

PRIMARY SCHOOL CRICKET LESSON PLAN – ONE HANDED PICK UP AND THROW



EQUIPMENT/RESOURCES

- Stumps
- Cones
- Balls

TIMINGS

- 10 mins – Warm Up
- 20 mins – Game 1
- 15 mins game 2

COACHING POINTS

- Approach the ball low
- Fingers pointing down
- Opposite foot forward to throwing hand
- Follow through towards target after throwing
- Keep head down

CRICKET SKILLS

- One handed pick up
- Underarm throw

OBJECTIVES

- Acquiring and developing skill
- Develop understanding of when to use the skill
- Improve pick up and throw

PUPIL LEARNING OBJECTIVES

- I can pick up a rolling ball cleanly
- I can throw accurately underarm

QUESTIONS

Q – Where would you aim to give your self the best chance of hitting the stump?

A – At the base. If I throw too high then it hit the stumps on the full, if I throw to low it bounces and still hits the stumps.

Q – How do you approach the ball?

A – Low. It gives me a better chance of picking the ball up

Q – Why would you have your fingers pointing down?

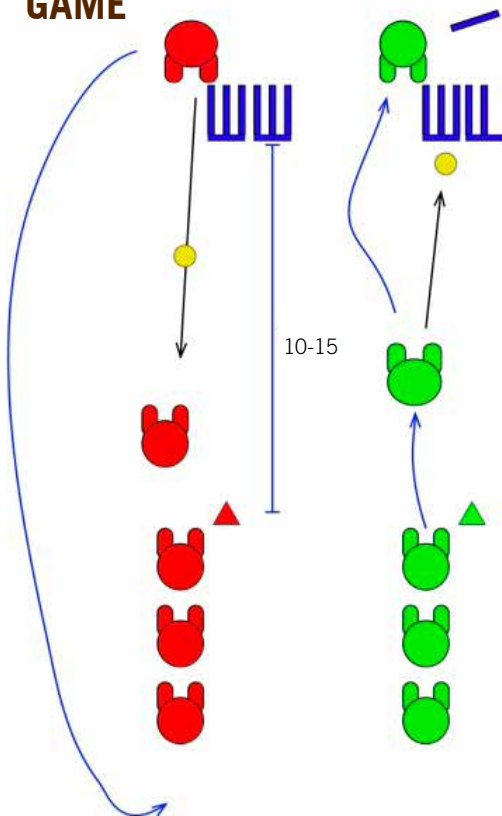
A – So the ball can just roll into my hand

OBSERVATIONS

Players struggle to pick the ball up.

- Start with a stationary ball.
- Use a rolling ball in 'Pass and Move' (see catching).
- Encourage players to brush the floor with their fingers as they approach the ball.

GAME

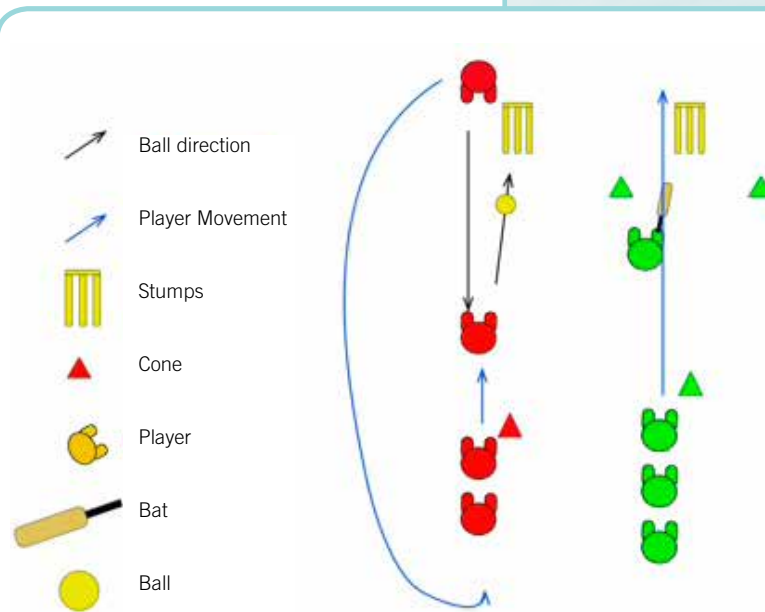


KNOCK OUT STUMP

- Split group into teams with one player starting as wicket keeper and the others behind the cone.
- WK rolls the ball towards their team mates and first person attacks the ball, picks it up and throws underarm at the stumps.
- If they hit the stumps players remove one and place it at a safe distance.
- WK now runs to back of line and fielder becomes WK and rolls ball for next player.
- Team to remove all stumps first are the winners.

EASIER/HARDER

Start with more or fewer stumps to aim at.
 Increase/decrease distances.
 Allow hitting the stump base to count or insist it must hit the stump itself.
 Start with stationary rather than moving ball.



- ↗ Ball direction
- ↗ Player Movement
- ⊥ Stumps
- ▲ Cone
- ⊙ Player
- ⚔ Bat
- Ball

- Divide players into two teams. one to field first the other will run with the bat.
- Fielding team has one player as wicket keeper with the ball and rest behind their cone. batting team with all players behind their cone and first player has a bat.
- Teacher shouts 'YES' and WK rolls ball towards their team and batter starts running.
- Fielder attacks ball and throws underarm at stumps. If fielder misses then WK can collect ball and bring it to the stumps.
- Batter looks to get their bat on the floor past the cones that indicate the crease. If they get past the line before the ball hits the stumps they are in and earn a point. If fielding team get ball to stumps before batter crosses the line batter is out and point awarded to fielding team.
- When everyone has been teams switch roles.
- Team with biggest score after they have both fielded is the winner.

Key is to work out distances fielders and batters need to run in order to make it an even contest. These will probably not be the same.

EASIER/HARDER

- Make distances shorter or longer.
- Use a stationary ball.

VOCAB

- Run out