



Cricket
development
programme

CRICKET DEVELOPMENT PROGRAMME - BEGINNER

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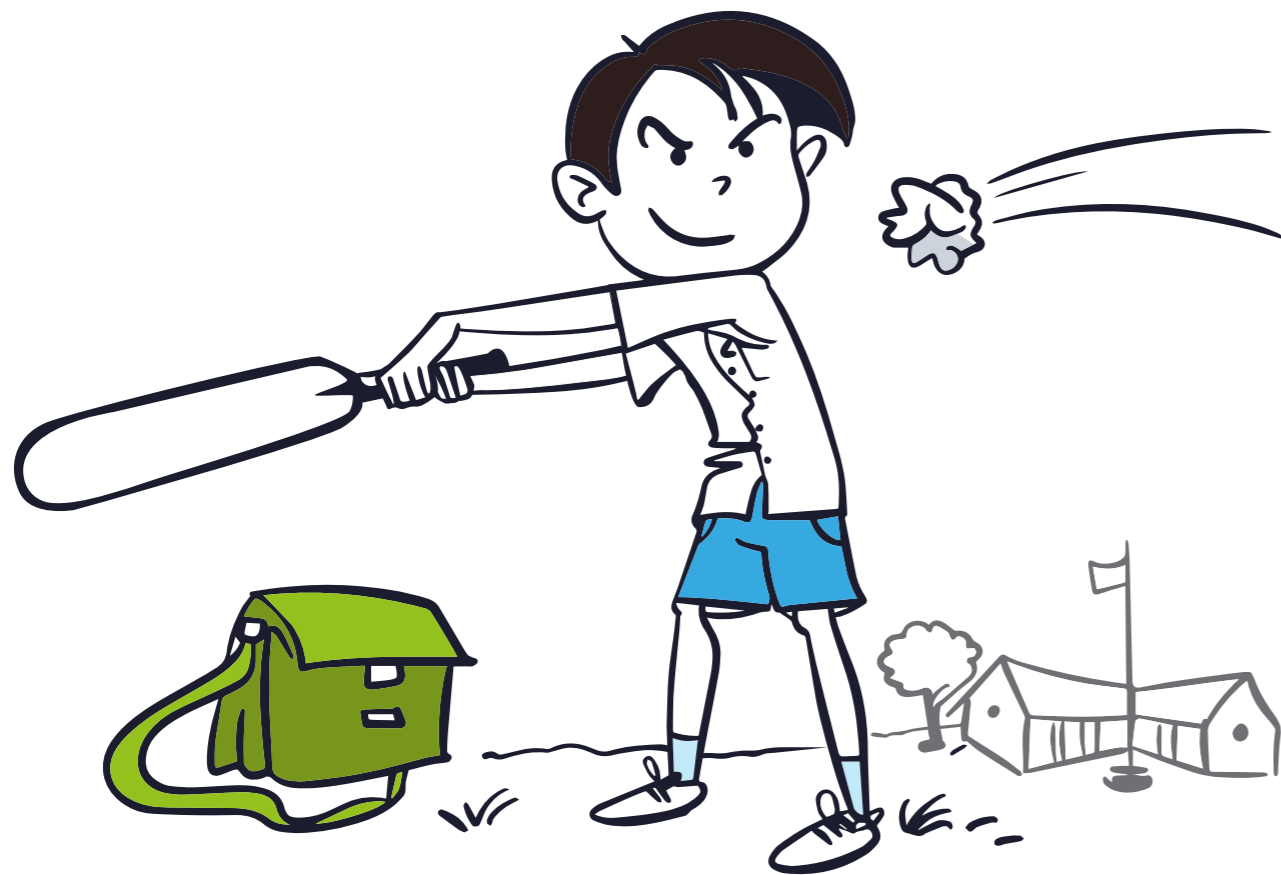
The CDP resources are to give teachers, volunteers and parents guidance on how they could deliver cricket sessions and aid a child's development. They provide expert skills and drills to work on along with objectives to follow the national curriculum . While we try our hardest to make the resources accurate 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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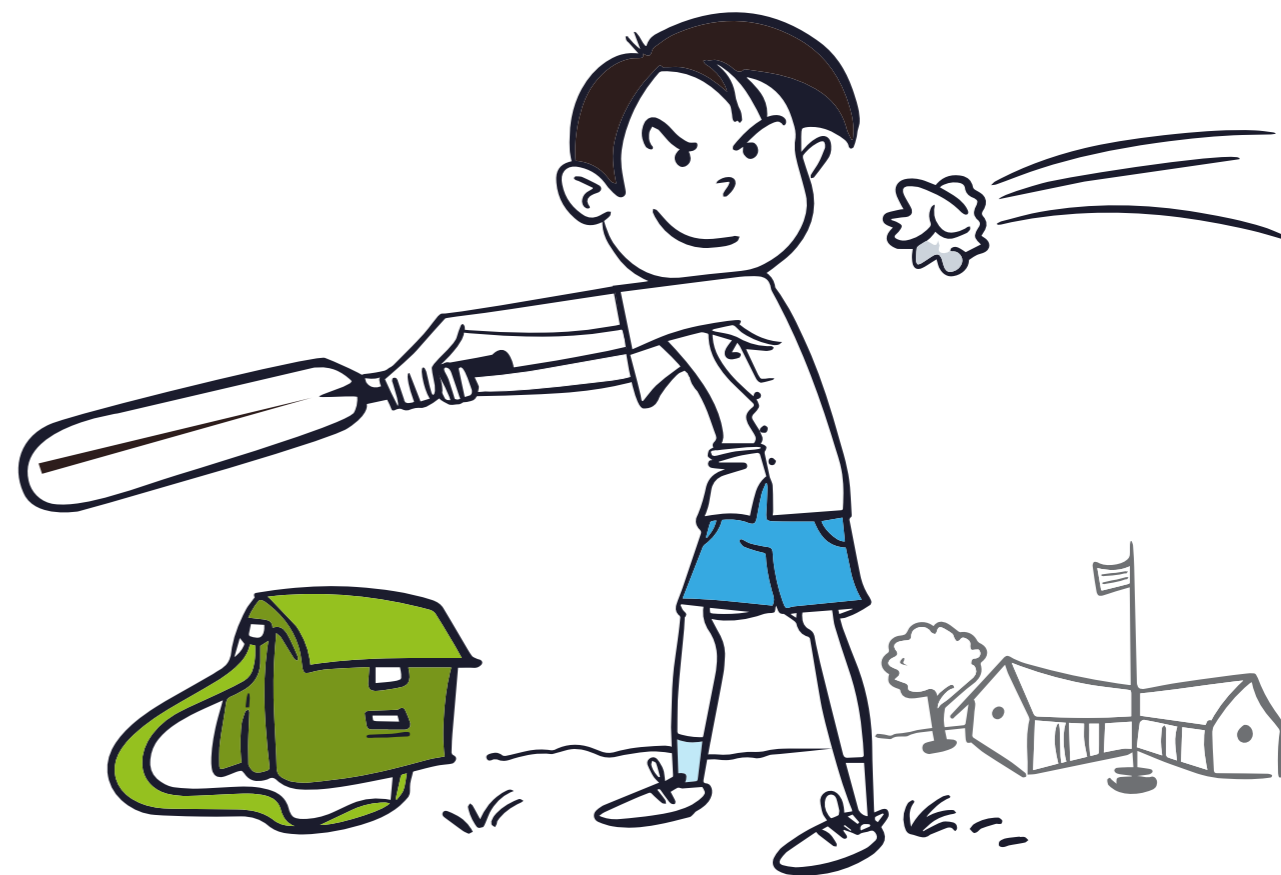
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SPOT THE DIFFERENCE



FIND 12 DIFFERENCES BETWEEN THE 2 PICTURES





Spot the difference	4-5
Structure of session	7
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Structure of session

Warm up game	5 mins
Explain the skill	5 mins
Skill	10 mins
Game	15 mins
Home challenge	To do at home



Warm ups

Stop the joker

Hot potato

O's and X's

Against the clock

Mountains and Valleys

End zone collect

Caterpillar catch

Defend your goal

Cricket Skills

Hand eye Coordination

Bat on ball

Straight hitter

Catapult bowling

Catching

Throwing

Speed cricket



Games

Speed cricket

Points pyramid - hit off a cone in teams,

Last person standing keep it up

Statue time- keep it up

Statue time- keep it moving

Statue time- one bounce hits

Statue time- dribble

Most clap catches

Most pairs catches

Most one-handed catches

Points pyramid – Overarm throw

Points pyramid – Under arm throw

How far can you throw

Cricket charades

Cone knock-out

Whack and collect

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



WARM UPS

Stop the Joker

Hot potato

Don't drop it

Against the clock

Mountains and valleys

End zone collect

Caterpillar catch

5 minutes

Have fun and get the players chasing around so they are warmed up and ready to learn a skill



STOP THE JOKER

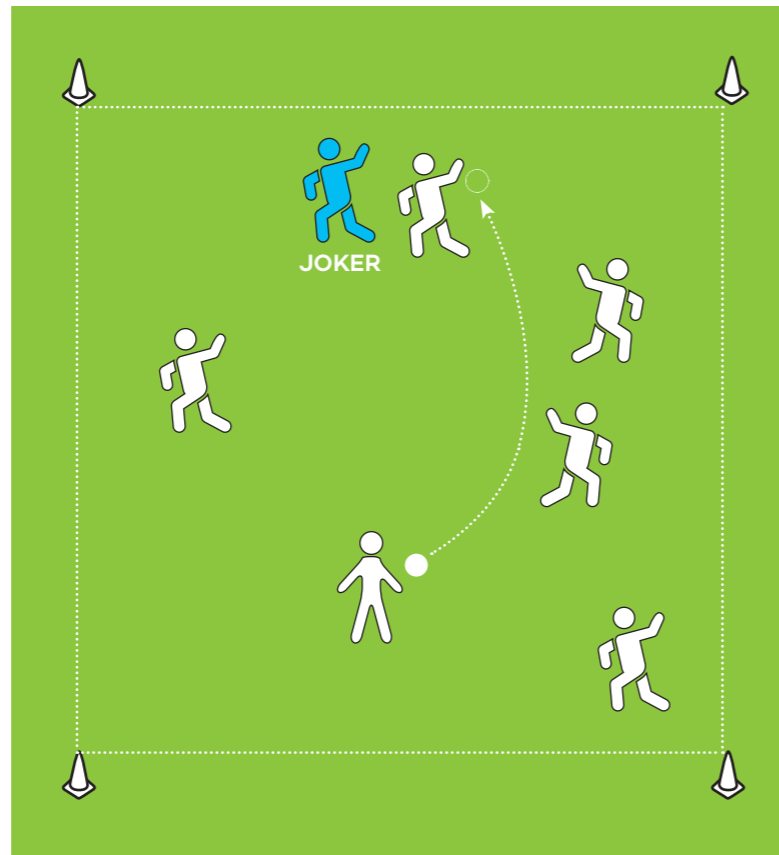
Description:

Create a playing area with 4 cones and choose one player to be the Joker. The remaining players must try and touch the Joker with the ball in their hand. The joker is allowed to run around but the other players can only run when they aren't holding the ball. The players must try and communicate to get close to the Joker by passing the ball to each other.

To make this harder for the Joker add in more balls.

Objectives:

- Communication
- Agility
- Hand eye coordination
- Running, jumping
- Decision making



HOT POTATO

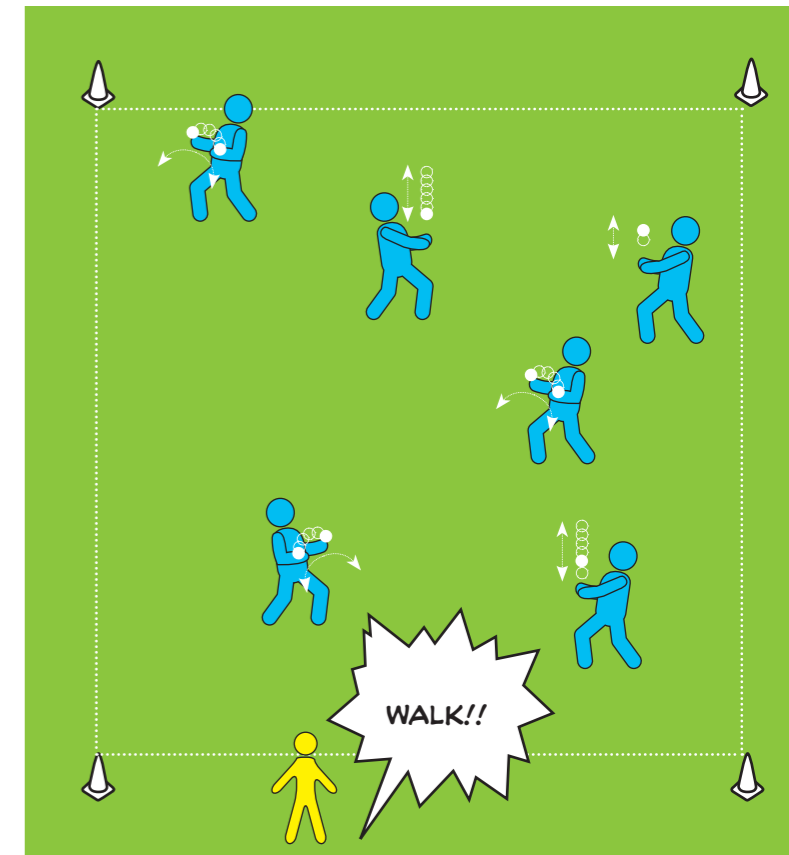
Description:

Get the players to spread out across the playing area, they should keep the ball up by tapping it from one hand to another, or tapping it up using both hands. (Tell them to imagine the ball is so hot they can't keep it in their hand for any length of time!)

When the coach shouts walk the players must start to walk around the area, when the coach shouts stop the players must stop. The aim is to not drop the ball when moving around.

Objectives:

- Listening
- Agility
- Hand eye coordination
- Running, jumping
- Decision making





O'S AND X'S

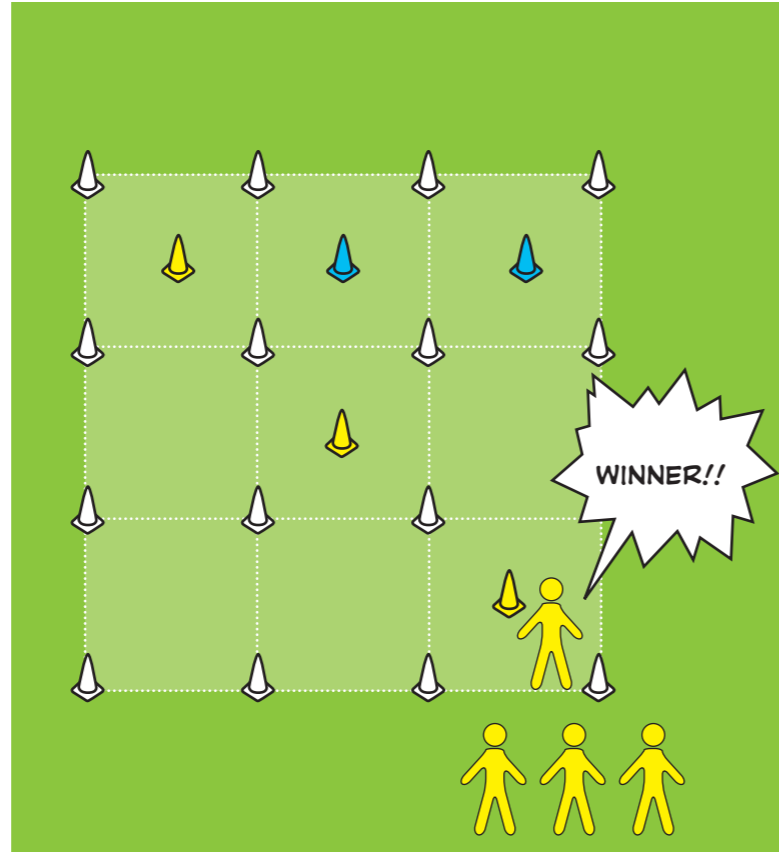
Description:

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



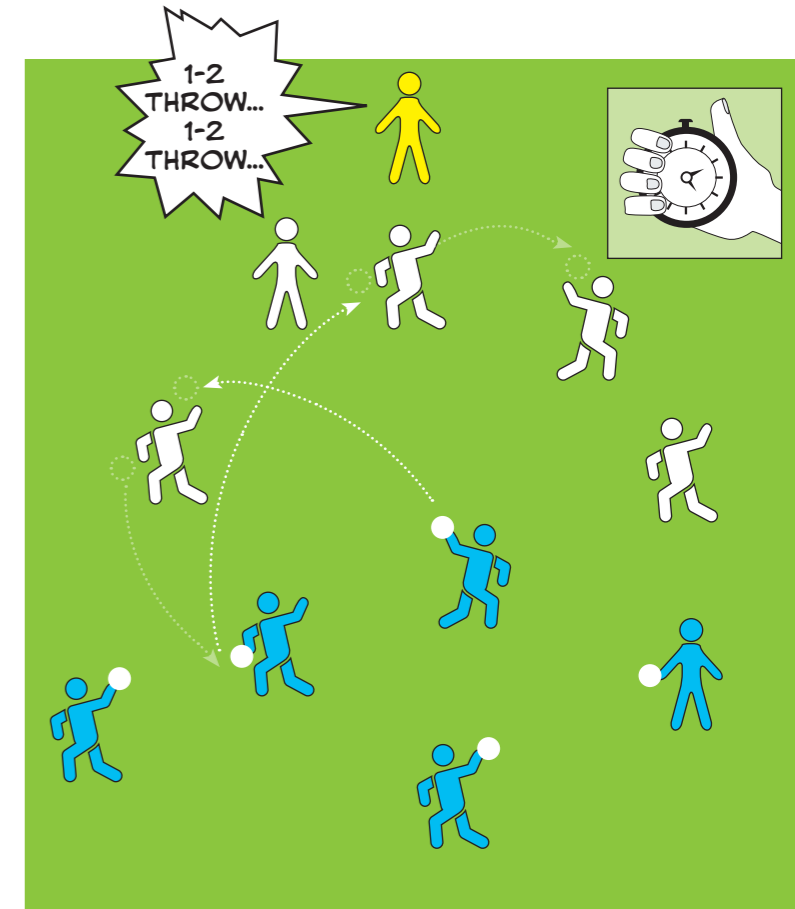
AGAINST THE CLOCK

Description:

The coach gives out balls to half the players and then sets a time for the length of the game (they decide). The players can only hold onto the ball for 2 seconds and then they need to pass it to another player. When the timer goes off the players with the balls get one point. Players should keep moving to try and get into space so that they can receive a catch from the ball carriers.

