# PRIMARY SCHOOL CRICKET LESSON PLAN – OVERARM BOWLING

(The way in which each ‘play’ in cricket starts (Not required for fielding)

## EQUIPMENT/RESOURCES
- Stumps
- Cones
- Balls (Tennis, Windball or Incrediball)

## TIMINGS
- 10 mins – Warm up
- 15 mins – Development Activity
- 20 mins - Game

## DEVELOPMENT ACTIVITY
- Depending on age arrange pairs 10-16m apart (or shorter depending on experience/ability)
- From a standing position ask players to bowl over arm to each other
- Encourage players to bowl one bounce to their partner
- Drip in coaching points
  1. Grip – index and middle finger either side of seam (bunny ears) and thumb on bottom of ball
  2. Opposite foot forward to the bowling arm
  3. Bowling arm straight when it comes over the top (WHY? It’s the laws of the game)
  4. Cut through partner with front arm (WHY? Helps with momentum towards your target. Where you go the ball will go)
  5. Follow through straight towards your partner (WHY? Helps with momentum towards your target. Where you go the ball will go)

## OBJECTIVES
- Acquiring and developing skill
- Over arm Bowling with a straight arm
- Gain an understanding of where to bowl

## PUPIL LEARNING OBJECTIVES
- I can bowl with a straight arm
- I can bowl within 1m of the stumps
- I can bowl with 1 bounce before the stumps

## QUESTIONS
**Q –** What should your bowling arm be and why?
**A –** Straight, it is the laws of the game

**Q –** Where are you looking to bowl?
**A –** At the stumps, one bounce

**Q –** What can help you bowl more accurately?
**A –** Use front arm to cut through target and follow through straight towards target (Momentum to target)

## OBSERVATIONS

Players struggle to keep a straight arm
- Shorten the distance even to extent that they are just dropping the ball in front of them.
- Individually bowl at a wall that is initially close
- Use the ‘catapult method’

Players can bowl with straight arm with some accuracy
- Add in a walk up to bowl. This will lead to potential to increase speed and accuracy in long term
- Progress to run up
**TARGET BOWLING - RULES**

**ORGANISATION**
Divide group into teams, 3-5 is ideal, 6-8 is OK. One of the team starts as WK the others are bowlers.

**THE GAME**
- The aim of the game is to score the most points.
- Bowler bowls at stumps and scores 2 points for hitting the stumps or one point for getting between the 1m cones.
- WK stops ball once past the stumps and runs back with it to next player in the team.
- After bowling the player runs down to become WK Continue for number of deliveries or time.

**EASIER/HARDER**
- Change length of pitch and/or width of target
- Place two sets of stumps next to each other as target
- Remove a stump each time the wicket has been hit
- Add target area on the floor

**VOCAB**
- Sporting
- Co-ordination
- Momentum
- Cricket
- Bowling
- Wicket keeping
- Run up
- Follow through
- Front arm

**CRICKET SKILLS**
- Over arm bowling
- Stop/Catch/Wicket keeping