



Cricket
development
programme



CRICKET DEVELOPMENT PROGRAMME LEVEL 1

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DISCLAIMER

The CDP resources are to give teachers, volunteers and parents guidance on how they could deliver cricket sessions and aid a child's development. They provide expert skills and drills to work on along with objectives to follow the national curriculum . While we try our hardest to make the resources accurate and up to date, please make your own judgement on the location and delivery of the CDP sessions. We accept no liability to you or any third party in respect of your use of the resources.

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One stump 10 throws

Challenge the players to have 10 throws at a stump or object from different distances and record how many times they hit. See if they can repeat this later with more hits a few weeks later

Appeal and celebration most imaginative

An appeal is a way of asking the umpire if it is out or not by shouting "Howzat". Challenge your players to video the most creative appeal.

Catches off a wall without dropping

Challenge your players to see how many continuous catches they can do against a wall before dropping the ball. This is a great challenge to test concentration and help to improve hand eye coordination.

Most catches in a minute

Challenge your players to see how many catches they can do with a friend or against a wall in a minute.

Top of off challenge / Hit an object

Challenge your players to try and hit a small target that's near the stumps. Set up an area for the players to bowl and place an object for them to hit. The smaller the object the better.

Bowling line drill

Ask the players to practice the line drill on (page 135)

WARM UPS



Mountains and Valleys

Hand hockey

Cone touch with call-outs

Pairs call-outs to catch the ball

O's and X's

Endzone tag

Hand tennis

Caterpillar catch

**MOUNTAINS AND VALLEYS****Description:**

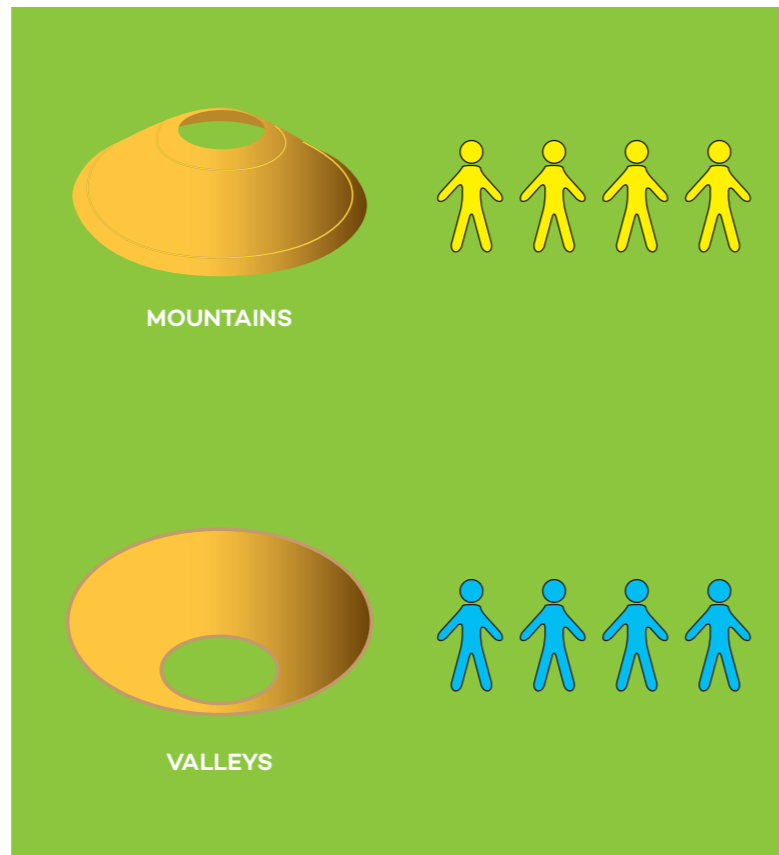
Players: 2 teams 4+

Scatter cones on the floor with even cones correct and incorrect way up - one team are mountains (cones right way up) the other are valleys (cones upside down).

Each team has to try and turn all the cones into their type and after a given time the team with the most cones in the correct position for their team win.

Objectives:

- Improve decision making.
- Competition against each other to simulate pressure situations.

