Year 1 & 2

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.
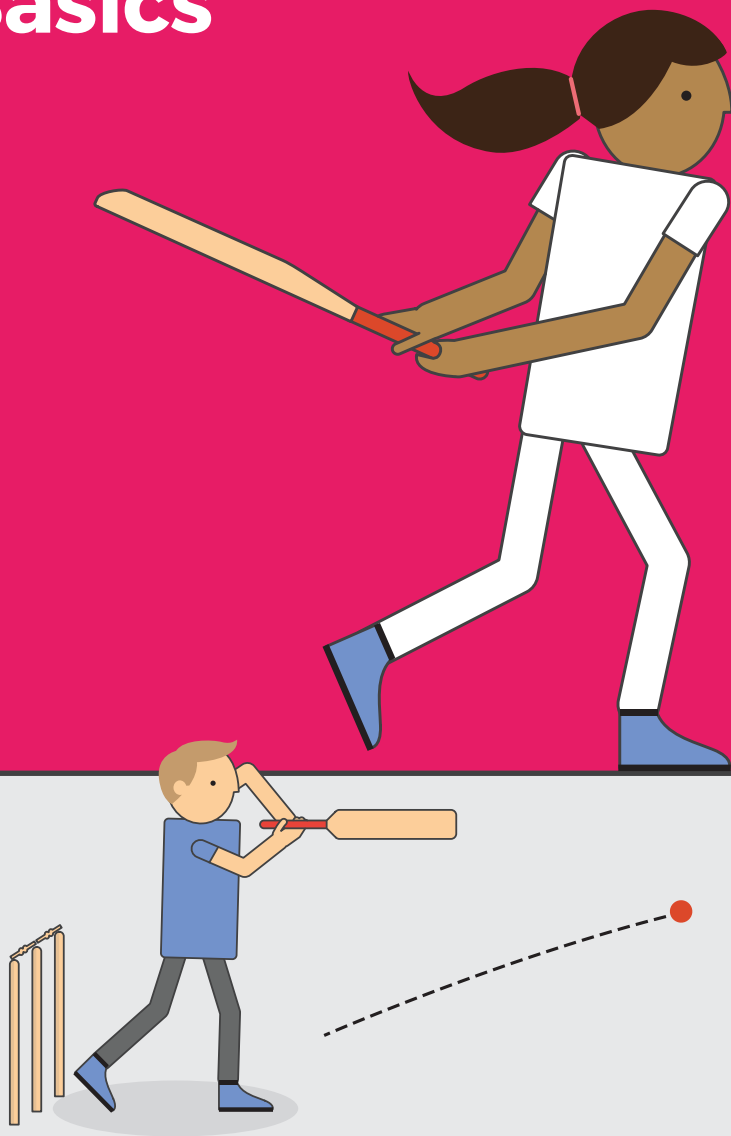
Master/consolidate fundamental skills.

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

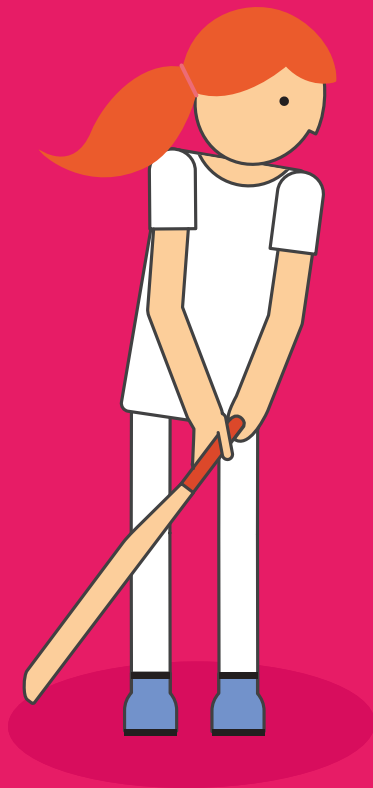Use modified games to practice movement skills.

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.
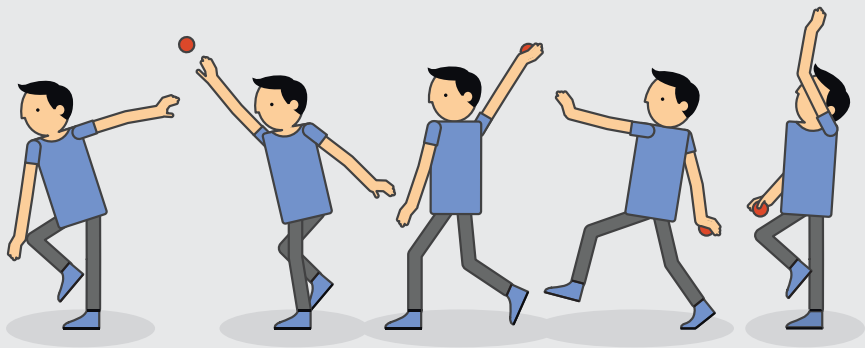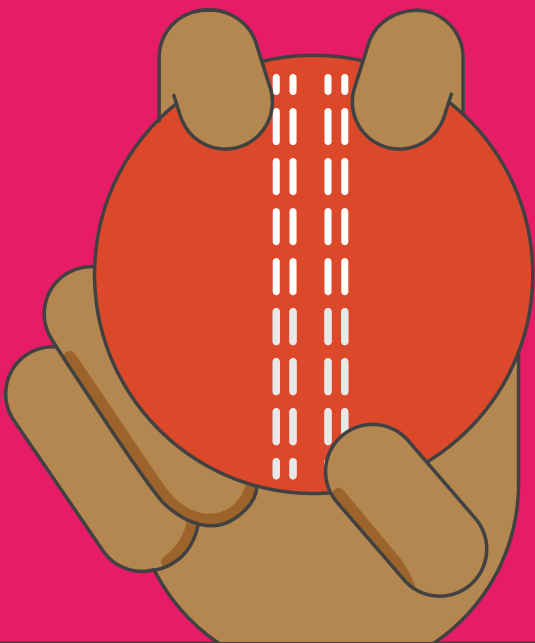
Backswing

