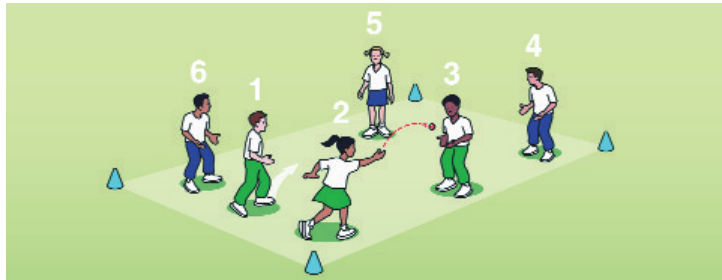


SESSION 8

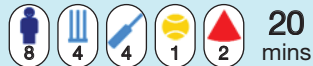
CATCHING BY NUMBERS



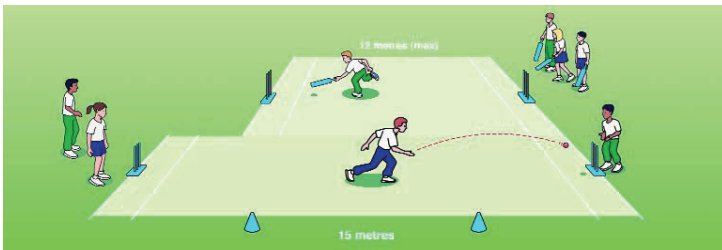
- A tennis ball is passed in order between team mates numbered 1 to 6.
- Once completed start again at number 1.
- Once the ball has been thrown players must move somewhere else in the coned area
- Refer to coaching cards for ideas on progression



RUN THEM OUT GAME



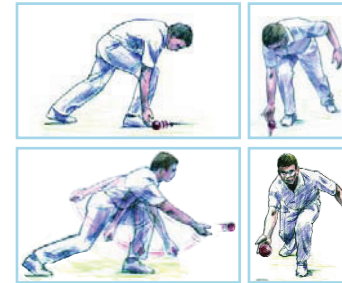
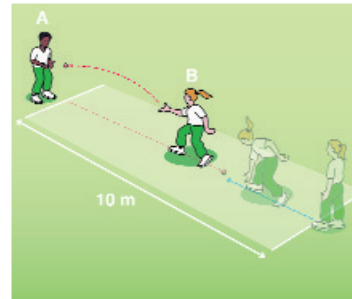
- Divide the players into groups of 8 and then into 2 teams of 4
- One team running between the wickets, and other fielding & returning ball to a wicket keeper
- Wicket keeper rolls ball into fielding area (6 to 12 m). As soon as ball is rolled, batter tries to reach the far crease & back (2 runs)
- Fielder runs and tries to hit the wicket with the ball or return the ball to wicket keeper to break the wicket before the batter has completed 2 runs
- Single runs do not count so no runs are scored when a batter is out



ONE HANDED INTERCEPT & THROW

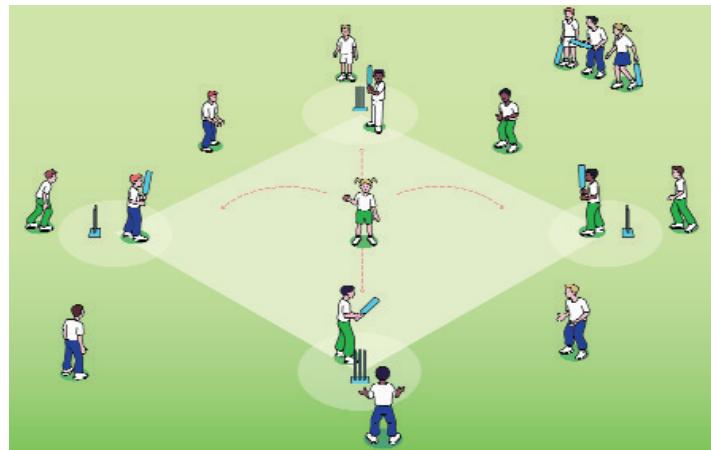


- No.1 rolls the ball to halfway point
- No.2 attacks the ball
- Underarm to partner (no bounce)
- 5 goes each and change



- Balanced and low
- Watch the ball, pick up outside throwing foot. Stay low
- Throwing hand arm and body follow through towards target