Objectives:

- Communication
- Agility
- Hand eye coordination
- Running
- Decision making





MOUNTAINS AND VALLEYS

Description:

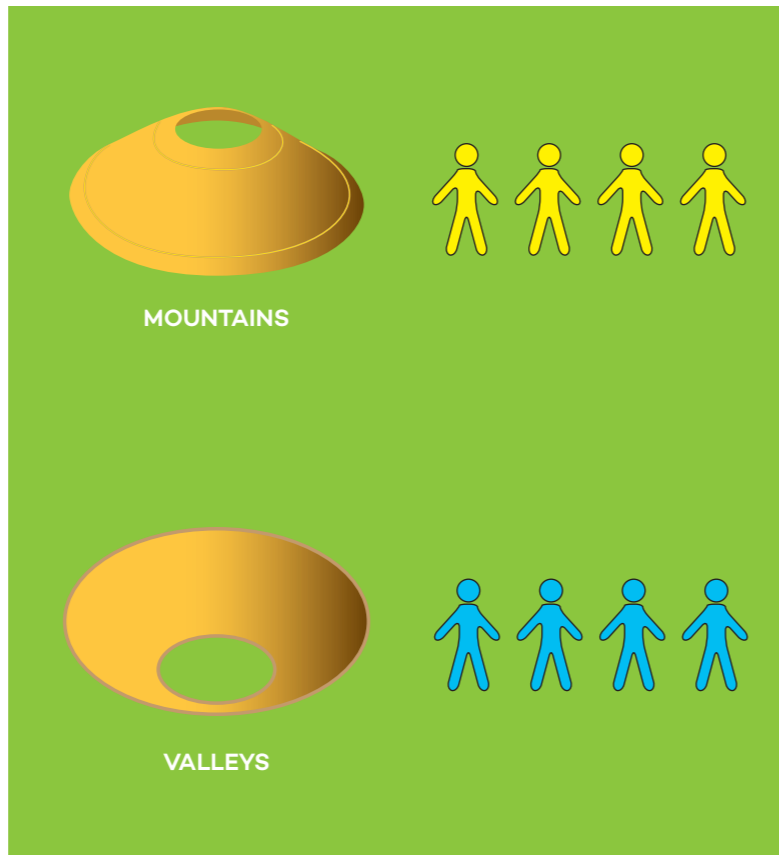
Players: 2 teams 4+

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.



ENDZONE COLLECT

Description:

Players: 4+ in teams

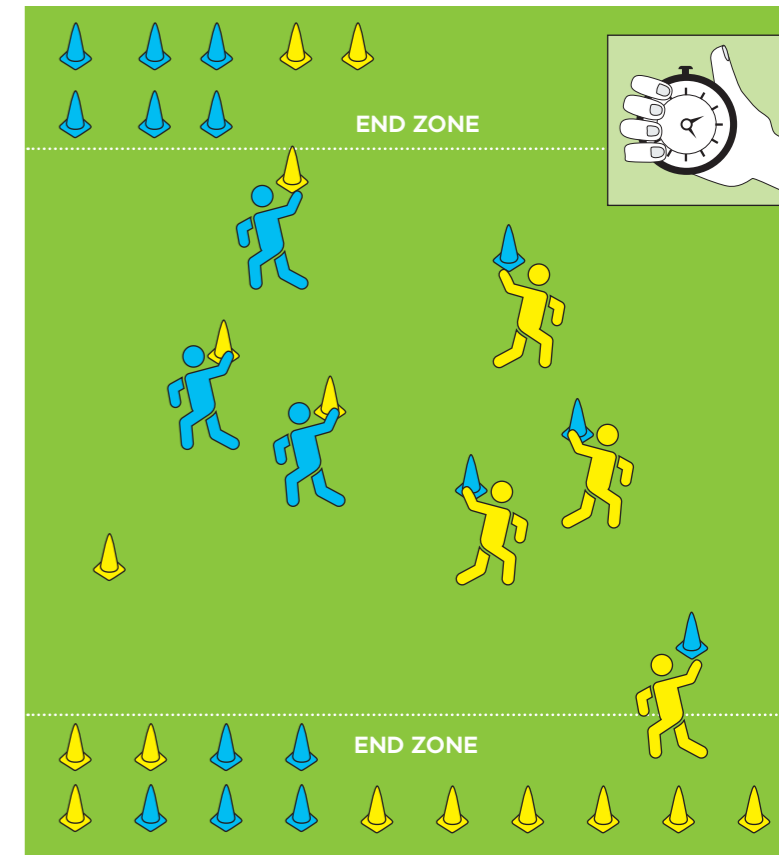
Get into two teams, both with an endzone.

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





CATERPILLAR CATCH

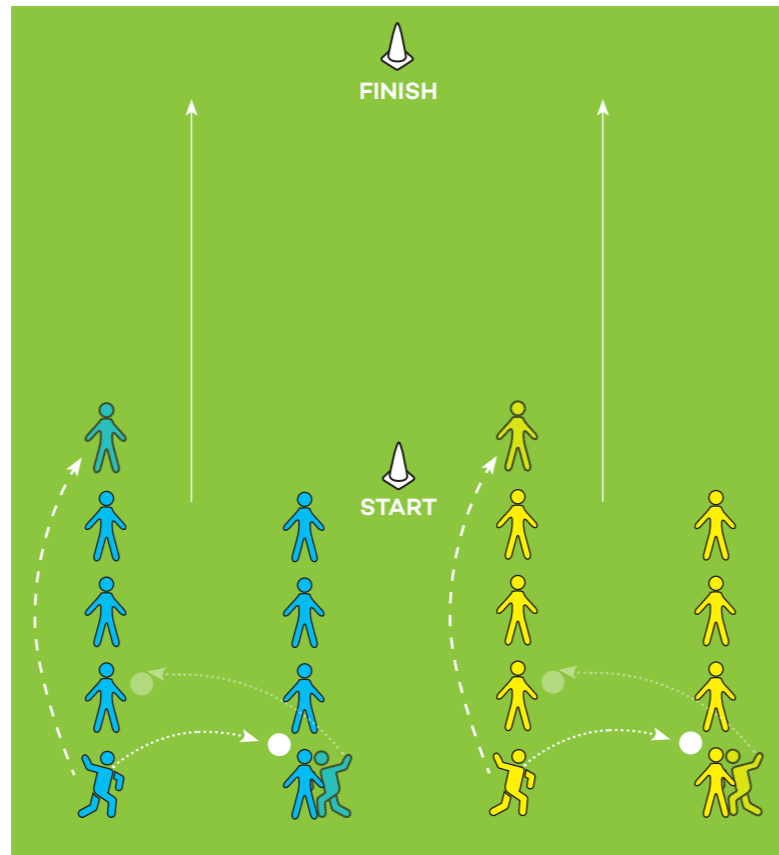
Description:

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



DEFEND YOUR GOAL

Description:

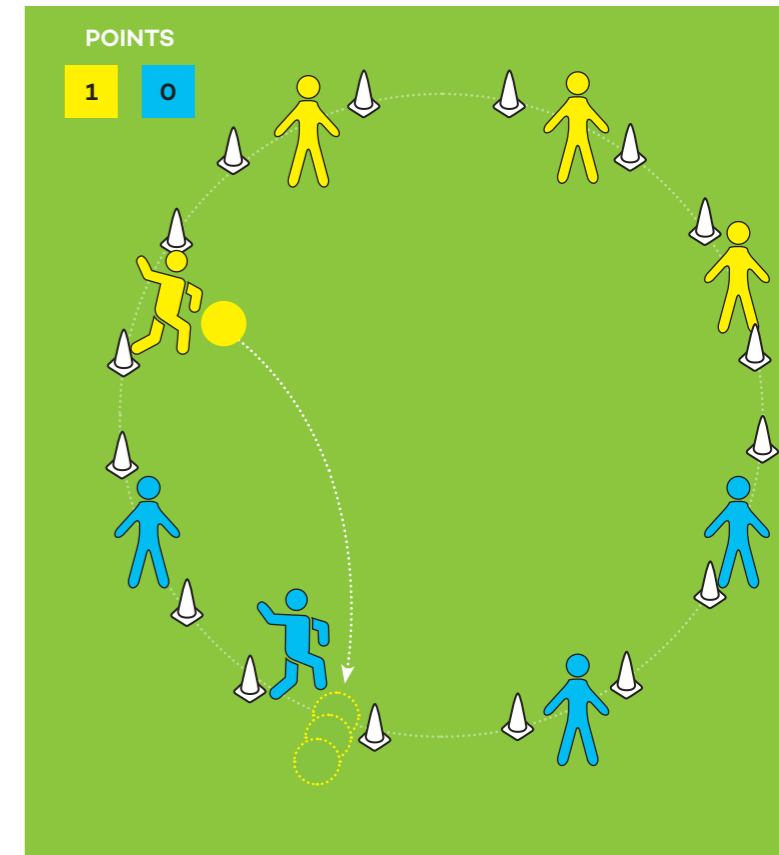
Players: Teams of 4-6 each

To set up get the players to form a circle with two cones either side of each player. Players must take it in turns to hit a ball (large foam ball or tennis ball depending on standard) towards another player's goal (between their two cones).

If a player gets the ball between the two cones they get one point.

Objectives:

- Hand eye coordination
- Decision making
- Stretching and agility





CRICKET SKILLS

 Hand eye Coordination

 Bat on ball

 Straight hitter

 Catapult bowling

 Catching

 Throwing

 Speed cricket

Chose a skill you want to concentrate on today from the list on the left.

Pick a colour coded activity from the following pages

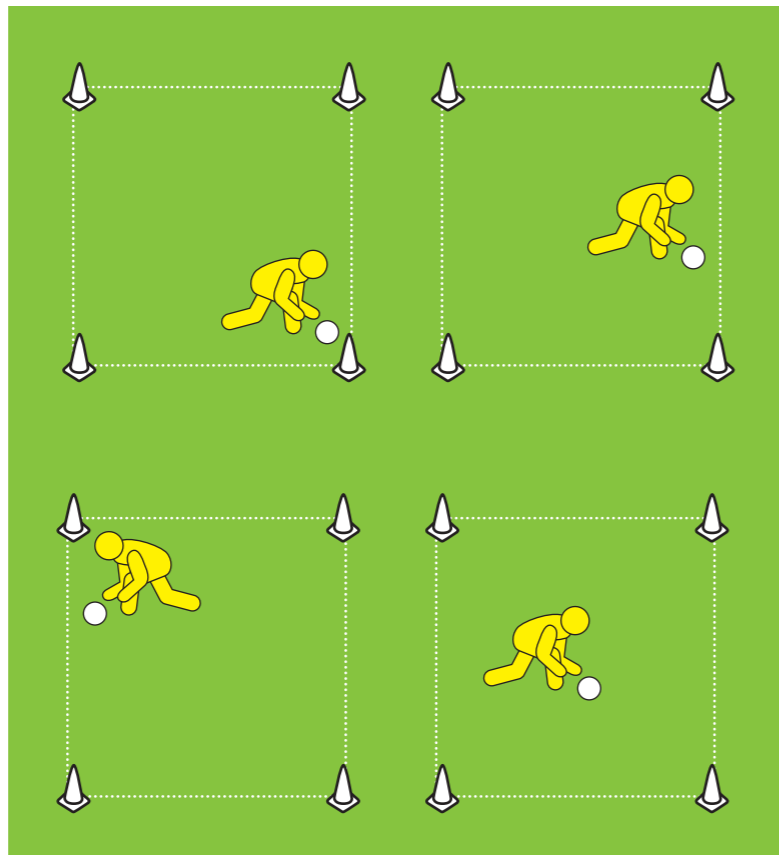
Spend 5 minutes explaining the skill you are going to learn, then spend the next 10 minutes perfecting it!

**TAP IT****Description:**

Space your players out in an area using 4 cones for each player and a ball in the middle of the area. Players should keep the ball moving along the ground with their hands making sure to not let the ball go out of the area. To make this harder the coach can add rules like they can only use one hand, they hand to use both hands, and they can only use their non dominant hand.

Objectives:

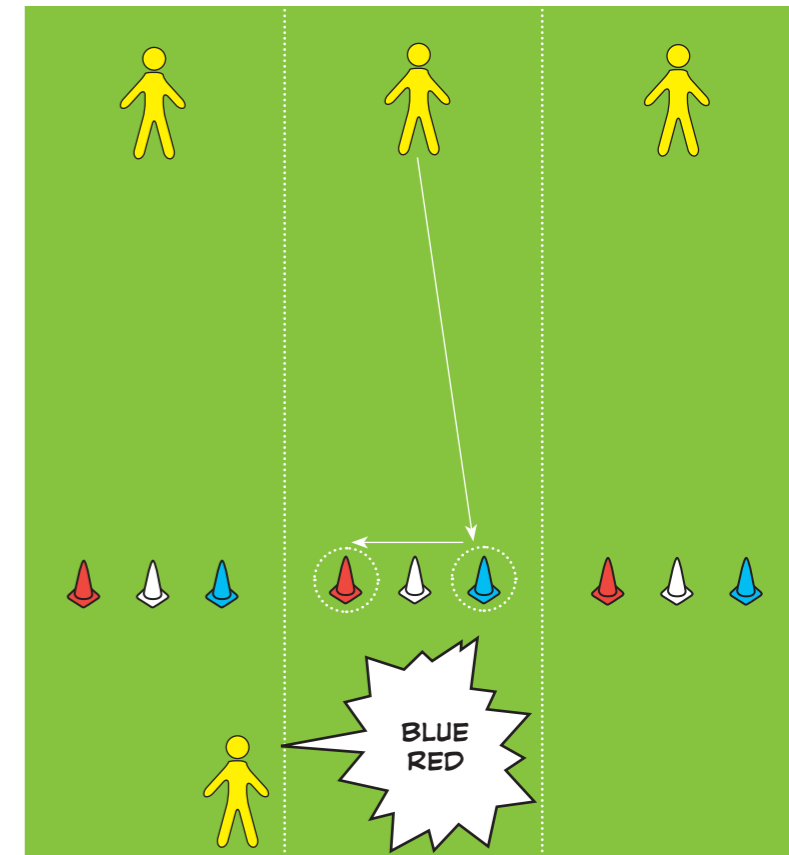
- Hand eye coordination
- Decision making
- Fundamental movement skills

**CONE CALL OUTS****Description:**

Give every player 3 different coloured cones to place in front of them, when the coach shouts a colour, the players should try and pick that colour up. To make this more interesting the coach could list the more than 1 colour and the players should try to pick the cones up in that order.

Objectives:

- Hand eye coordination
- Decision making
- Stretching
- Fundamental movement skills





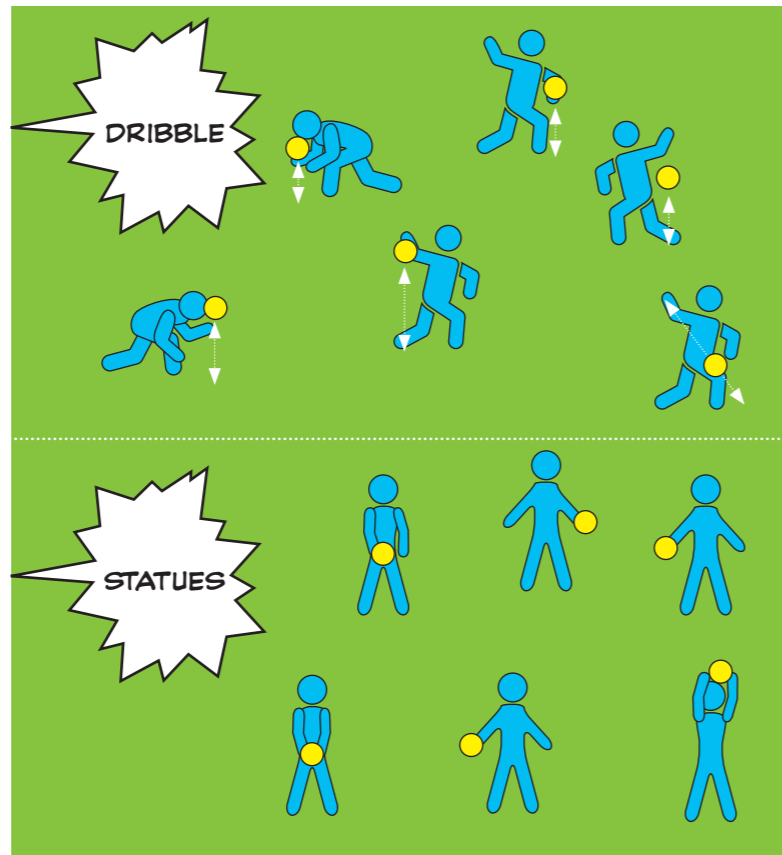
TENNIS BALL DRIBBLE STATUES

Description:

Give every player a tennis ball and asks them to move around the area dribbling the ball by bouncing it into the floor with one hand or two. When the coach shouts STATUES the players must catch their ball and stand as still as possible.

Objectives:

- Hand eye coordination
- Decision making
- Agility
- Fundamental movement skills



KEEP IT UP

Description:

Players: Individuals or in teams

Each child gets a bat/racquet, and a tennis ball. If working in groups spread the children out to give them a bit of space. Ask them to tap the ball up and down on their bat as many times as they can. If they drop the ball they can start again as many times as they want.

Objectives:

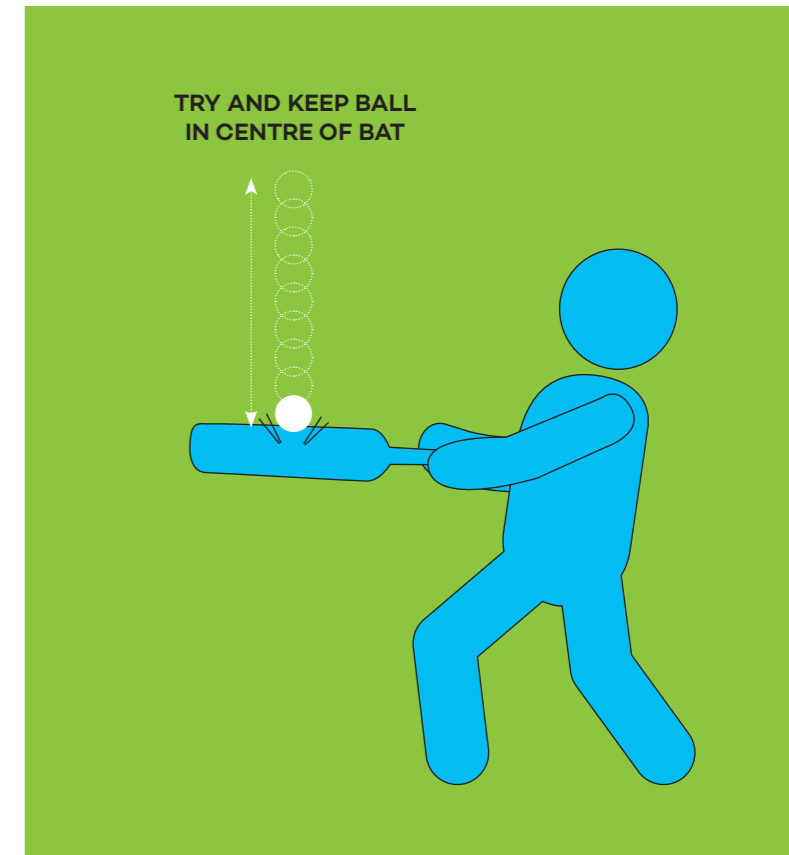
- Hand eye co-ordination

To play with younger/less able children, start off using a balloon.