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.

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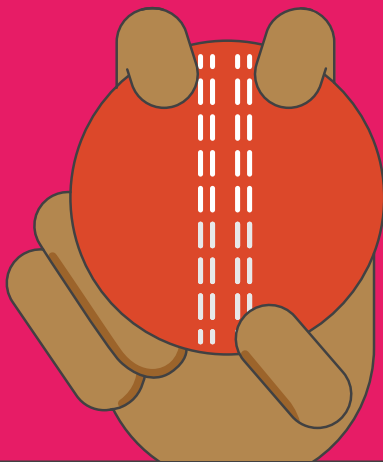
NEW ZEALAND
CRICKET

Basics

Bowling grip

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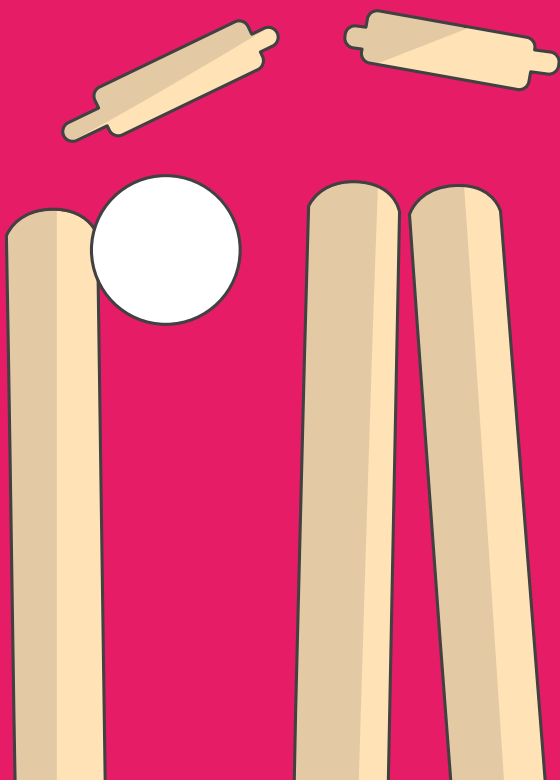
Action

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

Basics

Fielders must learn to stop the ball and prevent runs

Underarm throw

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

Overarm throw

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

Catching

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

Ground fielding

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

Wicketkeeping

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

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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.

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Snowball Tag
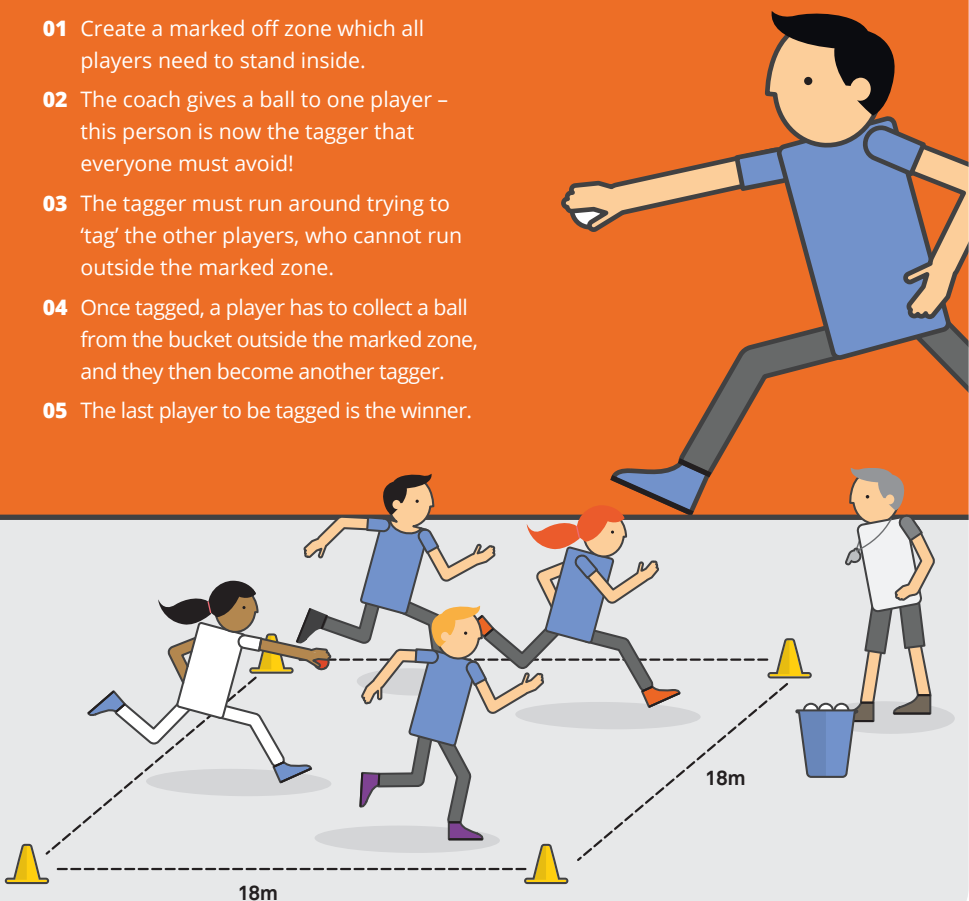
⏱ **5 MINS** | 🏏 **CONES, BALLS** | 👥 **EVERYONE**

