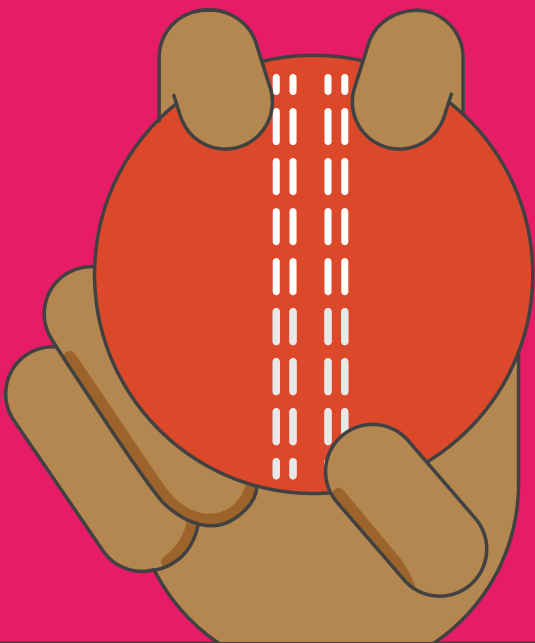
With correct grip and stance in place now progress to the backswing. Head still, eyes level, swing the bat backwards cocking the wrists, at the same time dip the front shoulder and step forward, swinging the bat down straight to hit the ball with the full face of the bat.





Bowling

Basics

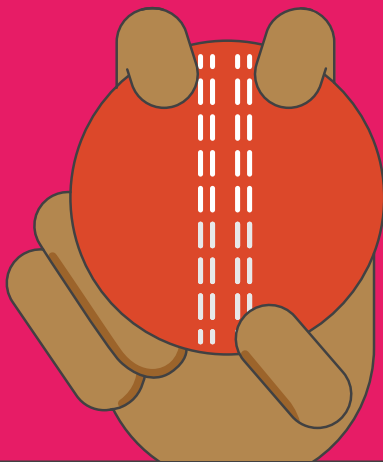


Bowling grip

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

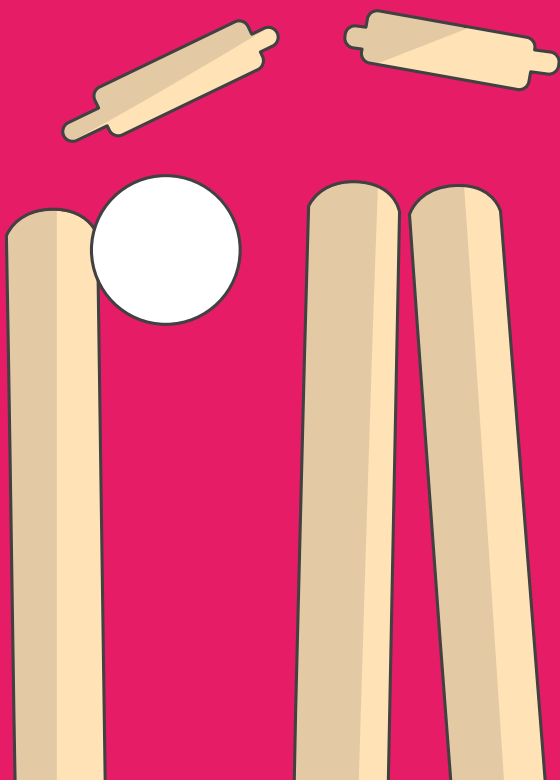
When we say 'action,' we're referring to the way that the ball is delivered to a batter. Bowlers should stand side-on to the target. With the ball held using the bowling grip, their bowling arm should be held straight down towards their back knee. Meanwhile, the other arm should be stretched up to the 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.





Fielding

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.





Snowball Tag



5 MINS



CONES, BALLS

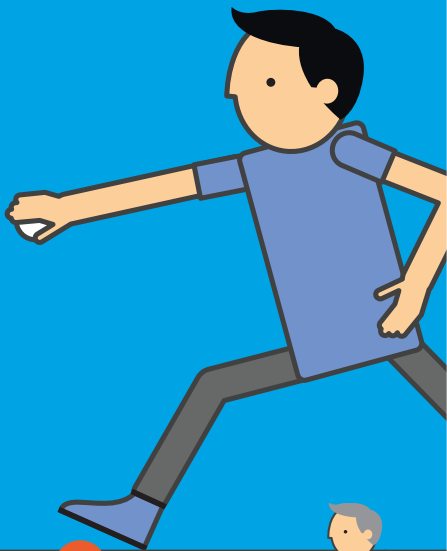


EVERYONE

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.)





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.

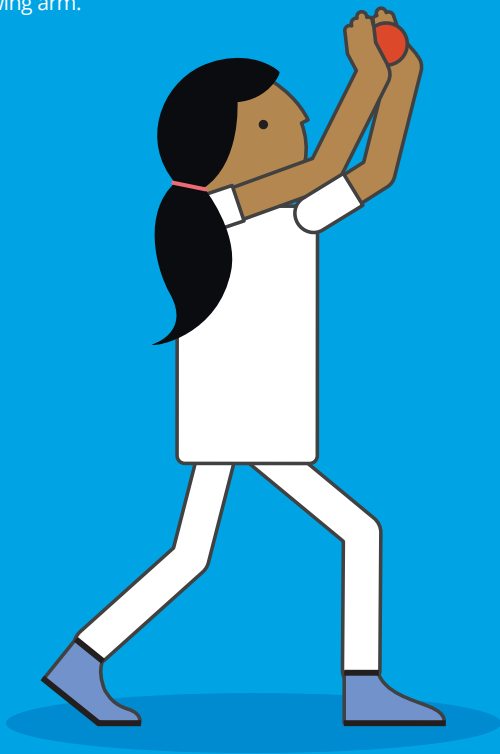


Progressions

- 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.





