

# ECB SESSION PLANS

The session plans have been designed to help to provide guidance on planning and delivering a range of activities for children who are being introduced to cricket.

They also provide information on basic movement skills for players and ideas on developing tactical awareness.

It is recommended that the plans are in used in conjunction with the ECB Coaching cards that will provide further information on technical areas, games and differentiation.

The session plans have been designed to be used as an A4 sheet or they can be cut out and attached to the existing coaching cards for ease of use.

It is important to note that the range of activities, timings and key learning points are provided as general guidance only and the sessions can be adapted to meet the needs of the players. For example, a number of the sessions start with a game - if this is seen to be beneficial within the earlier sessions activities can be changed when appropriate.

The following symbols are used throughout the session plans:



Number of players required



Number of balls required



Number of bats required



Number of stumps required



Number of cones required



Number of markers required



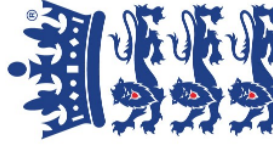
Number of batting T's required



Number of large sponge balls required

Finally the session plans aim to help ensure that coaches fulfil the ECB philosophy of *'Providing a fun and safe environment in which people, particularly children and young people, can enjoy their first experience of cricket, gain some success and are motivated to want to go on playing.'*

*ECB believes that good coaching is about coaching people not just coaching cricket; emphasis should be on helping people to grow and develop holistically, open to all - equity, respect for the game, opposition, equipment and facilities.*



**ECB**  
COACH  
EDUCATION

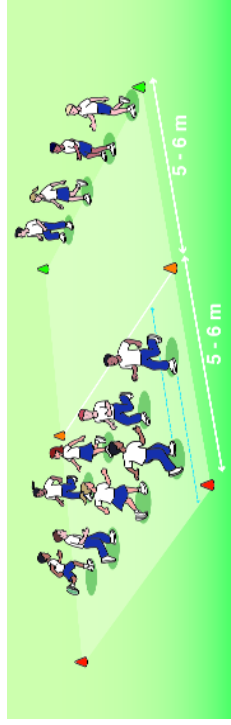
**SKY SPORTS**

# SESSION 1

## TRAFFIC LIGHTS

15 mins  
24  
6

- Players in 3 lines who have to react as quickly as possible to commands
- Commands may include:
  - Swap - swap places with a team mate in your line
  - Check - Turn 180 degrees
  - Various colours to swap lines e.g. line 1 is red, line 2 yellow, line 3 blue
  - Touch the floor - jump up and clap your hands
  - Clap hands - touch the floor

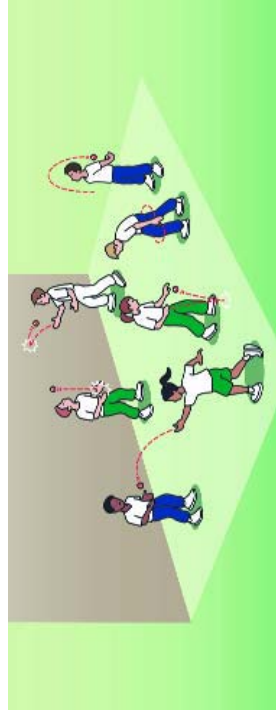


## EFFECTIVE RECALL

15 mins  
24  
4

Players move round a coned area passing the ball from hand to hand. Coach calls out a number which links to a command listed below:

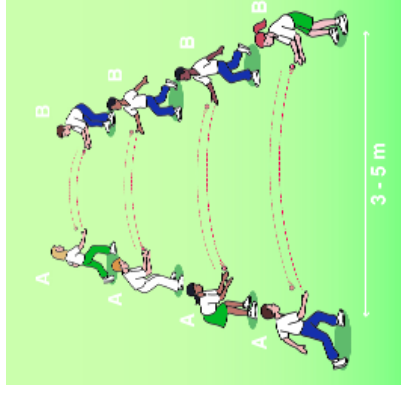
1. throw the ball into the air and clap 7 times
2. throw the ball to another person swapping in mid air
3. bounce the ball from left hand to right hand 7 times
4. figure of 8 through legs whilst walking (forwards and backwards)
5. throw ball into air and catch behind back



## CLOSE CATCHING

15 mins  
24  
12  
4

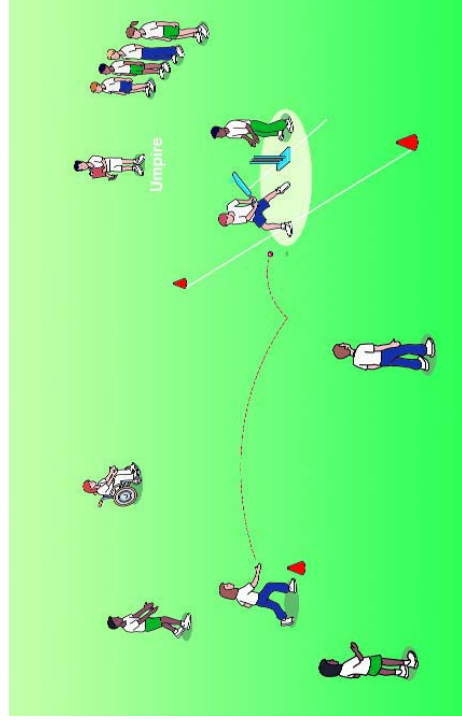
- Partner catch
- Straight, right, left, vary
- Different heights
- "Mixed Service"
- Game



