

A photograph of a cricket match in progress, showing several players in white uniforms on a green field. The scene is framed by a teal overlay and a white circular graphic at the top. The background shows trees and a fence.

# CRICKET DEVELOPMENT PROGRAMME LEVEL 2

[cricketdevelopmentprogram.com](http://cricketdevelopmentprogram.com)



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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.

# BATTING GAMES



**Cricket**  
development  
programme

Target Challenge

360 batting

Full/short

Rotating cricket

Quick cricket

Power hitting



## TARGET CHALLENGE

**Set up:****Pitch Area:**

Place a variety of targets like cones, stumps, or markers at different distances and angles across the field. Make sure some targets are easier to hit (closer) and others more challenging (farther away).

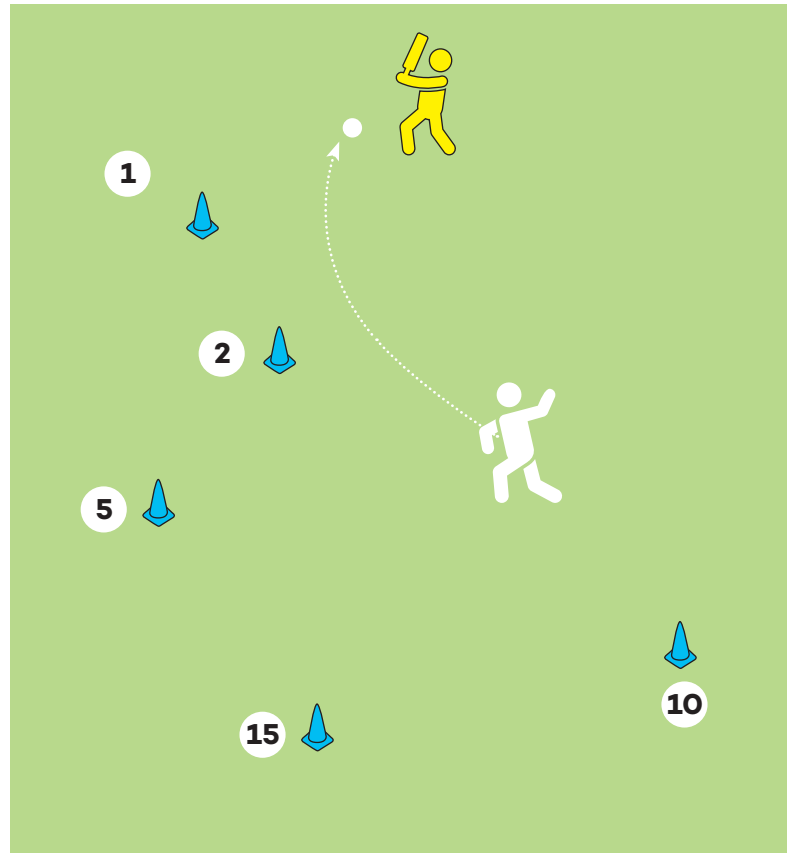
**Focus:**

- Develops shot selection, encouraging players to think about where they are hitting the ball.
- Promotes precision over power, encouraging players to place their shots carefully to hit targets.
- Supports decision-making under pressure, as players need to choose which targets to aim for based on their position and skill.

**Description:**

**How to Play:**

- Players take turns batting against a soft feed or underarm throw, aiming to hit the targets.
- Assign each target a point value based on its difficulty (e.g., closer targets may be worth 1 point, while harder-to-reach ones might be 3 or 5 points).
- The game can be played individually or in teams.
- Each player or team gets a set number of attempts to hit the targets.
- The player or team with the most points wins the challenge.





## 360 BATTING

**Set up:****Pitch Area:**

Divide the field around the batter into multiple scoring zones by placing two cones to mark each zone. The zones should cover the entire 360° area around the batter.