Umpire Tag



5 MINS



CONES

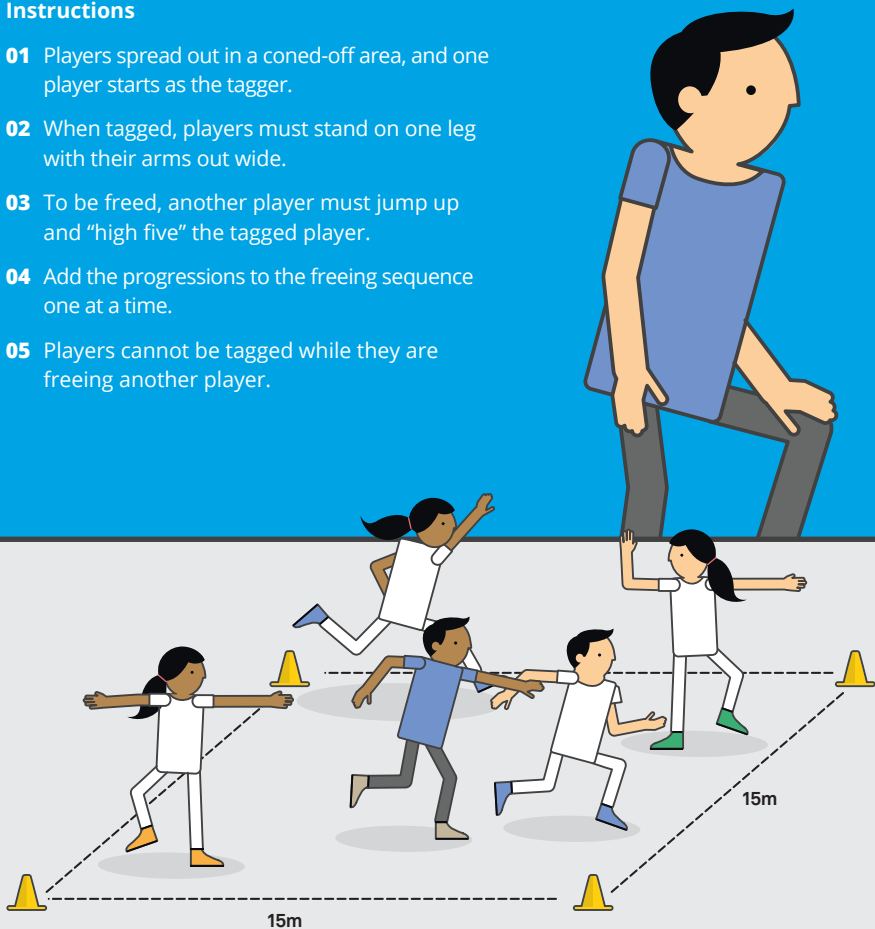


EVERYONE

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



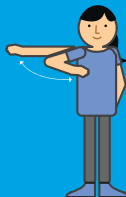
Out



Leg bye



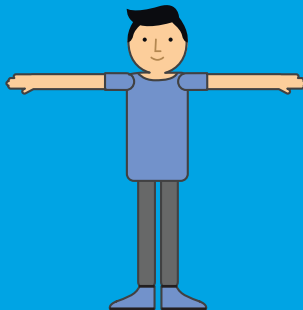
Bye



4 runs



No ball



Wide



Five Pass



5 MINS



CONES, BALLS

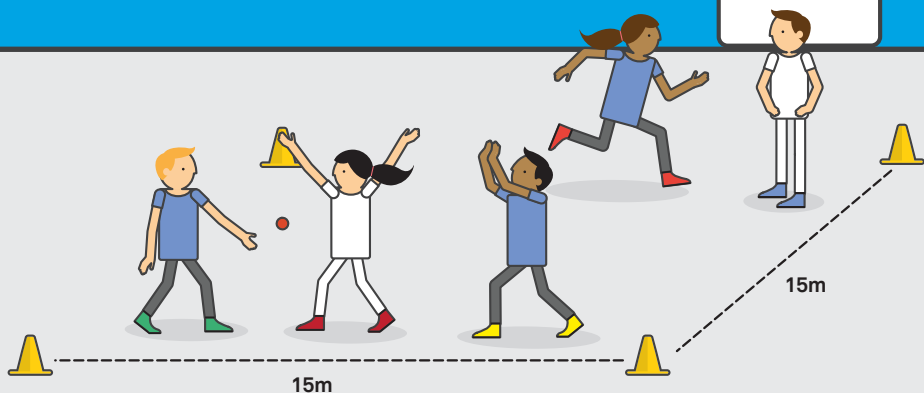
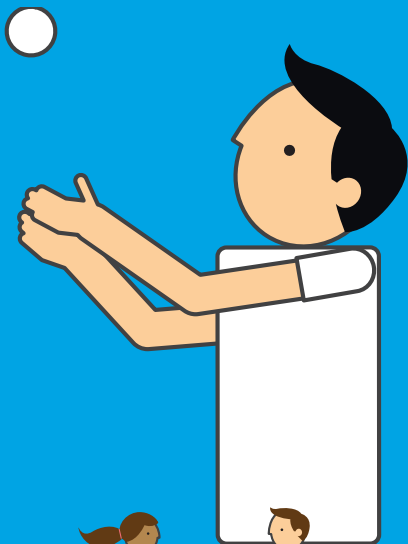


EVERYONE

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. If a team drops the ball, then they must pass it over to the other team.



Progressions

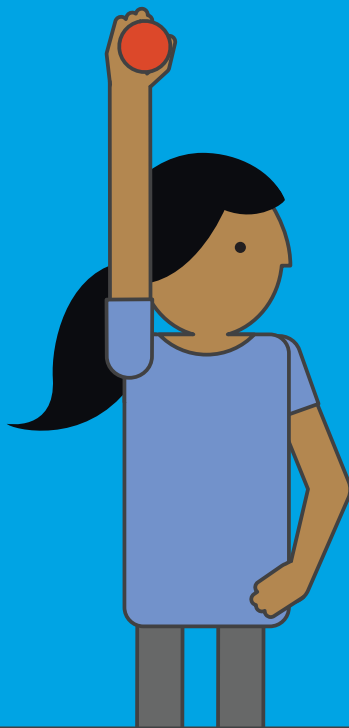
- Try one handed catching with either the left hand or right hand.
- Roll the ball along the ground.

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.)





Cricket Ball Smash



5 MINS

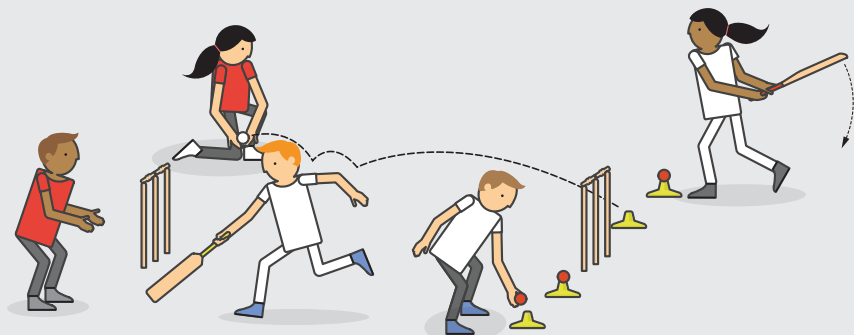
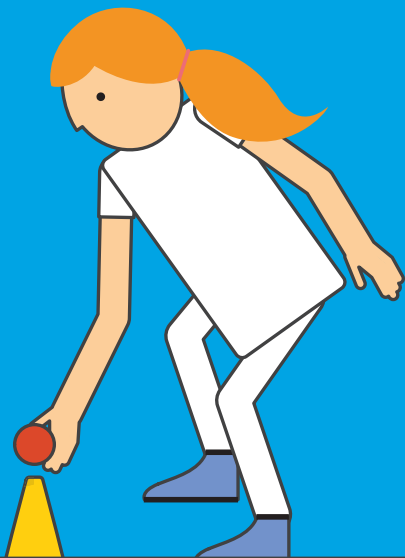
CONES, STUMPS, BALLS,
BATS, BATTING TEES

SMALL GROUPS: 2-4

AIM: TO HIT THE CRICKET BALL AND THEN SCORE AS MANY RUNS AS POSSIBLE.

Instructions

- 01** Create equal numbered teams - ideally made up of four batters and four fielders.
- 02** Set up the playing area, as shown in the diagram, with four batting tees.
- 03** Each batter hits a ball out into the field and then at the same time runs between the wickets as many times as possible.
- 04** The fielders retrieve the balls and return them to the batting tees. When all balls are back on the batting tees the batters stop running and individual runs are calculated.
- 05** Four new batters and four new fielders then repeat the above process.



15m

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.)