NB: Coaching points for close catching may be included during this activity

## CONTINUOUS CRICKET

30 mins  
24  
1  
2  
1  
3



## TRAFFIC LIGHTS

- Players to work on balls of feet, knees flexed, arms flexed, relaxed and slightly forward of body
- When players swap lines consider including side steps, hopping, skipping
- Include mobility exercises

## EFFECTIVE RECALL

- Consider holding up fingers indicating the number of the command
- Ask children to invent own trick

## CONTINUOUS CRICKET

- Batters to consider where they are looking to hit the ball e.g. into gaps, over fielders
- Fielders to consider what they can be doing as the ball is fed e.g. 'Walking in and being in a 'ready position'

## REMEMBER:

- To run a cool down
- Slower paced activity
- Static stretches
- Reflect on session
- Players to re-hydrate
- Provide ideas for practice

# SESSION 2

## TRAFFIC LIGHTS

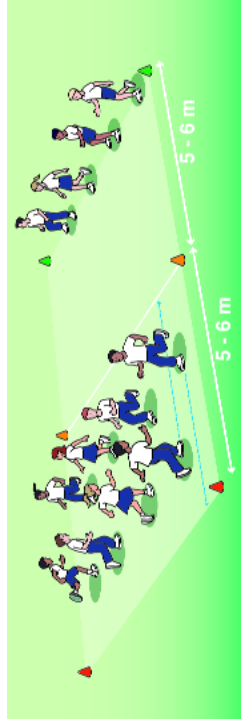


15 mins

Players in 3 lines who have to react as quickly as possible to commands

Commands may include:

- "Swap" - swap places with a team mate in your line
- "Check" - Turn 180 degrees
- Various colours to swap lines e.g. line 1 is red, line 2 yellow, line 3 blue
- "Touch the floor" - jump up and clap your hands
- "Clap hands" - touch the floor

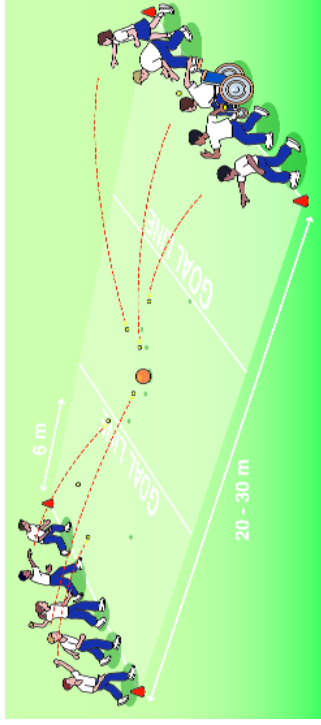


## CROSS FIRE



15 mins

- Objective: to score goals by throwing small balls at the large ball.
- A goal is scored when the large ball crosses the opposition goal line.
- When a goal is scored the ball is replaced in the centre.
- Balls can be collected from in front of the goal line but not thrown from there.



## INTRODUCTION TO THROWING



15 mins

1. Wrist flick (3 metres to target) flick wrist and fingers, bounce ball towards target
2. Elbow flick (5 metres to target) flick elbow, wrist and fingers, bounce ball towards target
3. Upper body rotation (10 metres to target) kneeling on throwing knee, high elbow, full follow through

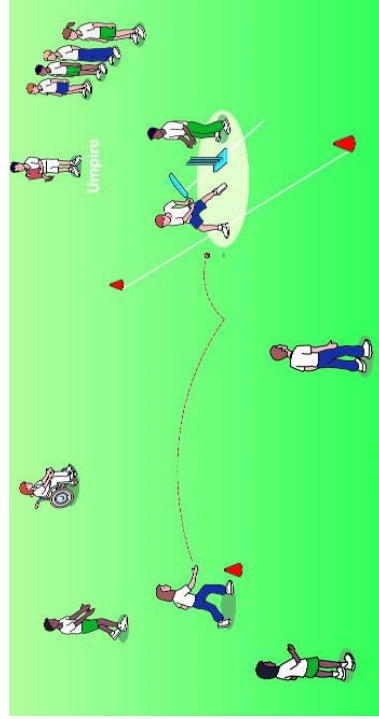


NB: Coaching points for standing throw may be included during this activity

## CONTINUOUS CRICKET



30 mins



## TRAFFIC LIGHTS

- Players to maintain a 'ready' position e.g. working on balls of feet, knees flexed, arms flexed, relaxed and slightly forward of body
- When changing direction quickly, movements should start with turning the head and focussing on a new target
- include mobility exercises