DIAMOND CRICKET



CATCHING BY NUMBERS

- Consider asking players, once 12 catches have been completed, to touch all 4 cones or complete a lap of the zoned area in one direction

RUN THEM OUT GAME

- Batters, when turning to reach out with bat and turn with the body in a low position. The movement should start with a turning of the head and focus on a new target.
- Fielders to approach the ball with short strides, low, balanced and maintain momentum towards target

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
- Provide ideas for practice

SESSION 9

KEEP BALL

12 1 4 10 mins

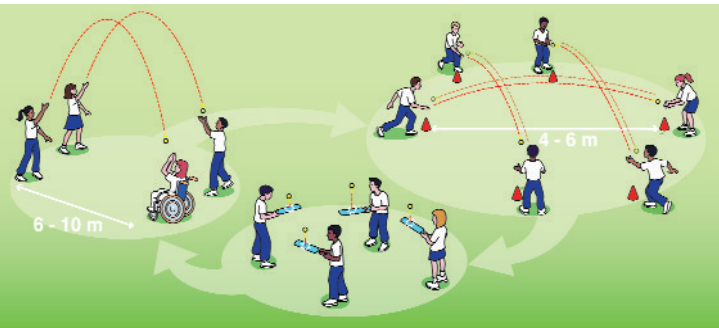
- Players are divided into two teams.
- Players pass the ball to team members.
- Once 5 consecutive passes have been made one point is scored.
- Combine with mobility exercises.



CIRCUIT

12-18 8-12 4-6 6 20 mins

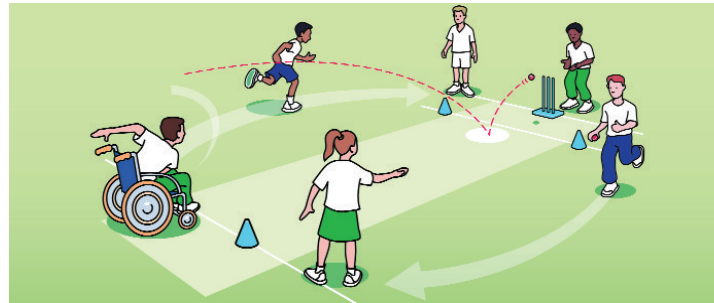
- High catching
- Bat taps
- Distraction catching



TARGET BOWLING

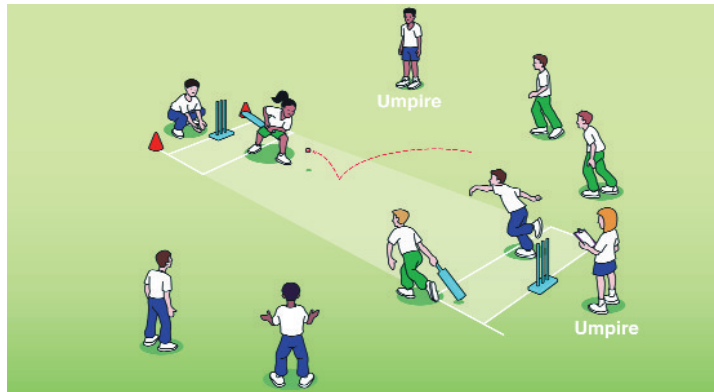
6 2 1 4 15 mins

- 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:
 - one point for landing in the target
 - one point for hitting the wicket
 - three points for doing both



PAIRS CRICKET

10 2 2 1 2 30 mins



CRICKET CIRCUIT

- Consider adding a competitive element e.g. keeping individual scores, team scores
- Consider adapting or providing alternative activities e.g. from *Wings to Fly* DVD to encourage the development of agility, balance, coordination, speed

TARGET BOWLING

- Consider using different types of ball e.g. swing balls, seamed tennis balls

PAIRS CRICKET

- Batters to hit the ball through the gaps, look for quick singles, run quickly, call for runs e.g. yes, no or wait
- Bowlers to pitch the ball on a good length, on off stump to make it difficult for the batter to score
- Non striking batter to walk towards the striker as the ball is bowled to help the striker score runs

REMEMBER:

