



Warm Up Activity

- Students stand in a circle facing each other.
- Starting with one ball, a student will toss the ball to another player in the circle. This will continue until everyone in the circle has caught and tossed the ball.
- Introduce more balls to increase the difficulty level. Continue along with the same pattern.

The purpose of this warm up is to teach the student to catch the ball with two hands and to learn how to toss the ball to the chest of the person receiving the ball.

A variation to this warm up is using one ball per group, each student runs around outside of circle back to original position after tossing.

Time Limit: **5 Minutes**

Students Limit: **4 - 6**

Age Group: **5 - 10**



Drill 1 - Cricket Dodgeball Warm Up

Five to six gator balls and four wickets are required for this warm up.

- Split the students into two teams.
- Each team will have two wickets.
- The object is to score points by hitting the opposing team's wicket and trying to hit the opposing players with a gator ball.
- If a student is hit by a gator ball, he or she must run to the sideline and complete 15 jumping jacks before re-joining the game.
- Each team must also try to protect its own wickets.
- Students are allowed to guard the wicket using their hands and will not be required to perform the jumping jacks if their hands are hit while guarding the wicket.

Time Limit: **5 – 7 Min.**

Students Limit: **4 - 6**

Age Group: **5 - 10**



Drill 2 – Ball Scatter Warm Up

The aim is to increase the heart rate while using continuous movement and incorporating a fielding skill.

This warm up requires a minimum of 15 tennis or soft balls and a bucket or bin.

Rules:

- The teacher kneels next to the bucket in the centre of the playing surface.
- The students will then spread around the area, away from the bucket.
- The teacher will then throw as many balls in different directions across the playing surface. The students will quickly retrieve the balls one at a time and place them in the bucket.

Time Limit: **2 – 3 Min.**

Students Limit: **4 - 6**

Age Group: **5 - 10**



Drill 3 – Running and Stopping the Ball

The objective is to increase the heart rate using continuous movement while incorporating a fielding skill.

The equipment required is a minimum of 15 tennis or soft balls, four wickets or cones and one bucket or bin.

Rules:

- The players will stand in a line in one corner of the playing surface.
- The teacher continuously rolls the balls, to be stopped with the hands between two of the wickets. Each student will individually stop and collect a ball and continue to round the other wickets.
- Once the student has rounded the remaining wickets, he or she will place the ball in the bucket and join the back of the line.

Instructions:

The teaching points of this activity are to run fast to get close to the ball, use two hands to stop the ball and to place the ball in the bucket.

Time Limit: **5 Min.**

Students Limit: **10 - 12**

Age Group: **5 - 10**



Drill 4 – Running, Scoop, Throwing and Catching

The aim is to improve infield (close to wicket) fielding skills by means of a relay race.

For this you will need four tennis or soft balls, eight pylons and four hoops.

Rules:

- Split the class into four equal teams. This activity runs like a relay.
- The first student from each team starts with a ball and runs, places it in the hoop and continues forward around the pylon.
- On their return, students stop pick up the ball and gently scoop (throw underarm) for the next person to catch.
- The catcher pretends he or she is wicket keeping and swings the ball toward imaginary wicket before repeating the first two steps. The first team to finish wins.

Instructions:

The teaching points of this activity are to place the ball so that it remains in the hoop and to stay low when you throw the ball so that it arrives close to the wicket.

Time Limit: **10 Min.**

Students Limit: **12 - 16**

Age Group: **5 - 10**



Drill 5 – Catchers versus Runners

The purpose is to practise catching and running between the wickets in a competitive game.

This activity requires one tennis or soft ball, two bats and four cones.

Rules:

- Split the class into two teams.
- Assign one team to be the Runners team and the other to be the Catchers team.
- Arrange the Runners team in a straight line and the Catchers in a circle.
- The Catchers will throw the ball to each player clockwise around the circle. Each clean catch counts as one point.

Instructions:

In turn, the Runners run to the opposite batting crease and back, as in a relay.

When all the Runners have run once, the catchers stop. Record the Catchers score. The teams change over. The team with the most catches wins.

Teaching points for the Catchers are: hands together; catch in two hands. The teaching points for the Runners are: run fast in a straight line; reach out and crease the bat down over the line at each end.

Time Limit: **5 – 7 Min.**

Students Limit: **8 - 10**

Age Group: **5 - 10**



Drill 6 – Run Out

The aim is to improve throwing under pressure and running between the wickets, creasing.

Two bats, one tennis or soft ball, two sets of stumps or wickets and seven cones are required for this activity.