Between the Wickets Relay



10-15 MINS



STUMPS, BATS

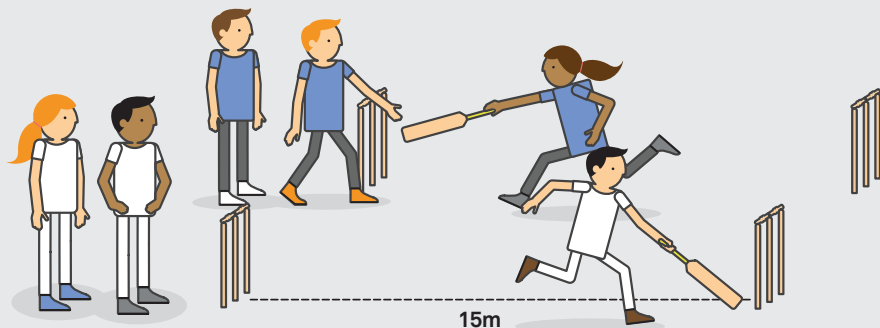
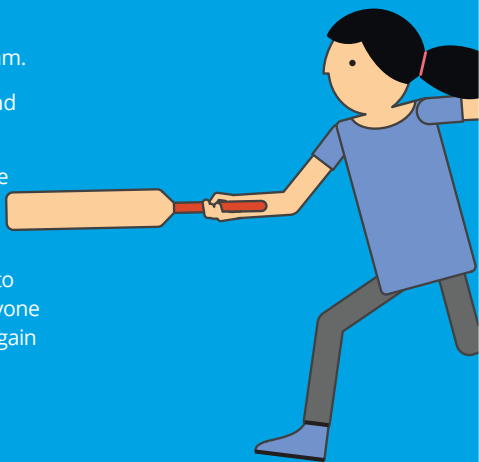


SMALL GROUPS: 2-4

AIM: TO RUN BETWEEN WICKETS AS FAST AS POSSIBLE.

Instructions

- 01** Set up playing areas, as shown in the diagram.
- 02** Divide the children into even groups behind sets of stumps.
- 03** When the coach shouts: "Go!" players take turns to run out to the opposite set of stumps and back again.
- 04** The bat is passed along to the next person to have their turn. The first team to have everyone complete the run to the stumps and back again are the winners.



Progressions

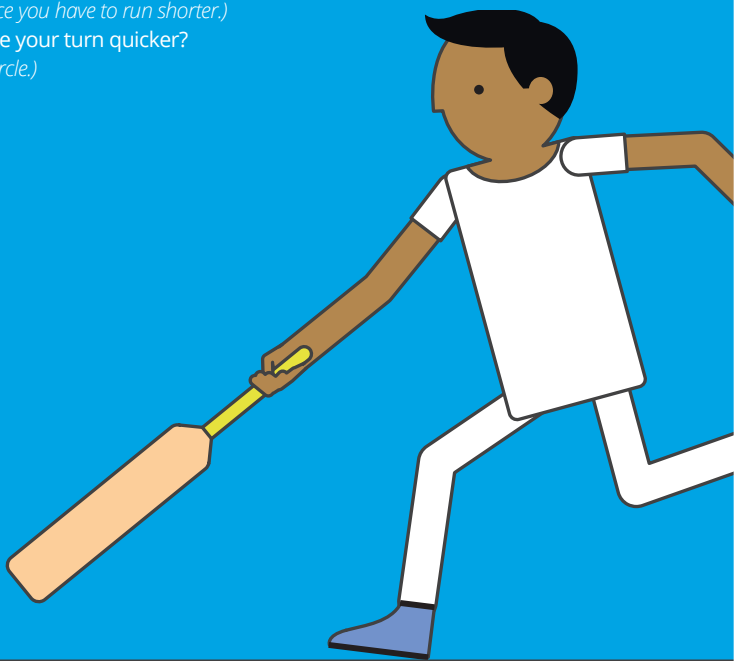
- Players to run 2, 3 or 4.
- Make the relay a shuttle.
- Hit a ball out into the field before running.

Coaching points / Success criteria

- When turning, face the side of field that the coach is standing on.
- Swap the bat into the opposite hand, stretch over the line, and turn.
- Get low when stretching the bat over line.

Key questions

- Why should you stretch for the line with the bat?
(It makes the distance you have to run shorter.)
- How can you make your turn quicker?
(Turn in a smaller circle.)





Tee Ball Drive



10-15 MINS

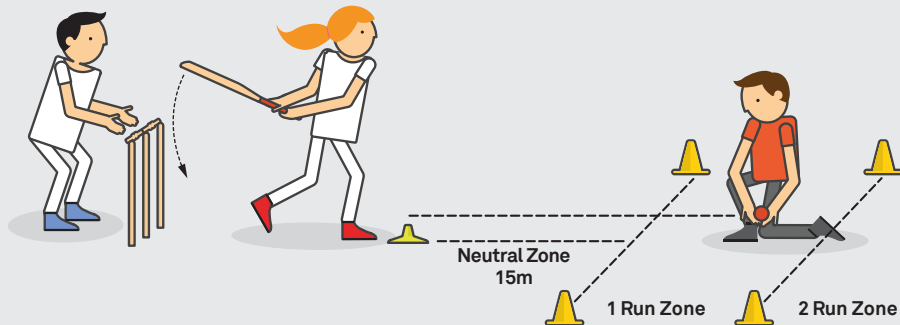
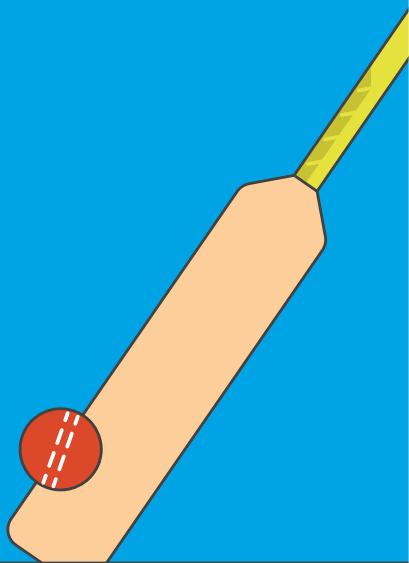
STUMPS, BALLS,
BATS, BATTING TEES

LARGE GROUPS: 6-8

AIM: TO HIT THE BALL ACCURATELY.

Instructions

- 01** Create teams of about six to eight.
One player will be the batter, another will be the wicketkeeper, and everyone else fields.
Set up and follow the playing areas as shown in the diagram.
- 02** The batter hits the ball off the batting tee.
The batter does not run, instead, they score if the ball is hit past the designated zones. Each batter is allowed three hits.
- 03** The fielder who fields the ball returns it to the wicketkeeper, who places it on the batting tee.
- 04** No fielders are allowed in the neutral zone, and no more than two fielders may be in the two run zone. The batter with the highest number of runs wins.



Progressions

- Batters can score extra points by running after they hit the ball.
- Fielders have to complete five passes before they can throw the ball back to the wicketkeeper.

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 could you hit the ball to get the best advantage?
(Into the empty open spaces.)





Bat and Beyond



10-15 MINS



CONES, STUMPS, BALLS,
BATS, BATTING TEES

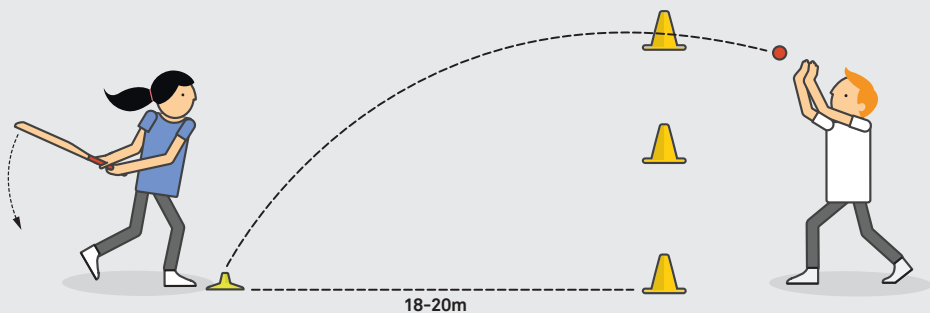


SMALL GROUPS: 2-4

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 the ball. Count the number of points 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.
 - Extend 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.)