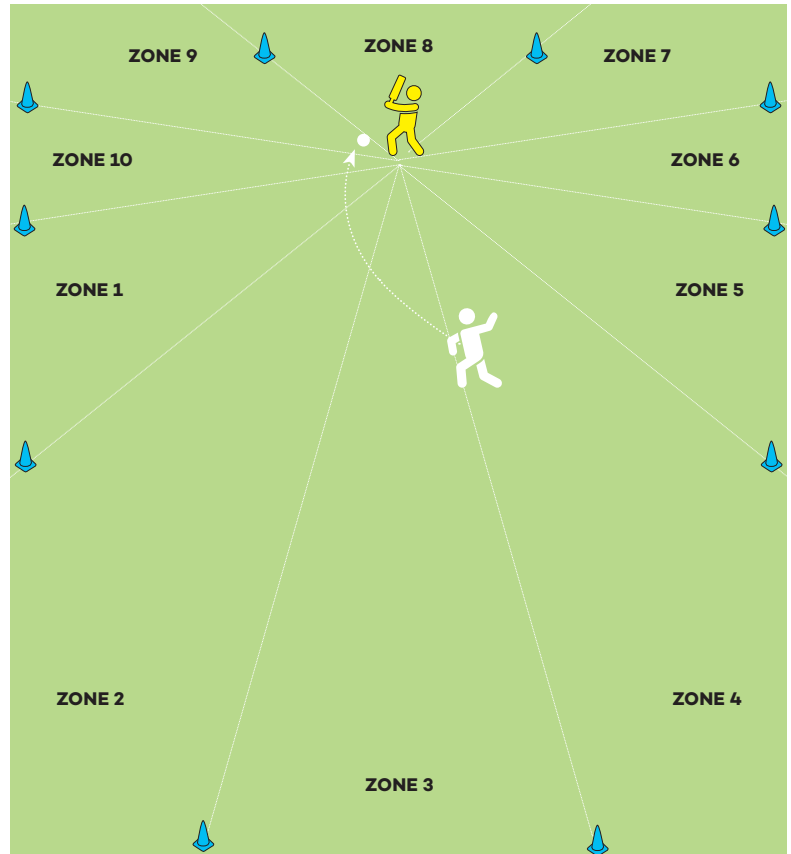
**Focus:**

- Enhances hand-eye coordination, as players must aim to hit the ball into specific areas.
- Encourages the development of striking skills, as players practice hitting in all directions around the field.
- Fosters decision-making under pressure as players need to quickly decide where to aim based on the delivery and field placement.

**Description:**

**How to Play:**

- Players face a set number of deliveries, with the objective to hit the ball into different zones around the field.
- Each zone is worth 1 point.
- Players receive a point each time they hit the ball into a new zone.
- The player with the most points at the end wins.
- You can also pair players up and have them work as a team to score points together.







## **FULL OR SHORT**

**Set up:**

**Pitch Area:**

Place a line of cones about 2-3 strides in front of the stumps where the batter is standing.  
This represents the good length area.