See who can get the ball the highest but still keep control



TRY AND KEEP BALL IN CENTRE OF BAT





CONE HITS

Description:

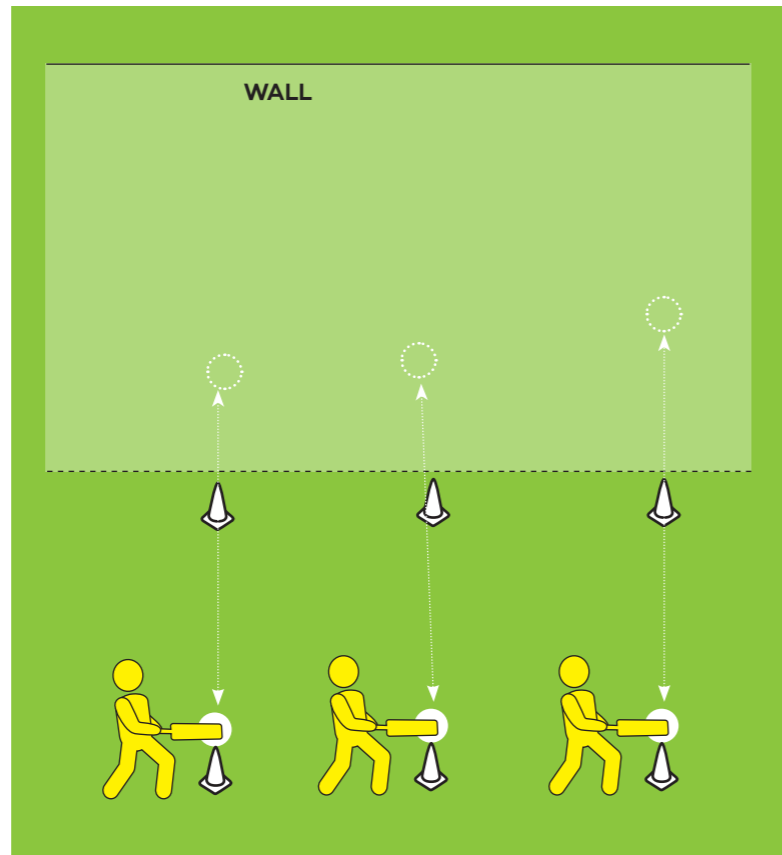
Line the players up hitting towards a wall/fence or net. Each player should have a ball a bat and a cone. When the coach shouts go all the players should try and make a solid contact with the ball.

Place a taller cone or object in front of each batter so they have something to aim towards when hitting.

Objectives:

- Hand eye co-ordination
- Concentration

If you don't have enough equipment, then players can group up.



KEEP IT MOVING

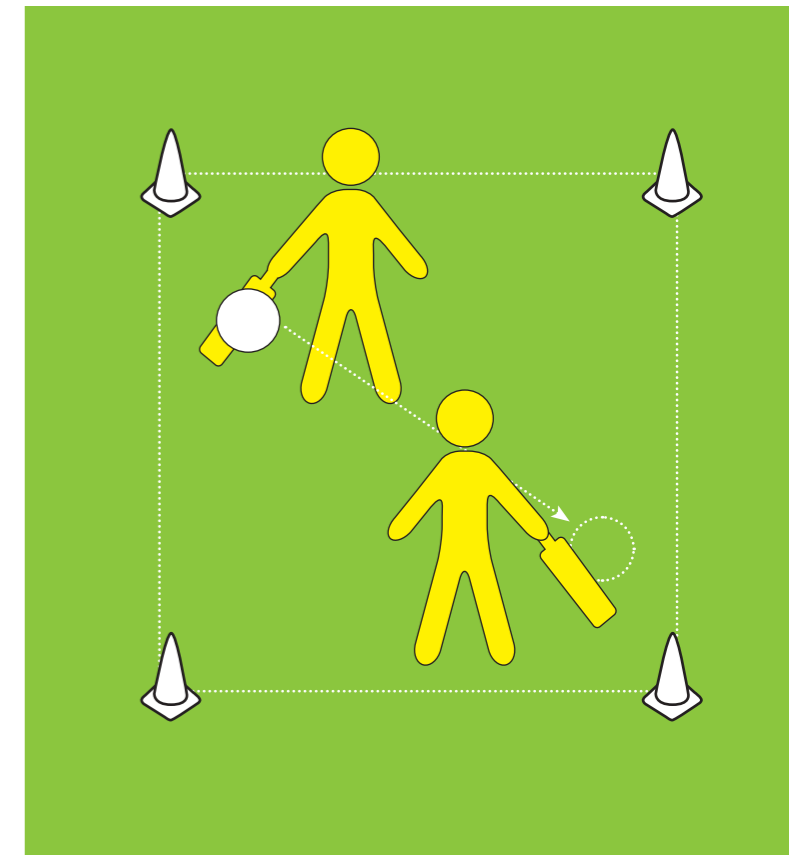
Description:

Get the players into pairs, with a cricket bat they should have four cones around them creating a box.

Each player should tap the ball to the other player to try and keep the ball moving and make sure it doesn't stop whilst keeping the ball inside the four cones. If you don't have enough bats then use another object or put the players into bigger groups and get them to take it in turns being in the box.

Objectives:

- Hand eye co-ordination
- Concentration
- Communication





ONE BOUNCE HIT

Description:

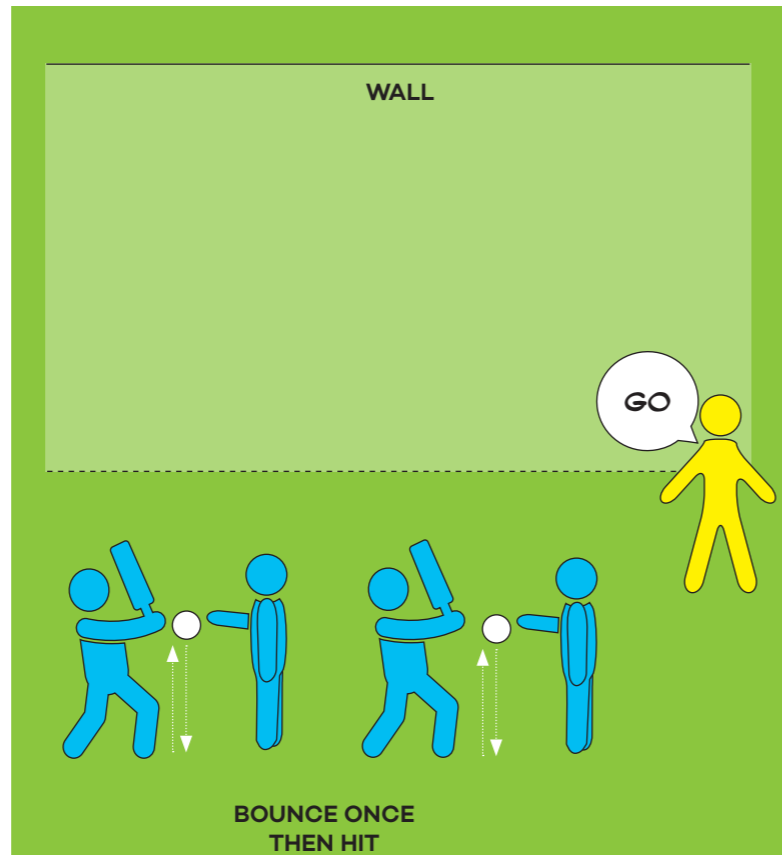
Get the players into pairs and line them up hitting towards a wall/fence or net. One player should have a bat and the other a ball. If you don't have enough equipment, then players can group up.

When the coach shouts go the player with the ball should drop the ball in front of the player with the bat, the player with the bat should try and hit the ball after it has bounced once and before it bounces twice.

When every player had hit the ball, they collect the balls and go again.

Objectives:

- Hand eye co-ordination
- Concentration



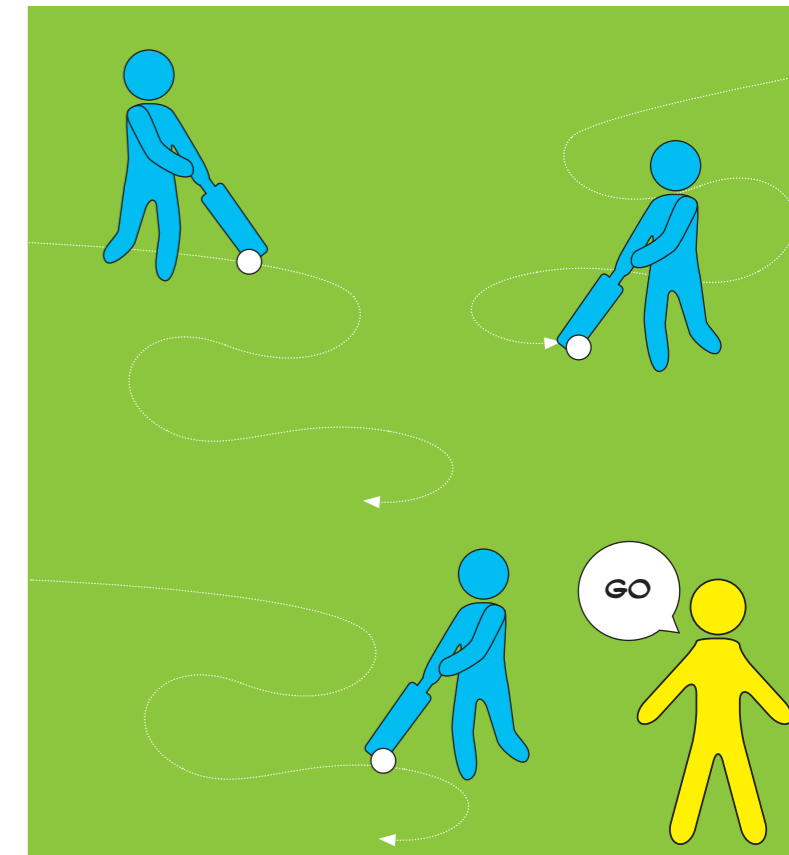
DRIBBLE

Description:

Every player will need a bat (or an object to hit the ball with) and a ball. When the coach shouts go all the players should try and dribble with the ball using their bat/object. Players should try not to hit the ball too hard keeping it under control and under their eyes.

Objectives:

- Hand eye co-ordination
- Concentration
- Fundamental movement skills





STANCE

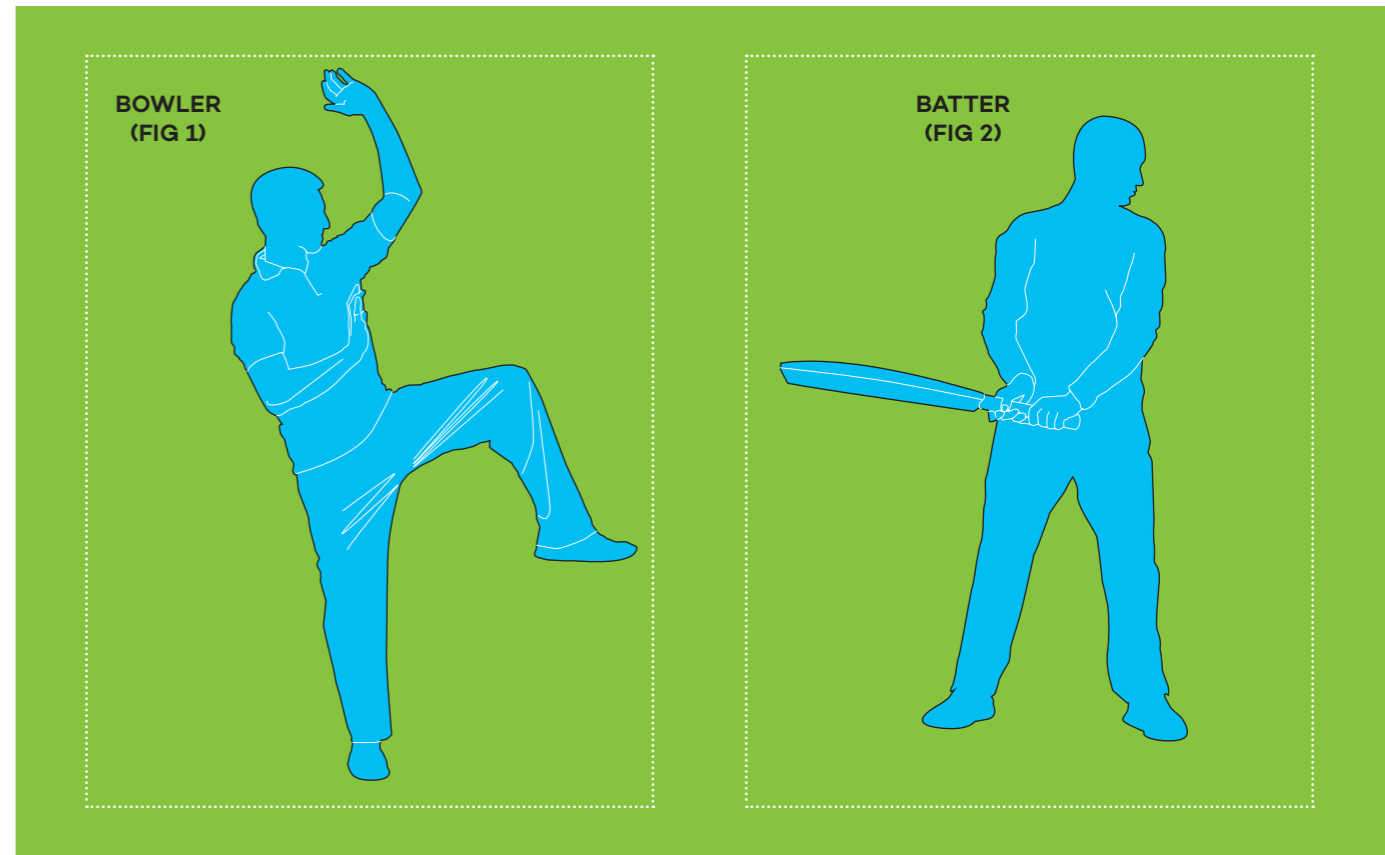
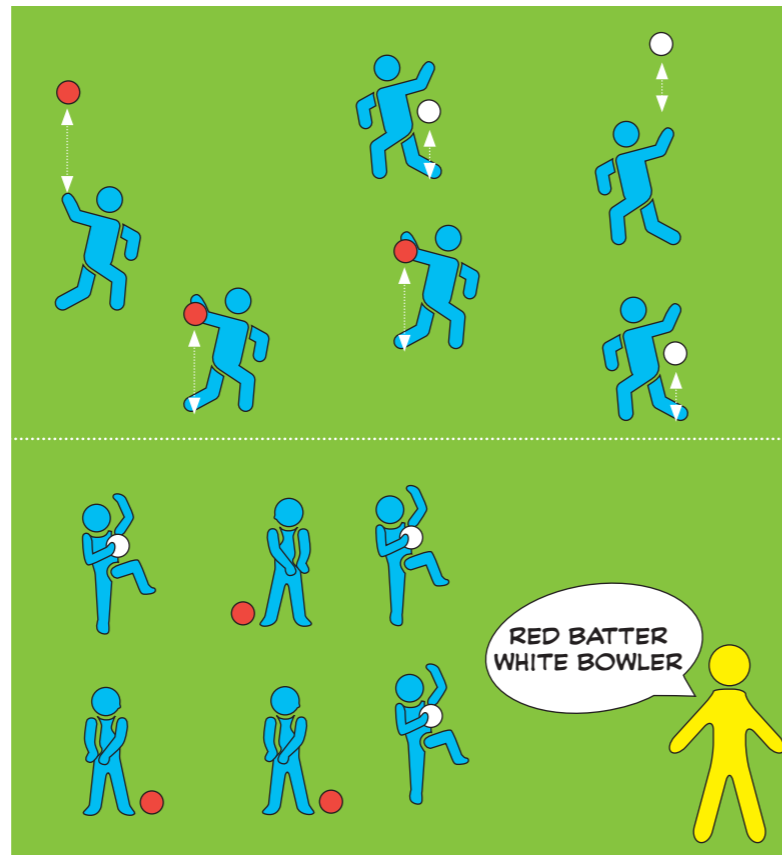
Description:

Cricket is a game mostly played side on so often when children begin to play, they face their chest to the target.

Give half the players a ball that is one colour and half a ball that is a different colour. Allow the children to run around, bouncing or tossing the ball in the air and catching it. The coach will shout a colour and then batter or bowler, the children should stop as quickly as they can with the ball in control and get into one of the two positions. If they are a "batter" they should place the ball on the floor before getting into the side on position. Bowler (Fig 1) Batter (Fig 2)

Objectives:

- Hand eye co-ordination
- Concentration
- Listening
- Memory
- Fundamental movement skills





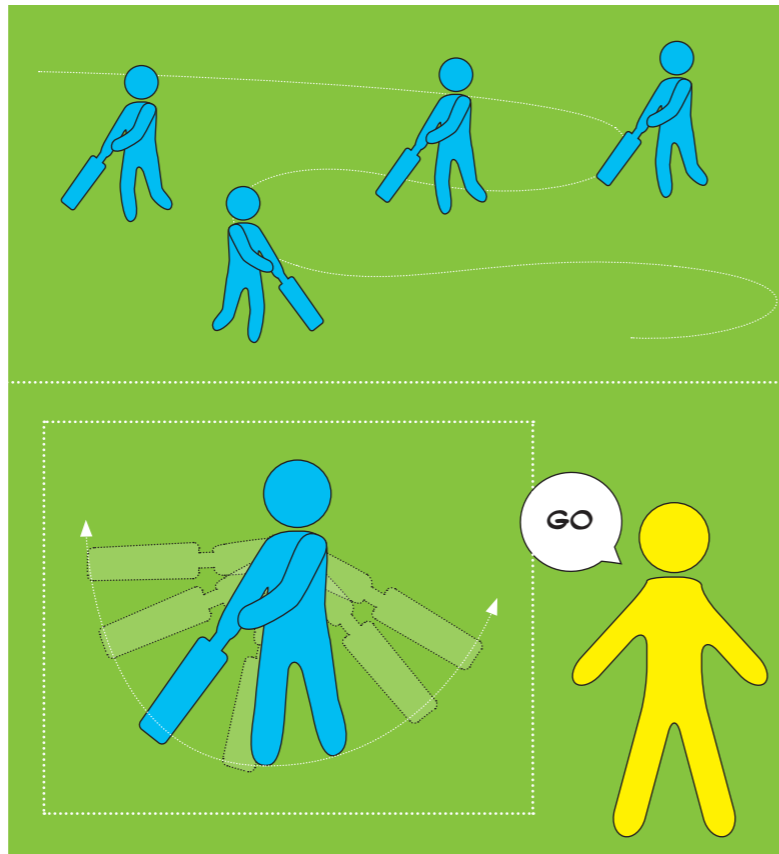
BACK SWING / FOLLOW THROUGH

Description:

Give every player a cricket bat or an object to swing. With that object in hand ask the players to run around in the open area. When the coach shouts swing, the players must stop with their feet shoulder width apart and create a U shape with the bat.

Objectives:

- Hand eye co-ordination
- Concentration
- Listening
- Memory
- Fundamental movement skills



HIT BETWEEN THE CONES

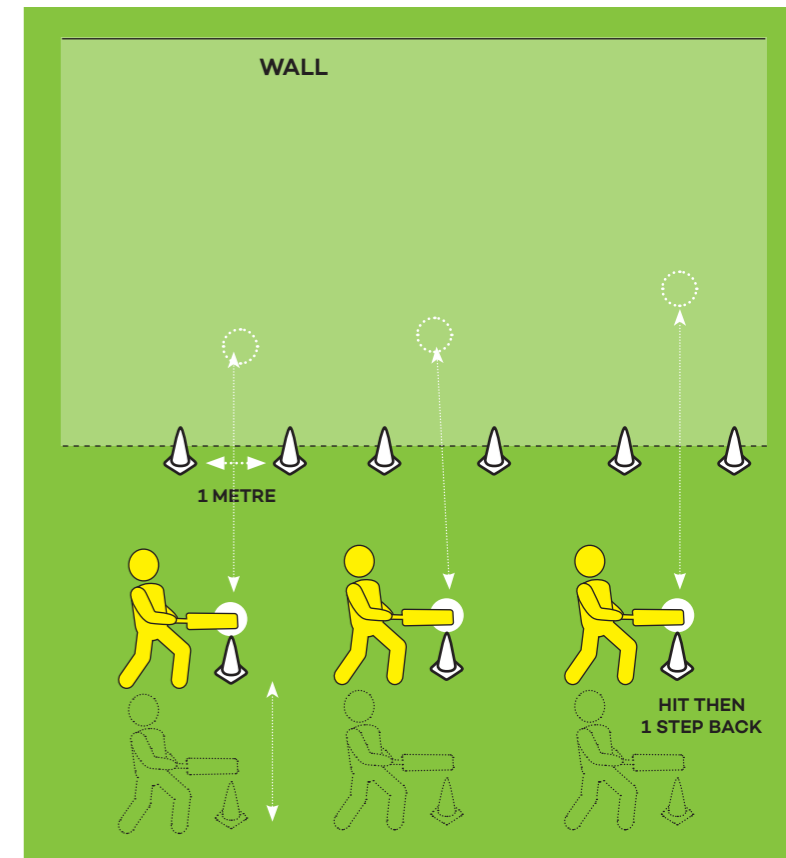
Description:

Give each player a bat, ball and a cone (put them in groups if you don't have enough equipment). Ask them all to line up facing a wall with the ball on a cone and spread out a safe distance away from each other. In front of each player place two cones 1m apart. When the coach shouts go each player will try and hit the ball between the two cones.

