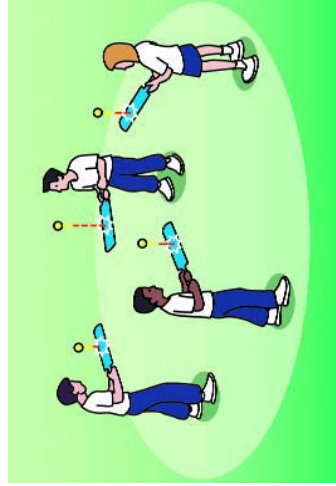


SESSION 4

BAT TAP

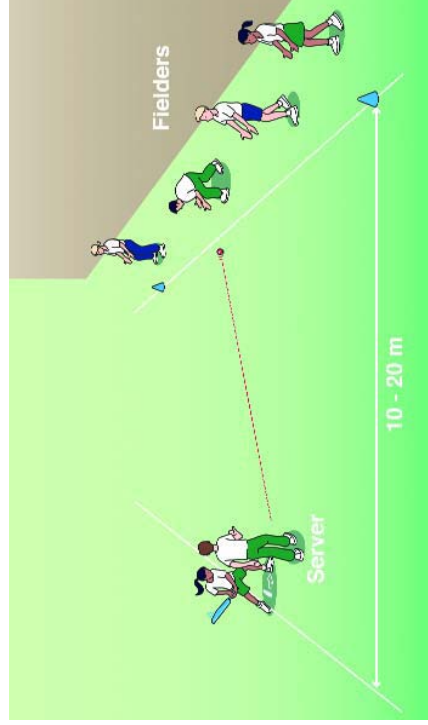
10 mins
 1
 1
 1

- Players bounce ball on the bat or part of the bat e.g. edge, back, toe
- Find partner and follow - change round
- Stand on one leg
- Bounce ball on bat then go onto knees, lie down, back up again
- One low tap, 1 high, 4 low, 1 high etc
- Let ball bounce on floor and kick ball back onto bat - can you use both feet
- Catch ball on bat after high hit
- Add distractions e.g. move in zoned area avoiding cones on the floor
- Opposite a partner - bat tennis



HITTING OFF FRONT FOOT

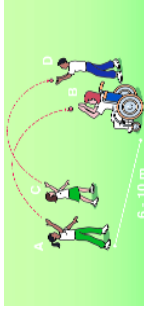
20 mins
 6
 1
 1
 2



HIGH CATCHING

10 mins
 2
 1

- Continuous catching
- Different heights
- Service to draw catcher forwards
- Catcher stands closer and service to send catcher backwards
- "Mixed Service" organisation picture



CATCHING TENNIS

15 mins
 2
 1

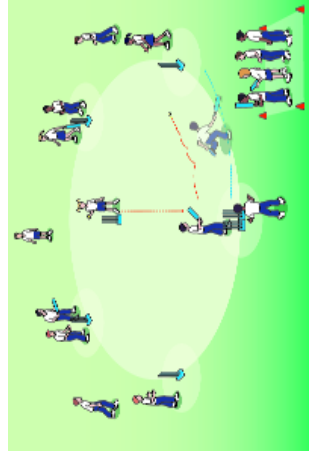
- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce
- If they succeed they score a point
- Players in the other zone try and do the same



CRICKET ROUNDERS

30 mins
 24
 7
 1
 1

- 1 run is scored each time a batter reaches 4th base. Batters then join the back of the line
- Batters can be caught, bowled or run out. If batters are out they can join the back of line.
- Timed innings
- Multiple outs are possible



BAT TAPS

- Ensure players have both hands on bat handle
- Consider giving other signals for commands other than verbal e.g. holding red cone in air means balance on one leg
- 7 point challenge - name 7 points on the bat that players have to bounce the ball on
- Opportunity for youngsters to make up their own trick (individually or as a small group)

HITTING OFF FRONT FOOT

- Reinforce the importance of quality fielding and stopping the ball crossing the line

CATCHING TENNIS

- Players to maintain a balanced position and anticipate where the ball will go

CRICKET ROUNDERS

- When running look for an explosive start and feet spending as little time as possible on the ground
- Players to consider which base they are throwing to (decision making skills)

REMEMBER:

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

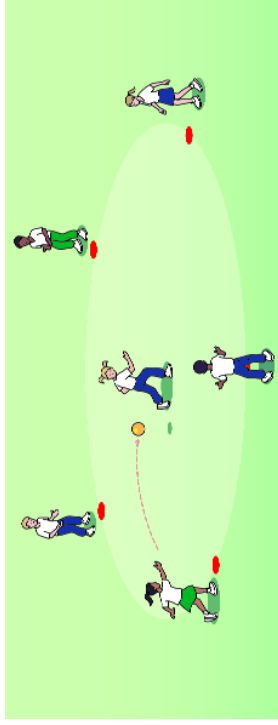
SESSION 5

DODGE BALL



10 mins

- Players stand near a cone to form a circle and face inward
- One player stands in the middle of the circle
- Player with the ball aims to underarm throw the sponge ball to hit the middle player below the knees
- Player in the middle aims to avoid the ball but if hit they are replaced



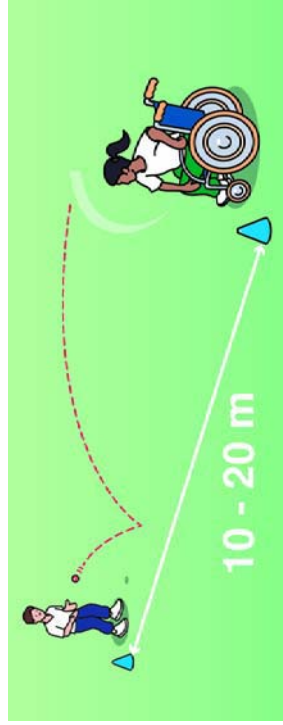
THE BOWLING ACTION



20 mins

- Bowling in pairs (tennis ball with chalked seam or soft ball with seam)
- Distance depends on age
- Target areas
- Game
- Be flexible - adapt to each individual (side on, front on, midway)

NB: Coaching points for bowling from the base position may be included during this activity

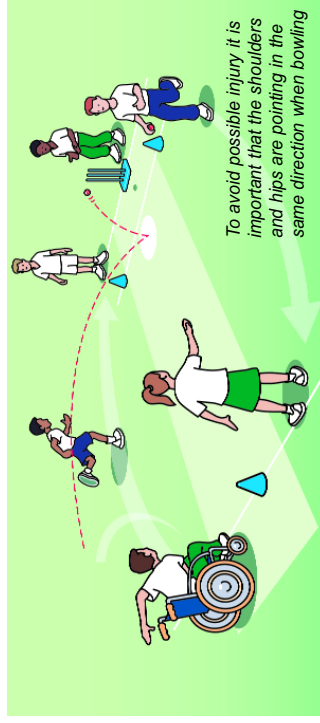


TARGET BOWLING



15 mins

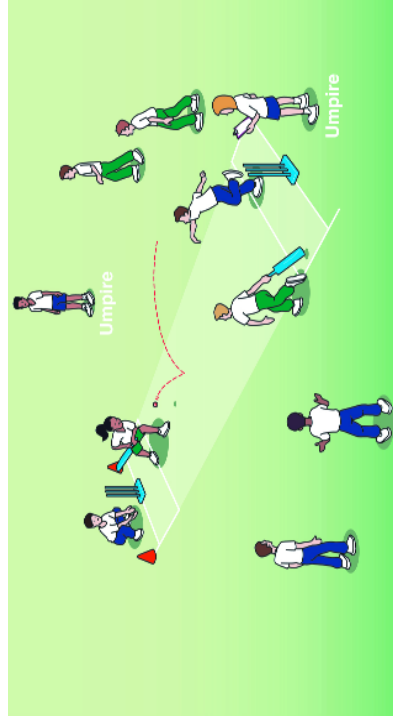
- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy: e.g. landing in the target = 1 point, hitting the wicket = 1 point, doing both = 3 points



PAIRS CRICKET



30 mins



DODGE BALL

- Players to maintain a balanced position and stay on balls of feet
- Player in the middle to use a range movements e.g. backwards, forwards, side steps, jumps, turns, twists
- Fielders on the outside of the circle to anticipate where the ball is going

BOWLING

- Bowlers to have all body parts moving towards the target

TARGET BOWLING

- Opportunity to reinforce wicket keeping work from last session

PAIRS CRICKET

- Bowlers to consider what line and length they are looking to bowl e.g. off stump, on a good length
- Consider introducing calling to the batters e.g. yes, no or wait
- Fielders to anticipate where the ball is going to go

REMEMBER:

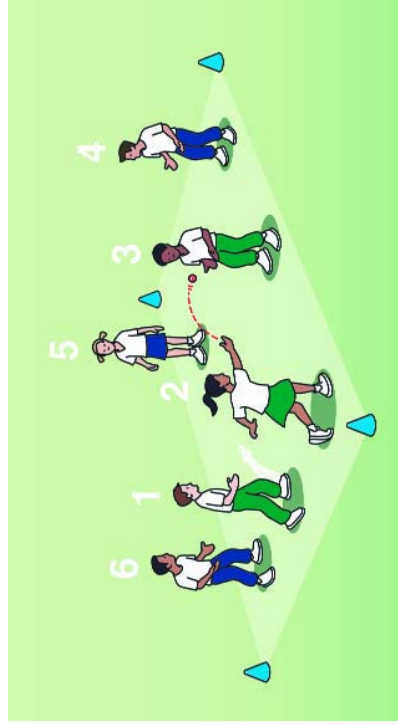
- To run a cool down
- Slower paced activity
- Static stretches
- Reflect on session
- Players to re-hydrate
- Provide ideas for practice

SESSION 6

CATCHING BY NUMBERS



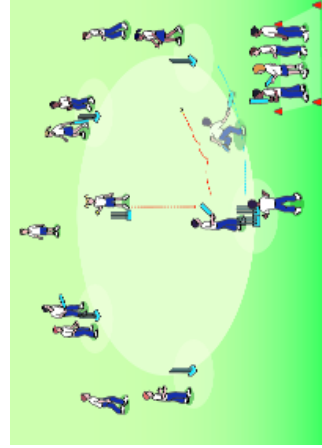
- A tennis ball is passed in order between team mates numbered 1 to 6.
- Once completed start again at number 1.
- Once the ball has been thrown players must move somewhere else in the coned area
- Refer to coaching cards for ideas on progression



CRICKET ROUNDERS



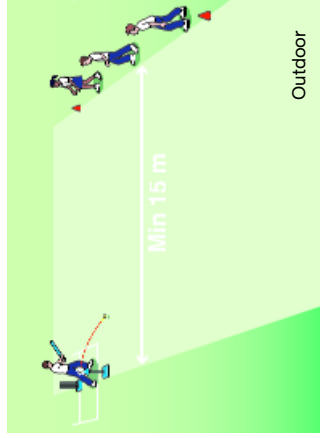
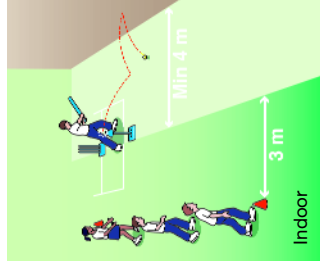
- 1 run is scored each time a batter reaches 4th base. Batters then join the back of the line
- Batters can be caught, bowled or run out. If batters are out they can join the back of line.
- Timed innings
- Multiple outs are possible



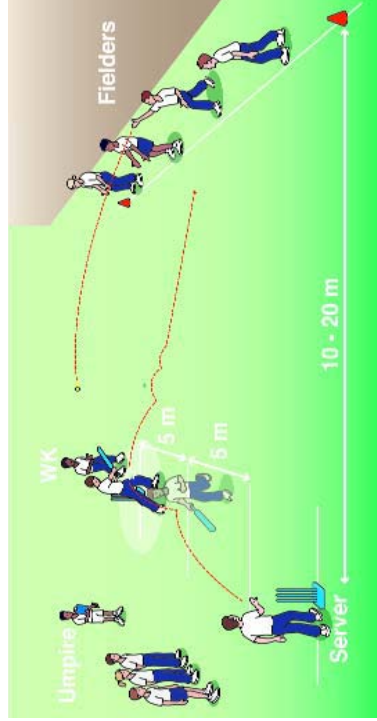
PULL SHOT



- Batter to hit ball from batting tee / cricket stump
- 4/5 goes each and then rotate
- Left-handed batters No.6, 5, etc
- Depending on the ability of the group, an overarm bounce throw service to hip height of batter may be appropriate



LORDS GAME: PULL SHOT



WARM UP

- Players to move on balls of feet with the ability to react quickly.
- Players to use a range of movements e.g. forwards, backwards, side steps, hopping, jumping
- Players to use peoples' names, call for catch (team work)

CRICKET ROUNDERS

- Consider giving fielding team responsibility for deciding where to stand (problem solving)
- Players to anticipate where the ball is going to be hit

LORDS GAME

- Batters to consider what will help them to decide when to run e.g. if the ball is hit into the gap between or fielders, over fielders or identify the weakest fielders
- Fielders to be responsible for their area or zone

REMEMBER:

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

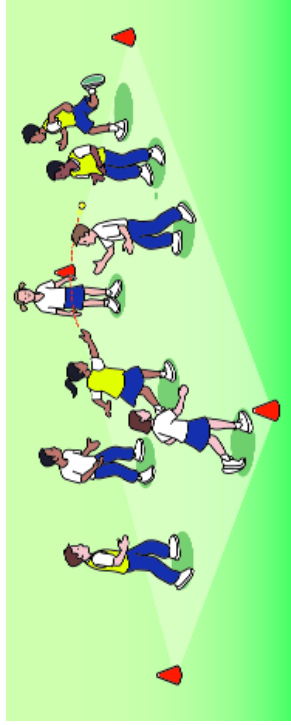
SESSION 7

KEEP BALL

10 mins

2 4 1

- Players are divided into two teams.
- Players pass the ball to team members.
- Once 5 consecutive passes have been made one point is scored.
- Combine with mobility exercises.