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.

18m

18m

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?
  (They run with a ball in their hands.)

Umpire Tag

🕐 **5 MINS** | ⚐ **CONES** | 👥 **EVERYONE**

AIM: TO LEARN THE CRICKET UMPIRE CALLS.

Instructions

01 Players spread out in a coned-off area, and one player starts as the tagger.

02 When tagged, players must stand on one leg with their arms out wide.

03 To be freed, another player must jump up and "high five" the tagged player.

04 Add the progressions to the freeing sequence one at a time.

05 Players cannot be tagged while they are freeing another player.

15m

15m

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?
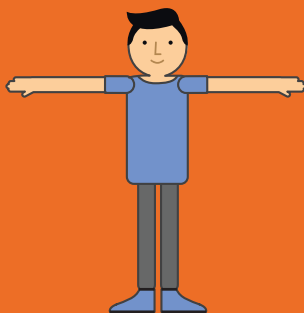 *(Showing the signal clearly.)*

Bye

4 runs

No ball

6 runs

Out

Leg bye

Wide

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CRICKET

Stuck In The Mud

🕐 **5 MINS** | 🏏 **CONES** | 👥 **EVERYONE**

AIM: TO AVOID BEING TAGGED.

Instructions

01 Players spread out into a marked off area, with one tagger ready to tag everyone!

02 As soon as a player is tagged, they must stand with their arms and legs spread.

03 To be freed, another player must crawl through the stuck player's legs.

04 Players cannot be tagged while trying to free another player.

15m

15m

Progressions

• Get the players to do five star jumps before crawling through to free the stuck player.

Coaching points / Success criteria

• Players should look for open spaces to move into.
• Wide arms and wide legs.

Key questions

• When is the best time to free someone else?
  (When the tagger is not nearby.)
• Where is the best place to go as a tagger?
  (Close to players that are stuck.)

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Empty The Rubbish
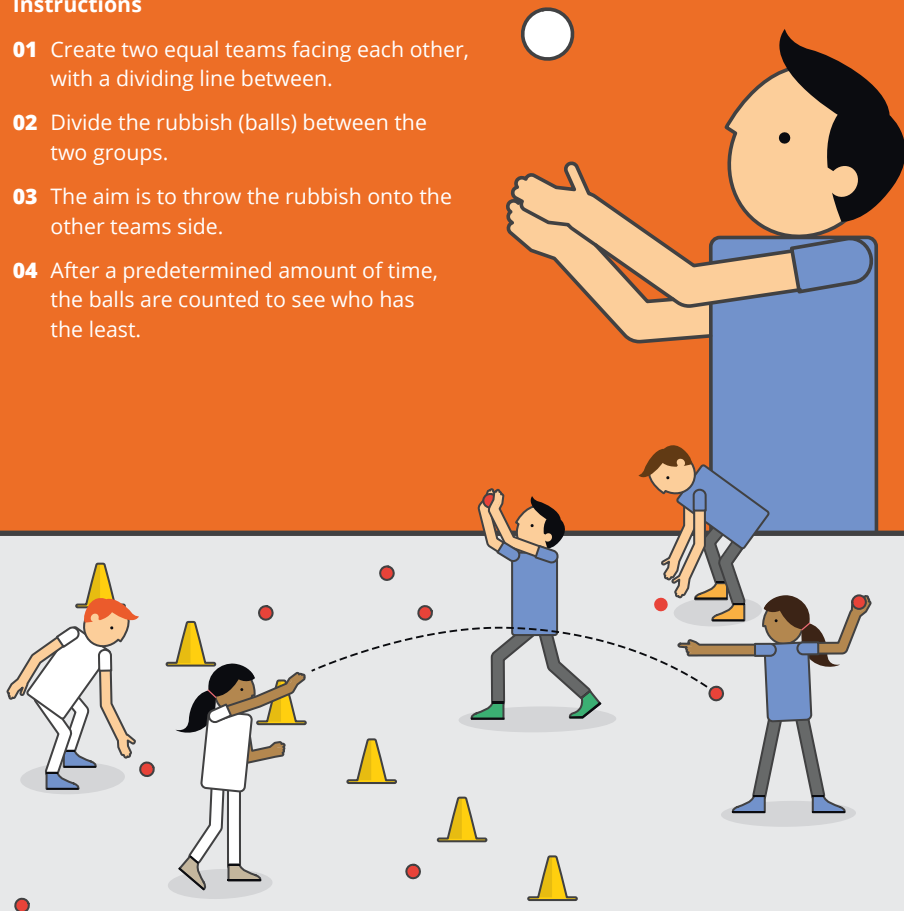
🕑 **5 MINS** | ✗ **CONES, BALLS** | 👥 **EVERYONE**

AIM: TO HAVE THE LEAST AMOUNT OF RUBBISH (BALLS) ON YOUR SIDE.