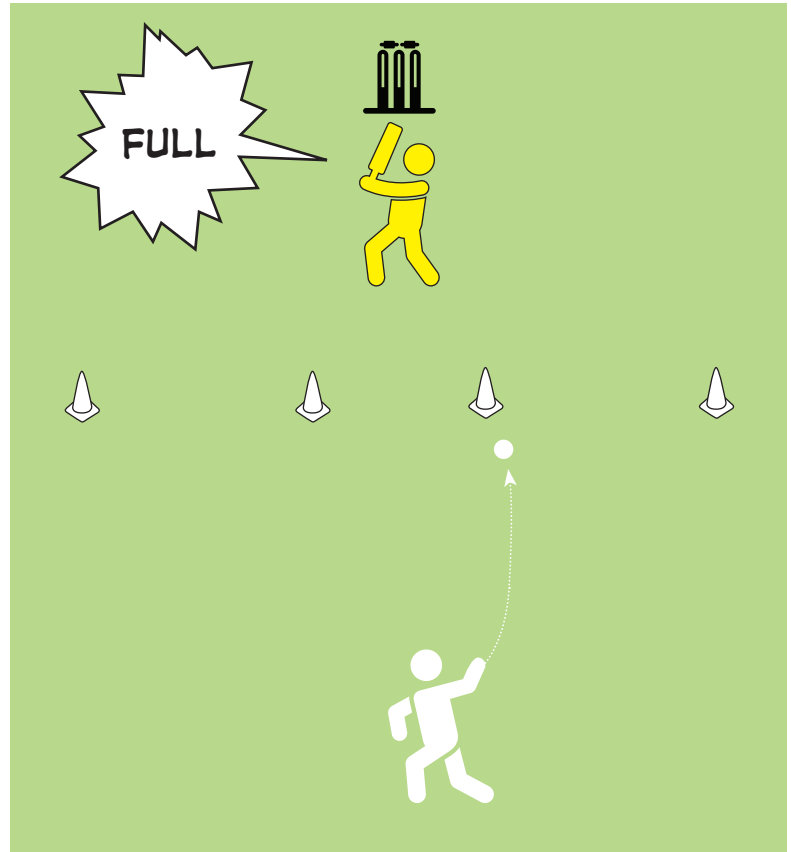
**Focus:**

- Develops decision-making and reaction time, as players need to quickly assess the length of the delivery.
- Improves understanding of shot selection based on the delivery's length.

**Description:**

**How to Play:**

- Players face a series of 5-10 deliveries. The coach or feeder varies the length of each delivery (either full or short).
- The batter must shout “full” or “short” before the ball bounces based on the delivery length.
- They receive a point for every correct call-out and can gain bonus points by playing the appropriate shot for that length.





## QUICK CRICKET - CRICKET RANDOM SHOT

**Set up:**

**Pitch Area:**

Set up stumps with a cone marking the “bowler’s” position a few meters in front of the batter.

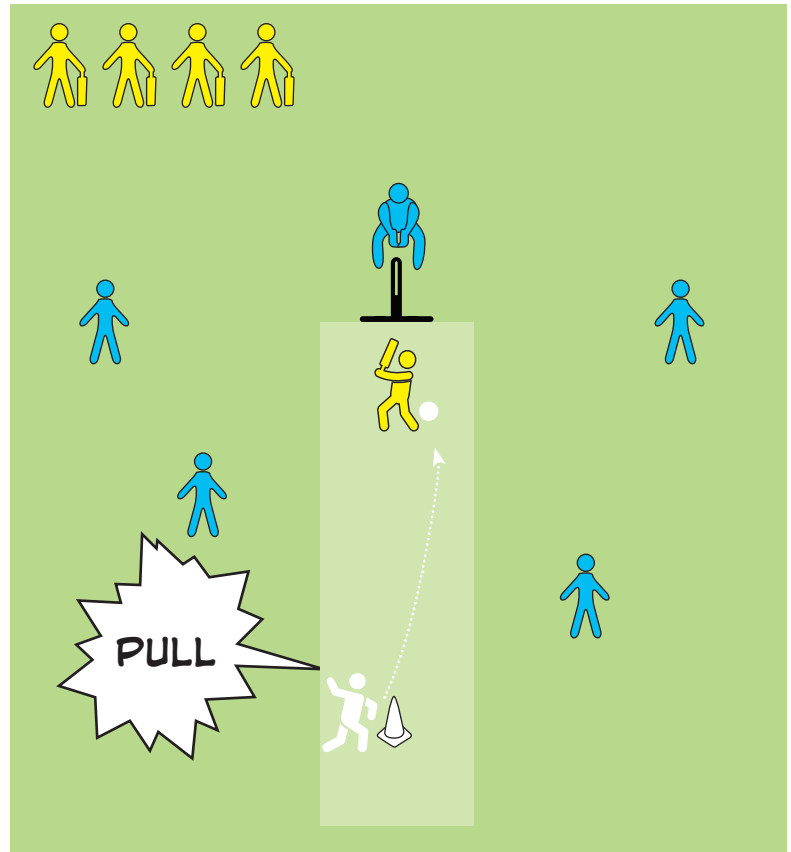
**Focus:**

- Encourages versatility and helps players practice different shots.
- Fosters adaptability as players must quickly adjust their stance and technique based on the called-out shot.
- Builds confidence in using a variety of batting techniques under pressure.