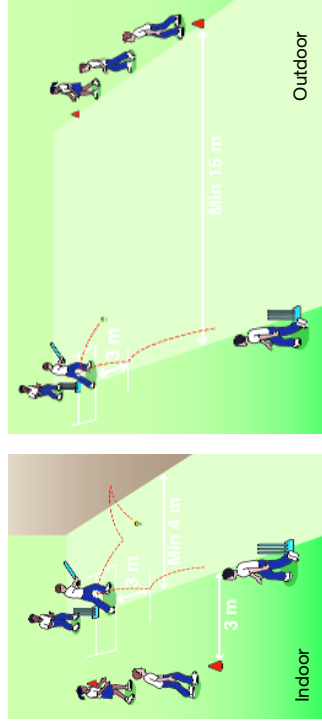


PULL SHOT WITH SERVE

20 mins

4 6 2 1 1 4

- An overarm bounce throw service to hip height of batter
- Batter to say "ready"
- 4/5 goes each and then rotate
- Left-handed batters No.6, 5, etc
- Wicket keeper at least 3 metres behind batter



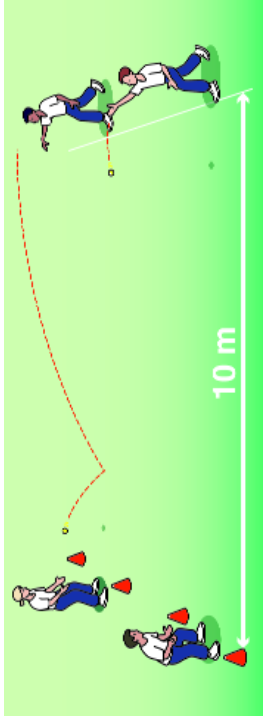
WICKET KEEPING

20 mins

2 1 4

- 5 goes each
- Straight take
- Off side take
- Leg side take
- "Mixed service"

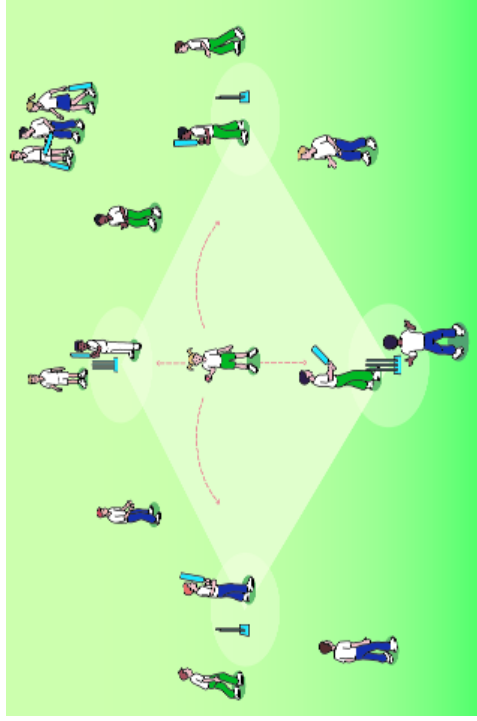
NB: Coaching points for wicket keeping may be included during this activity



DIAMOND CRICKET

25 mins

24 4 4 1



KEEP BALL

- Players to consider of how move into space e.g. change direction, work on balls of feet, explosive movements

PULL SHOT

- Consider, if necessary, alternative feed options e.g. batting tee, underarm serve
- Opportunity to reinforce when we play this shot e.g. short ball, usually passing outside leg stump
- Opportunity to reinforce to fielders the importance of quality fielding and preventing the ball crossing the fielding line
- Fielders to be in athletic 'ready' position

WICKETKEEPING

- Consider feeders bowling the ball

DIAMOND CRICKET

- Fielders to be supportive of each other and work as a team e.g. praise effort, backing up
- Batters to consider shot selection e.g. when it is appropriate to play forward or back

REMEMBER:

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