Rules:

- Split the students into two teams.
- Decide which team bats.
- One student from the fielding team acts as wicketkeeper.
- When the teacher tosses the ball, the first batter runs to the other batting crease and back and the first fielder runs to the ball and throws for the wicket keeper to catch and then touch against the stumps.
- The batter is 'run out' if he or she does not cross the line in time.

Instructions:

One point is awarded to the fielding team for every run out. Replace ball to repeat with next member of each team. The teams change when each player has had a turn. The fielding team with the most run outs wins.

Teaching points for the Batters: use the bat as an extension of your arm; stretch it out to crease over the line at each end. Teaching points for the Fielders: turn and balance before throwing; point throwing arm at the target and throw the ball without bouncing to the wicketkeeper.

Time Limit: **15 Min.**

Students Limit: **4 - 6**

Age Group: **5 - 10**



Skill Development - Continuous Cricket

The objective is to improve basic striking, fielding and decision making skills.

For this activity, two bats, one foam ball, one set of stumps and one cone are required.

Rules:

- Split into two teams.
- Decide which team bats.
- The batting team lines up against the wall or off to the side.
- The fielding team will spread out around the playing surface.
- One fielder acts as wicketkeeper.
- The teacher serves the ball one bounce underarm at the stumps.
- Batter attempts to hit it. Whether or not the ball is hit, the student has to run.
- The batter scores one run each time he or she travels around the cone and back. More than one run can be scored at a time.
- Fielders return the ball every time to the teacher who continuously serves.
- Each batter keeps going until he or she is bowled, caught or hit the wicket. The team with the highest score wins.

Instructions

Batters' teaching points are: do not stand so close that you hit your own stumps; stand side on and watch the ball. Fielders' teaching points are: be ready for every ball; aim your throw straight to the teacher as quickly as possible and catch in two hands.

Time Limit: **30 Min.**

Students Limit: **10 - 12**

Age Group: **5 - 10**



Skill Development - Batting Activity – Blocking the Ball

The purpose of this activity is to block a ball that will hit the stumps.

Each group will need a bat, tennis or soft ball, a set of stumps and one cone.

Rules:

- Create equal groups of five.
- In each group assign a batter, server and wicketkeeper.
- The others act as fielders. When the batter calls 'Ready' the Bowler/Pitcher underarms the ball to reach the batter on the third or fourth bounce.
- The batter leans forward to block the ball with the bat next to the front leg. (Safety points: the ball must be blocked, not hit with power. Only the wicketkeeper and batter are allowed in the batting areas.)
- Each batter has a set amount of attempts before switching roles.

Instructions:

Teaching points are as follows: dip head and shoulders over the ball while batting; front foot moves near to the ball and the knee bends; the bat is brought straight down (vertically) next to the front leg to block the ball.

Time Limit: **20 Min.**

Students Limit: **15 - 20**

Age Group: **5 - 10**



Skill Development - Running Activity – Running with the bat

The goal is to increase knowledge of how to run with the bat by means of a relay race.

Each team receives two bats, while there are four cones to make creases.

Rules:

- Divide the class into equal teams according to the number of bats, for example – two bats per team.
- The first member of each team runs to far crease and back again with the bat.
- As they run back and crease bat, they pass it to the next teammate, who repeats.
- The first team to finish wins.

Instructions:

The teaching points are: grip the bat at the end of the handle; when waiting to run, the player is allowed to stand in front of the start line, as long as the bat is touching the ground behind it: when approaching the lines, reach out using the full length of the bat to touch down over the line.

Time Limit: **10 Min.**

Students Limit: **4 - 6**

Age Group: **5 - 10**



Skill Development - Bowl Out

The purpose of this activity is to practise basic bowling skills in a continuous game.

Each group is given a tennis or soft ball, a set of stumps and a cone.

Rules:

- Split class into groups of between four and six students.
- Members of each team arrange themselves in a straight line 15 meters away and in line with the stumps.
- One member of each team acts as wicketkeeper.
- Each team member bowls in turn at the stumps and then joins the back of the line. The ball must bounce once.
- When everyone has had a turn, the first bowler switches with the wicketkeeper.
- Every time the wicket is hit, it counts for five points. The team with the highest score after three minutes wins."

Instructions:

The teaching points for this activity are: bowl while standing still; aim using the front arm; focus on the target; release with a straight bowling arm and take a step forward after release.