**HAND HOCKEY****Description:**

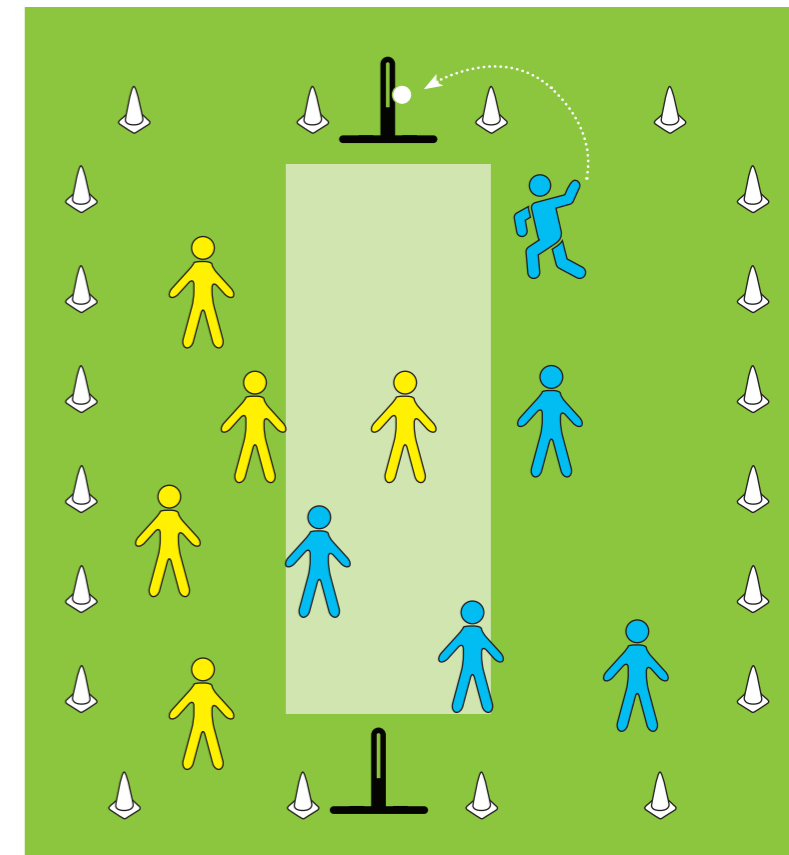
Players: 2 teams 4+

Two teams play within a rectangle marked with cones with a single stump at each end. Each team aims to hit the stump (score) by passing the ball to their teammates until they are close enough to aim at stump.

Players cannot run with the ball. Dropped or missed catches results in hand over to the other team. Most points wins

Objectives:

- Verbal processing skills
- Loud simple language
- Quick speed and turning



**CONE TOUCH WITH CALL-OUTS****Description:**

Players: 4+ in pairs

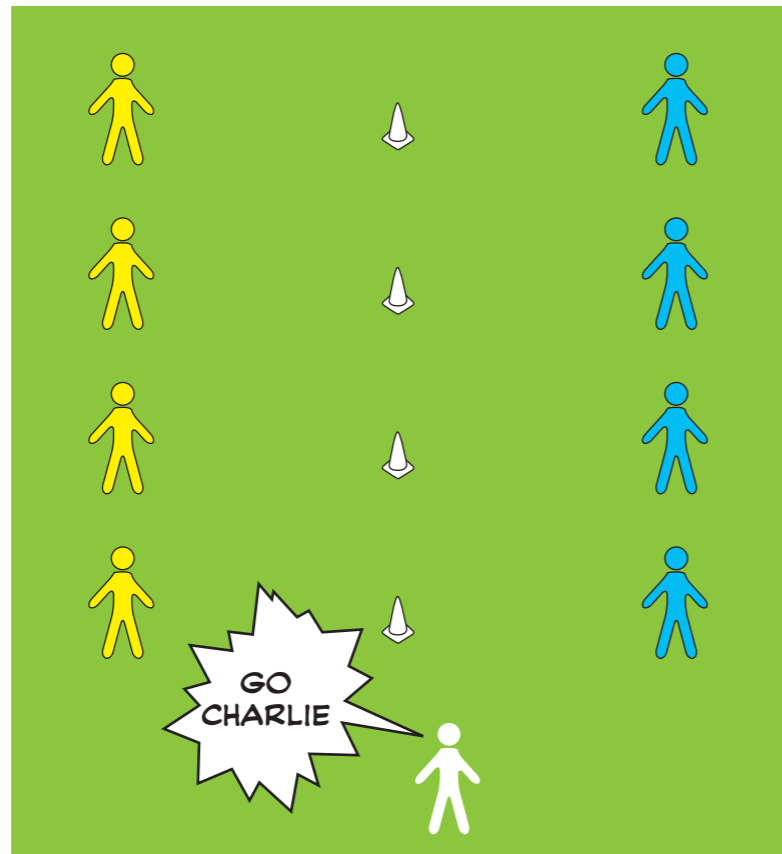
The players get in pairs equal distance away from a cone on the floor. The coach calls out instructions, when they say GO the players must grab the cone.