**Description:**

**How to Play:**

- This game follows normal quick cricket rules, but with a twist. Before each delivery, the coach or bowler shouts out a random shot (e.g., pull, sweep, drive, or lofted shot). The batter must try to hit the ball using the called-out shot.
- If the batter successfully plays the designated shot and makes contact with the ball, they receive extra points.





## **QUICK CRICKET - CRICKET (PAIRS)**

**Set up:****Pitch Area:**

Set up a small pitch with stumps at either end. Split the players into teams of 4-6, with two players batting at a time. Use cones to mark a boundary for scoring.

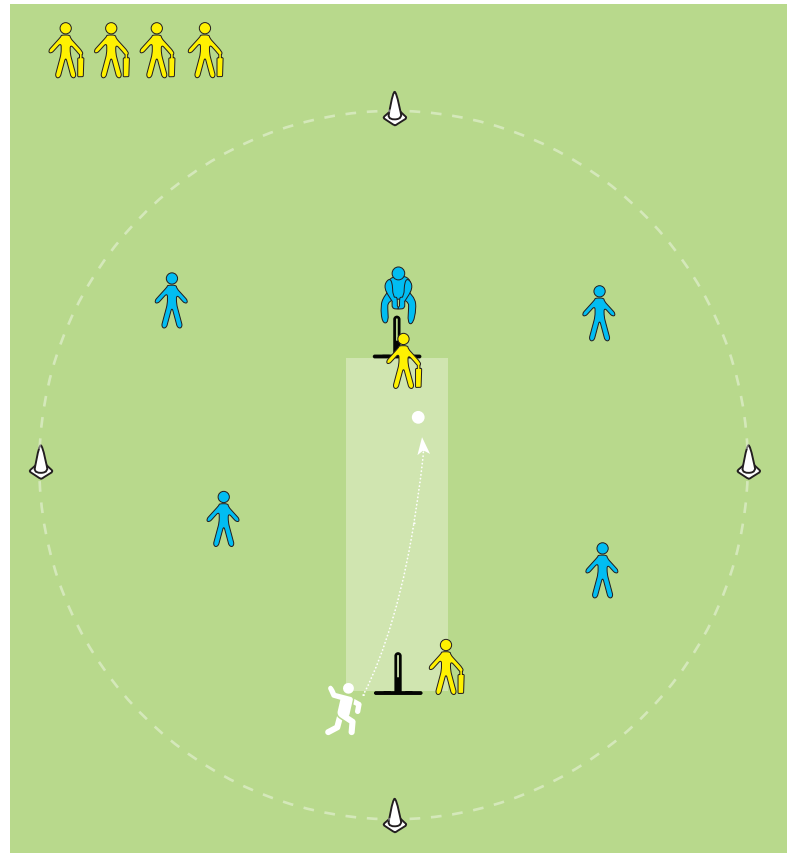
**Focus:**

- Enhances communication and teamwork between batters, as they need to work together to run quickly between the wickets.
- Reinforces running between wickets and game awareness.
- Encourages shot selection and placement, as players need to avoid fielders to maximize their runs.

**Description:**

**How to Play:**

- Two players bat together in pairs. They face a set number of deliveries (e.g., 12 balls) and aim to score as many runs as possible.
- Every time a pair is dismissed (caught, bowled, run out), their team loses 5 runs.
- The team with the most runs at the end wins.





## POWER HITTING

**Set up:**

**Pitch Area:**

Find an open area or pitch where players can safely hit the ball as far as possible.