If they complete this they can take one step backwards and try again. How far back can your players go? Make sure there is always a safe distance between each player.

Objectives:

- Hand eye co-ordination
- Concentration





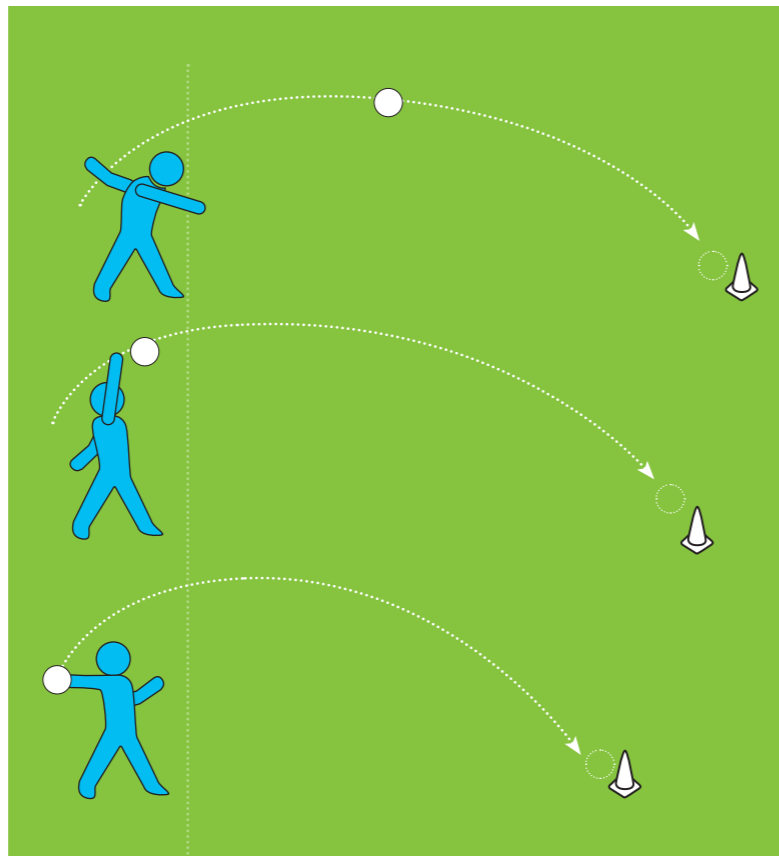
STRAIGHT BOWLING ARM

Description:

Give every player a ball and line them up all facing the same direction. The key for this drill is to try and keep a straight arm when bowling. The focus should be on the arm with the ball in, ask the players to put their arm straight behind them and try to catapult the ball towards a cone. Once every player has bowled towards the cone, they can all collect.

Objectives:

- Hand eye co-ordination
- Concentration
- Listening
- Memory
- Fundamental movement skills



BOWLING ARM AND FRONT ARM

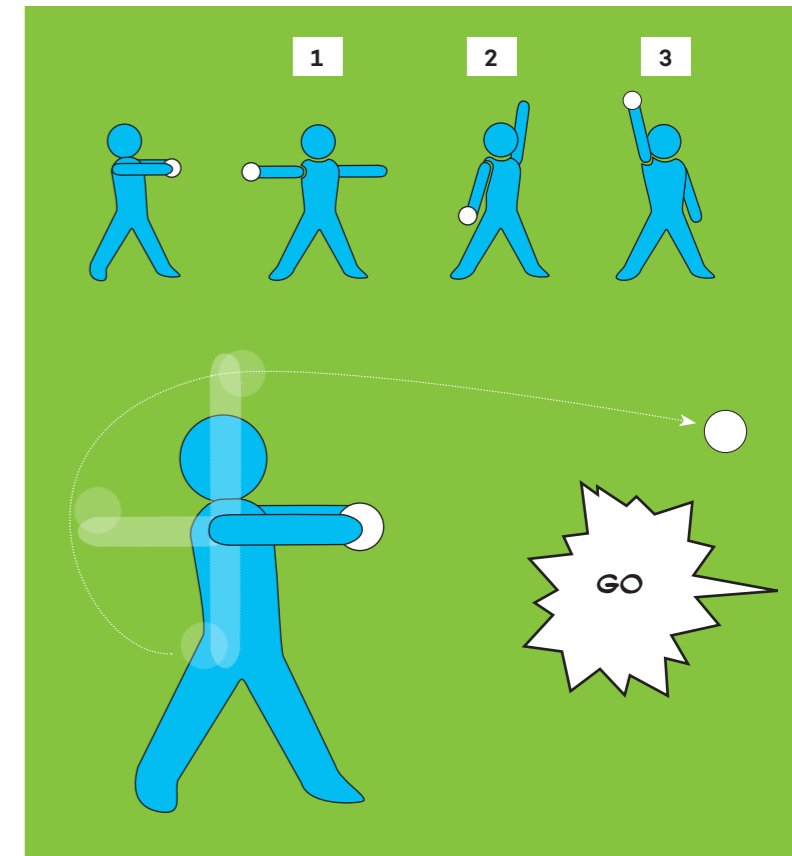
Description:

Line your players up all holding one ball, facing side on to where they will bowl the ball. With the ball in their dominant hand the players will lift both their arms level with their shoulders in front of them.

When the coach shouts 1 they move their arm with their ball in directly behind them. When the coach shouts 2 they move their non bowling arm to point up to the sky and their bowling arm to point towards the floor. When the coach shouts 3 their bowling arm points to the sky and the non-bowling arm points towards the ground. Get them to do this movement three times then try and do all 3 movements in one go whilst letting go of the ball.

Objectives:

- Fundamental movement skills
- Concentration
- Flexibility





STAR STANCE

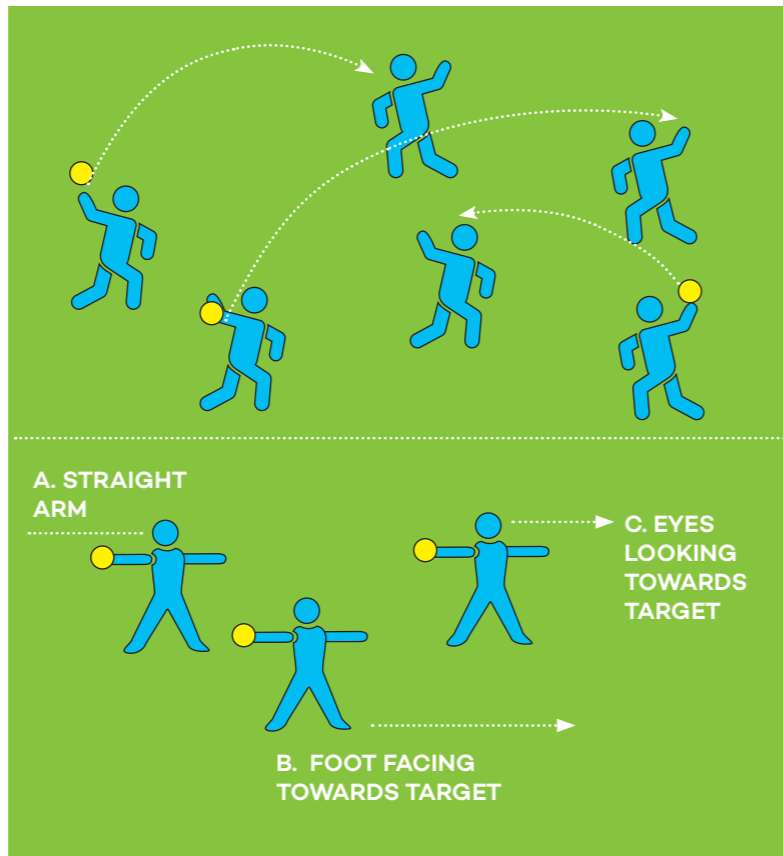
Description:

Give half of your players tennis balls and ask them to run around the open space gently passing the ball around to different players. When the coach shouts stop the players should get into the star bowling position.

- A. 1 point if their arm is straight
- B. 1 point if their front foot is facing the direction they would bowl the ball
- C. 1 point if they are looking in the same direction as their front foot.

Objectives:

- Fundamental movement skills
- Concentration
- Competitive spirit
- Flexibility



BETWEEN THE CONES

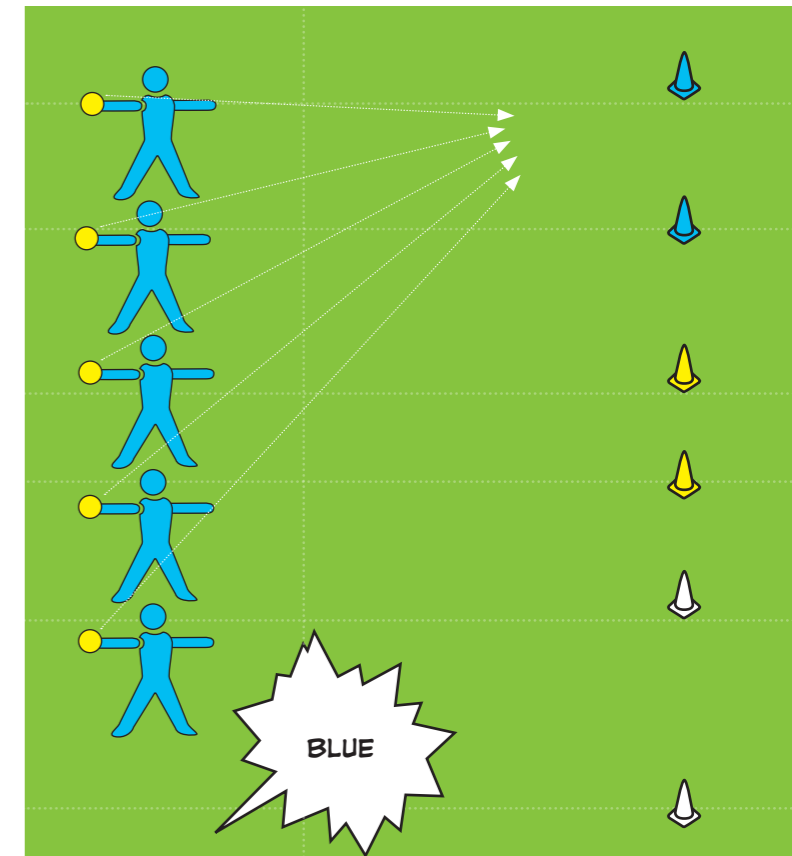
bonus point for straight arm

Description:

Get the players to line up all facing the same way in the star stance position in the diagram. The coach places out 6 cones creating 3 targets. The coach will shout out a colour and the players should line up towards that target and try to get the ball through the middle of the two cones that correspond to that colour.

Objectives:

- Fundamental movement skills
- Concentration
- Flexibility





THROW AND CATCH

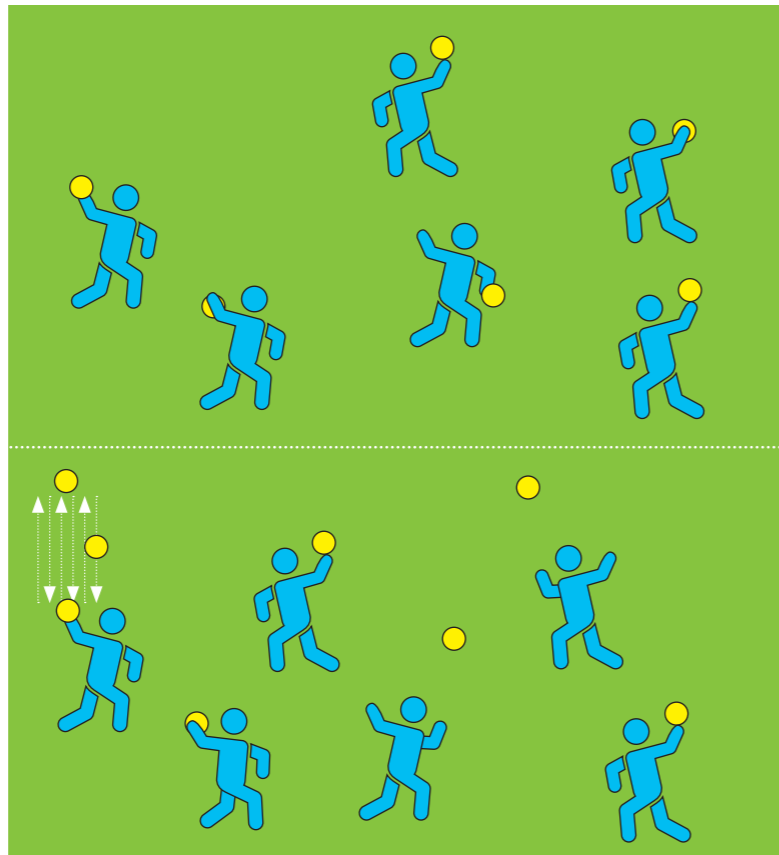
Description:

Give every player a ball, change the size of the ball depending on how easy or difficult you want it to be. Ask the players to run around the area and when the coach shouts out the players should stop and throw the ball in the air above their head and catch three times.

The coach can add in rules about which hand to catch with how high to throw the ball and how many catches the players should take. Get creative and add new rules to make it more fun.

Objectives:

- Fundamental movement skills
- Hand eye coordination
- Concentration



PAIRS CATCHING

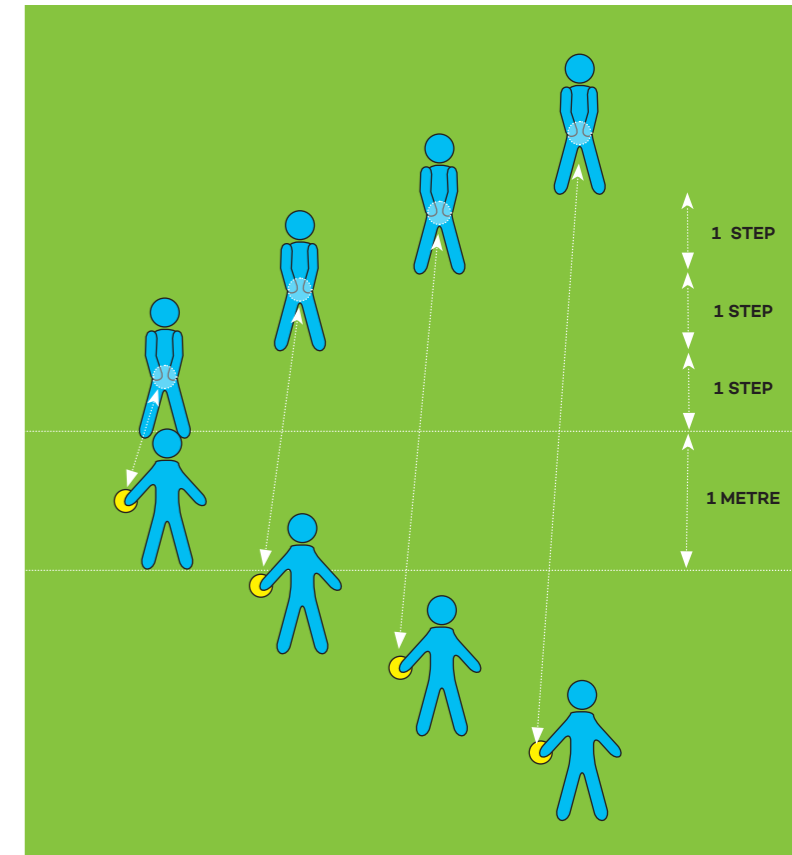
Description:

Split the players in half and have each of them facing one other player in a line just 1 meter away from each other. The aim is to take three catches in a row so they can both take one step backwards. Every time they complete 3 catches in a row they can take 1 steps backwards and see how far they can get from each other without dropping the ball.

A key tip is for players to watch the ball all the way into their hands and have their hands in front of their body as a guide for the other player to throw the ball to.

Objectives:

- Fundamental movement skills
- Hand eye coordination
- Concentration





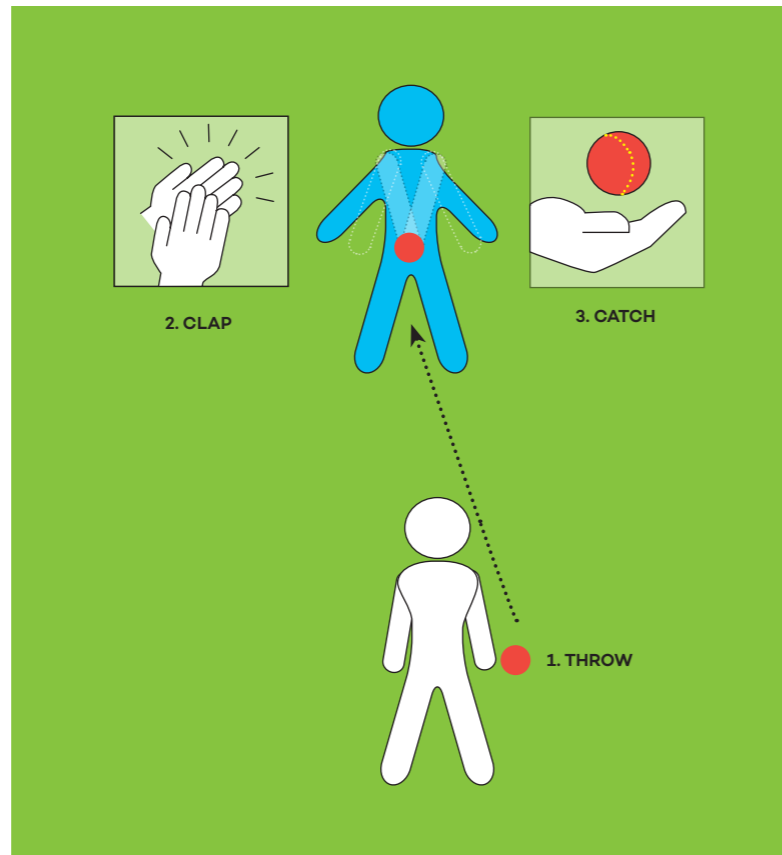
CLAP CATCH

Description:

Description: Split the players in half and have each of them facing one other player in a line just 1-2 meter away from each other. The aim is for the player that is catching to clap their hands before they catch the ball. Test the players by seeing how many claps they can do before they make the catch.

