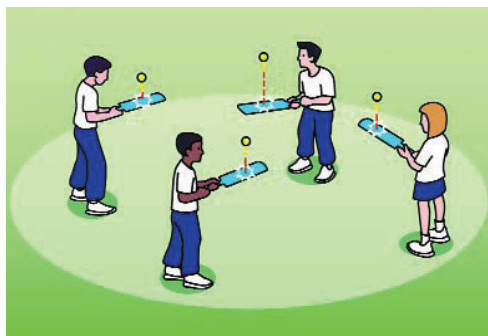


SESSION 4

BAT TAP

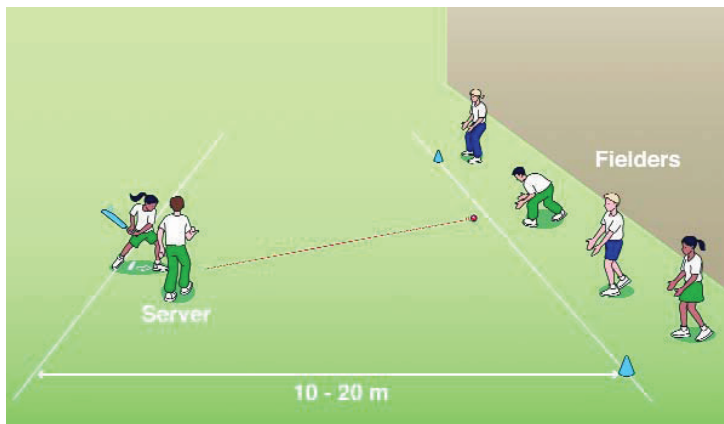
1 1 1 10 mins

- 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



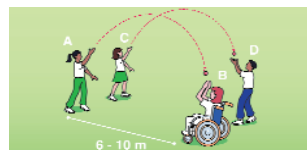
HITTING OFF FRONT FOOT

6 1 1 2 20 mins



HIGH CATCHING

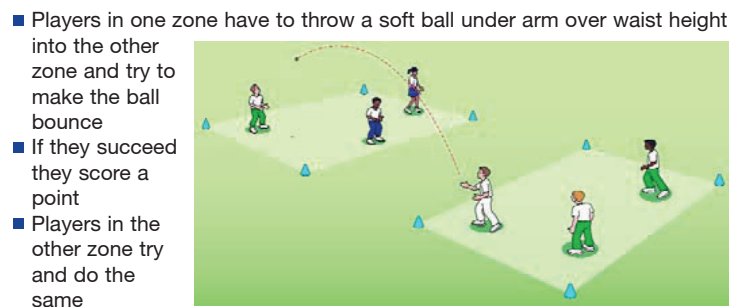
2 1 10 mins



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

CATCHING TENNIS

2 1 15 mins

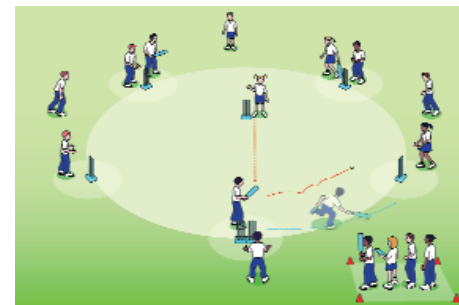


- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce
- If they succeed they score a point
- Players in the other zone try and do the same

CRICKET ROUNDERS

24 7 1 1 30 mins

- 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

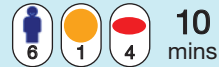
- When running look for an explosive start and feet spending as little time as possible on the ground
- Players to consider which base they are throwing to (decision making skills)

REMEMBER:

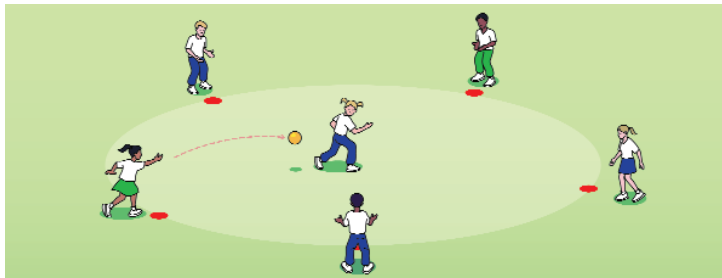
- To run a cool down
- Slower paced activity
- Static stretches
- Reflect on session
- Players to re-hydrate
- Provide ideas for practice

