PRIMARY SCHOOL CRICKET LESSON PLAN - BATTING 4 HORIZONTAL STRIKING/PULL SHOT

**EQUIPMENT/RESOURCES**
- Stumps
- Batting tee
- Cones
- Balls
- Bats
- Space. The pull shot is a powerful one that requires thought about how it is set up for large groups.

**TIMINGS**
- 5 mins – Warm up
- 20 mins – Development activity
- 20 min – Game

**OBJECTIVES**
- Acquiring and developing skill. Batting and fielding.
- Develop a batting grip and set up
- Gain an understanding of where to hit the ball – away from the fielders
- Use fielding skills to stop and return the ball to the WK

**QUESTIONS**
Q – What is the correct grip and why?
A – Hands together with right hand below left for right handers and vice versa for left handers. To hit the ball hard and with control

Q – Where are you looking to hit the ball?
A – Away from the fielders along the ground and hard

Q – When do you play the pull shot?
A – When it arrives at my waist

**PUPIL LEARNING OBJECTIVES**
- I can hold the bat correctly
- I can hit the ball consistently
- I know where to hit the ball to score most runs
- I can stop the ball
- I know when that the ball arrives at my waist
- I play the pull shot
- I can throw accurately using either underarm or over arm throws depending on distance

**OVERSIGHTS**
- Work on general hand eye co-ordination
- Relay races using the bat as a hockey stick
- Bat Taps

**SAFETY**
- Keep fielders behind cones which are safe distance away
- Keep batters away from each other
- Use sponge balls if space is limited

**DEVELOPMENT ACTIVITY – PULL SHOT**
Batting Practice
Split into small groups. Within each group one player bats whilst the others field.
Batter hits ball from a tee that is on top of a plastic stump looking to hit the ball through a set of cones 10-15m away on the leg side. Fielders stop the ball and return to batter who has a set number of goes before switching round.
Can progress to a underarm full toss feed or one bounce overarm feed more advanced players. Ball should arrive at the batter at their hip
Can be progressed into a game. 5 goes per player in rotation. How many times can the team hit the ball through their cones? Set time limit of 5-10 minutes and you have a winner. Promotes team work although not necessarily hitting the ball hard.

**Drip in coaching points**
1. Grip – hands together with right hand below left (Right handers)
2. Watch the ball
3. Step from side on to chest on to the ball and create a base (WHY? Create power.)
4. Swing bat horizontally. WHY? Increases power for ball at this height.
5. Hit it hard and along the ground (WHY? Means you cannot be caught)
GAME

LORDS GAME FOR PULL SHOT
• 2 teams, 1 bats first and the other fields first.
• Each batter has set number of goes
• Batter uses front foot drive to hit ball from tee between the cones. 1 run scored if ball hit past first line of cones, 2 past second and 4 if hit past final line of cones.
• Fielders position themselves no closer then 10m from the bat in the scoring zone to prevent runs.

EASIER/HARDER
• Use a full toss or one bounce overarm feed rather than hit off the tee.
• Batter can score extra run by running to first line and back before fielders return ball to keeper at the second set of stumps (extra 2 runs for second line). If they attempt a run and fielders get the ball to the keeper’s stumps before batter is back that is out.
• Can add in other methods of dismissal such as caught and bowled.
• Batter loses 5 runs for being out or that ends their innings.
• Possibly only award runs for shots hit along the ground.
• Use bigger balls or tennis rackets to make contact easier.

SET UP

STEP

CONTACT

FOLLOW THROUGH

CRICKET SKILLS
• Batting – Horizontal striking/Pull Shot
• Stop • Throw
• Teamwork
• Decision making

VOCAB
• Co-ordination
• Watch the ball
• Striking
• Cricket
• Batting Grip
• Hit the gaps
• Pull Shot