Objectives:

- Hand eye coordination
- Concentration



WALL CATCH

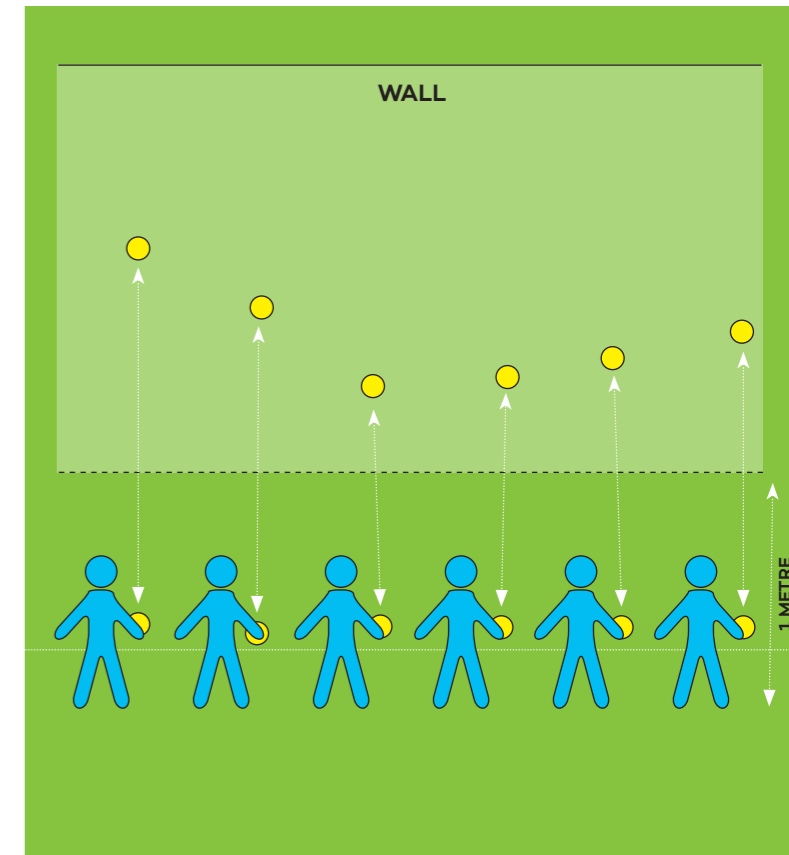
Description:

Line your players up facing a wall or flat surface with 1m between them and the wall/ flat surface. Challenge the players to see how many catches in a row they can successfully complete. The coach can set them a time limit or a target amount of catches to make. If they drop the ball they start counting again.

Objectives:

- Hand eye coordination
- Concentration

Tip – it's not always the best strategy to be as quick as possible help the players to focus on taking the catch over speed.





STATIC THROW

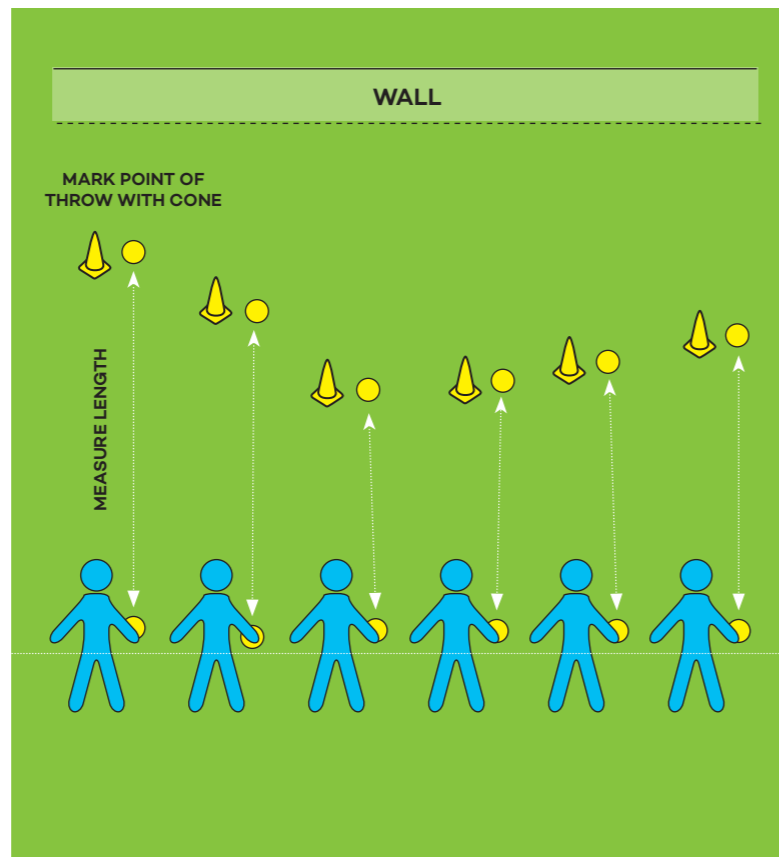
Description:

Line your players up facing towards an empty field, a wall or a net. Give all the players one ball, if you don't have enough balls then the players can pair up. When the coach says go all the players can try and throw the ball as far as possible. Once everyone has thrown the players should put a cone down where their ball finished. If you don't have enough room challenge the players to throw the ball and see who can get it to stop closest to the wall/net.

Objectives:

- Throwing skills
- Fundamental movement skills

Tip – For added accuracy players can use their non-throwing arm as a guide to point towards where they want the ball to go. For added power the more momentum that goes in the direction they want the ball to go the further they will be able to throw.



PAIRS THROW

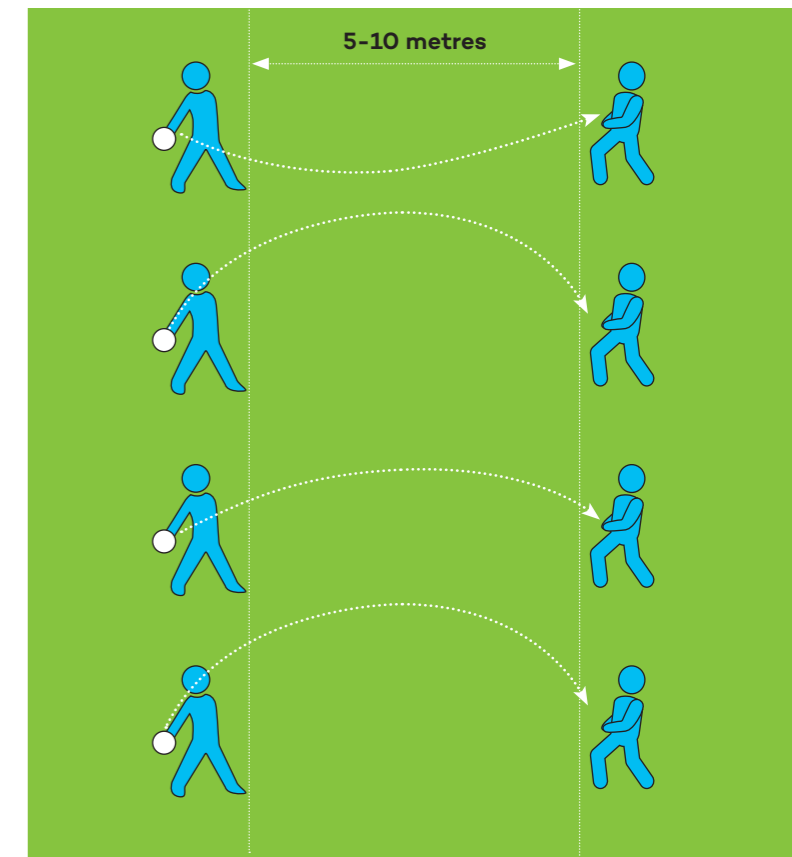
Description:

Get your players into two lines with each player facing another player 5-10m away. One of the players will have a ball and try and make sure there is enough space between each player. When the coach says so the player with the ball will try and throw the ball into the hands of the player opposite them.

Objectives:

- Throwing skills
- Fundamental movement skills

If the players find this too easy they can increase their distance or you can ask them to only catch with one hand.





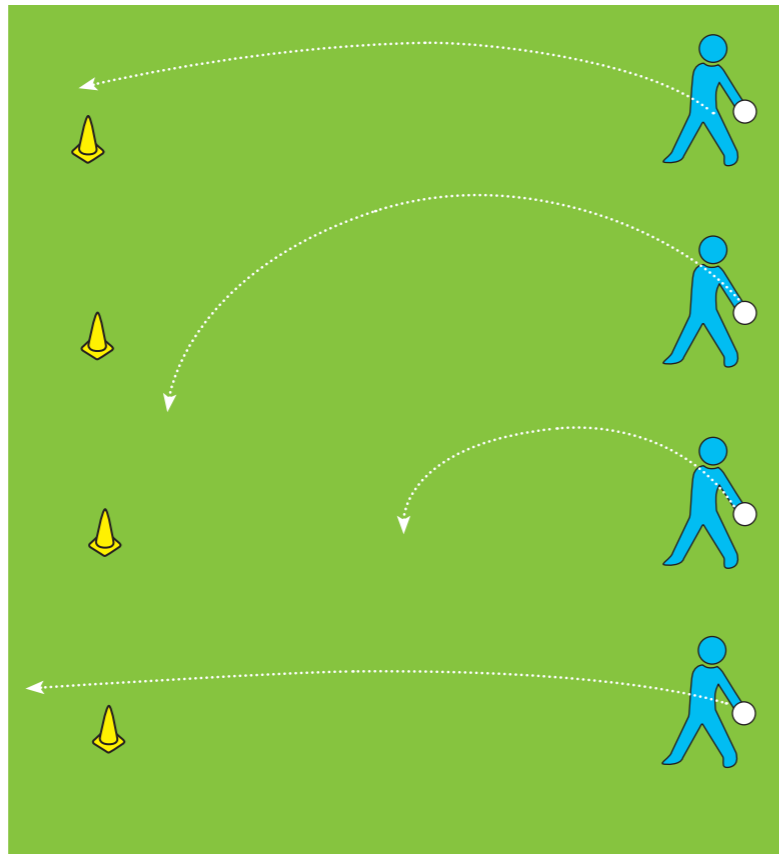
OPPOSITE HAND THROW

Description:

Find an open area and ask all the players to line up with the ball in their non dominant hand. This skill is for the players to try and see how far they can throw with their opposite hand. This movement and feeling will feel alien to most players but it's a great way for them to have fun whilst activating new muscles and trying new movements.

Objectives:

- Throwing skills
- Fundamental movement skills



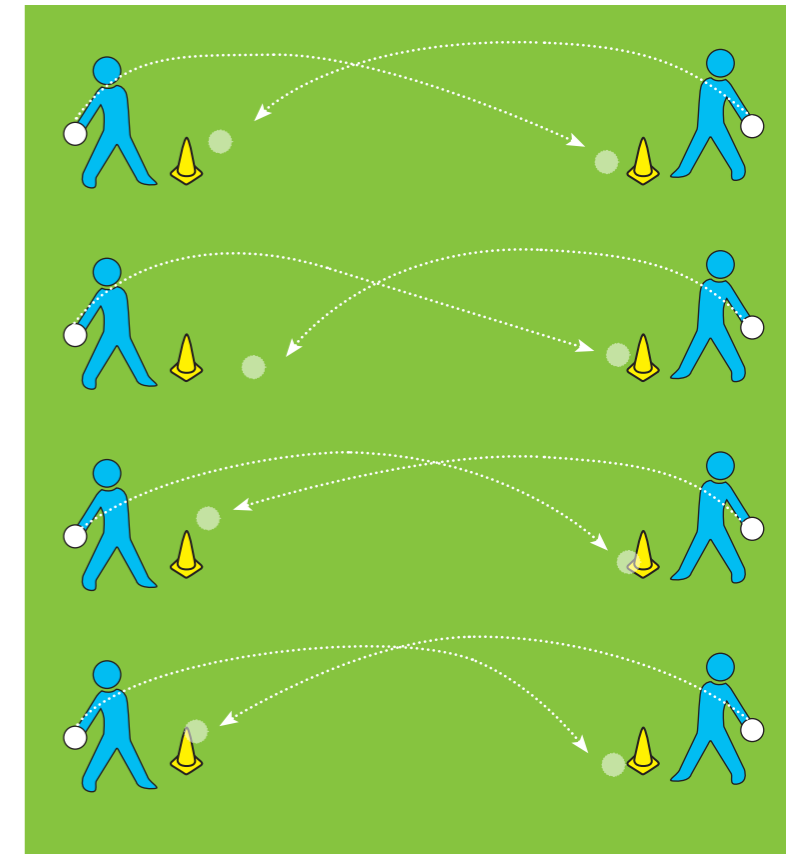
UNDER ARM THROWING

Description:

Line the players up opposite each other with a cone 1m in front of each player the aim is for the players to try and hit the other players' cone. This will help them focus more about the execution and less about the technique which is a fun way build muscle memory.

Objectives:

- Throwing skills
- Fundamental movement skills





STAY IN YOUR BOX

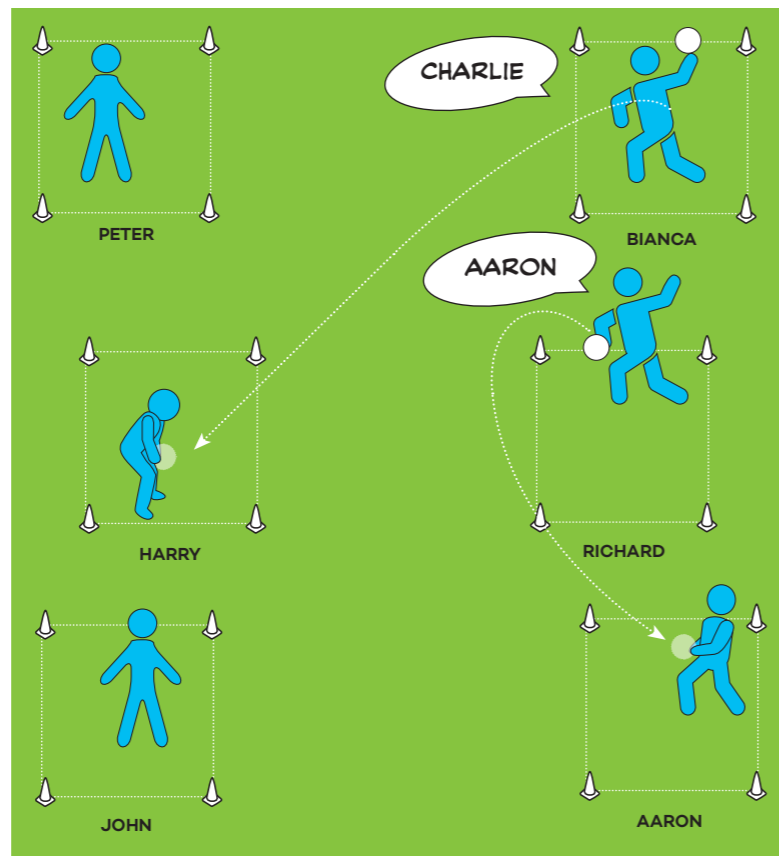
Description:

This is a way for all the players to work together whilst improving their under and overarm throwing. Every player should have 4 cones placed around them creating a small box. Give a few of the players a ball and they need to try and throw the ball to another player for them to catch. The players aren't allowed to step outside their box. How many catches in a row can your group take?

The player with the ball should shout the name of the person they want to throw the ball to and make sure they are looking before they throw.

Objectives:

- Throwing skills
- Fundamental movement skills



SPEED CRICKET

Equipment:

Stumps, cones, a ball and a bat.

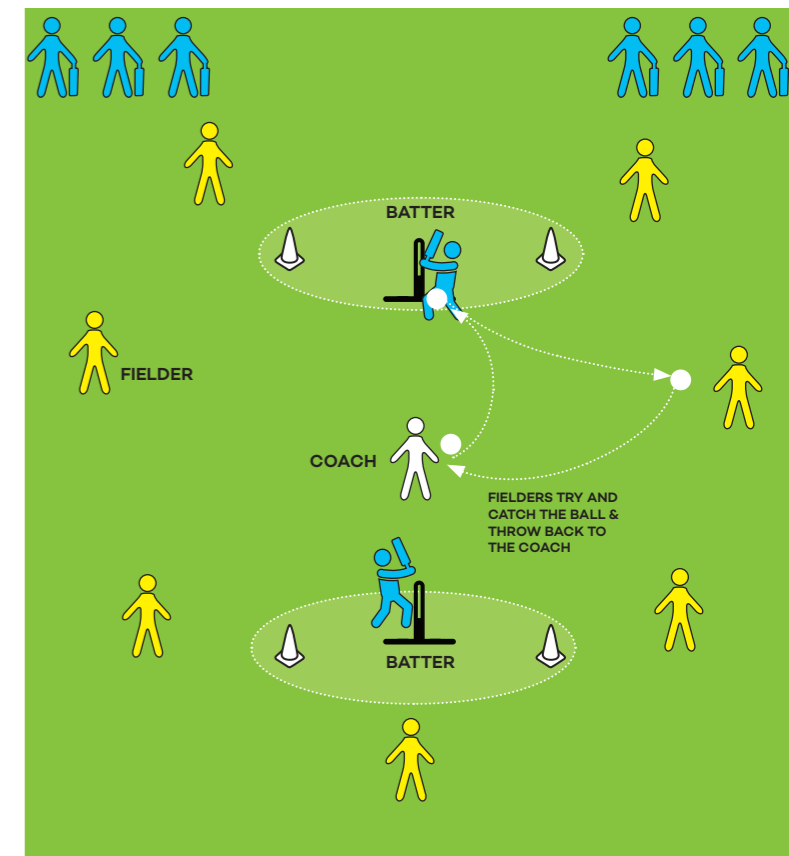
Set up:

Place two objects or stumps facing each other and two cones equal distance either side of the stumps.

How to play: The coach stands in the middle and under arms the ball to either batter. The fielders are spread out 360 degrees around the open area. The batters must run if they hit the ball or not. The coach can underarm the ball once the ball is back in their hand. After the batters have faced two balls each the next pair are in. Each player faces 4 balls each and then the fielding team and the batting team swap.

Objectives:

- Teamwork
- Hand eye coordination
- Communication and agility





GAMES

Speed cricket

Points pyramid - hit off a cone in teams,

Last person standing keep it up

Statue time- keep it up

Statue time- keep it moving

Statue time- one bounce hits

Statue time- dribble

Most clap catches

Most pairs catches

Most one-handed catches

Points pyramid – Overarm throw

Points pyramid – Under arm throw

How far can you throw

Cricket charades

Cone knock-out

Whack and collect

15 minutes

*Concentrate on 1 game or
do a couple if the players
get distracted*



SPEED CRICKET

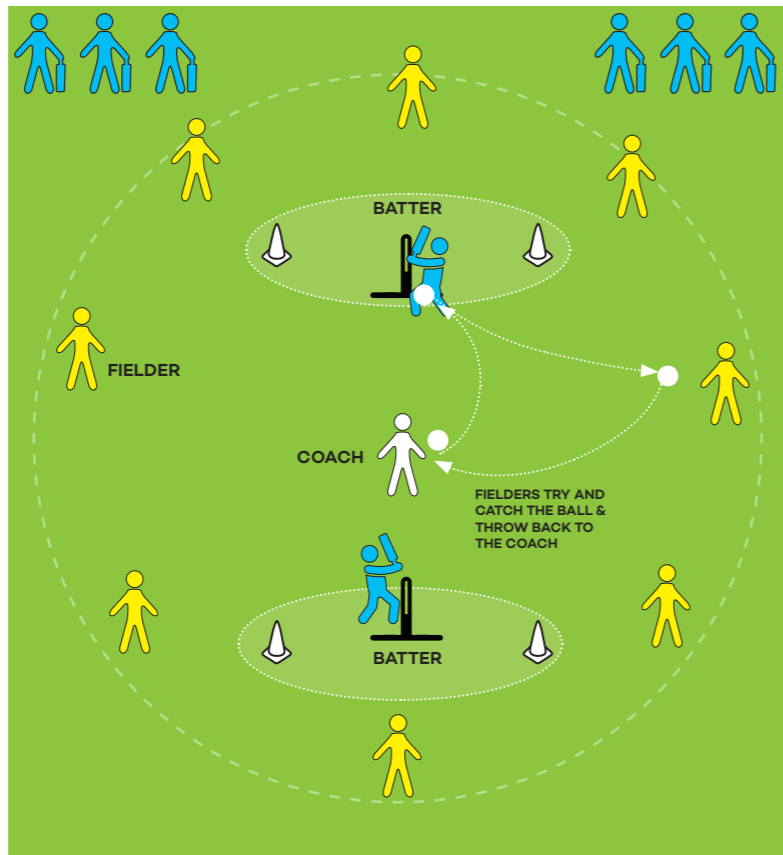
Equipment: Stumps, cones a ball and a bat.