Instructions

01 Create two equal teams facing each other, with a dividing line between.

02 Divide the rubbish (balls) between the two groups.

03 The aim is to throw the rubbish onto the other teams side.

04 After a predetermined amount of time, the balls are counted to see who has the least.

Progressions

- Make the area between the players larger so that the children have to move around more and throw harder.
- Increase or decrease the amount of balls.

Coaching points / Success criteria

- Throwing underarm.
- Opposite foot forward when throwing.
- Backswing, brushing thigh with following through.

Key questions

- Why is calling for the ball important?
  (To avoid collisions and have only one person going for one ball.)
- What is the best way to stop the ball?
  (Fielding the ball with hands together.)

Batters & Fielders

🕐 **10 MINS** | 🏏 **CONES, BALLS** | 👥 **LARGE GROUPS: 6-8**

AIM: TO KNOCK THE BALLS OFF THE CONES.

Instructions

01 Create two equal teams (batters vs. fielders).

02 Set out cones with a ball placed on each one.

03 The batters must attempt to knock the balls off the cones using only the palm of their hand.

04 Meanwhile, the fielders place the balls back on the cones.

05 Swap teams over after a set amount of time.

Progressions

- Have fielders place the ball back on a different cone.
- Batters must move to a different cone after each turn.
- Introduce bats for the batting teams.
- Fielders must throw the ball up and catch it three times before placing it back on a cone.

Coaching points / Success criteria

Batters:
- Bend your knees.
- Strike with the palm of the hand.
- Step forward with the opposite foot.

Fielders:
- Low Position.
- Bend your knees.
- Gather the ball with two hands.

Key questions

- Where will you move to next?
  *(Batter: to the next cone with a ball on it
  Fielder: to the ball that has come off the cone.)*
- How can you make sure you don't go
  to the same cone as someone else?
  (Calling, saying "Mine".)

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Bouncy Bat Relays
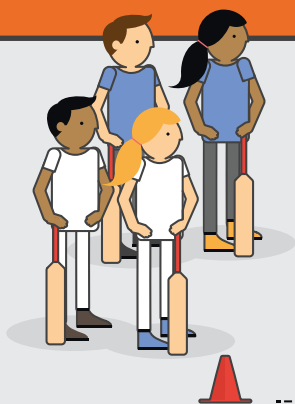
10 MINS | **CONES, BALLS, BAT** | **SMALL GROUPS: 2-4**

AIM: TO CONTROL THE BALL WITH THE BAT.

Instructions

01 Set up two rows of cones 15 metres apart.

02 With both hands on the bat players take turns to push the ball with the bat to the first cone and back.

03 As the players improve, add progressions.

Progressions

- Pick up the ball and bounce it on the bat a set number of times.
- Hit the ball off the batting tee as far as possible. Then pick up the batting tee, carry it to where the ball is, and hit the ball off the batting tee again. Continue until you've reached a certain distance and returned again to the starting point. Count the number of hits it takes the team to get there and back again – the lowest total wins!

Coaching points / Success criteria

- Keep both hands on the bat.
- Push the ball in front of the body.
- Little bounces mean more control.
- Stand side-on.
- Front foot close to the batting tee when striking.

Key questions

- Where should your hands be on the handle of the bat?
  (Together.)
- What can you do with your hands if you need more control?
  (Move your hands further down the handle of the bat.)
- What happens to your skills when you try to go too fast?
  (Skills are not as good.)

Run Out

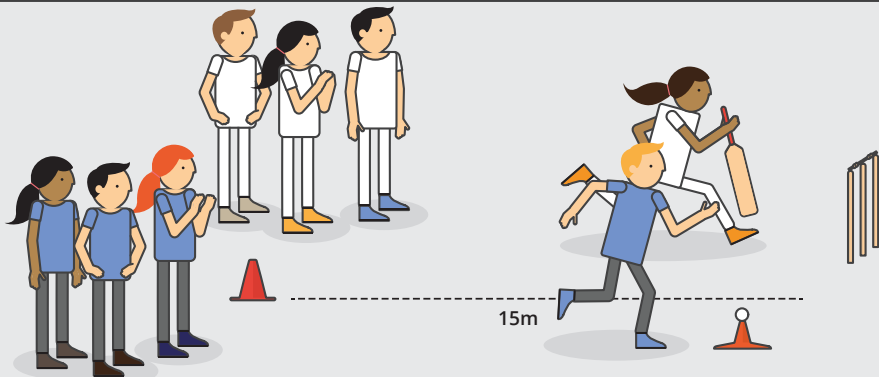⏱ **10 MINS** | 🏏 **CONES, STUMPS, BALLS, BATS, BATTING TEES** | 👥 **SMALL GROUPS: 2-4**

AIM: TO OUTRUN AND BEAT THE OTHER TEAM.