Time Limit: **15 Min.**

Students Limit: **10 - 12**

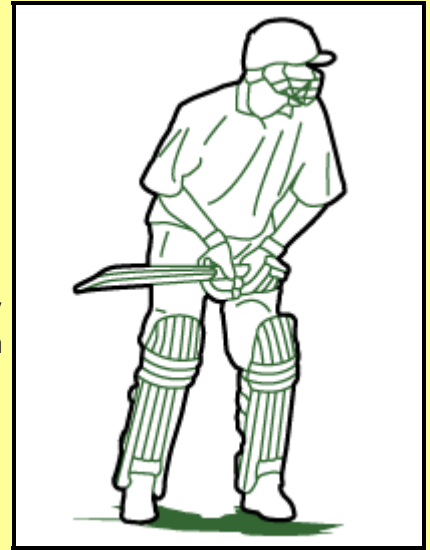
Age Group: **5 - 10**



Coaching - Batting

The stance is the "ready" position when the batsman is about to face a delivery.

It is the base to play all your shots, so remember to be comfortable and relaxed. Points to remember: The feet should be approximately a foot-length apart either side or on the popping crease. The weight of the batsman should be on the balls of his or her feet, with the knees slightly bent. This means he or she can transfer quickly to either the front or back foot, depending on the length of the ball. The batsman should be side on when the bowler is about to deliver. Some batsmen prefer to open their stance to help them see the ball clearer



Batting Stance

The grip principles are the same for right- and left-handers.

For a right-hander the left hand should be at the top of the handle - vice versa for a left-hander. Check that both hands are fairly close together on the bat, toward the top of the handle. Form a "V" by pointing the thumb and forefinger down between outside edge and centre of back of bat. The top hand rests comfortably on the inside of the front thigh (left thigh for a right hander). And the back of the top hand should face toward extra cover.



Batting Grip



Coaching - Bowling

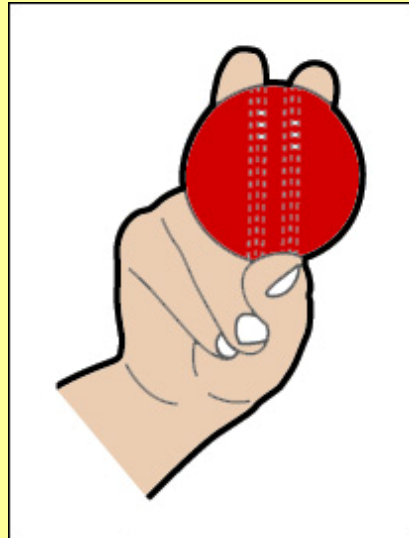
To get the best possible chance of any sort of movement in the air or off the pitch, a fast bowler should grip the ball "seam up."

Learning this basic grip will get the bowler's wrist behind the ball, an essential starting point for any bowler.

With the seam vertical, the ball is held in the fingers, resting on the third finger and thumb, with the middle and index fingers either side of the seam.

Try to land the seam as straight as possible on the pitch.

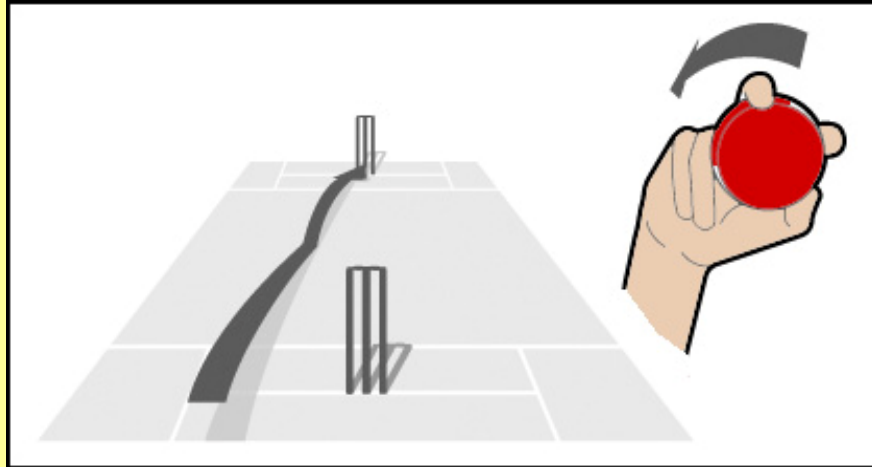
This will give the bowler a much greater chance of any sort of movement, especially with a brand new in your hand.