Set up: Place two objects or stumps facing each other & two cones equal distance either side of the stumps.

How to play: The coach stands in the middle and under arms the ball to either batter, the fielders are spread out 360 degrees around the open area. The batters must run if they hit the ball or not. The coach can underarm the ball once the ball is back in their hand. After the batters have faced two balls each the next pair are in. Each player faces 4 balls each and then the fielding team and the batting team swap.

Objectives:

- Teamwork
- Hand eye coordination
- Communication
- Agility



POINTS PYRAMID

Hit off cone in teams, points for long straight hits

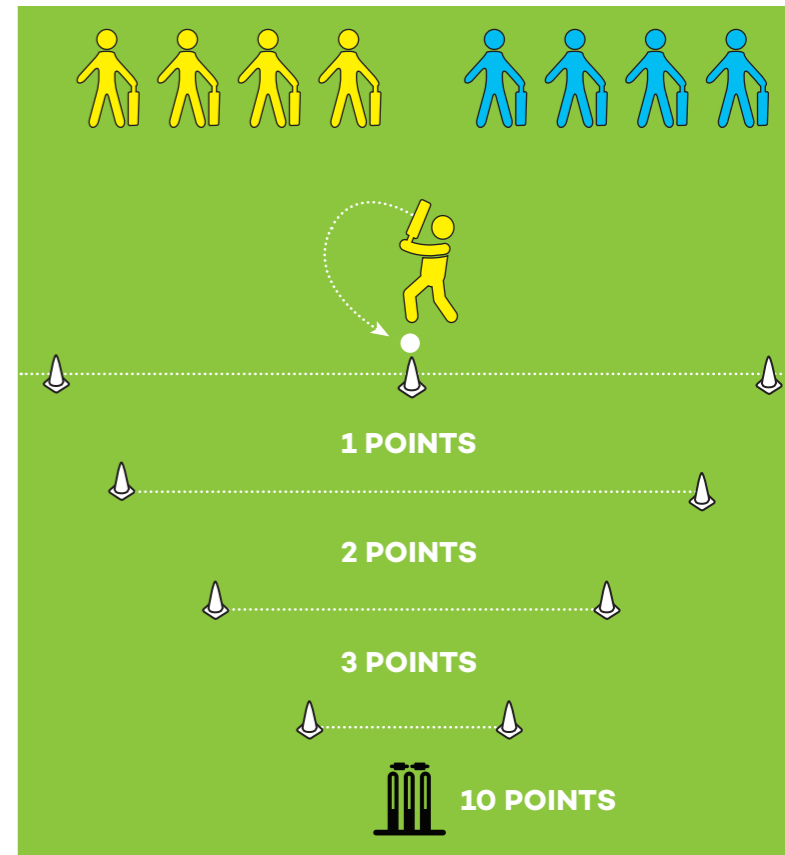
Equipment: Cones, ball and bat

Set up: Put the ball on a cone and place out two cones quite far apart, take a few steps forward and place out two more cones but make the gap slightly smaller until the cones are close

How to play: The coach stands in the middle. As a coach you can decide how hard or easy to make this game and how many points you award for each set of two cones. The players will take it in turns to hit the ball off the cone as straight as possible. The straighter and further they hit it the more points they get. This can be a fun game to play individually or as teams.

Objectives:

- Hand eye coordination
- Concentration
- Striking skills



**LAST PERSON STANDING****Keep it up**

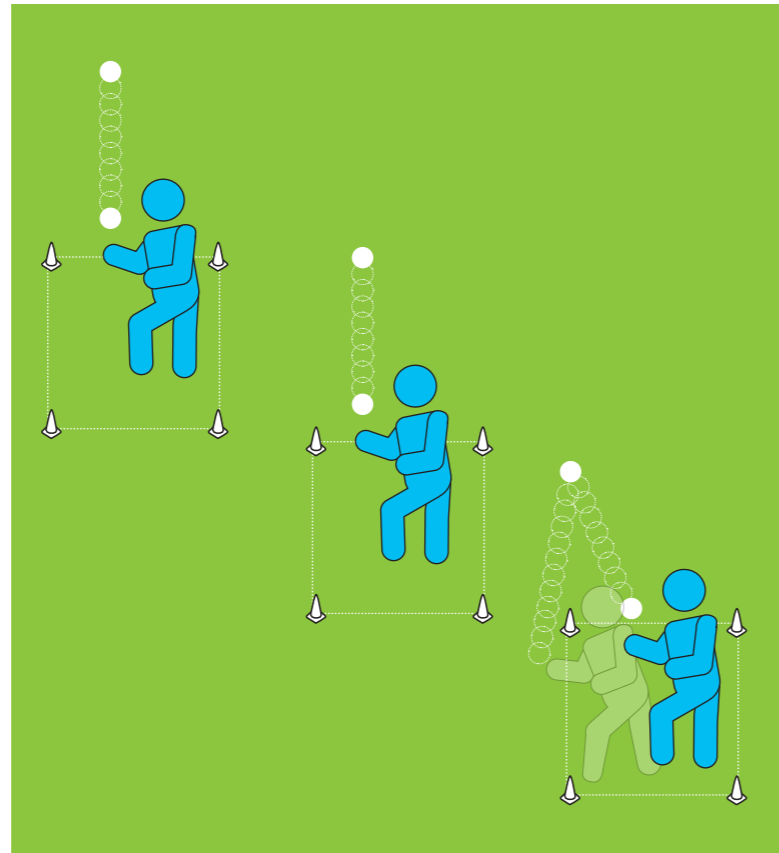
Equipment: Balls and cones (bat optional)

Set up: Create a small box around each player with 4 cones and each player must have a ball.

How to play: Players will try and keep the ball in the air by using their hands or bat to tap the ball. If the ball hits the ground, then the player should regain control of the ball and sit down. The last person standing wins.

Objectives:

- Hand eye coordination
- Concentration
- General movement

**STATUE TIME****Keep it up**

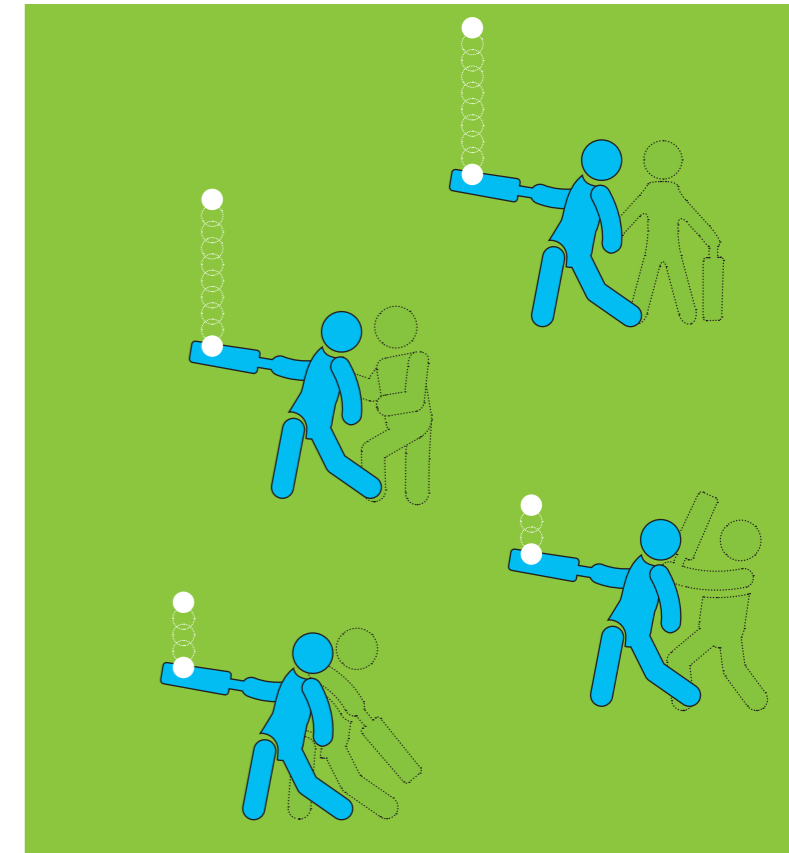
Equipment: Bat and ball

Set up: Give each player and bat and a ball, if you don't have enough bats then use other objects or players can use their hands.

How to play: When the coach shouts GO, all the players will try and keep the ball in the air whilst moving around the area. When the coach shouts statue players must regain control of the ball and stay still like a statue the last player to move loses a life. Each player has 3 lives.

Objectives:

- Hand eye coordination
- Concentration
- General movement



**STATUE TIME**

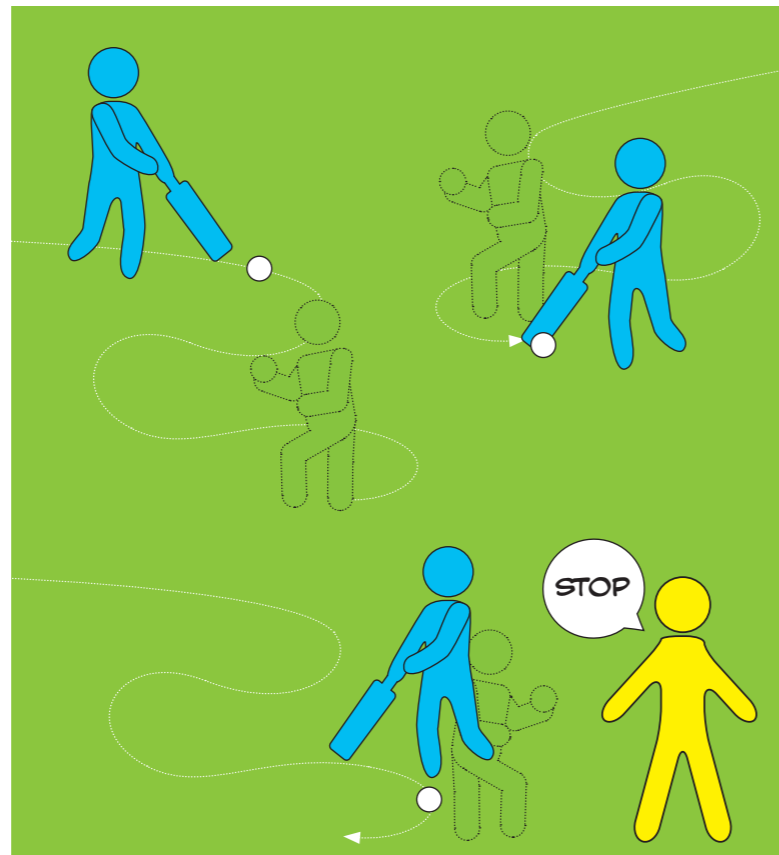
Keep it moving

Equipment: Bat and ball**Set up:** Give each player a bat and a ball, if you don't have enough bats then use other objects or players can use their hands.**How to play:**

The players should move around the area tapping the ball along the floor, the aim is for the ball to not stop moving. The harder the players hit the ball the less control they will have so encourage them to keep the ball under their eyes. When the coach shouts STOP, each player will pick up their ball and stay still. The last player to move loses a life, each player has 3 lives.

Objectives:

- Hand eye coordination
- Concentration
- General movement

**STATUE TIME**

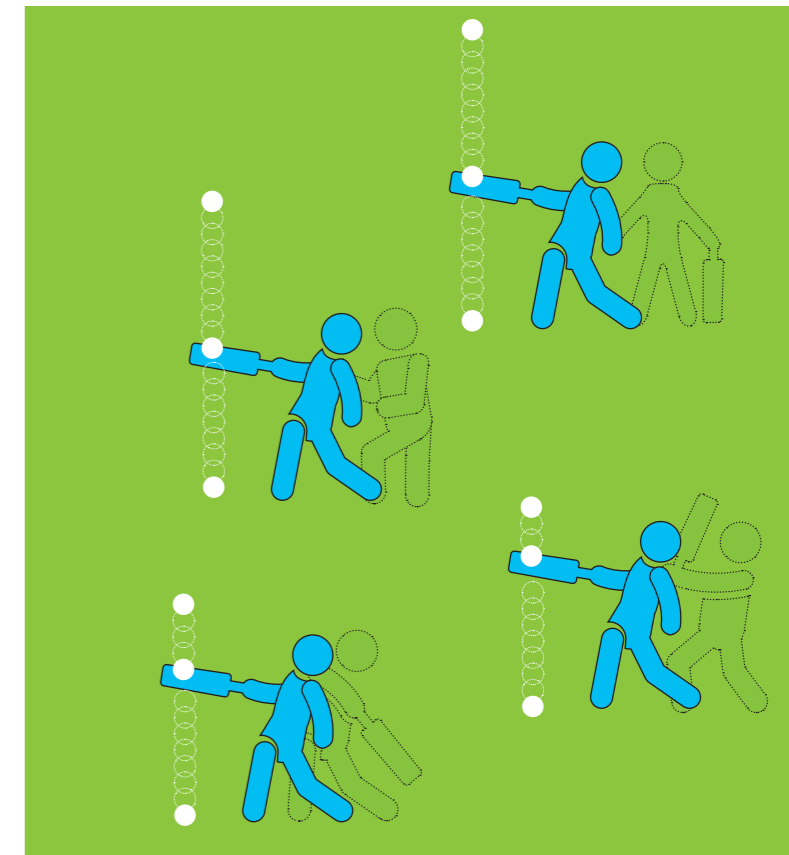
One bounce hits

Equipment: Bat and ball**Set up:** Give each player a bat and a ball, if you don't have enough bats then use other objects or players can use their hands.

How to play: The players should walk around the area tapping the ball in the air, letting it bounce once and then tapping it in the air again. (If players find this difficult they can use their hands instead of a bat). When the coach shouts STOP, each player will pick up their ball and stay still. The last player to move loses a life, each player has 3 lives

Objectives:

- Hand eye coordination
- Concentration
- General movement

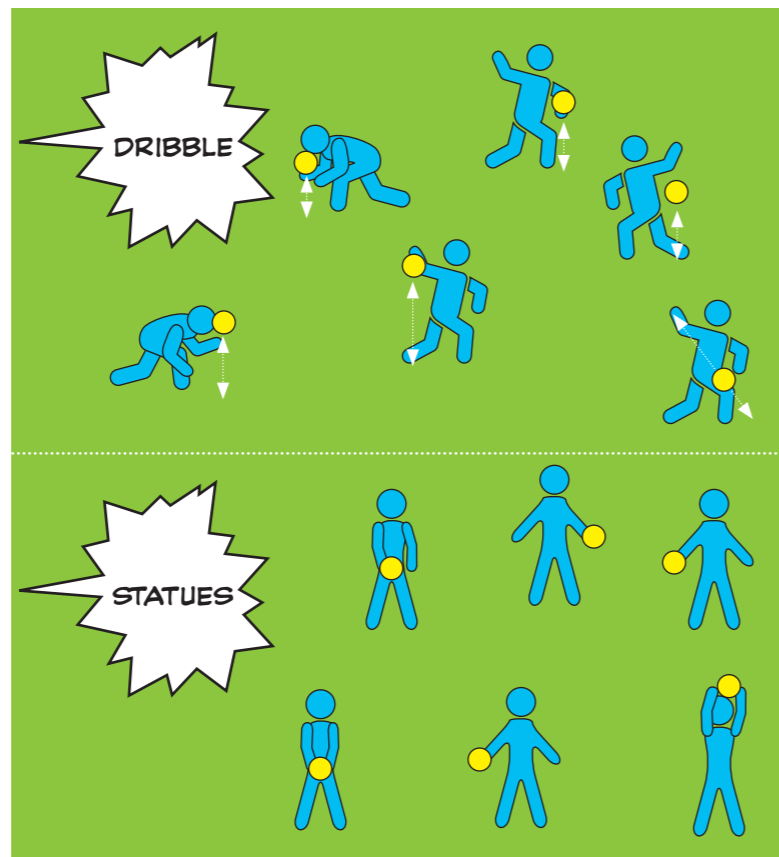


**STATUE TIME****Dribble****Equipment:** Balls**Set up:** Give each player a ball and spread them out in an open space with a hard floor**How to play:**

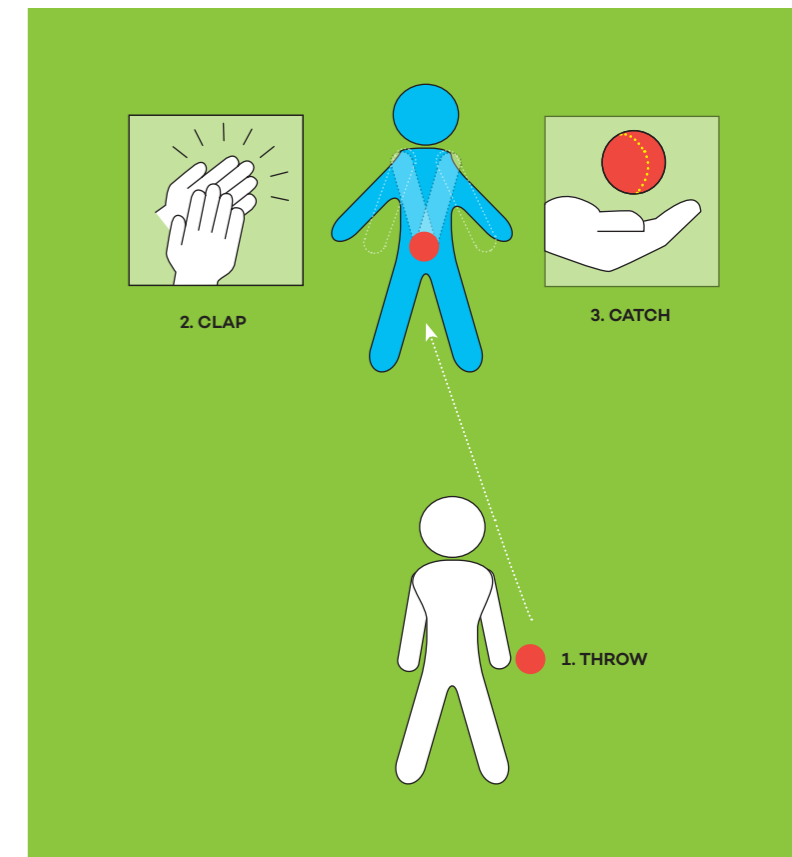
Each player will try and dribble the ball by bouncing it off the floor (like a basketballer) If they bounce the ball too high or low it will be hard to control so they players should try and keep the ball at hip height. When the coach shouts STOP, each player will pick up their ball and stay still. The last player to move loses a life, each player has 3 lives.

