



Cricket
development
programme

CRICKET DEVELOPMENT PROGRAMME - BEGINNER

cricketdevelopmentprogramme.com



cricketdevelopmentprogramme.com

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.

Copyright © 2024
Charlie Hartley - Cricket Development Programme
All rights reserved

Published by
Cricket Development Programme
B49 5LQ

cricketdevelopmentprogramme.com



HOME CHALLENGES

Keep it ups

One leg balance

1 minute hot potato

Non dominant hand catch 1 minute

In the basket

Wall catches

Hit the stump (longest distance)

Hit the cross (5 m from a wall,
how many times can you under arm)

*Do as many of these at
home as you like!*

Practice makes perfect

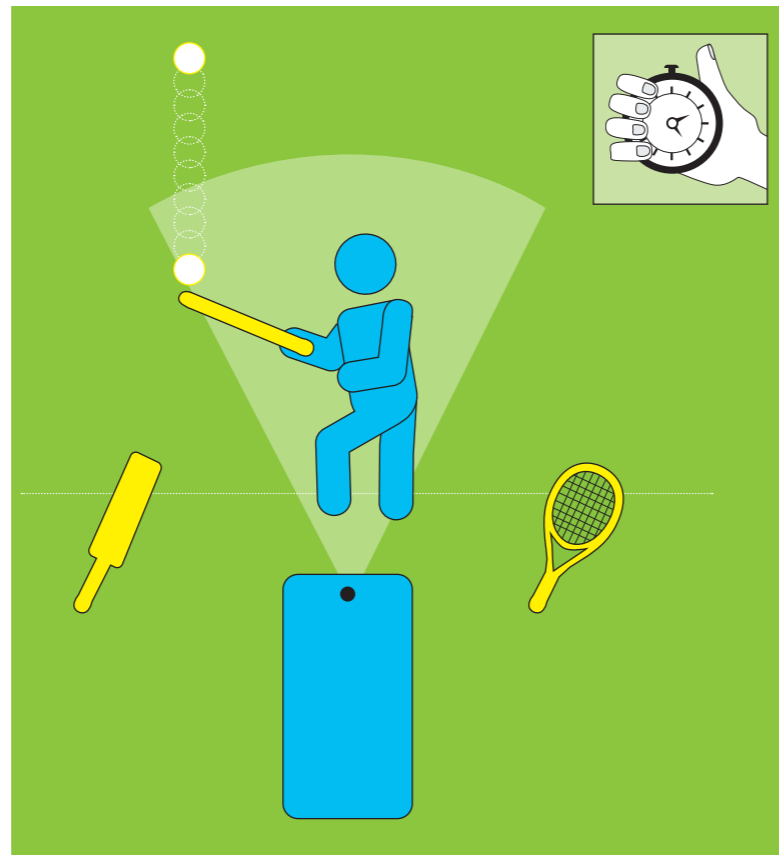


KEEP IT UPS

Equipment: Equipment: Ball, bat, (stump or racket) camera.

Set up: Players should film themselves trying to keep the ball up for as long as they can, if they don't have a cricket bat they can get creative with the object they use to keep the ball up.