Instructions

01 This game is ideally played four vs. four (batters vs. fielders).

02 Set the game up as per the diagram, with a ball placed on the batting tee opposite the set of stumps.

03 On "Go" the first batter runs out to the stumps and back and the first fielder runs out to collect the ball and bring it back.

04 The first person back gets a point.

03 Continue until everyone has had a turn.

15m

Progressions

- Move the fielding cone further away, and the batter must complete 2 runs.
- The batter hits the ball off the batting tee and runs. The fielder chases the ball and brings it back.
- Place two cones along the batting line. It's up to the batter to choose whether to run to the first cone for 2 runs or second cone for 4 runs.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Hold the bat in one hand when running.
- Reach and touch the stumps with the bat.
- Turn quickly.

Key questions

- What is the slowest part of the activity for the batters and fielders?
  (Batters: turning.
  Fielders: getting the ball back to the cone.)
- How can you speed this up?
  (Batters: by turning in a small space.
  Fielders: by relaying the ball back through the fielding team.)

Traffic Light Strike
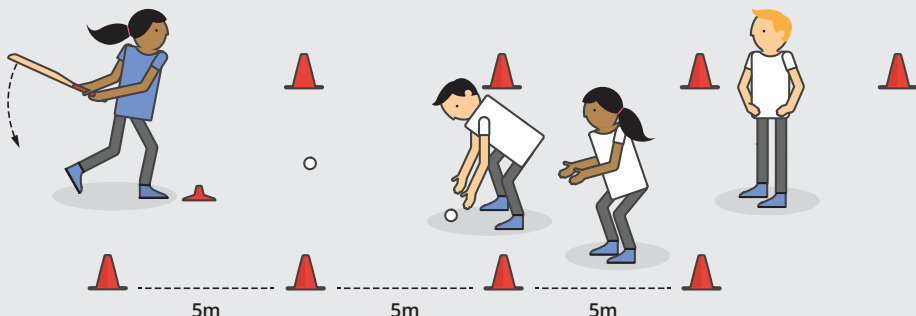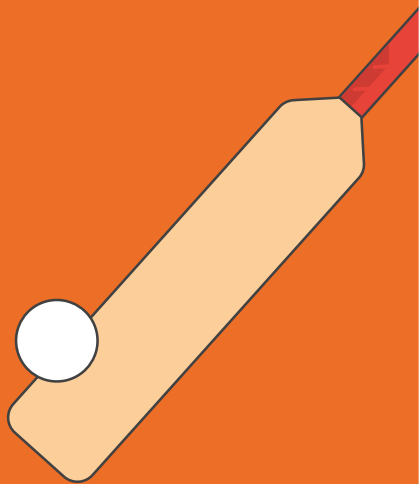
⏱ **10-15 MINS** | 🏏 **CONES, BALLS, BATS** | 👥 **SMALL GROUPS: 2-4**

AIM: TO PUSH OR HIT THE BALL FURTHER.

Instructions

01 This game is played ideally in groups of four. One person gets to be the batter, and the other three are fielders.

02 Set up four cones in a line, with each cone 5 metres apart (creating zones).

03 The batter hits the ball off the batting tee into Zone 1, then Zone 2 and finally Zone 3.

04 When the batter is finished, the fielders collect the balls and return them to the batting tee – ready for the next batter.

03 Continue until all players have had a turn at batting.

5m — 5m — 5m

Progressions

- If the ball lands in the correct zone, you get 1 point.
- Change the order of where the batter has to hit e.g. Zone 3 and then Zone 1 etc.
- Why not get the fielders more involved? Let the fielders call out which zone to hit the ball into.

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.

Key questions

- What do you need to do if either the ball didn't go far enough, or too far?
  (Simply hit it harder or hit it softer – this kind of activity will help to improve judgement.)
- What can you do as a team of fielders to help each other?
  (Call and relay the ball back to the cone.)

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Catch Me If You Can

🕐 **10 MINS** | 🏏 **BALLS** | 👥 **LARGE (6-8) OR SMALL GROUPS (2-4)**

AIM: TO THROW AND CATCH THE BALL ACCURATELY.

Instructions

01 Each player has a ball and finds a space.

02 The coach calls a number, and the players have to throw the ball up in the air and catch it that many times.

03 After completing their catches, everyone then moves around in the field until a new number is called.

Progressions

- Catch ten in a row.
- Everyone keeps walking while they catch.
- Try throwing, clapping once, and then catching. As this gets easier, increase the number of claps between catches.
- Introduce different movements into the skill. E.g. everyone has to skip, hop, side step, gallop, etc.

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

- What do you need to do with your eyes when catching?
  (Watch the ball the entire time.)
- How do you hold your hands?
  (Palms facing up, little fingers together.)
- Is it easier to catch when you're moving or when you're still?
  (It's easier when you're standing still.)
- Why do you think it's easier that way?
  (Because your eyes are steady and locked on the target.)