Hit & Run Cricket



10-15 MINS

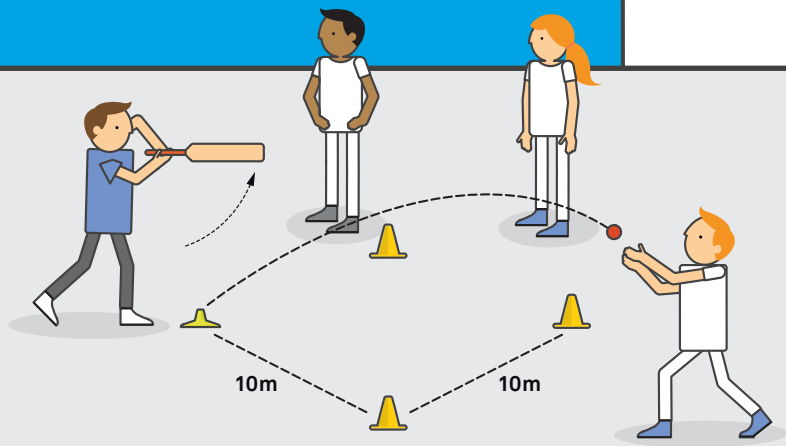
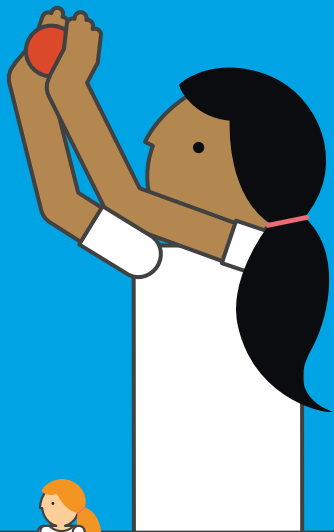
STUMPS, BALLS,
BATS, BATTING TEES

LARGE GROUPS: 6-8

AIM: TO HIT THE BALL ACCURATELY.

Instructions

- 01** Create teams of about six to eight (one batter, the rest are fielders).
- 02** Set up area as shown in the diagram.
- 03** The batter hits the ball off the batting tee with a straight bat and then runs around the cones. Each cone equals 1 point, so run around as many as you can.
- 04** The batter must stop running when the fielders have retrieved the ball, and completed five passes between five different team members.
- 05** Continue until each batter has had three turns. The batter with the highest score wins.



Progressions

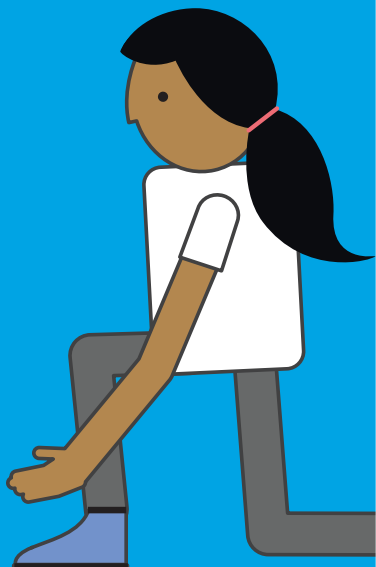
- Introduction of different ways of passing and catching, i.e. underarm, overarm, or rolling along ground.
- Hit the ball after one bounce.
- Fielders make five passes then return the ball to a central cone.

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 try and hit the ball?
(Into any open spaces.)
- What are you trying to do as a fielding team?
(Make it difficult for the batter to score runs.)
- How do you decide who will retrieve the ball?
(Whoever is closest to the ball –making sure they communicate by calling for it!)





Fielding Soccer



10-15 MINS



CONES, STUMPS, BALLS

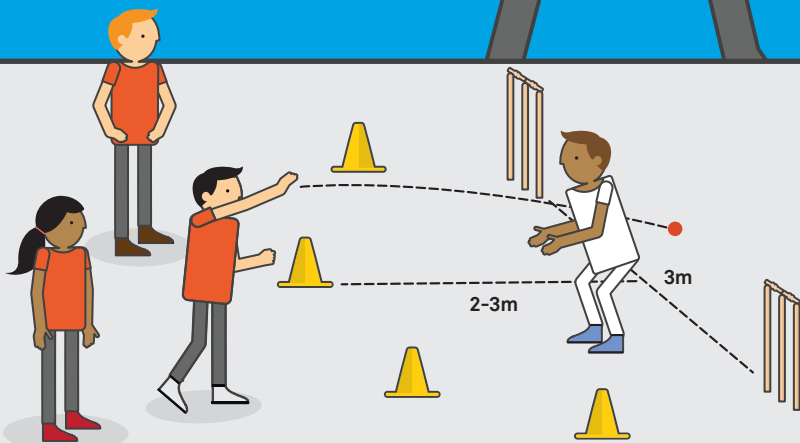


EVERYONE

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

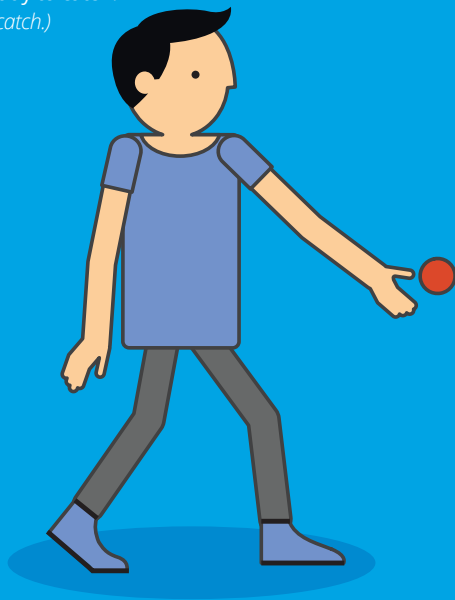
- You can increase or decrease the distance to make it easier or harder.
- Arrange the game so that a specified number of passes must be made before a team can shoot at goal.

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 be standing and ready to catch?
(With your knees bent and hands out, ready to catch.)





Longest Throw



10-15 MINS



CONES, STUMPS, BALLS

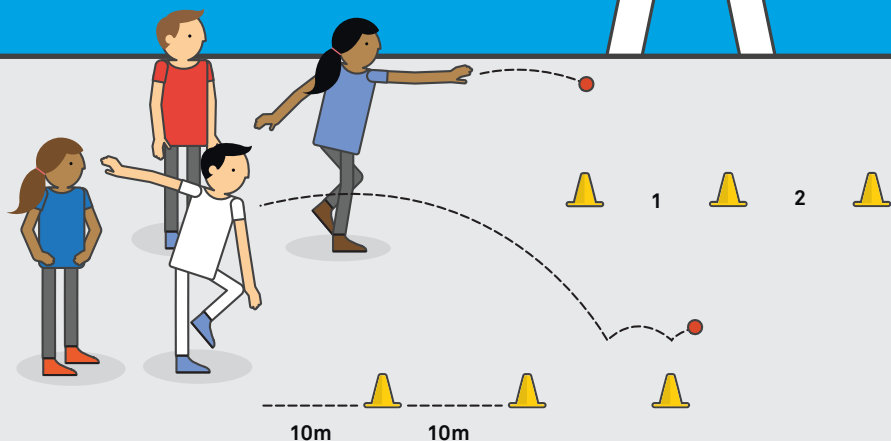
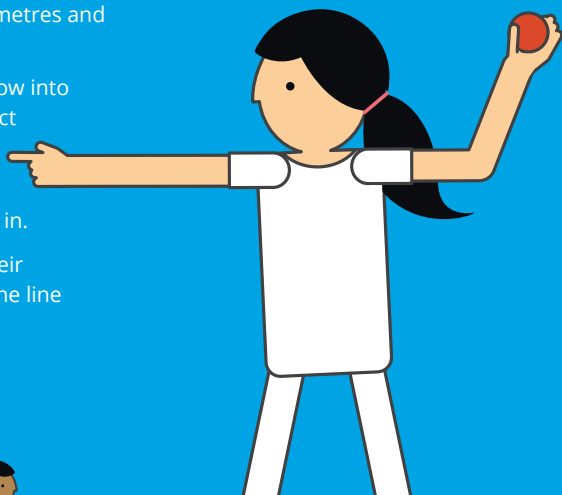


INDIVIDUALS

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 the line ready to throw again.