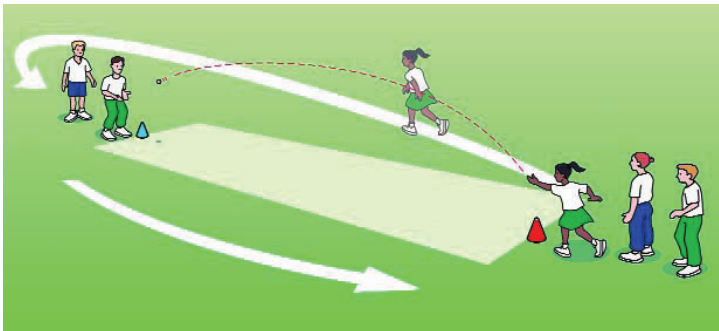
- To run a cool down
- Slower paced activity
- Static stretches
- Reflect on session
- Players to re-hydrate
- Provide ideas for practice

SESSION 10

CATCHING RELAY



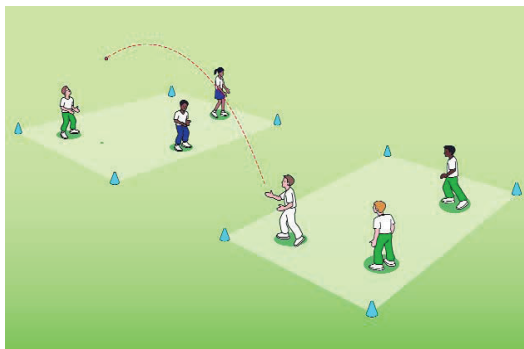
- Players number themselves 1 to 5
- 1 to 3 stand behind the red cone
- 4 to 5 stand behind the other cone
- Number 1's fetch a ball & rejoin group
- Underarm throw to the person opposite
- Once you have thrown the ball walk to the back of the other line



CATCHING TENNIS



- 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

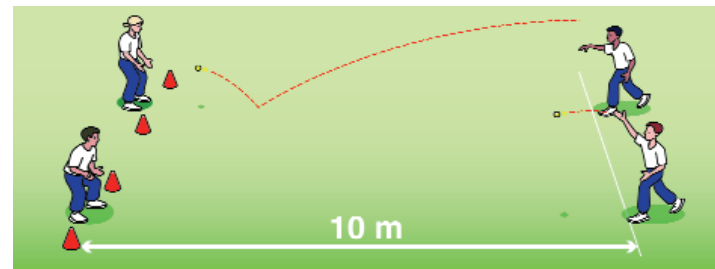


WICKET KEEPING

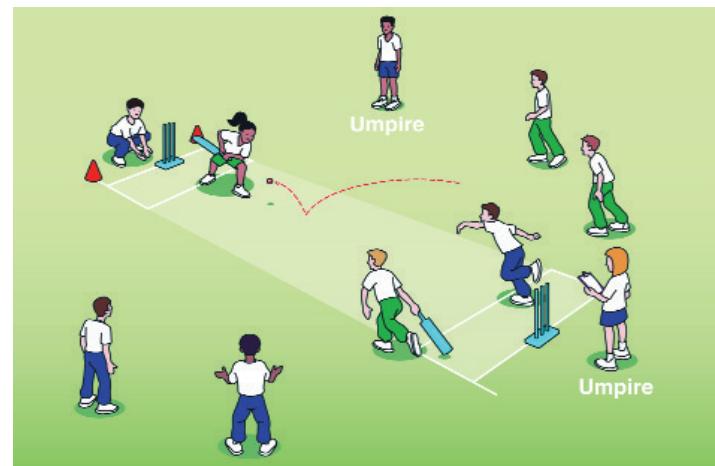


- 5 goes each
- Straight take
- Off side take
- Leg side take
- "Mixed service"

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



PAIRS CRICKET



CATCHING TENNIS

- Players to maintain athletic 'ready' position
- Players to decide amongst themselves where to stand within coned area

WICKETKEEPING

- Consider introducing taped or swing balls
- Depending on pace of ball keepers to stand up or stand back
- Consider feeders bowling the ball

PAIRS CRICKET

- Opportunity to introduce or recap on fielding position names
- Consider rewarding good fielding with bonus runs e.g. diving stops, team work such as backing up

REMEMBER:

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