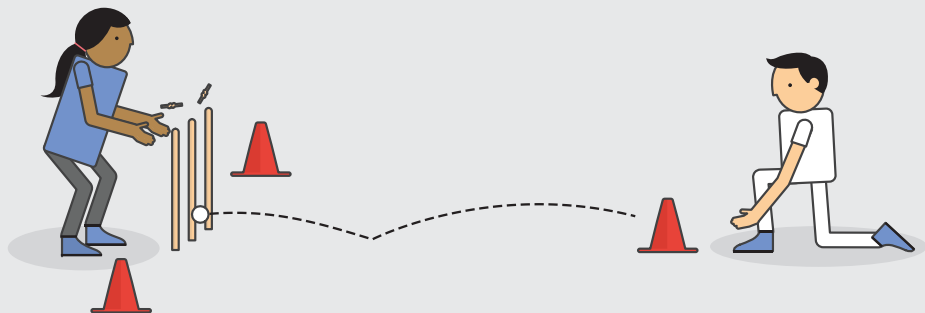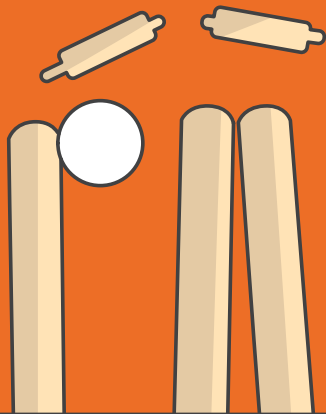# Skittles

10 MINS | **CONES, STUMPS, BALLS** | **SMALL GROUPS: 2-4**

AIM: TO KNOCK OVER THE STUMPS WITH THE BALL.

Instructions

01 Split the group into small teams of three or four.

02 Each group has a set of stumps placed 5 metres away from a cone.

03 Choose a player to act as the wicketkeeper behind the stumps.

04 The first player starts behind the cone and rolls the ball underarm, attempting to hit the stumps.

05 The wicketkeeper collects the ball and returns the ball to the cone.

06 The thrower now runs to replace the wicketkeeper.

Progressions

- Move the stumps and cones further apart.
- Increase or decrease the number of stumps.
- Kick the ball using the inside of the foot (as practice for bowling action).

Coaching points / Success criteria

When rolling the ball:

- Keep the arm straight.
- Step forward with the opposite foot.
- Ensure your head is still and watching the target.
- Keep the arm close to the body on release.

Key questions

- How can you make your roll more accurate?
  (Keep your arm straight, and point the non-throwing arm towards the target.)

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Rob The Nest
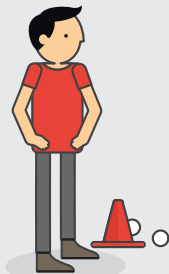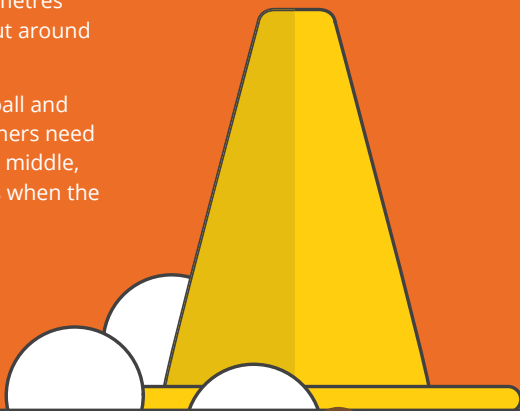
⏱ **10-15 MINS** | 🏏 **CONES, BALLS** | 🧍 **EVERYONE**

AIM: TO HAVE THE MOST BALLS AT THE END.

Instructions

01 All balls are placed in the middle. This is the 'nest.'

02 In pairs, players start at a cone 4-5 metres from the nest, with cones spread out around the nest.

03 Players run to the nest to collect a ball and bring it back to their cone. The partners need to take turns stealing balls from the middle, and then from other people's cones when the balls run out.

Progressions

- Roll the ball back to the teammate at the cone.
- Throw the ball up in the air and catch it again – do this all the way back to the cone.
- Introduce a different range of motions, e.g. skipping, hopping, side-stepping and galloping.

Coaching points / Success criteria

- Low Position.
- Bend down to pick it up.
- Hold the ball in one hand.

Key questions

- What do you need to do to make your roll accurate?
  (Keep the throwing arm straight, and point the non-throwing arm towards the target.)
- Why is it important to be able to throw/roll accurately in cricket?
  (You need to be able to hit the stumps!)

Fill The Bucket

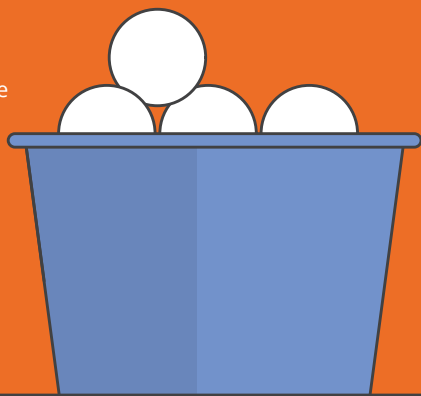**5 MINS** | **CONES, BALLS, BUCKET OR BAG** | **EVERYONE**

AIM: TO TRY TO FILL THE BUCKET FASTER THAN IT IS EMPTIED.

Instructions

01 Players find a space in the coned area.

02 The coach empties the bucket by throwing balls out in all directions. Just remember to take care of the players behind you!

03 Collect the balls and race to get them back into the bucket. It's up to the players to ensure that the bucket never gets completely empty.