Progressions

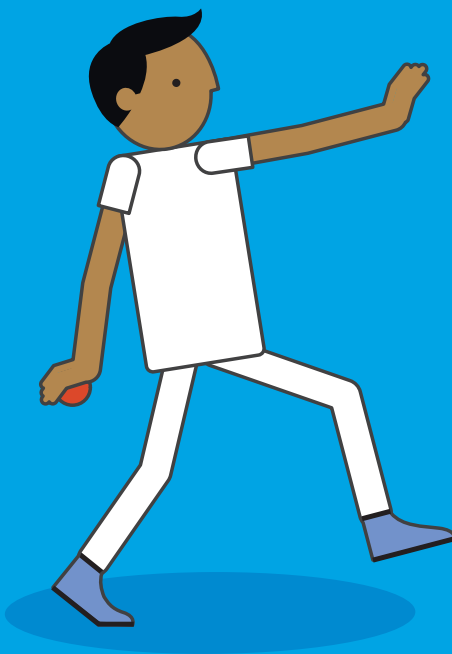
- Call out a zone, and the players must then aim to throw their ball into that zone.
- Make the zones smaller or larger.

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.*)





Catching Tennis



10-15 MINS



BALLS

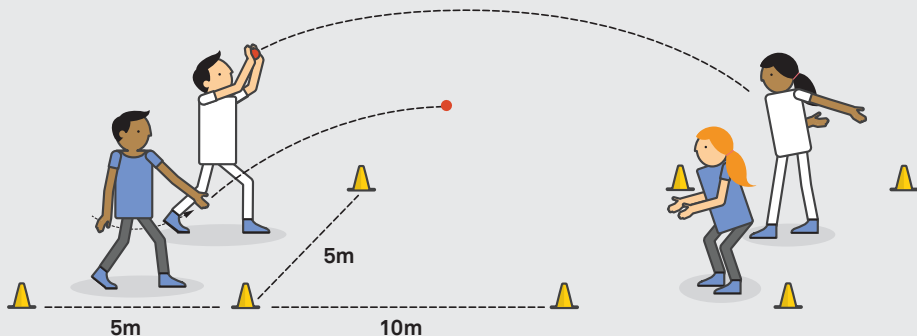
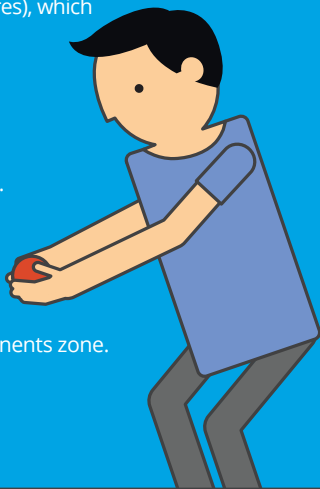


SMALL GROUPS: 2-4

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

Instructions

- 01** Set up two zones as per diagram (5 metre x 5 metre squares), which are separated by a 10-15 metre neutral zone. These two squares will be known as 'Zone A' and 'Zone B.'
- 02** Divide players into two groups, with one group in Zone A and the other group in Zone B.
- 03** A player from Zone A lobs the ball underarm into Zone B. The players from Zone B all have to race to get under the ball and catch it before it lands. The player who catches it must then lob the ball back to Zone A.
- 04** Points are scored by:
 - A catch being dropped or the ball bouncing in the opponents zone.
 - A catch being caught.
 - A ball that is lobbed out of zone by their opponents.
- 05** The first group to score 20 points wins.



Progressions

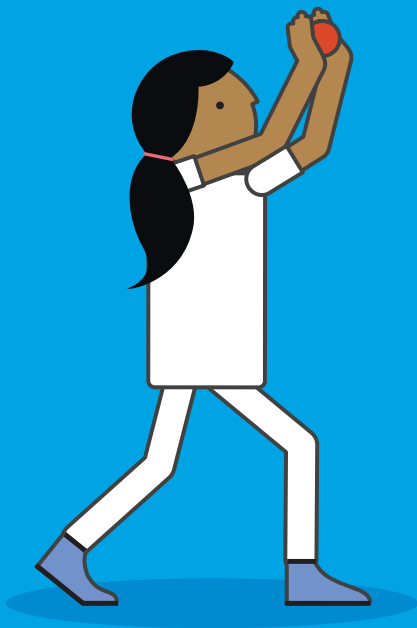
- Teams take turns standing along centre line, acting as the net. Their goal is to intercept the ball (which is easy to do, if not thrown high enough).
- Players catch the ball one handed.

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 into space.)
- Why is it important to cover space?
(To be able to catch the ball.)
- How will you know who will catch the ball?
(Calling 'Mine!' when catching.)





Throwing Relay



10-15 MINS



CONES, STUMPS, BALLS

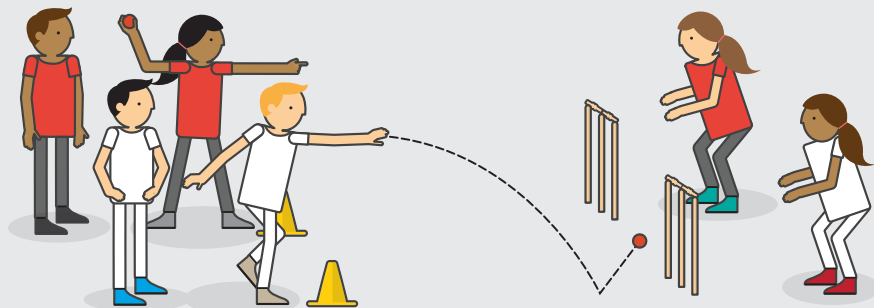


SMALL GROUPS: 2-4

AIM: TO TRY AND HIT STUMPS AS MANY TIMES AS POSSIBLE.

Instructions

- 01** Set up playing area as per the diagram.
- 02** A player starts by throwing the ball at the stumps using the overarm throwing technique.
- 03** The wicketkeeper gathers the ball and runs and joins the line and passes the ball along to the next thrower in line.
- 04** Now the first thrower becomes wicketkeeper, and the previous wicketkeeper can join the back of the line.
- 05** Whichever team has the most hits after 2 minutes is the winner.



15m

Progressions

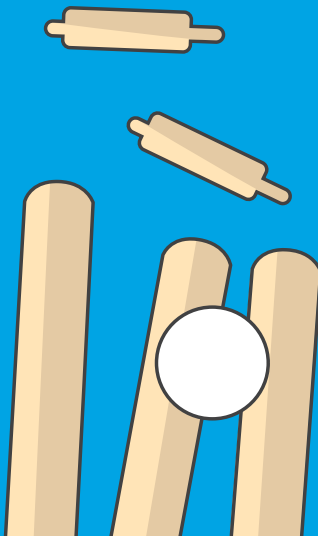
- The wicketkeeper must roll the ball back to the next thrower (which helps to improve ground fielding skills).
- The wicketkeeper rolls the ball back to the next thrower, and the thrower has to pick it up and throw.
- Get the wicketkeeper to call out the name of person when throwing the ball. The catcher, in turn, needs to call 'mine!' as they catch the ball.