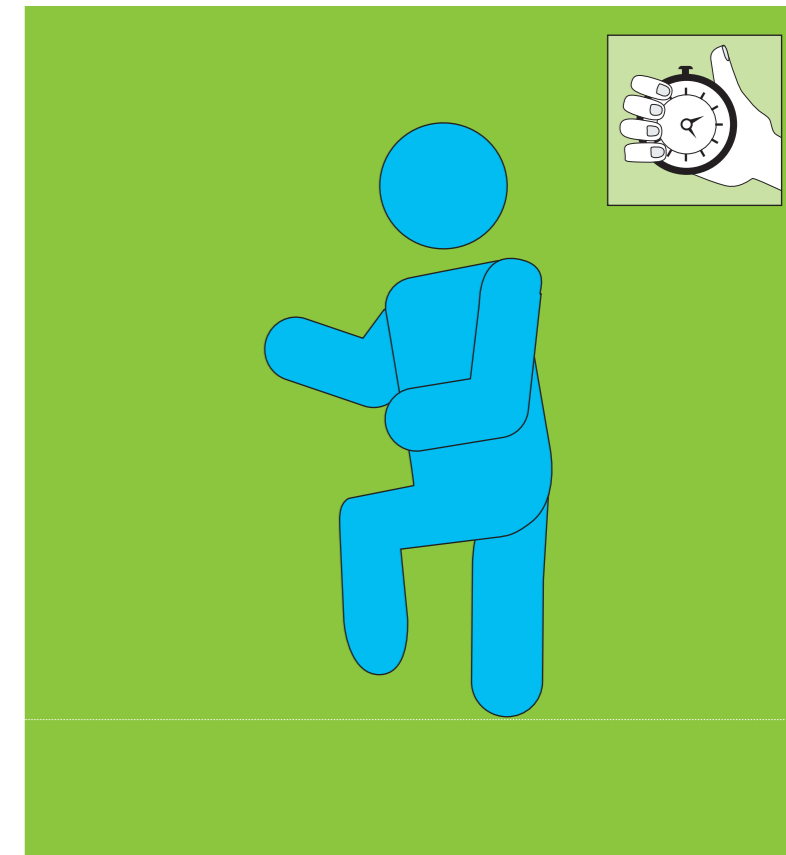
Count the amount of taps or record the amount of time.



ONE LEG BALANCE

Equipment: Yourself and a timer

Set up: How long can the players stand on one leg for, this is a great balance drill and to help with concentration.

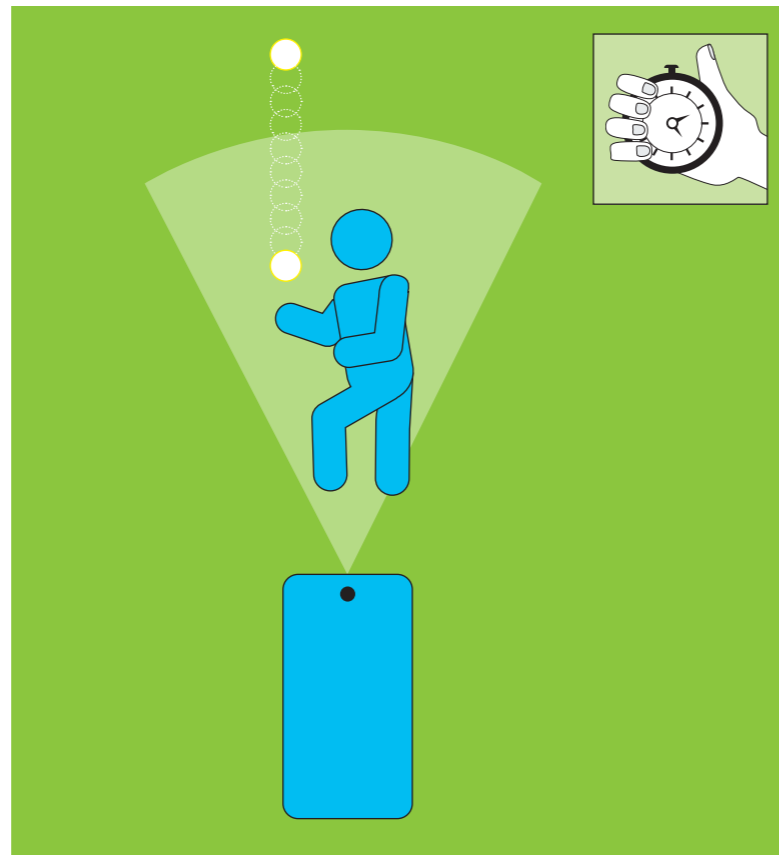




1 MINUTE HOT POTATO

Equipment: Just a ball.