SESSION 5

DODGE BALL



- 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

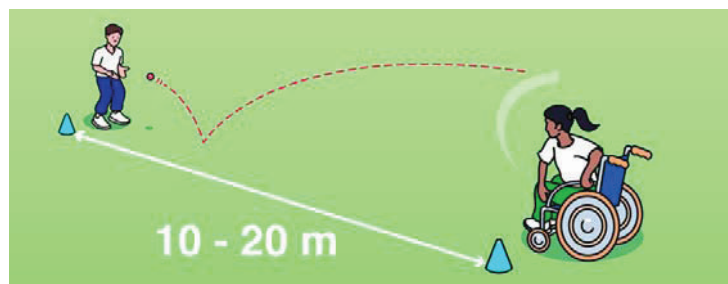


THE BOWLING ACTION



- 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)

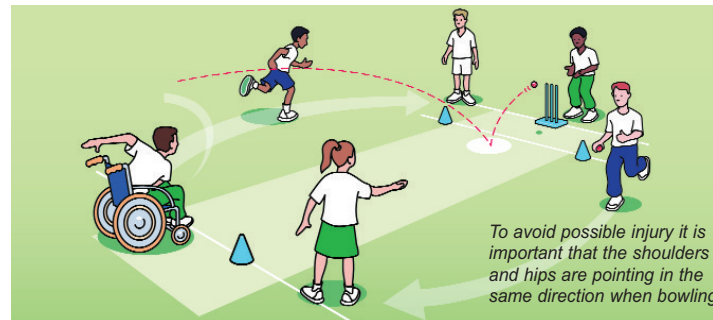
NB: Coaching points for bowling from the base position may be included during this activity



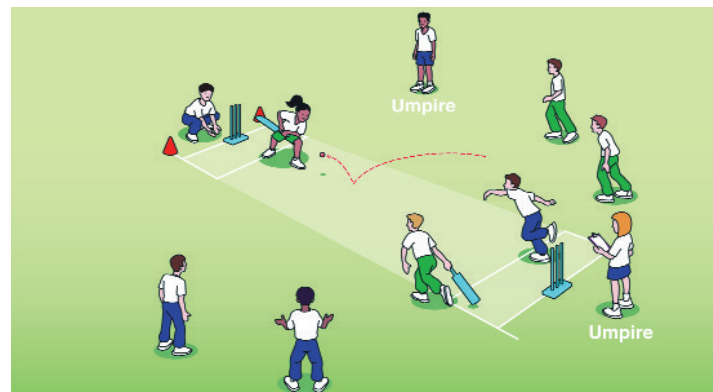
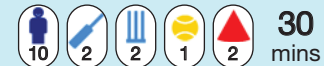
TARGET BOWLING



- 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



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:

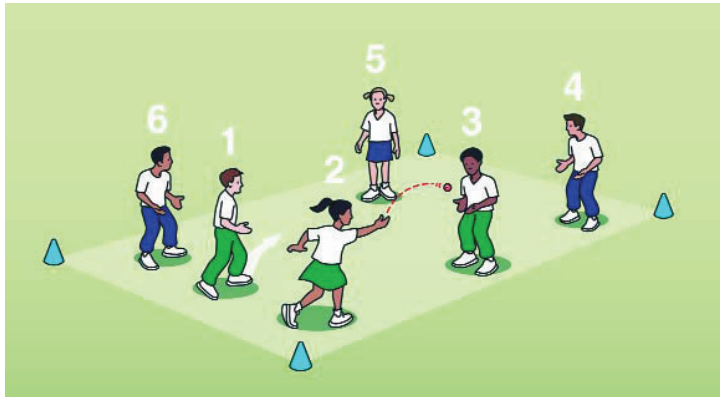
- To run a cool down
- Slower paced activity
- Static stretches
- Reflect on session
- Players to re-hydrate
- Provide ideas for practice

SESSION 6

CATCHING BY NUMBERS



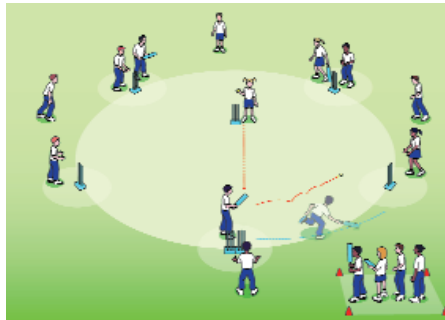
- A tennis ball is passed in order between team mates numbered 1 to 6.
- Once completed start again at number 1.
- Once the ball has been thrown players must move somewhere else in the coned area
- Refer to coaching cards for ideas on progression