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.

Key questions

- Which part of the body needs to be pointed at the target to gain accuracy?
(The non-throwing arm, point at the target.)





Bowling Action

1, 2, 3, 4



5 MINS



CONES, BALLS

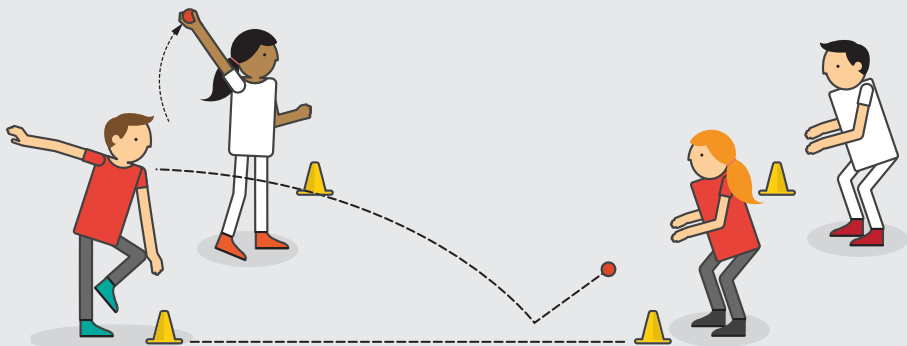


PAIRS

AIM: TO DEVELOP A BOWLING ACTION.

Instructions

- 01** Split players into pairs and get the entire group to stand in two lines. They should be facing each other, 15 metres apart.
- 02** Each player in the first line should turn side-on with their feet comfortably apart, and then bowls to their partner.
- 03** The partner is to keep their eye on the ball and catch it properly! After catching the balls, the second line of players should bowl it back to their partners.



15m

Progressions

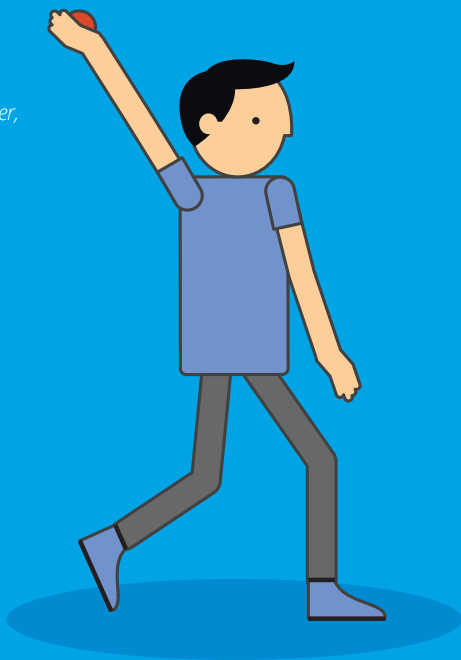
- Increase the distance to make it more challenging.

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

- How can you make the ball go straight towards your partner?
(Point your non-bowling arm towards your partner, and follow through in that direction.)





Target Bowling



5 MINS



CONES, STUMPS, BALLS

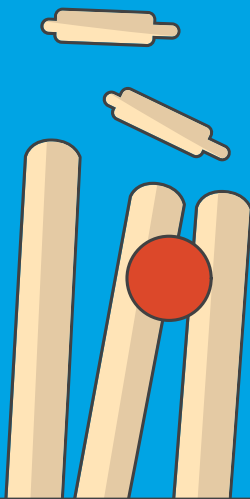


PAIRS

AIM: TO HIT STUMPS – NOT JUST ONCE, BUT CONSISTENTLY!

Instructions

- 01** Set up a set of stumps, with a cone standing 15 metres away.
- 02** Divide players into pairs. Player A uses bowling action to bowl ball from behind the cone to hit the stumps. Player B acts as the wicketkeeper.
- 03** For each time the stumps are hit, the player will score a point.
- 04** Each player gets the opportunity to bowl six balls, and then swaps over with their partner.
- 05** The player with the most points wins!



15m



Progressions

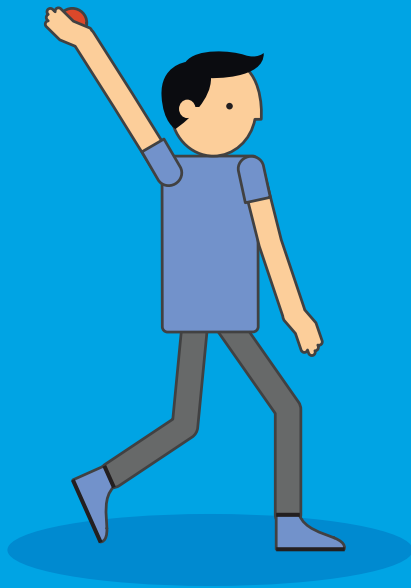
- Increase distance between cones and stumps.
- 3 metres in front of the stumps place two cones 2 metres apart, for each time the bowler bowls in between the cones they score 1 point and for each time the stumps are hit, the player will score 2 points.

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

- What can you do to improve your accuracy?
(Point your non-bowling arm towards the target and follow through towards the target.)





On The Money



10 MINS



CONES, STUMPS, BALLS

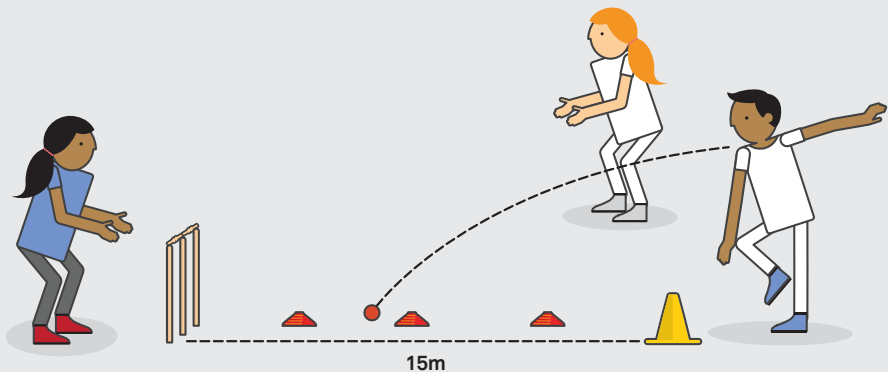
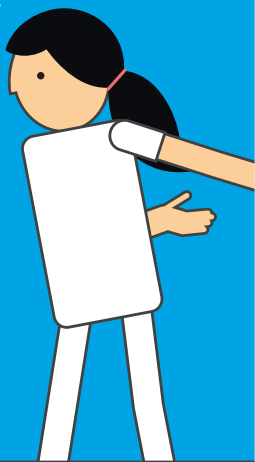


SMALL GROUPS: 2-4

AIM: TO BOWL AT DIFFERENT LENGTHS.

Instructions

- 01** 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 Relay



10 MINS



CONES, STUMPS, BALLS

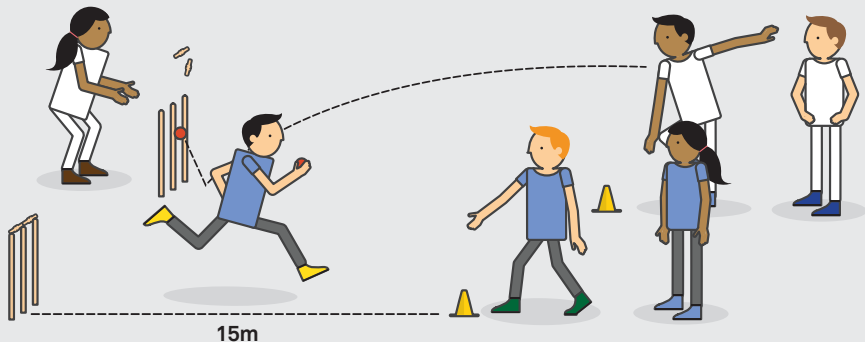


SMALL GROUPS: 2-4

AIM: TO HIT THE STUMPS AS MANY TIMES AS POSSIBLE.