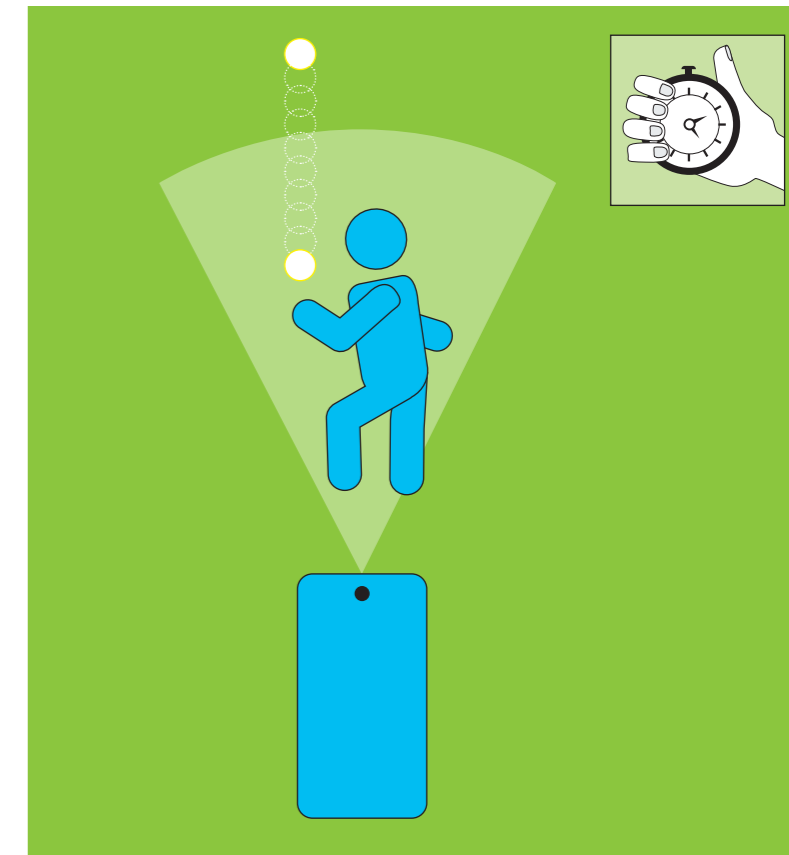
Set up: With a ball players should tap the ball up in the air for one minute and see how many times they can tap the ball.



NON DOMINANT HAND CATCH 1 MINUTE

Equipment: Just a ball.

Set up: See how many catches you can make with your non dominant hand in one minute. It may help to put your dominant hand behind your back so you aren't tempted to catch with it.