Progressions

- Set up smaller groups with a player acting as the coach.
- Before returning the ball to the bucket, throw the ball up, let it bounce on the ground and then catch it.
- Throw the ball up in the air and catch it all the way back to the bucket.

Coaching points / Success criteria

- Low Position.
- Bend down to pick it up.
- Gather the ball with two hands.

Key questions

- What do you need to do to make sure you don't collide with other players?
  (Watch where you are going.)

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Scatter Ball

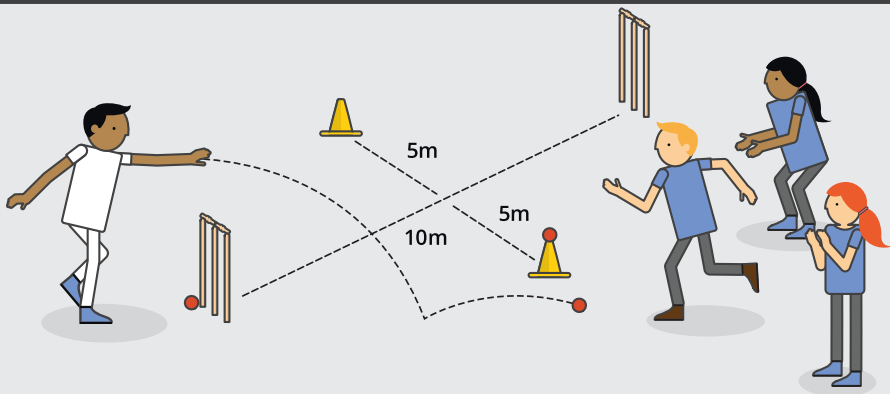🕐 **15-20 MINS** | 🏏 **CONES, STUMPS, BALLS** | 👥 **SMALL GROUPS: 2-4**

AIM: TO SCORE MORE RUNS THAN THE OPPOSITION.

Instructions

01 In equal teams - ideally teams of four, one player will be the batter and the other players will be fielders.

02 Set up two sets of stumps 10 metres apart, with cones 5 metres either side of the stumps (as per the diagram).

03 The batter rolls the ball into the field and runs as many times as possible between the stumps. Each complete run is scored as 1 point.

04 The fielders must try to collect the ball and return it to the designated cone as fast as they can.

05 Once the ball is placed on the cone, the batter must stop running.

06 Rotate the batter after they have had two turns so everyone gets a chance to score.

5m

5m

10m

Progressions

- Underarm throw instead of rolling the ball along the field.
- Have them hit the ball off the batting tee with a bat.

Coaching points / Success criteria

- When rolling or throwing underarm, make sure the throwing arm is straight and the opposite foot steps forward towards the target.

Key questions

- Where is the best place to send the ball?
  (Anywhere there are no fielders.)
- Where is the best place to stand as a fielder?
  (In a space away from other fielders so you have a greater chance of intercepting the ball.)
- How can you work together in the field to get the ball back faster?
  (One person chases the ball and then throws it to another fielder.)

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Round The World Cricket
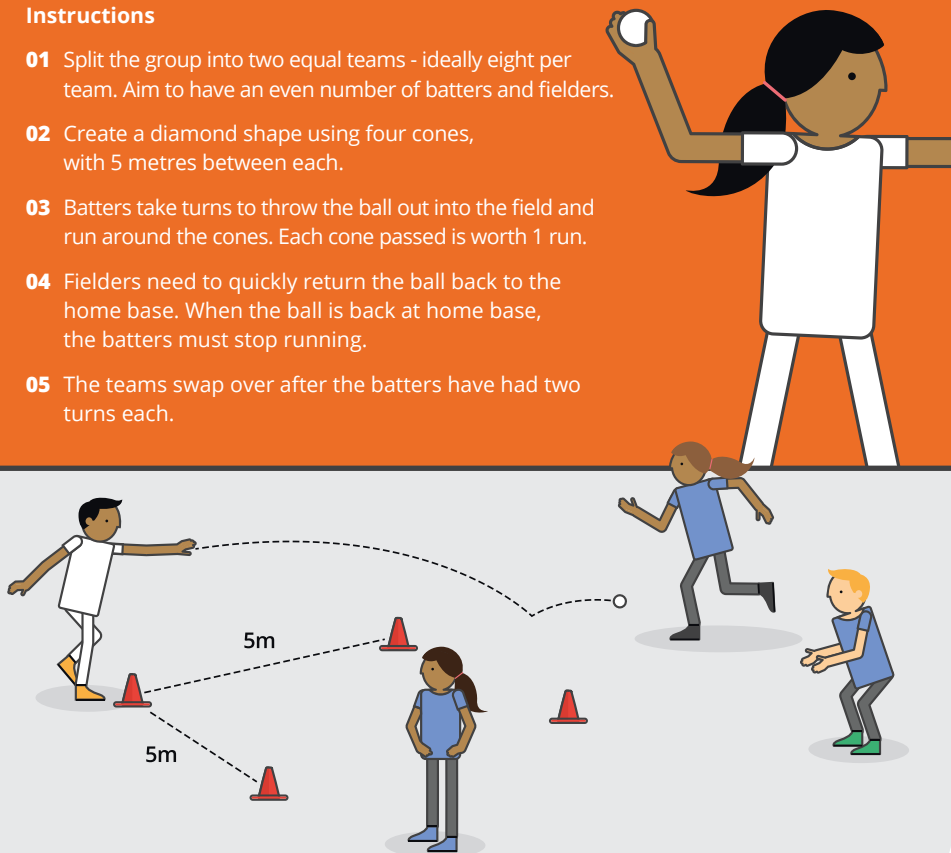
🕐 **15-20 MINS** | 🏏 **CONES, BALLS** | 👥 **LARGE GROUPS: 6-8**

AIM: TO SCORE MORE RUNS THAN THE OPPOSITE TEAM.