Objectives:

- Hand eye coordination
- Concentration
- General movement

**MOST CLAP CATCHES****Equipment:** Balls**Set up:** Give a ball to each player and spread them out with plenty of space between each person.**How to play:** When the coach shouts GO all the players should throw the ball in the air and clap before they catch the ball again. The coach can set a time limit and see who can do the most clap catches or set a target number of catches for the players to get to.**Objectives:**

- Hand eye coordination
- Teamwork





MOST PAIRS CATCHES

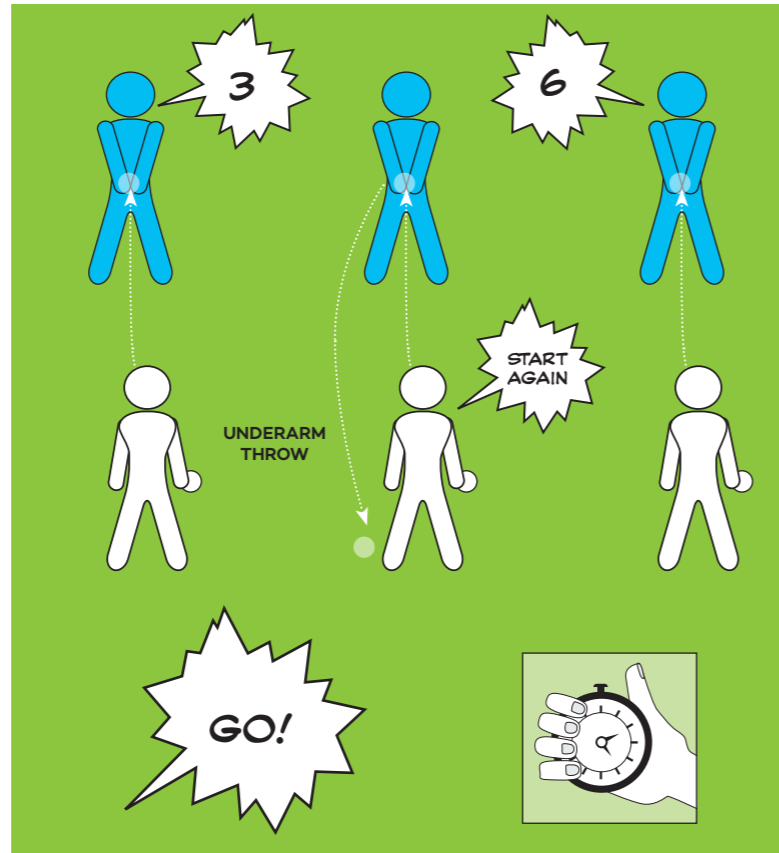
Equipment: Balls

Set up: Get the players into pairs and spread them out with a safe space between them.

How to play: When the coach shouts GO the players should underarm a ball to each other and take as many catches as possible. The coach can set a time limit and see which team can make the most catches or set a target number of catches for the players to get to.

Objectives:

- Hand eye coordination
- Improve catching skills
- Teamwork
- Communication



MOST ONE HANDED CATCHES

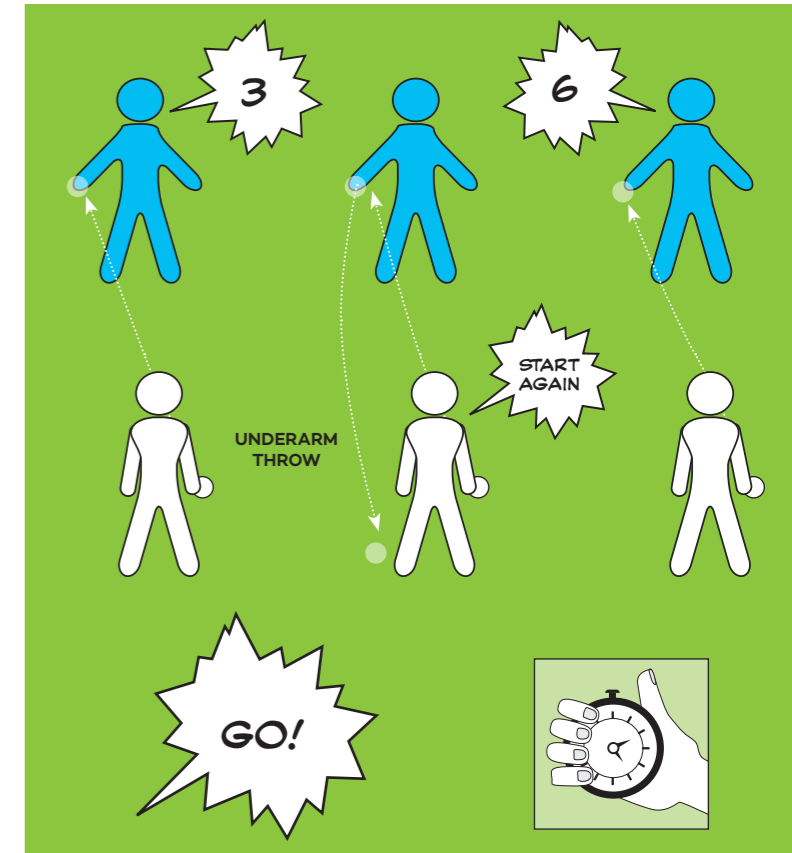
Equipment: Balls

Set up: Get the players into pairs and spread them out with a safe space between them.

How to play: When the coach shouts GO the players should underarm a ball to each other and take as many catches as possible using only one hand. The coach can set a time limit and see which team can make the most catches or set a target number of catches for the players to get to.

Objectives:

- Hand eye coordination
- Teamwork

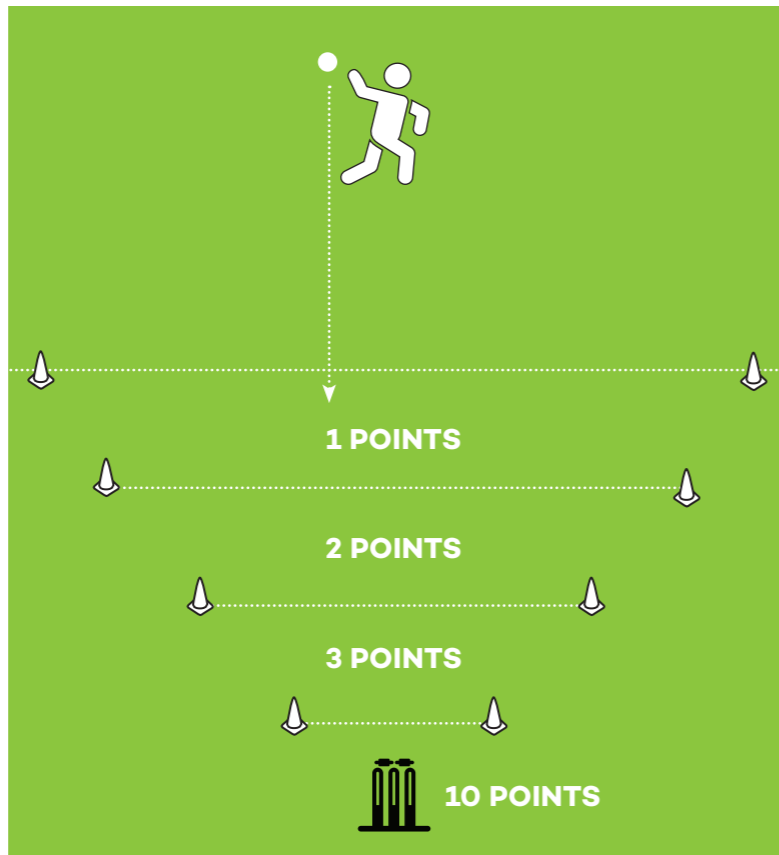


**POINTS PYRAMID**

Throw far and straight (over arm)

Equipment: Balls and cones**Set up:** Use your cones to create a pyramid with an object at the end.**How to play:** Each player will take it in turns to throw the ball overarm at the object in the distance. The straighter their throw is the more points they get. If you have enough space and cones you can set up more than one of these games.**Objectives:**

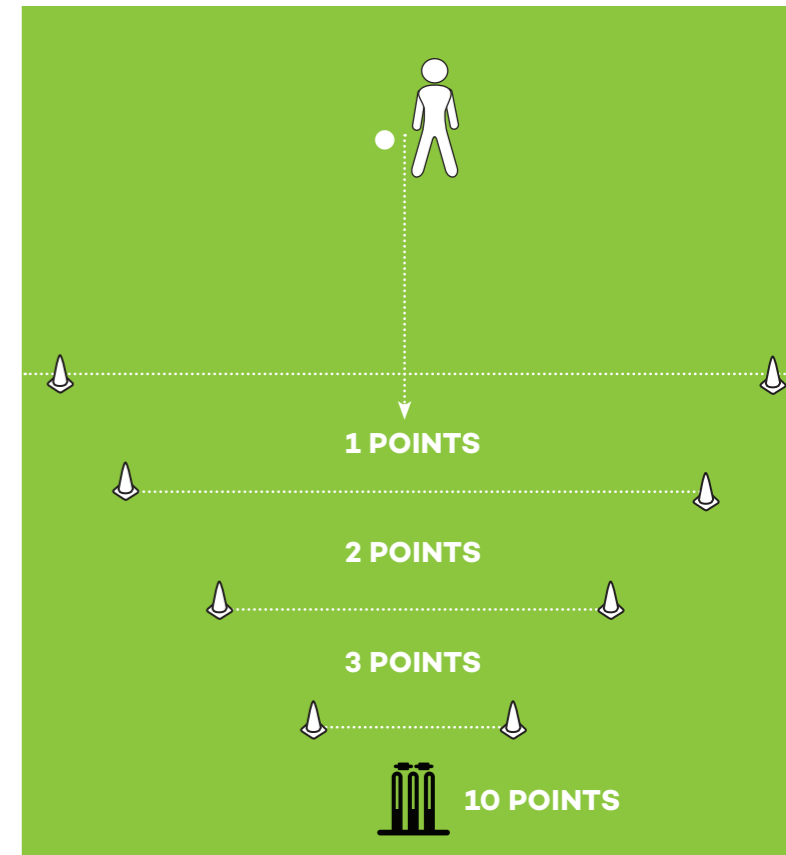
- Communication
- Teamwork
- Concentration
- Building fundamental
- Throwing skills.

**POINTS PYRAMID**

Throw far and straight (under arm)

Equipment: Balls and cones**Set up:** Use your cones to create a pyramid with an object at the end.**How to play:** Each player will take it in turns to throw the ball underarm at the object in the distance. The straighter their throw is the more points they get. If you have enough space and cones you can set up more than one of these games.**Objectives:**

- Communication
- Teamwork
- Concentration
- Building throwing skills.





HOW FAR CAN YOU THROW

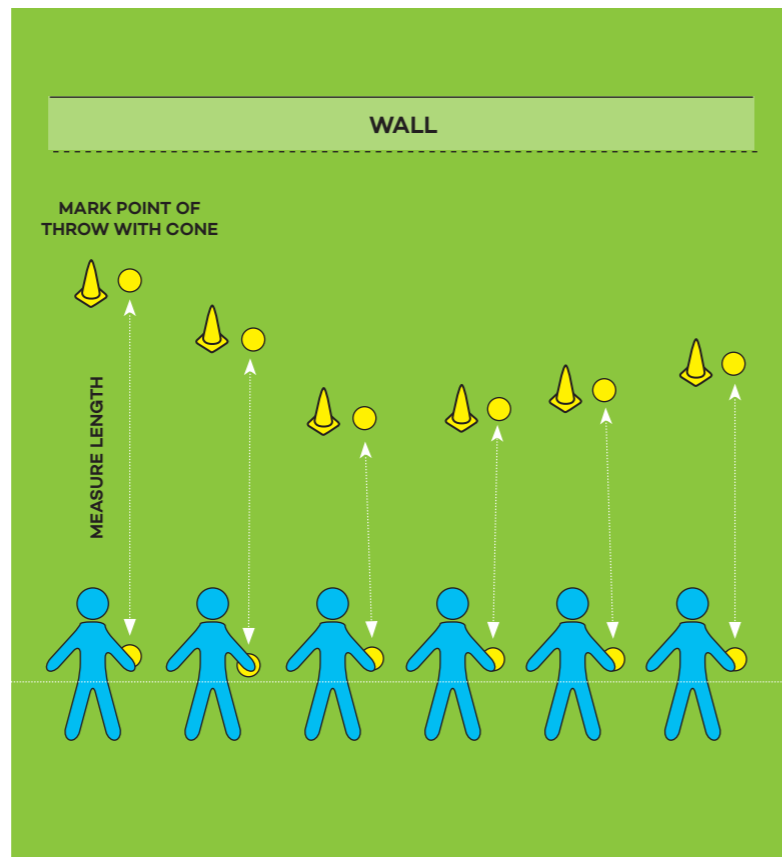
Equipment: Balls and cones

Set up: Give each player a ball and a cone.

How to play: Line all the players up so that they are facing to throw in the same direction. When the coach shouts GO, every player will throw the ball as far as they can and keep an eye on where their ball finishes. The coach can then allow all the players to run and place a cone down where their ball finished.

Objectives:

- Building throwing skills
- Competitive spirit
- Concentration



CRICKET CHARADES

Equipment: Stumps/object to aim at

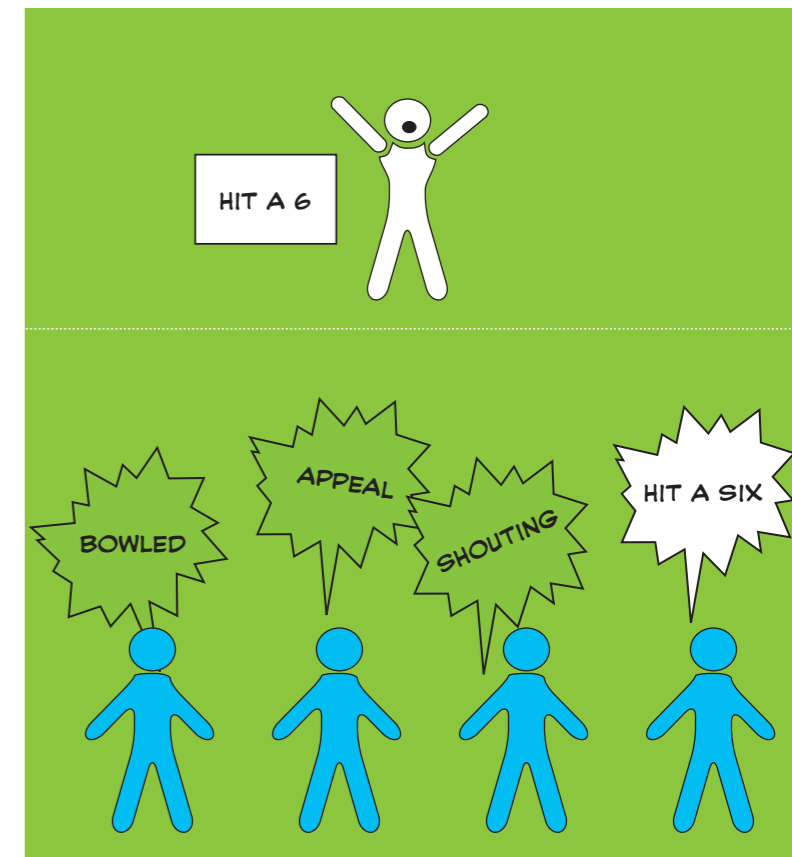
Set up: Paper and a pen

How to play: On a piece of paper write down various cricket terminology, equipment or situations, e.g. hitting a 6, appealing, bowling someone out, catching someone out, LBW, wide, no ball, cricket pads, cricket gloves, cricket bat etc.

One player will pick from a hat and try and get the players to guess what they are acting.

Objectives:

- Creativity
- Imagination
- Communication
- Teamwork





CONE KNOCK-OUT

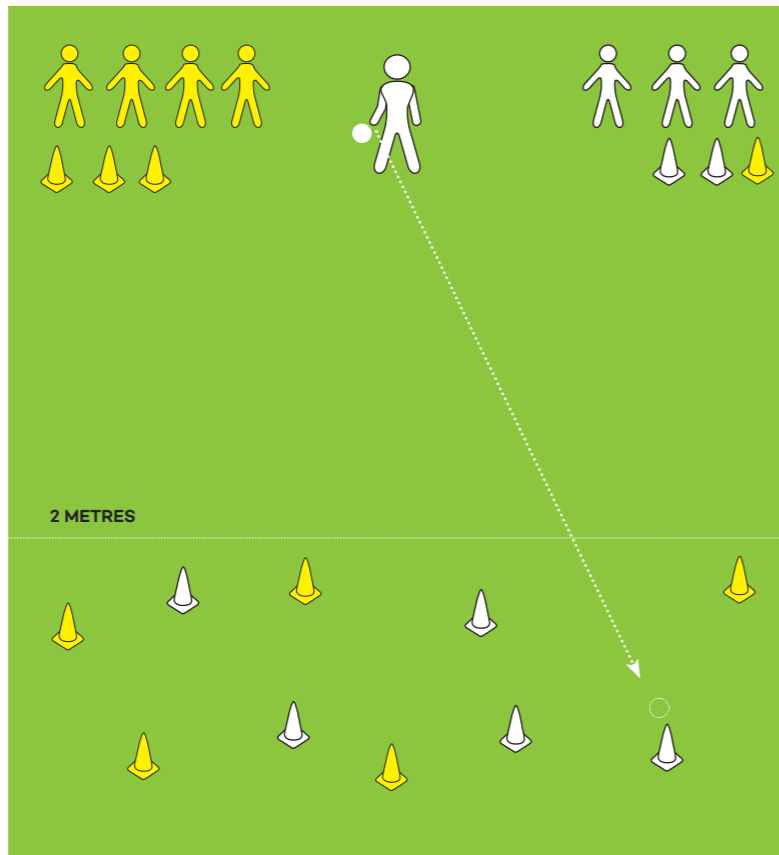
Equipment: Balls and cones

Set up: Get an even number of cones in two colours and place them out randomly at least 2 metres away from the players. Assign each team to a specific-coloured cone.

How to play: One player from each team should take it in turns to try and hit their own cone. If they hit their cone, they can take it away however if they hit the opponents cone, they can take their cone away too. This is a great way for the team to work together and get creating to try and collect all their cones.