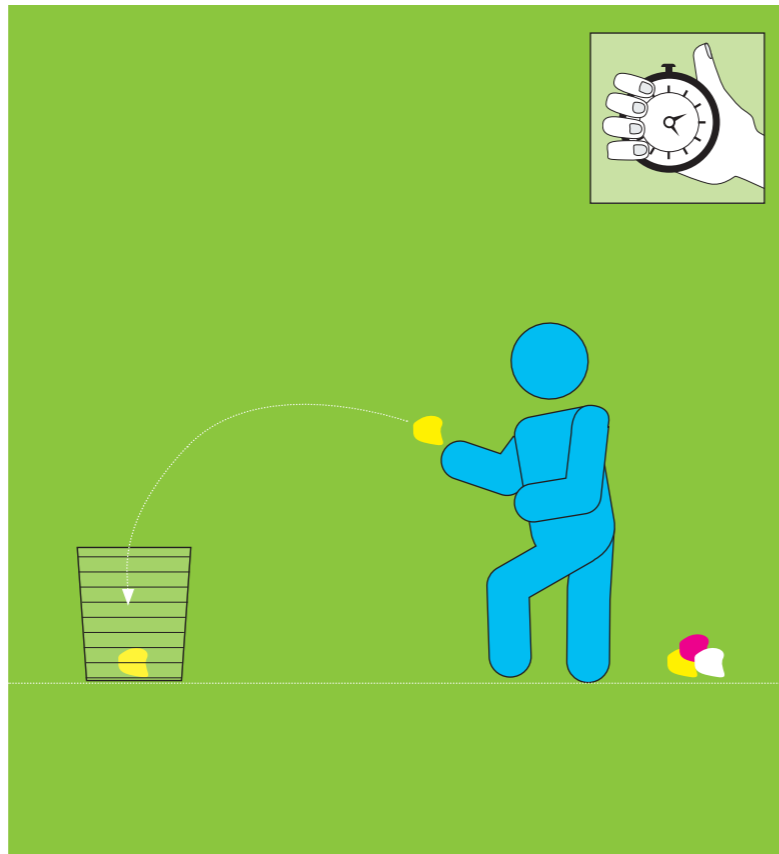




IN THE BASKET

Equipment: Bin, saucepan or bucket and some soft objects

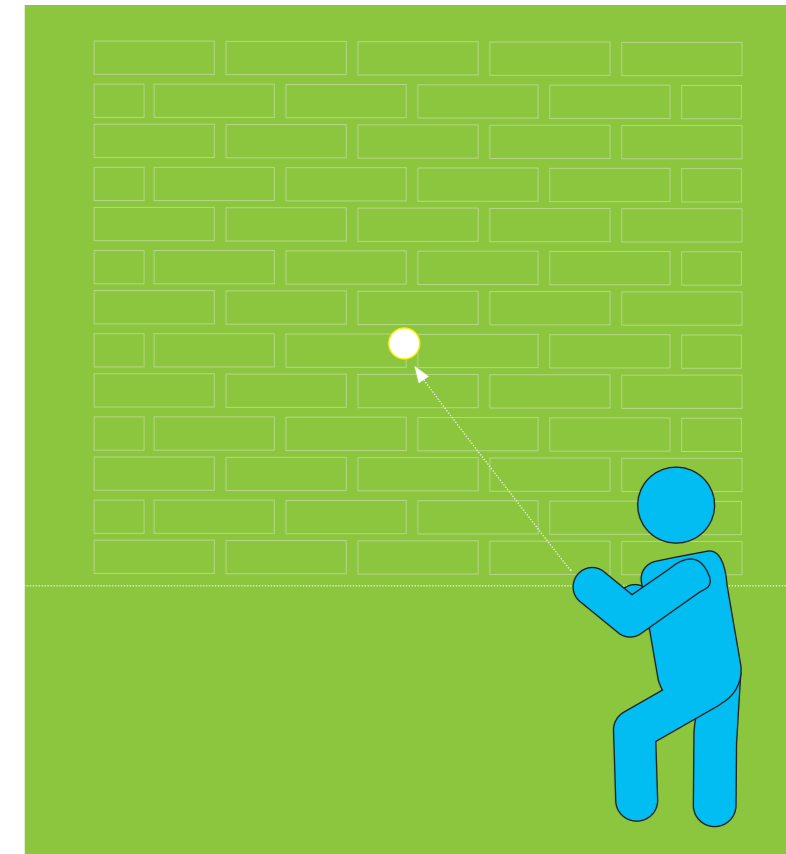
Set up: Find a basket that you can throw a ball, crunched up socks or another soft object into. Place the basket a minimum of 5m away from you and see how many times you can throw the ball into the basket in a row.



WALL CATCHES

Equipment: Just a ball.

Set up: How many continuous catches can you make when facing a wall, change the distance from the wall to make it harder and easier.