Instructions

01 Split the group into two equal teams - ideally eight per team. Aim to have an even number of batters and fielders.

02 Create a diamond shape using four cones, with 5 metres between each.

03 Batters take turns to throw the ball out into the field and run around the cones. Each cone passed is worth 1 run.

04 Fielders need to quickly return the ball back to the home base. When the ball is back at home base, the batters must stop running.

05 The teams swap over after the batters have had two turns each.

5m

5m

Progressions

- Hit the ball off the batting tee.
- Increase or reduce the number of cones.

Coaching points / Success criteria

When rolling or throwing underarm:
- Step forward with the opposite foot.
- Keep your arm straight.
- Release towards the target.

Key questions

- Where is the best place to send the ball?
  (Anywhere there are no fielders.)
- Where is the best place to stand as a fielder?
  (In a space away from other fielders so you have a greater chance of intercepting the ball.)
- How can you work together in the field to get the ball back faster?
  (One person chases the ball and then throws it to another fielder.)

Fielding Skittles

⏱ **10 MINS** | ⚬ **5 CONES, BALL, STUMPS** | 👥 **SMALL GROUPS (PAIRS)**

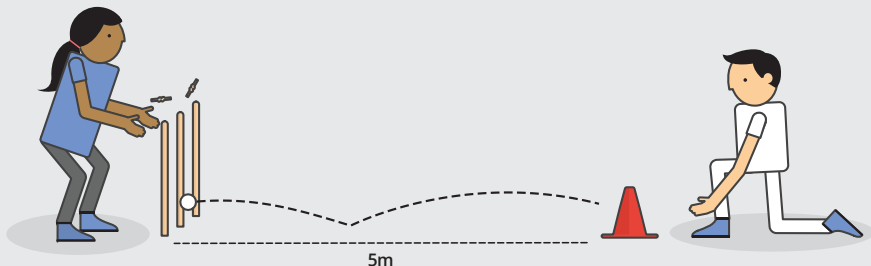**AIM: TO ROLL THE BALL UNDERARM AND HIT THE STUMPS!**

Instructions

01 Create small groups, ideally into pairs.

02 Each group has a set of stumps and a cone placed 5 metres away from the stumps.

03 One player starts behind the stumps and acts as the wicketkeeper.

04 One player starts behind the cone and rolls the ball underarm attempting to hit the stumps.

05 The wicketkeeper collects the ball and then runs to the cone and the underarm thrower runs to the stumps and becomes the wicketkeeper.

Success criteria

Participation based.
Note: There are no accredited points for Year 1-2 age group children.

5m

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Catch Me If You Can

10 MINS | **1 BALL (PER PERSON)** | **SMALL GROUPS (PAIRS)**
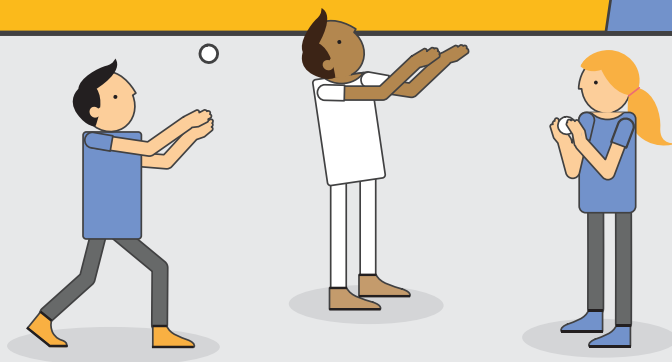
AIM: TO CATCH THE BALL FIVE TIMES IN A ROW.

Instructions

01 Each player has a ball and finds a space.

02 Catch five catches in a row.

03 Catch five 'bounce' catches in a row.

04 Catch one 'clap' catch.

Success criteria

Participation based.
Note: There are no accredited points for Year 1-2 age group children.

Striking

🕐 **5 MINS** | 🏏 **4 CONES, 3 BALLS BAT, BATTING TEE** | 👤👤👤⁺ **SMALL GROUPS: 3**

AIM: TO HIT THE BALL OFF THE BATTING TEE WITH POWER AND ACCURACY.

Instructions

01 Set up the batting tee and place a 2 runs and 1 run scoring zone 10 metres from the batting tee.

02 Batter strikes the ball off the batting tee.

03 Runs are scored depending on which zone the ball goes into.
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.

04 Fielder returns the ball back on the batting tee.

05 The batter hits three balls, and then swaps.

Success criteria

Participation based.
Note: There are no accredited points for Year 1-2 age group children.

1 Run

2 Runs

15m

1 Run

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