PRIMARY SCHOOL CRICKET LESSON PLAN – CATCHING

EQUIPMENT/RESOURCES
• Cones
• Balls
• Stumps

TIMINGS
5 mins – Warm Up
10 mins – Development Activity
15 mins – Catching Tennis
15 mins – Hand Hockey
15 mins - Catching Caterpillar
(can be done at walking speed as a cool down)

DEVELOPMENT ACTIVITY
• Split into pairs
• Set pair of cones 3m apart
• Players throw underarm looking to reach their partner around their belly button.
• Can progress into a game. How many catches can the whole class take in 2 minutes? Repeat looking to beat previous score.

Drip in coaching points
1. Ready position
2. Watch the ball
3. Head in line with the ball
4. Hands together with big catching area
5. Soft hands

OBJECTIVES
• Acquiring and developing skill
• Improve catching skills
• Improve co-ordination and agility

PUPIL LEARNING OBJECTIVES
• I can catch a ball thrown from 3 metres consistently
• I can catch a ball from 10 metres consistently

QUESTIONS
Q – Why do we want to be able to catch in cricket?
A – It gets the opposition out.
Q – What do our hands do when they catch the ball?

OBSERVATIONS
Players struggle to hit ball consistently
• Work on general hand eye co-ordination.
  EG Balloon keep ups.
• Work with shorter distances and self catches
• Use bigger balls, softer balls, beanbags, cloths etc.

VOCAB
Sporting
• Co-ordination
Cricket
• Watch the ball
• Ready position
• Soft hands
• Catching area

CRICKET SKILLS
• Catching
• Underarm throw
• Teamwork
**GAME**

**CATCH AND MOVE - WARM UP ACTIVITY**
- Set out a coned area that will be big enough to fit all your players in whilst being small enough that they will need to dodge each other regularly.
- Players should be asked to move about inside the area avoiding each other. Start moving slowly and increase the speed.
- Introduce some balls, about one between two. Players throw a catch to a team mate as they move around the area.
- Change the way players are asked to move such as skip, high knees, heel flicks, sideways, in a crouched position etc.
- After each catch players leave the area and perform a press up, squat thrust etc.
- Introduce a ball each so that players throw simultaneous catches to each other.
- Switch players on mentally as they have to recall names of famous cricketers, grounds, teams etc...
- Change any aspect you want to get the desired result which is players that have warmed up physically and mentally.

**CATCHING TENNIS**
- Reds are playing against green and yellow against blue.
- Ball thrown underarm to land in opponents area. Ball must clear net (stumps). Opponents job is to catch ball and prevent ball from landing.
- Points scored by ball landing in opponents area.
- Ball thrown back and forth until the end of the game.
- Team with most points wins.
- Can be played with just two teams.

**EASIER/HARDER**
- Allow high throws.
- Remove net that will then allow lower and more challenging throws.
- Change size and weight of balls or use beanbags etc.
- Increase and decrease distance between teams.
- Add in extra balls.
- Eliminator. If player drops ball or closest to it when it lands is out until no-one from team is left.

**CATCHING CATERPILLAR**
- Split players into teams.
- Teams ten split into two groups that face each other in a line arms length apart and 2m from other half behind the start line.
- Ball thrown in a zig zag along the team. Once player has thrown the ball they run to the end of the caterpillar arms length from end player.
- Team with all players over finish line first wins.

**EASIER/HARDER**
- Increase/decrease distance between the lines.
- Change object being caught.
- If ball dropped team has to start again.
- Ball can be rolled rather than thrown.