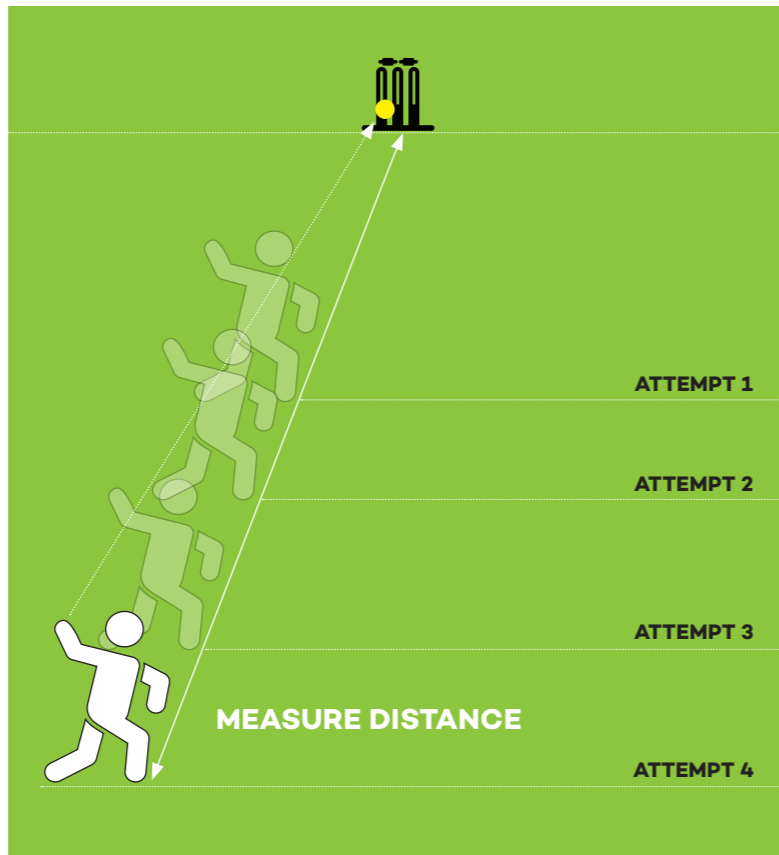




HIT THE STUMP (Longest distance)

Equipment: Stumps, ball and a cone.

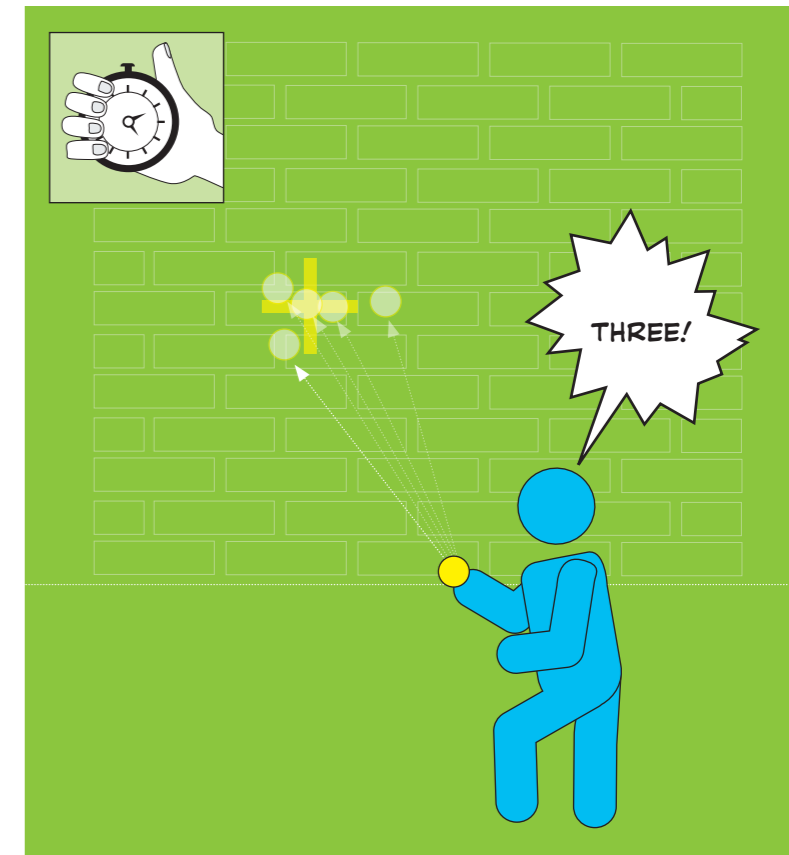
Set up: Record the furthest throw to hit an object. If you don't have stumps at home then you can use a thin object (get permission from your parents first)



HIT THE CROSS (5m from a wall, how many times can you under arm in 1 min)

Equipment: A ball and some tape.

Set up: On a wall put two lines of tape creating a cross. Stand back 5 metres and see how many times you can hit the cross in 1 minute





Cricket
development
programme