Fast Bowling Grip



Coaching - Bowling



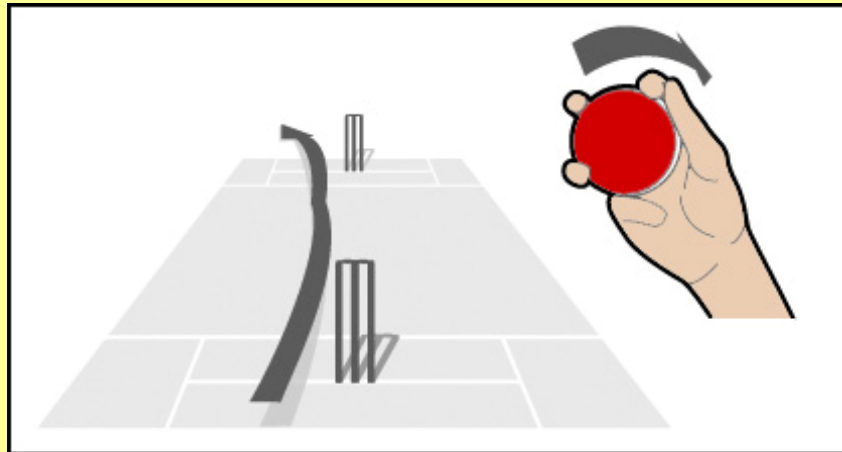
Off Spin

Off spin is the most popular method of spin in cricket.

An off-break delivery turns from the off side to the leg side when bowled at a right-handed batsman. The spin is generated by the first and second fingers of the right hand. The more revolutions that can be put on the ball, the better chance there is of getting more turn when the ball pitches. The middle joints of the index and middle fingers are well spread across the seam. The ball rests against the third finger but the thumb has little involvement. Turning the wrist and the index finger generate the spin on the ball, turning the ball in a clockwise direction. Use the first two fingers to give the ball a good "rip" at the point of delivery.



Coaching - Bowling



Leg Break

It may be one of the most difficult skills to master in cricket, but a good leg spinner will almost certainly get plenty of wickets.

Leg spin involves turning a ball off the pitch from the leg-side of a right-handed batsman, to the off-side.

It is often described as wrist spin because, unlike off spinners, the revolutions of the ball are generated by the wrist rather than the fingers. The top joints of the index and middle fingers are across the seam, with the ball resting between a bent third finger and the thumb. As the ball is released, straighten the fingers, and much of the work on the ball will be done by the third finger, turning the ball anti-clockwise. Flick the wrist so that the palm of the hand finishes facing downward.



Indoor Cricket House League

Occurring outside of the instructional minutes, during elementary school recess times and/or during the lunch break, house leagues are an essential part of a quality physical education program. They provide students with the chance to practise and apply the skills and strategies they have learned in physical education lessons in a fun, non-threatening environment. A large number of students can participate in and benefit from an organized and well-run house league. Students who are interested in participating in a house league can be put onto individual teams. A schedule of games can then be created and followed throughout the duration of the house league. Cricket, especially indoor cricket, with a modified scoring and participation system, can easily be used for a fun and exciting elementary school house league.

A cricket house league can take place in the gymnasium during the 15 minute morning and afternoon recess periods. Teams can have between six and 10 players. There could be as many as 100 students divided up into ten teams participating in the house league. A modified participation system should ensure equal participation. For example, each team is given an opportunity to bat. Each batsman is guaranteed a set number of balls (e.g., four to six balls), bowled consistently at the wicket with one bounce by the teacher (or a responsible junior student). Each batsman receives the guaranteed number of balls regardless of being out or not. Each batsman has the guaranteed number of balls to score runs for his or her team. Meanwhile, the fielding team is motivated to get as many outs as possible as this will limit the overall runs of the other team.

If there are ten players on each team and each batsman is given four balls to hit, it should take approximately six minutes for that team to bat. The teams then switch, giving the other team's players approximately six minutes to bat as well. If the bowling is completed quickly, this one inning game should fit into a 15-minute recess period. If there are six players on each team then each batsman can be bowled six balls.



The fielding team must return the ball to the teacher to stop the batting partnership from scoring single runs by exchanging positions between the wickets. If a ball is batted and it hits the wall on the bounce before being stopped by the fielding team it scores four runs. If a ball is batted **below** a certain line/marking (approx. three metres high) on the wall but **above** the floor it is worth six runs. If a ball is hit above the line or hits the ceiling it is an automatic out. Such a scoring system encourages good batting habits by motivating students to strike and drive the ball for distance rather than popping it up in the air for what would be an easy catch if playing outdoor cricket.

The indoor cricket house league should run for between six and eight weeks with games occurring at least a couple of times a week in a round robin format. It can conclude with an elimination playoff round with certificates being awarded to the championship team.

EQUIPMENT: indoor plastic cricket sets, bats, wickets, sponge balls (Grades 3 & 4), indoor cricket balls (Grades 5 & 6), flip scoreboard