## CROSS FIRE

- Fielders to consider what is important when fielding the ball e.g. maintain a large catching area with hands and watch the ball

## CONTINUOUS CRICKET

- Batters to consider how they can score more runs e.g. hit the ball into gaps, over fielders, run and turn quickly
  - Fielders to decide as a group where they should stand
  - Fielders to consider what they can be doing if the ball doesn't come to them e.g. backing up other fielders
- REMEMBER:**
- To run a cool down
  - Slower paced activity
  - Static stretches
  - Reflect on session
  - Players to re-hydrate
  - Provide ideas for practice

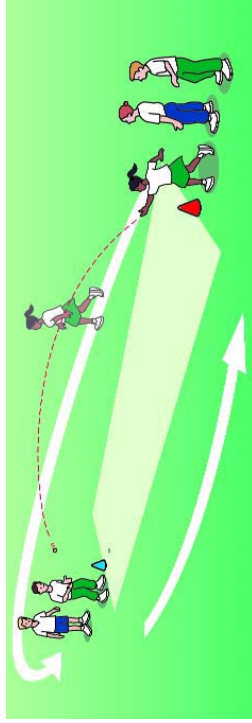
# SESSION 3

## CATCHING RELAY



15 mins

- Players number themselves 1 to 5
- 1 to 3 stand behind the red cone
- 4 to 5 stand behind the other cone
- Number 1's fetch a ball & rejoin group
- Underarm throw to the person opposite
- Once you have thrown the ball walk to the back of the other line



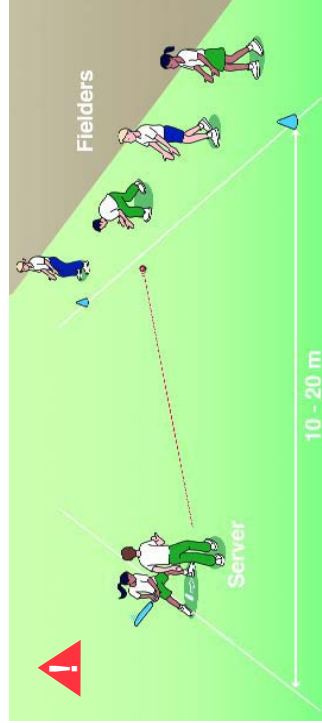
## HITTING OFF FRONT FOOT



30 mins

- Players number themselves 1 to 6
- Number 1 bats
- Number 2 serves/replaces ball on batting tee
- Number 3, 4, 5 and 6 field
- Four or five goes each then rotate

*NB: Coaching points for grip, stance, backswing & step may be included during this activity*



## GRIP, STANCE, BACKSWING AND STEP

### GRIP

- Fingers and thumbs wrapped around the bat
- 'V' in line between splice and edge
- Hands close together
- Top hand against inside front thigh

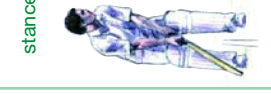


### STANCE

- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

### STANCE & BAT TAP

- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders



stance  
bat tap



### BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball

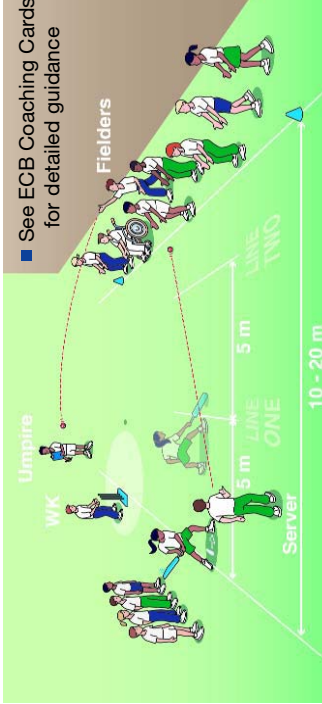


stance  
backswing & step forward

## LORD'S GAME



30 mins



■ See ECB Coaching Cards for detailed guidance

## CATCHING RELAY

- Players to be in the ready position when catching the ball.

- Opportunity to reinforce key coaching points for catching
- Consider feed e.g. ball may be rolled or bounced
- Consider how players move to back of line once they have thrown the ball e.g. side steps, skipping, working through cones, change speed
- Consider running technique e.g. head up, pumping of arms, working on balls of feet, eyes forward

## HITTING OFF FRONT FOOT

- Challenge fielders to stop the ball crossing the fielding line

## LORD'S GAME

- The running batter to ground their bat over the line and turn with a low body position
- Opportunity to reinforce throwing technique

## REMEMBER:

To run a cool down

- Slower paced activity
- Static stretches
- Reflect on session
- Players to re-hydrate
- Provide ideas for practice