Instructions

- 01** Set up the stumps, and then place a cone 15 metres away from it (one cone per group).
- 02** Divide the players into even teams. In each team, one player acts as the wicketkeeper, while the others line up behind the cone.
- 03** One of the players bowls the ball, trying to hit the stumps. The wicketkeeper retrieves the ball then runs back and passes the ball to the next player in line.
- 04** The first bowler now becomes the wicketkeeper.
- 05** Whichever team to hit the stumps the most in an allocated time, wins.



Progressions

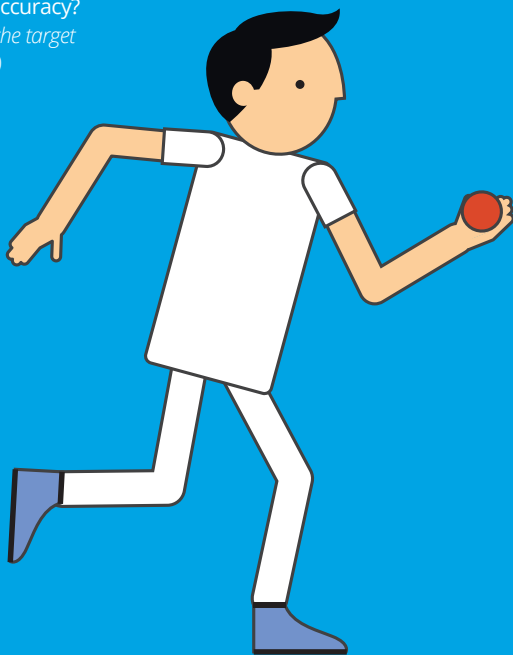
- Introduce a 2 metre x 2 metre target zone in front of the stumps for extra points.

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

- What can you do to improve your accuracy?
(Point your non-bowling arm towards the target and follow through towards the target.)





Modified

Year 5 & 6

Tee Pairs Cricket



20 MINS



STUMPS, BALLS,
BATS, BATTING TEES

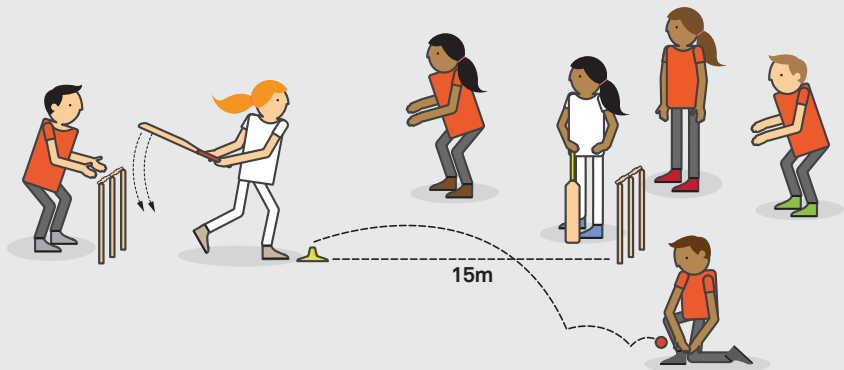
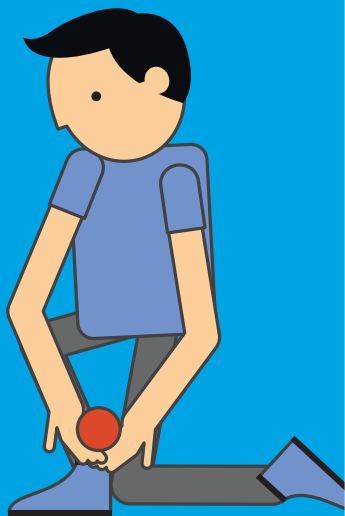


LARGE GROUPS: 6-8

AIM: TO SCORE MORE RUNS THAN THE OPPOSITION.

Instructions

- 01** This game is played with a maximum of 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. However, if a batter is run out or caught out, they then lose a run.
- 05** The pairs rotate positions after the twelve balls have been hit off the batting tee, and the game is complete when every pair has had a turn batting.
- 06** The pair with the highest runs scored, wins.



Progressions

- Place extra scoring zones in the field to make it easier to score runs.

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.)
- How can the fielders collect the ball quickly?
(With their knees bent, and using both hands.)





Modified

Year 5 & 6

Non-Stop Cricket



20 MINS



STUMPS, BALLS, BATS

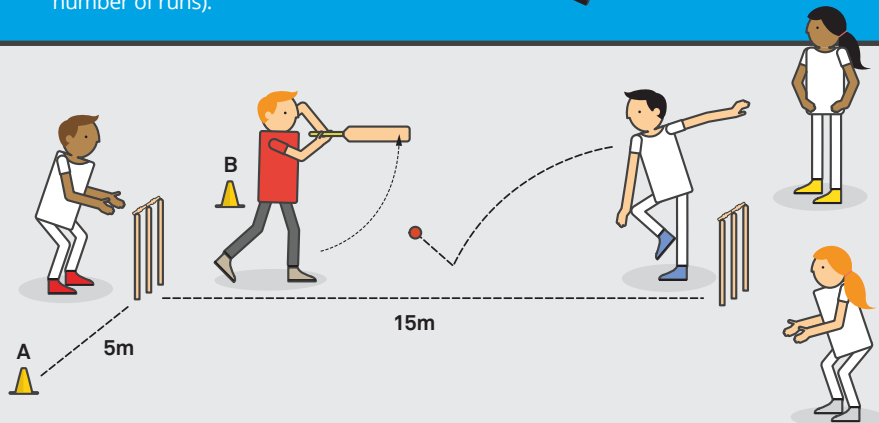


SMALL GROUPS: 2-4

AIM: TO GET THE MOST RUNS.

Instructions

- 01** The game can be played in teams or on a rotation with fielders i.e. a fielder replaces the batter.
- 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 bowler has to bowl.

Coaching points / Success criteria

Fielding:

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

Batting:

- Have the correct grip 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.)
- 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.)