The coach can change the distance the players are from the cone to make it easier or harder.

Objectives:

- Speed, agility and quickness

Cone drills are essential for building footwork and body control skills

**PAIRS CALL-OUTS TO CATCH THE BALL****Description:**

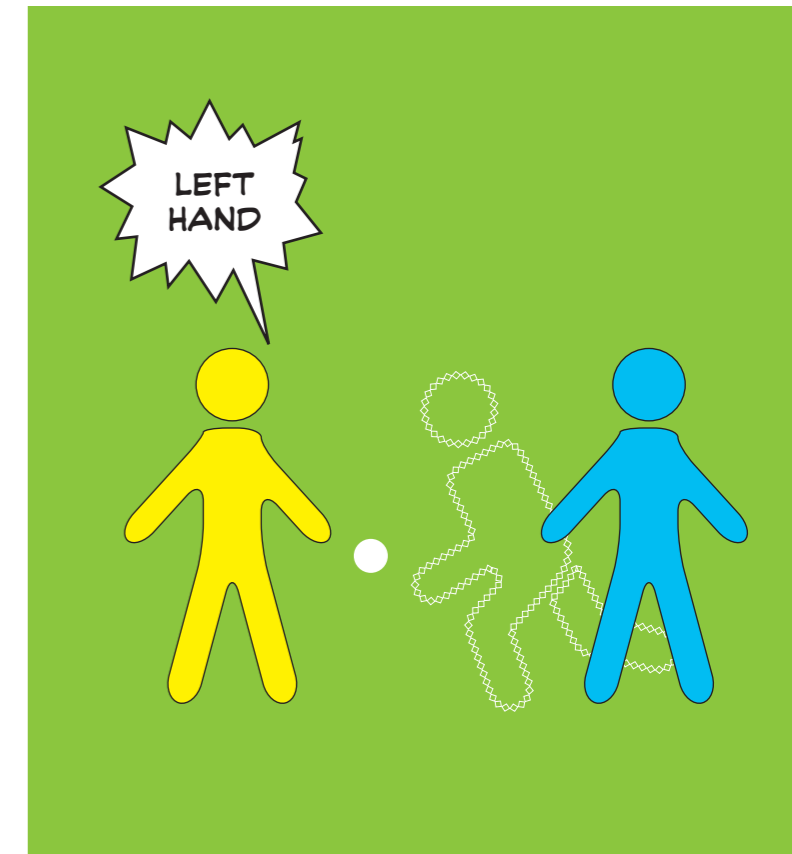
Players: pairs

The players get in pairs, one holds a ball at head height and drops the ball whilst calling an instruction of how to catch the ball to their partner eg left hand, right hand, both hands.

The players should take it in turns and you can even increase the distance to make the catches harder.

Objectives:

- Verbal processing skills
- Loud simple language
- Quick speed and turning



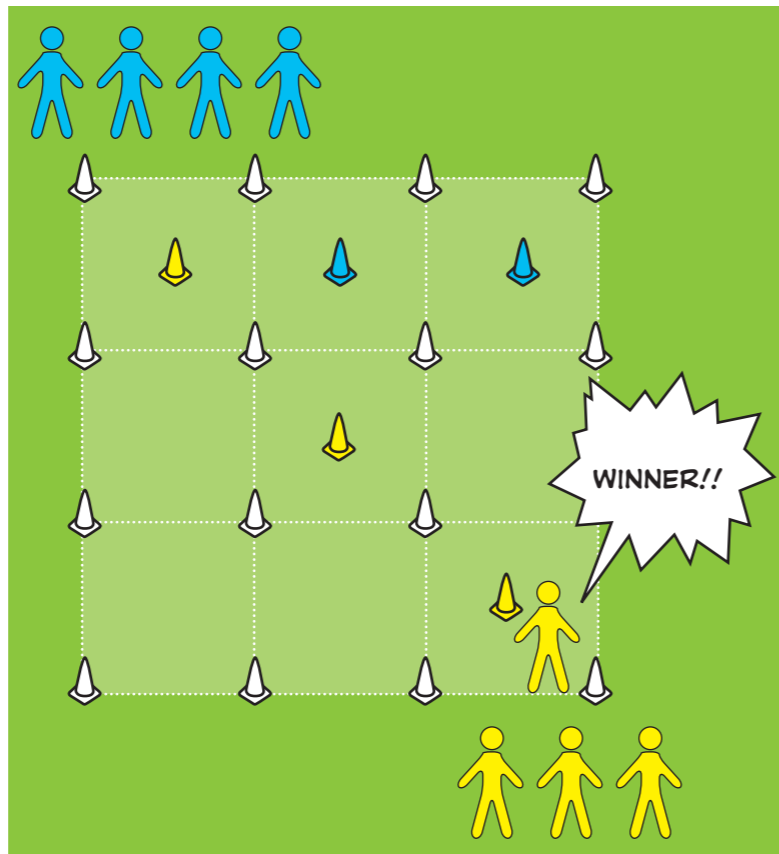


O'S AND X'S

Description:
Players: 4+ in teams

Make 9 areas between two teams. Players run and drop off their coloured cone in an area and return to tag the next team-mate. First team to make a line wins

- Objectives:**
- Improve agility
 - Competition against each other to simulate pressure situations.
 - Improve problem solving



ENDZONE COLLECT

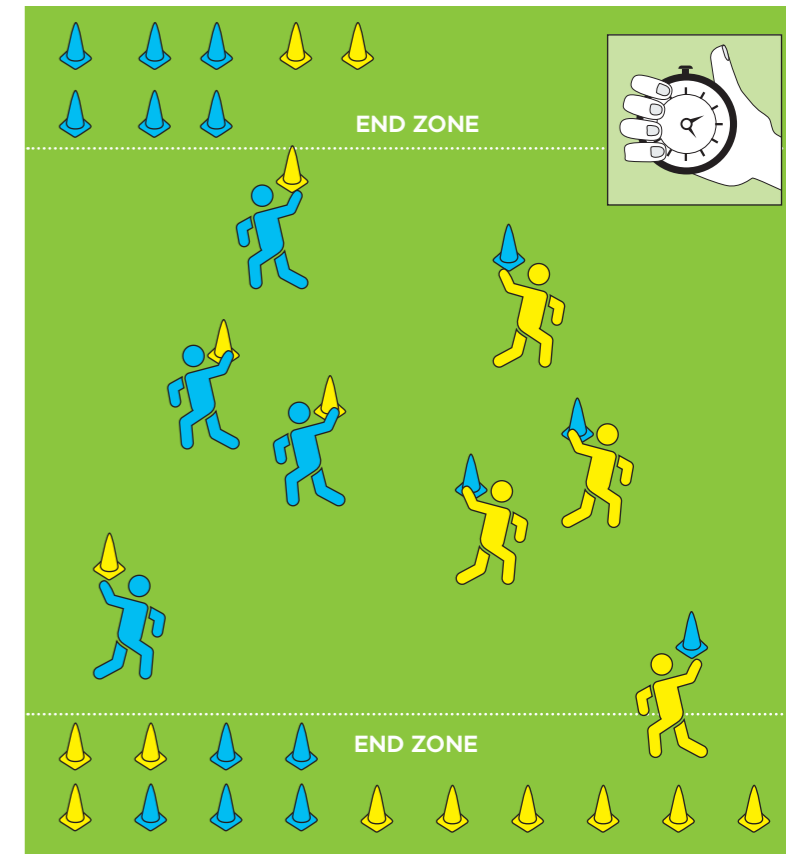
Description:
Players: 4+ in teams

Get into two teams, both with an endzone.

Place an equal amount of different coloured cones in each endzone. In small timed games each team has to run to the other side to retrieve a cone and bring it back to their zone.

At the end of the time the team with the most cones in their endzone wins.

- Objectives:**
- Verbal processing skills
 - Loud simple language
 - Quick speed and turning





HAND TENNIS

Description:

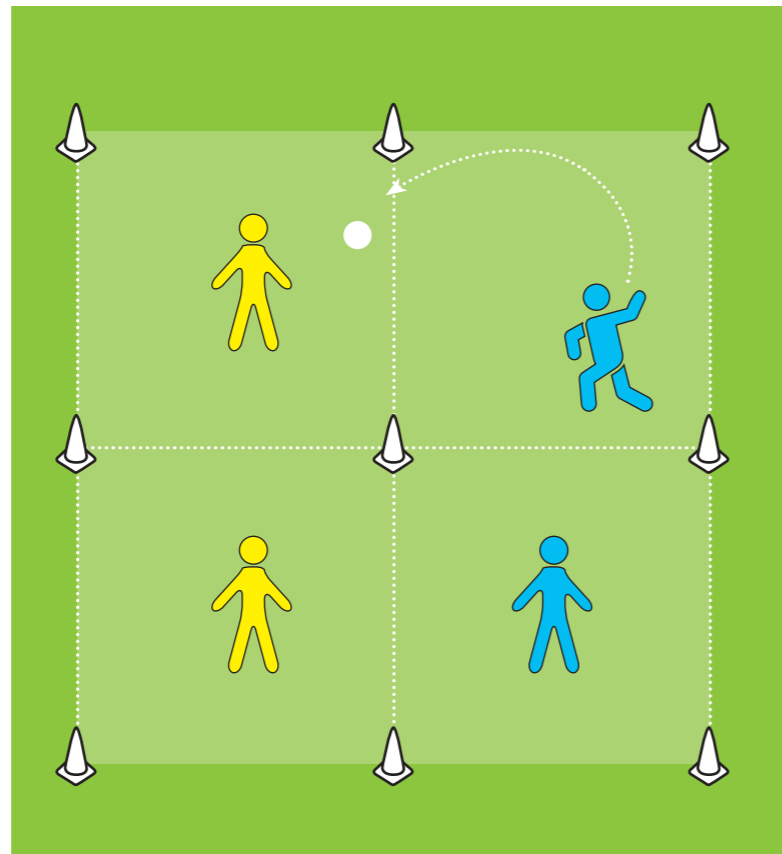
Players: 2+

Every player has their own square, (in this example there are four, players) Each player taps the ball into another box for the player to hit - whoever makes a mistake by missing the ball or not tapping it into another zone loses a point, start with 5 points each.

Objectives:

- Improve hand-eye coordination and footwork.

The coach can make this more difficult by adding in new rules, e.g. only use your non dominant hand.



CATERPILLAR CATCH

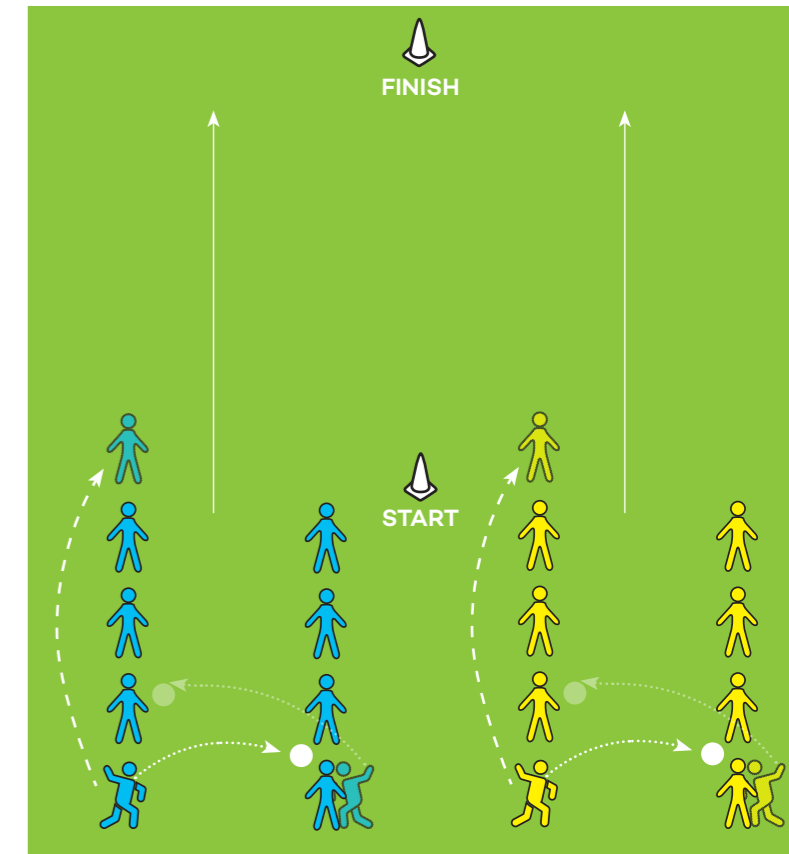
Description:

Players: 8+

Cones are placed at each end of the area. The players are split into 2 teams. The first player passes to the player opposite then runs to the front; this continues until the 'caterpillar' reaches the end cones. If a player drops the ball they must return to the start.

Objectives:

- Communication
- Team bonding
- Encourage big open hands
- Head and hands in line with the ball
- Quick speed and turning





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