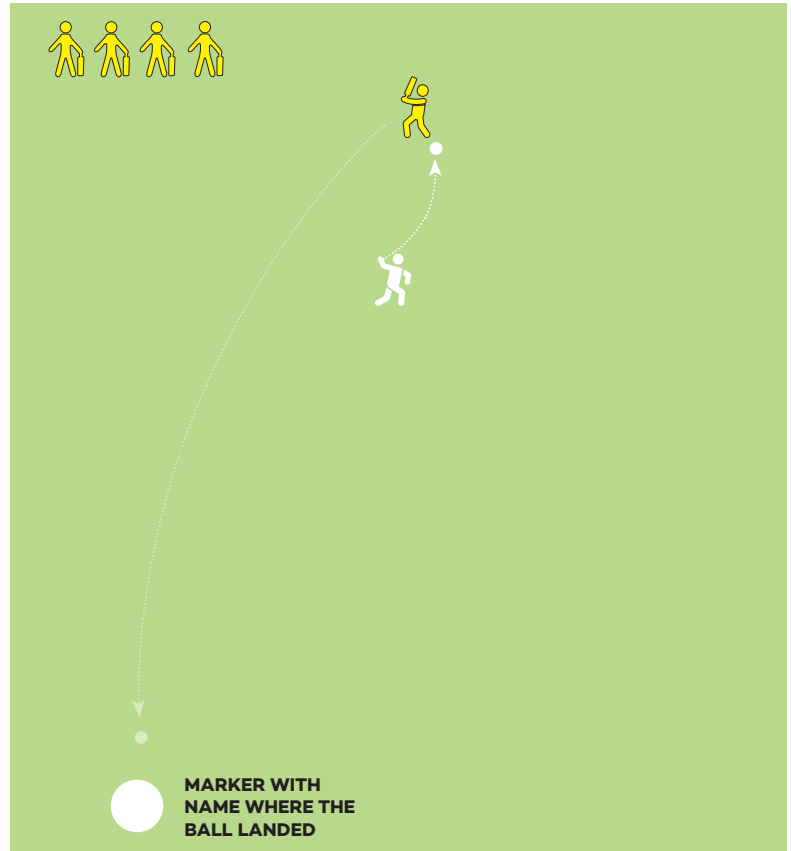
**Focus:**

- Develops power and strength in hitting.
- Teaches players to time the ball correctly to maximize distance.
- Encourages players to commit fully to their shots, improving confidence in their attacking strokes.

**Description:**

**How to Play:**

- Players take turns hitting the ball as far as they can, using powerful strokes.
- Coaches can use a soft feed, throw-downs, or underarm deliveries.
- Each player gets a set number of attempts, and the player who hits the ball the farthest wins.







## BASIC RULES

### Players:

Players: 2 teams of 11 players

### Rules:

Cricket is played between two teams each made up of eleven players. In some junior games you will see less.

An innings is where each team will take turns in batting and fielding/bowling. The fielding team will try their best to make sure the batting side get as few runs as possible. The fielding team tries to get the batsmen out by:

- Hitting the wickets with the ball when bowling
- Catching a batsman's shot on the full
- Hitting the batsman's leg in front of the wicket (LBW)
- Hitting the wickets before the batsmen can run to the other end of the pitch

The bowler is from the fielding side and has one over at a time (6 balls) to try and get the batsman out:

Once a bowler has bowled an over, a teammate will bowl an over from the other end of the pitch. Sometimes the game is limited overs and sometimes until everyone is out

The batmen try to score as many runs as possible before getting out by:

- Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. When the batters run one full length of the pitch (passing each other)it equals 1 run
- Hitting the ball to the boundary along the ground is 4 runs.
- Hitting the ball over the boundary on the full equals 6 runs.
- The fielding team must get 10 batsmen out before they can change over and start batting.

The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.

### **Basic Cricket Skills and Exercises**

When your child starts to play sport it always helps them enjoy it more if they have a basic level of skill and understanding of the game. They will be able to participate more, have more confidence and this will stay motivated to keep playing and hopefully join a local club.