CRICKET ROUNDERS



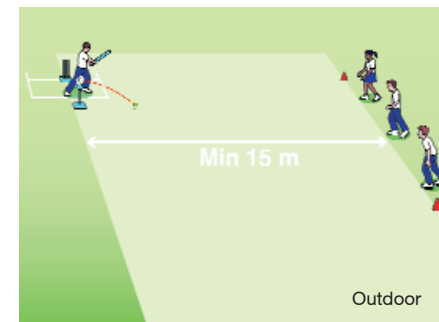
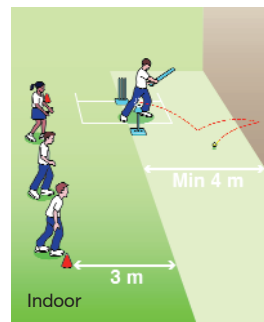
- 1 run is scored each time a batter reaches 4th base. Batters then join the back of the line
- Batters can be caught, bowled or run out. If batters are out they can join the back of line.
- Timed innings
- Multiple outs are possible



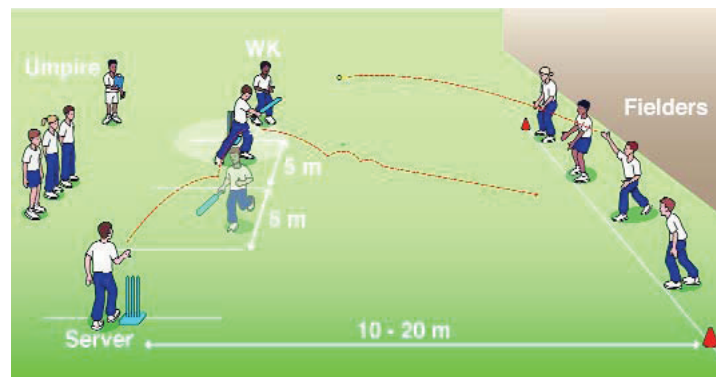
PULL SHOT



- 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 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



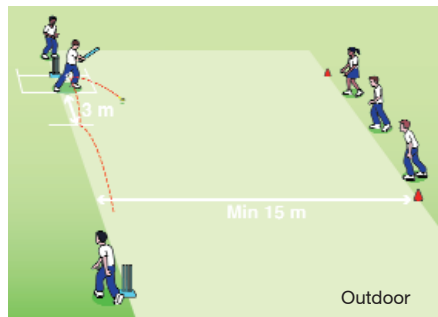
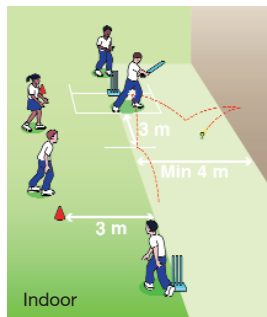
- Players are divided into two teams.
- Players pass the ball to team members.
- Once 5 consecutive passes have been made one point is scored.
- Combine with mobility exercises.



PULL SHOT WITH SERVE



- 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

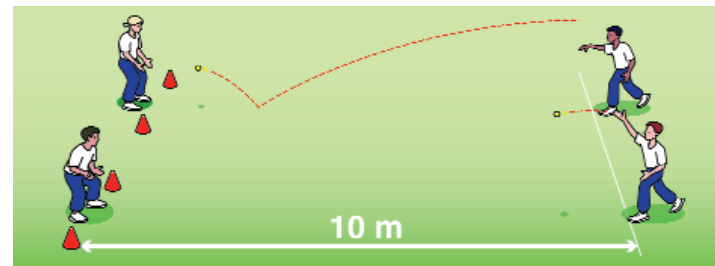


WICKET KEEPING

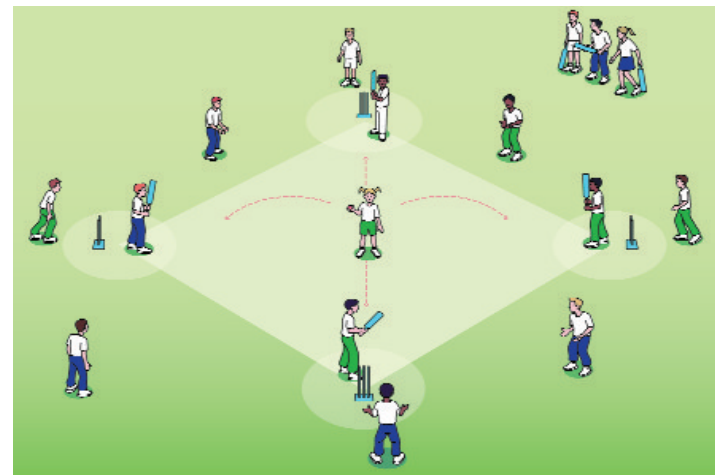


- 5 goes each
- Straight take
- Off side take
- Leg side take
- "Mixed service"

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



DIAMOND CRICKET



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