Tee Ball Drive



10 MINS



4 CONES, 3 BALLS,
BAT, BATTING TEE

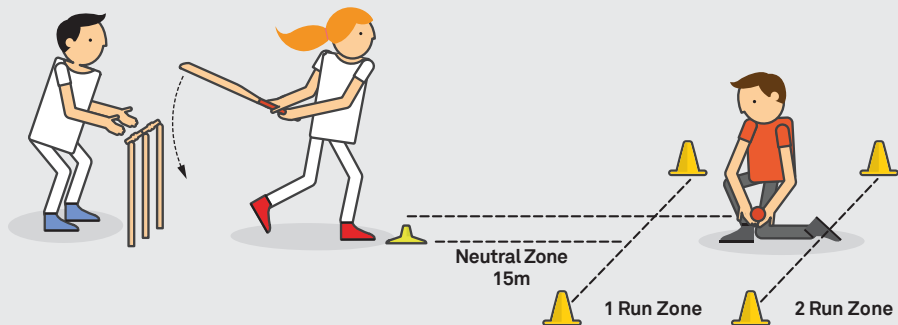
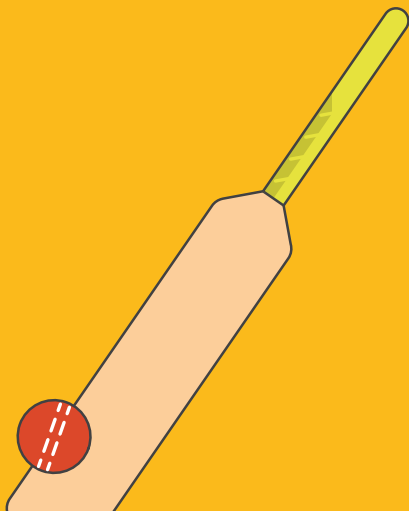


SMALL GROUPS: 2-4

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

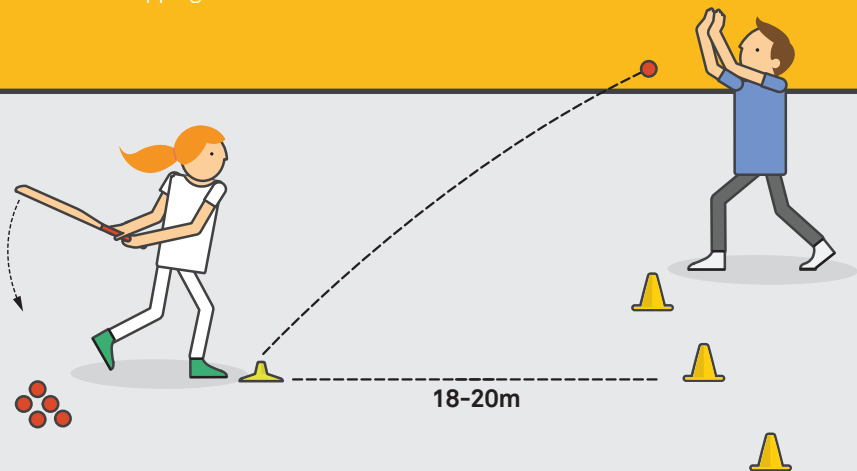


SMALL GROUPS: 2-4

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** 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 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.



Pirates and Cannon Balls



10-15 MINS



8 CONES, 3 BALLS

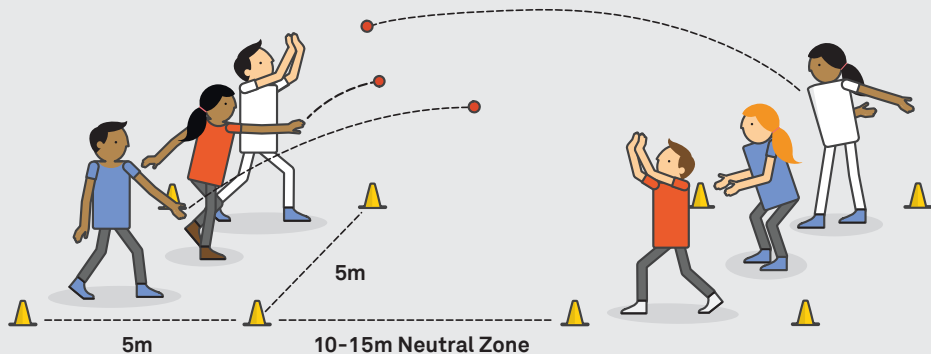


LARGE GROUPS: 6

AIM: TO CATCH THE BALL AND SCORE POINTS QUICKLY - CATCHES WIN MATCHES!

Instructions

- 01** Set up two 5 metre x 5 metre square zones, separated by a 10-15 metre neutral zone.
- 02** Divide players into two groups of three.
- 03** Three balls are lobbed from square to square.
- 04** A team scores 1 point when a ball lands on the ground in their opposition team's zone.
- 05** First team to score 20 points wins.



Coaching points / Success criteria

- Eyes on the ball.
 - Cup hands together with little fingers should be touching.
 - Palms of hands should be facing the ball.
-

Success criteria

To use this activity as a test, set up as above but throw in pairs.

Receive six throws; each throw that is caught is worth 1 point.

1 catch = 1 point.

2 catches = 2 points.

3 catches = 3 points.

4 catches = 4 points.

5 catches = 5 points.

6 catches = 6 points.

Score

_____ out of 6 points.



Long Throw



5-10 MINS



6 CONES, 3 BALLS

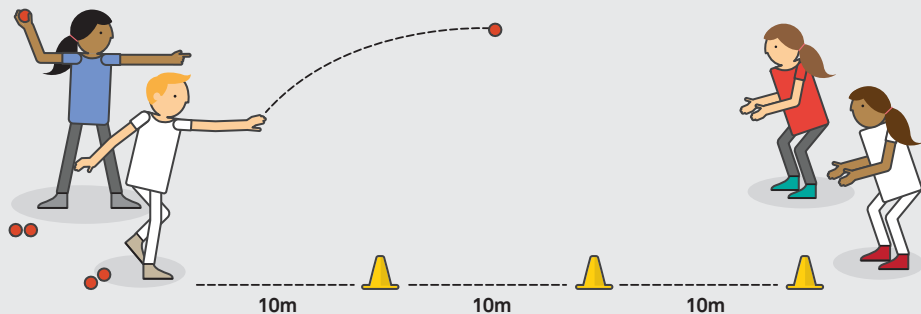


SMALL GROUPS: 3

AIM: TO OVERARM THROW THE BALL AS FAR AS POSSIBLE

Instructions

- 01** Set up cones at 10 metres, 20 metres and 30 metres (zones) from the thrower.
- 02** Players stand on the line and throw using correct technique.
- 03** Points are given for the zone the ball lands in (bounces first).
- 04** Players throw three balls each, and then swap.



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.
 - The non-throwing arm should be pointed towards the target.
 - Throwing arm follows through across the body.
-

Success criteria

Throwing the ball past the 10 metre line = 2 points.

Throwing the ball past the 20 metre line = 4 points.

Throwing the ball past the 30 metre line = 6 points.

Score

_____ out of 6 points.



Bowled 'em



10 MINS



3 CONES, BALL,
1 SET OF STUMPS

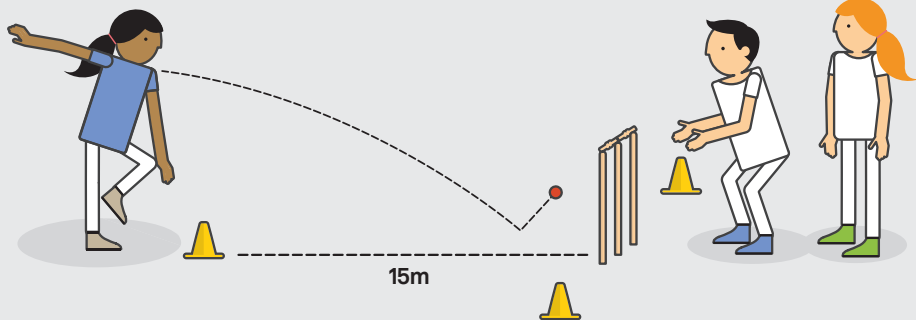


SMALL GROUPS: 2-4

AIM: TO BOWL THE BALL ACCURATELY AND TRY TO HIT THE WICKETS.

Instructions

- 01** Set up a cone and stumps 15 metres apart. Place cones 1 metre to each side of the stumps.
- 02** Using a standing bowling technique (no run up), bowl the ball and try to hit the stumps.
- 03** Bowl six balls and then swap.



Success criteria

Ball goes inside the cones = 1 point.

Ball hits the stumps = 2 points.

Score

_____ out of 6 points.