#### **To be a good cricket player requires:**

- Good hand eye co-ordination
- The ability to throw and catch a ball
- Good batting and bowling technique
- The ability to concentrate for sometimes long periods of time



## EQUIPMENT

With all the different ranges out there is often very hard to know what is the best, so, if you're on the lookout for protective gear, here are a few essentials you'll need to search for.

### Helmet

Most cricketers at all levels now wear a helmet while batting and any player under the age of 18 must wear one. One of the most important things to think about when picking a helmet is comfort. Helmets can feel very weird when you first wear one, however its important they don't slip around and that the fitting is snug allowing you to run without a lot of movement.

Most cricket specialists will only stock helmets that have passed the required safety tests, so choosing a helmet really comes down to comfort and budget. Most helmets available have some adjustments to make them more comfortable.

Make sure you read the information with each helmet to get the perfect fit.

### Pads

The best way to choose your pad size is to ensure your knee is lined up right in the middle of the knee roll and then check that the top of the pads are not getting in the way of your hands when you are in your batting stance. Having the wrong size pads will make it very difficult to run and play free cricket shots. They

are also less effective in providing protection as the padding won't be in the correct place.

### **Box**

The box provides protection to the groin. A cricket box is an absolutely essential piece of cricket protection. Never go out to bat not wearing one and don't expect to borrow one either!

### **Thigh pads**

Thigh pads are not essential however they provide very useful protection. Make sure your thigh guard isn't so big that it restricts your movement or swing of the bat.

### **Chest guard**

Few players at amateur level wear chest guards but they are well worth considering if you are facing fast bowling. They are also a great tool to wear to gain confidence on playing the shorter pitch bowling.

### **Arm guard**

Arm guards are a very useful piece of equipment if, as a player, you want to gain more confidence playing er bowlers as they protect the front forearm when facing a bowler.

### **Gloves**

Gloves come in both left and right-handed pairs and a good fit is essential. The gloves should fit with your fingers at the end of the glove. If they are too big they may reduce the protection they should offer.



## Bat

English willow bats are renowned for their quality and are generally of a higher standard than Kashmir willow bats. When looking to buy a bat for your child, see if the child can hold the bat with one arm outstretched if this is too hard then the bat may be too heavy for them.

## Footwear

All cricketers should have a pair of cricket boots or spikes to give them extra traction when running around the field. Even when you feel spikes are unnecessary, cricket boots should still be worn instead of trainers as they are harder and more likely to protect your toes and feet from the impact of a cricket ball.

There are many types of cricket shoes out there now for bowlers and batters but it is important again to look for comfort over fashion.

## Balls

*A Red Leather cricket ball* is used in the longer formats of the game and is used in Test Match cricket. We use a red ball because it shows up well in front of the white clothing worn by players.

*A White Leather cricket ball* is used in limited over games where players wear coloured cricket kits and is used in cricket ODI matches and T20 matches.

*A Pink Leather cricket ball* is used to play day-night multi day games and is used for improved night visibility.

A *soft ball* (such as the Incrediball) looks like a cricket ball but is made from soft plastic with a lightweight core. This is ideal for training or soft ball matches where the players are learning. There are match weight versions in youth and senior sizes.

The official regulations for cricket ball sizes are:

4 <sup>3</sup>/<sub>4</sub> oz for junior players up to and including under 13

5 oz for women players from 14+

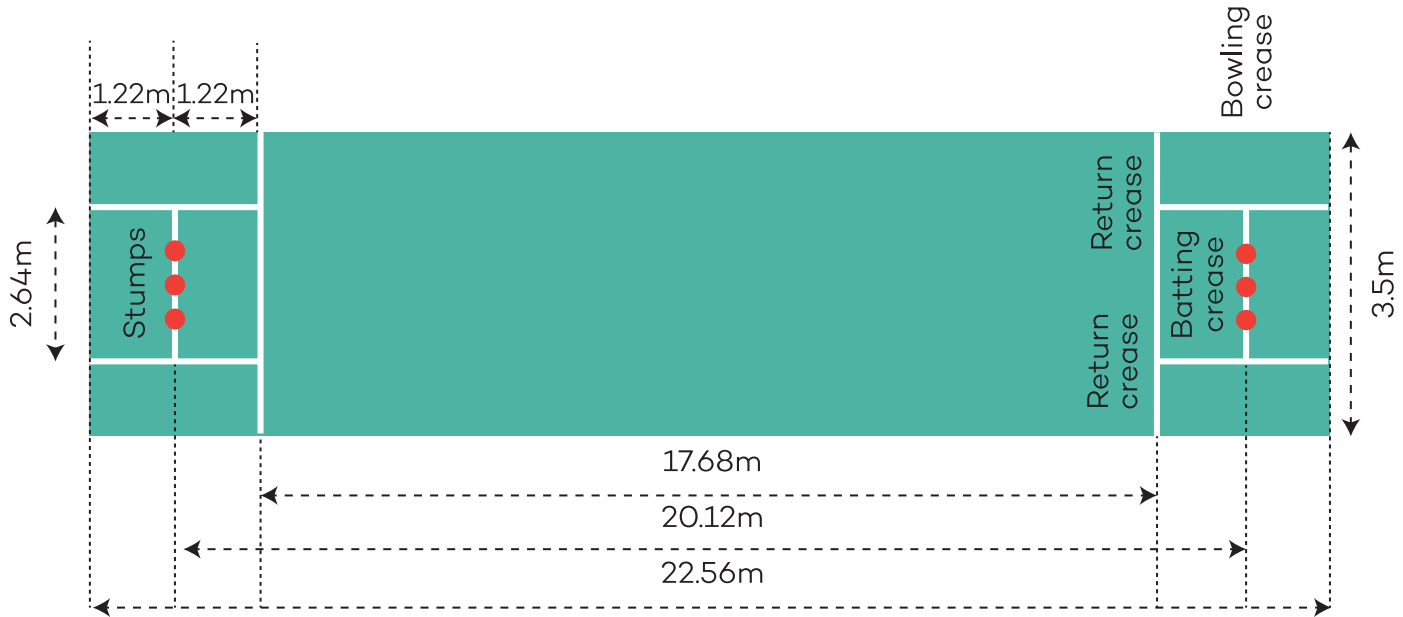
5 <sup>1</sup>/<sub>2</sub> oz for male players from 14+ through into men's cricket

### **Wickets**

Also known as stumps you will see two sets of stumps and two bails at either end of the pitch.

Traditionally stumps and bails are made from wood but here are many different types of wickets from cheap plastic costing a couple of pounds to Led Stumps bails used in the Vitality T20 blast costing £23,000.

For training there are many different stumps from single (to fine tune accuracy) to triple with spring back bases



The size of the field on which the game is played varies from ground to ground but the pitch is always a rectangular area of 22 yards (20.12m) in length and 10ft (3.05m) in width.

The Batting (popping) crease is marked 1.22m in front of the stumps at either end, with the stumps set along the bowling crease.

The return creases are marked at right angles to the popping and bowling creases and are measured 1.32m either side of the middle stumps.

The two sets of wickets at opposite ends of the pitch stand 71.1cm high and three stumps measure 22.86 cm wide in total.

Usually made out of willow the stumps have two bails on top and the wicket is only broken if at least one bail is removed.

If the ball hits the wicket but without knocking a bail off, then the batsman is not out.

After extensive research, in 2018, the ECB approved changes to the length of pitches at junior level:

AGE GROUP	OLD LENGTH	NEW LENGTH
U8/U9	16 yards	15 yards
U10	19 yards	17 yards
U11	20 yards	17 yards
U12	21 yards	19 yards
U13	21 yards	19 yards
U14	22 yards	22 yards
U 15	22 yards	22 yards





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