Objectives:

- Communication



WHACK AND COLLECT

One person whacks the ball everyone else collects cones for their teams



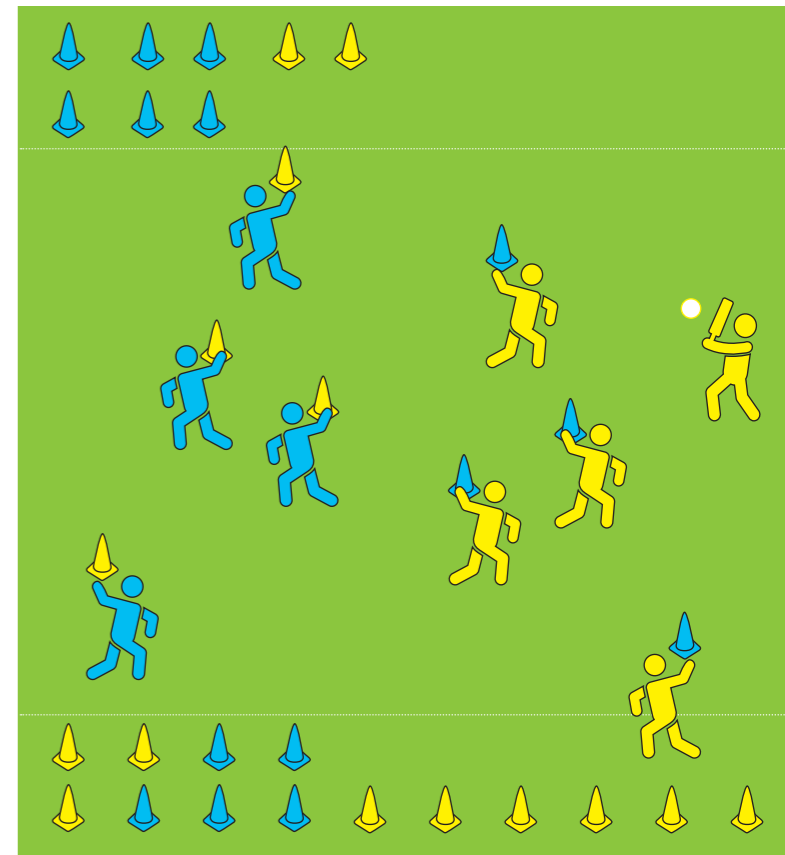
Equipment: Bat, ball and cones

Set up: Split your group into two teams. Get an even number of cones in two different colours and randomly distribute the cones out by throwing them around the playing area. Create an endzone for the collecting team.

How to play: One team will bat and the other will be collecting. Every player from the batting team will take it in turns to hit the ball as far as they can away from the opposition. Once they hit the ball all the collecting team will run out and try and collect as many cones as possible (they can only pick one cone up at a time and must return it to an endzone. Most number of cones wins

Objectives:

- Hand eye coordination
- Communication
- Agility, teamwork and general fitness.





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 (5m 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

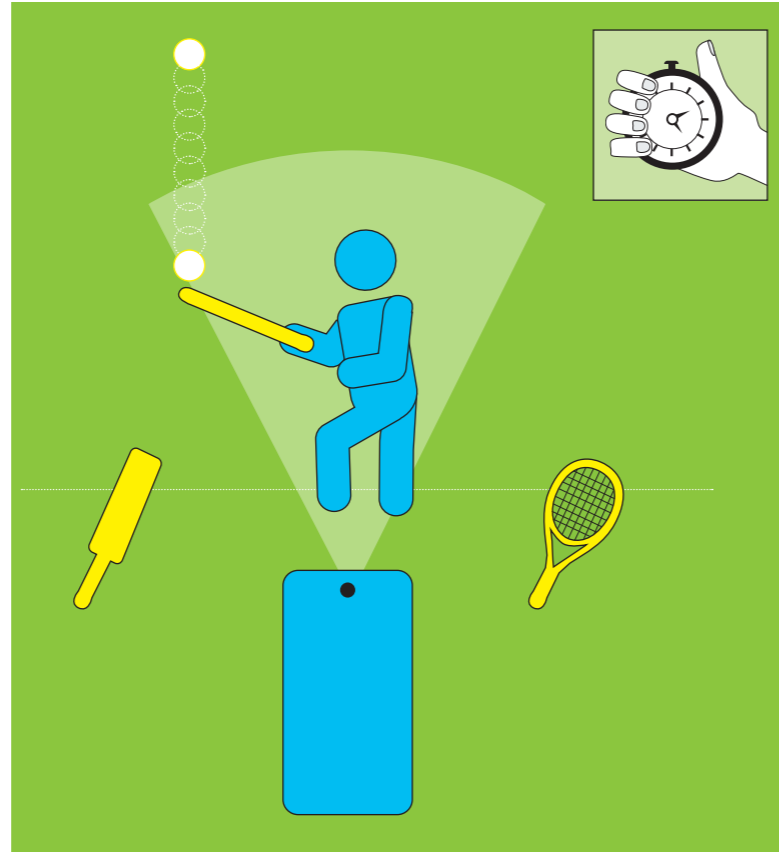
Equipment:

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.



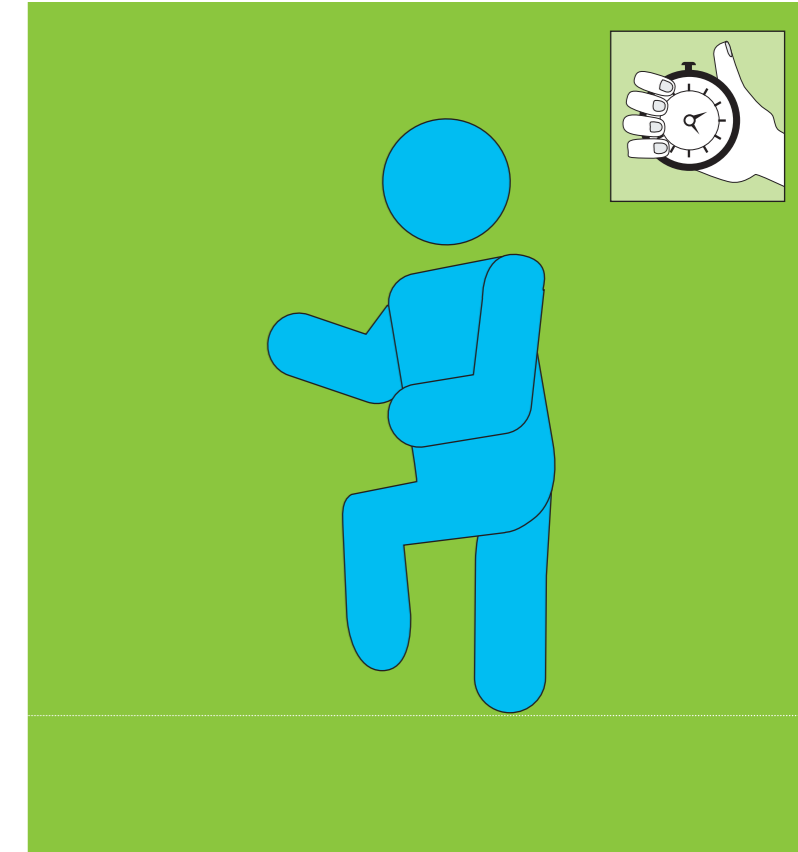
ONE LEG BALANCE

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.

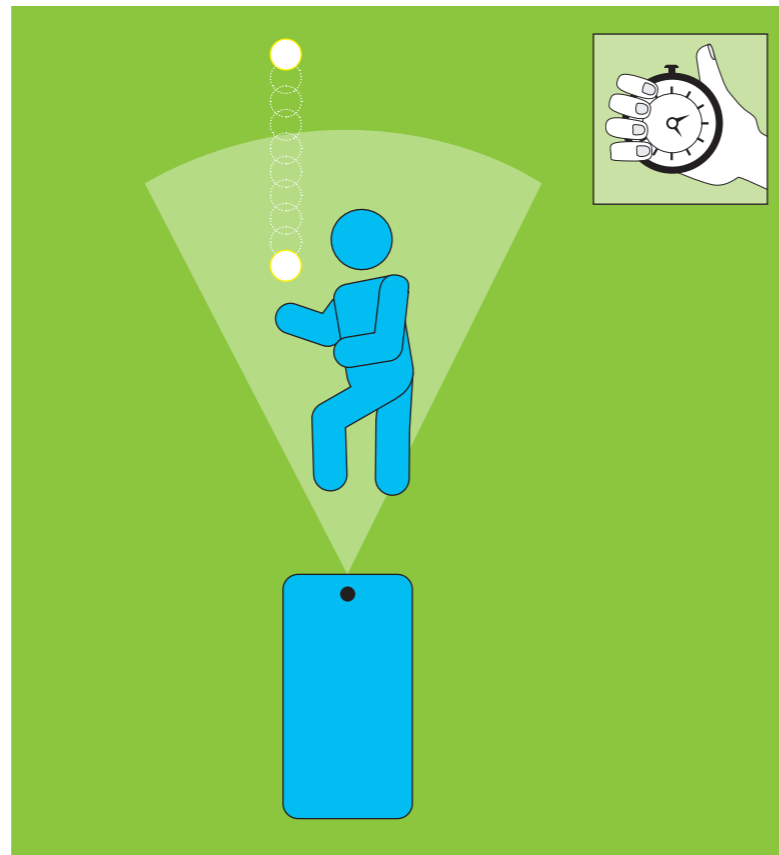




1 MINUTE HOT POTATO

Equipment: Just a ball.

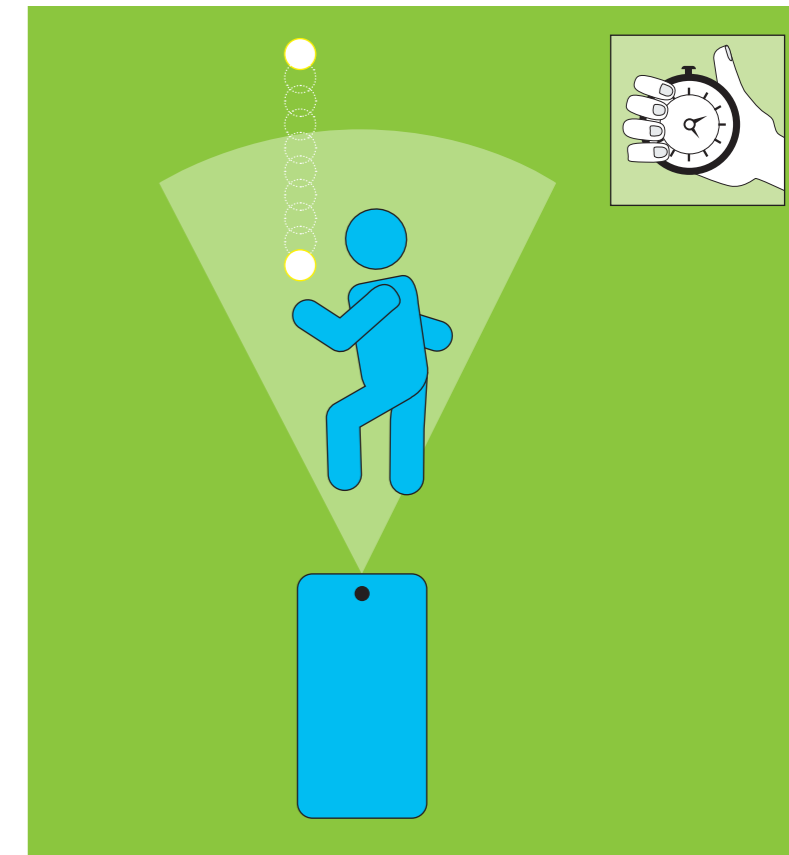
Set up: With a ball players should tap the ball up in the air for one minute and see how many times they can tap the ball.



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.

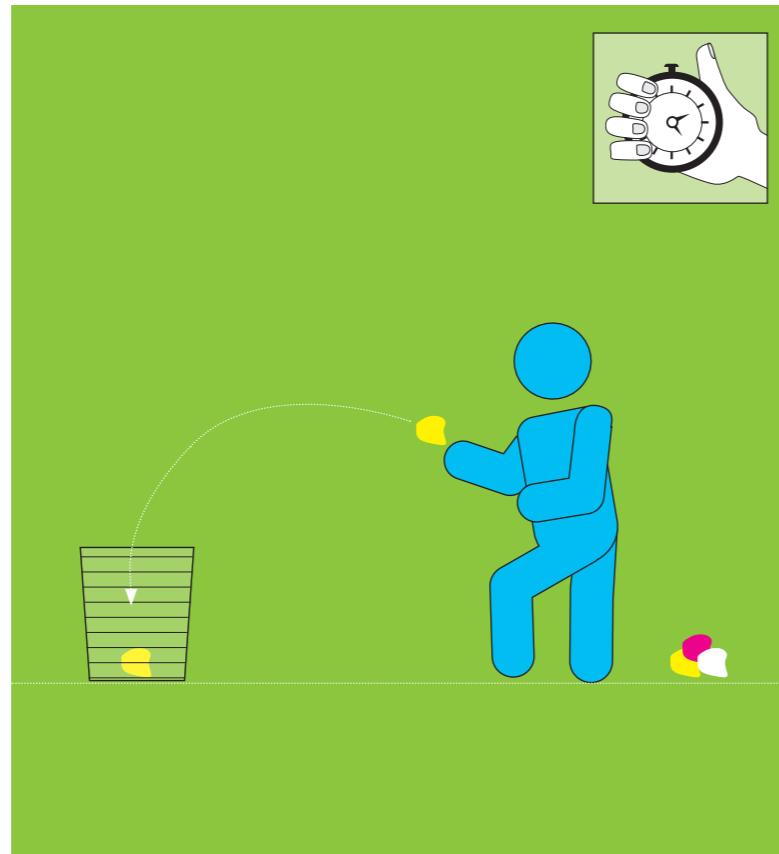




IN THE BASKET

Equipment: Bin, saucepan or bucket and some soft objects

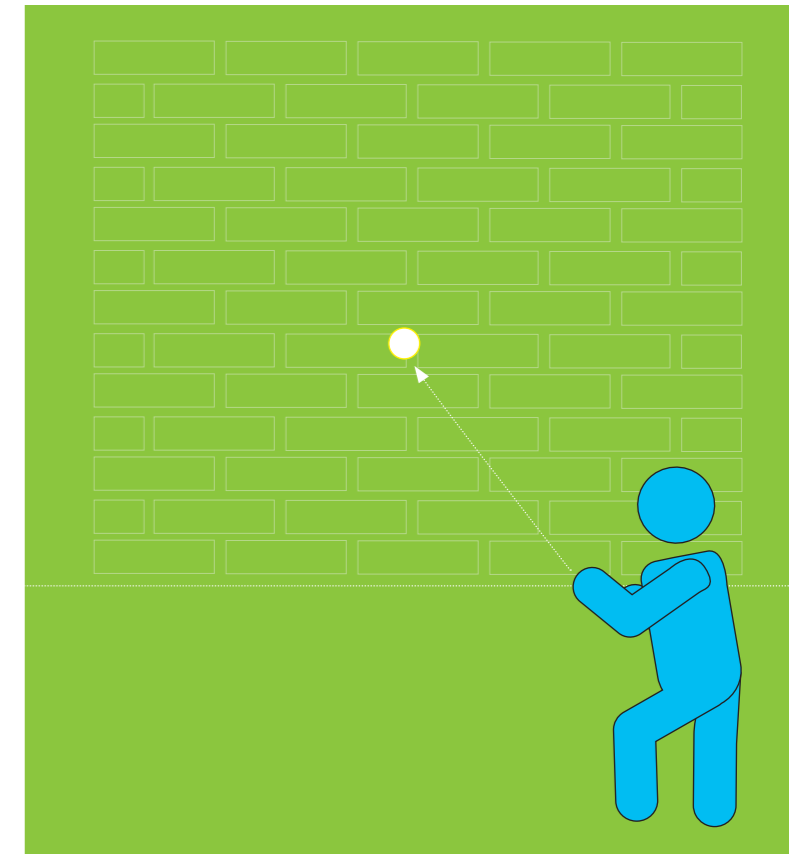
Set up: Find a basket that you can throw a ball, crunched up socks or another soft object into. Place the basket a minimum of 5m away from you and see how many times you can throw the ball into the basket in a row.



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.

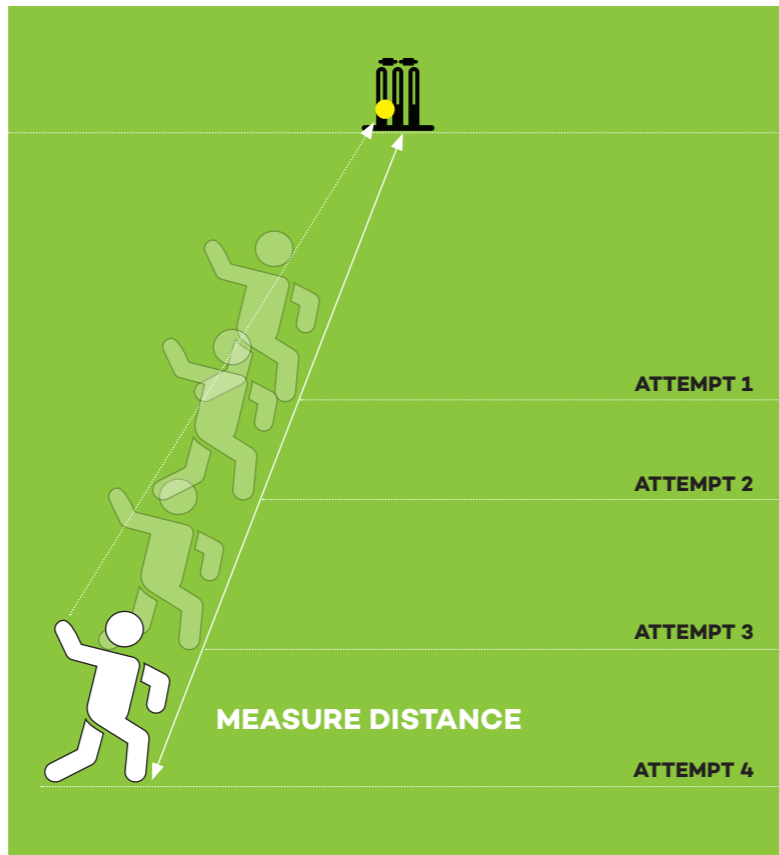




HIT THE STUMP (Longest distance)

Equipment:
Stumps, ball and a cone.

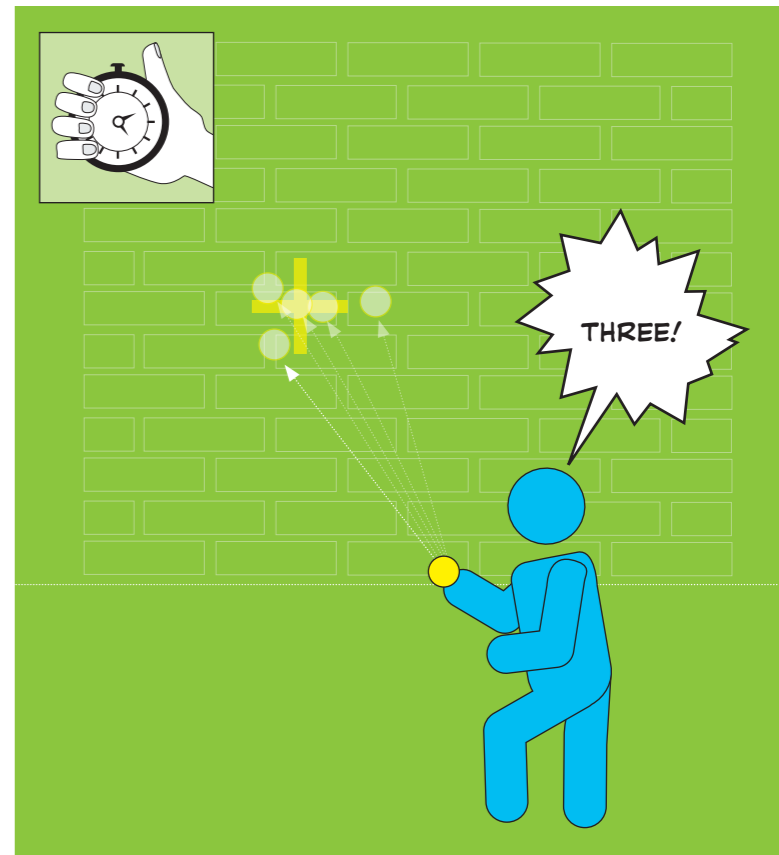
Set up:
Record the furthest throw to hit an object. If you don't have stumps at home then you can use a thin object (get permission from your parents first)



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

Equipment:
A ball and some tape.

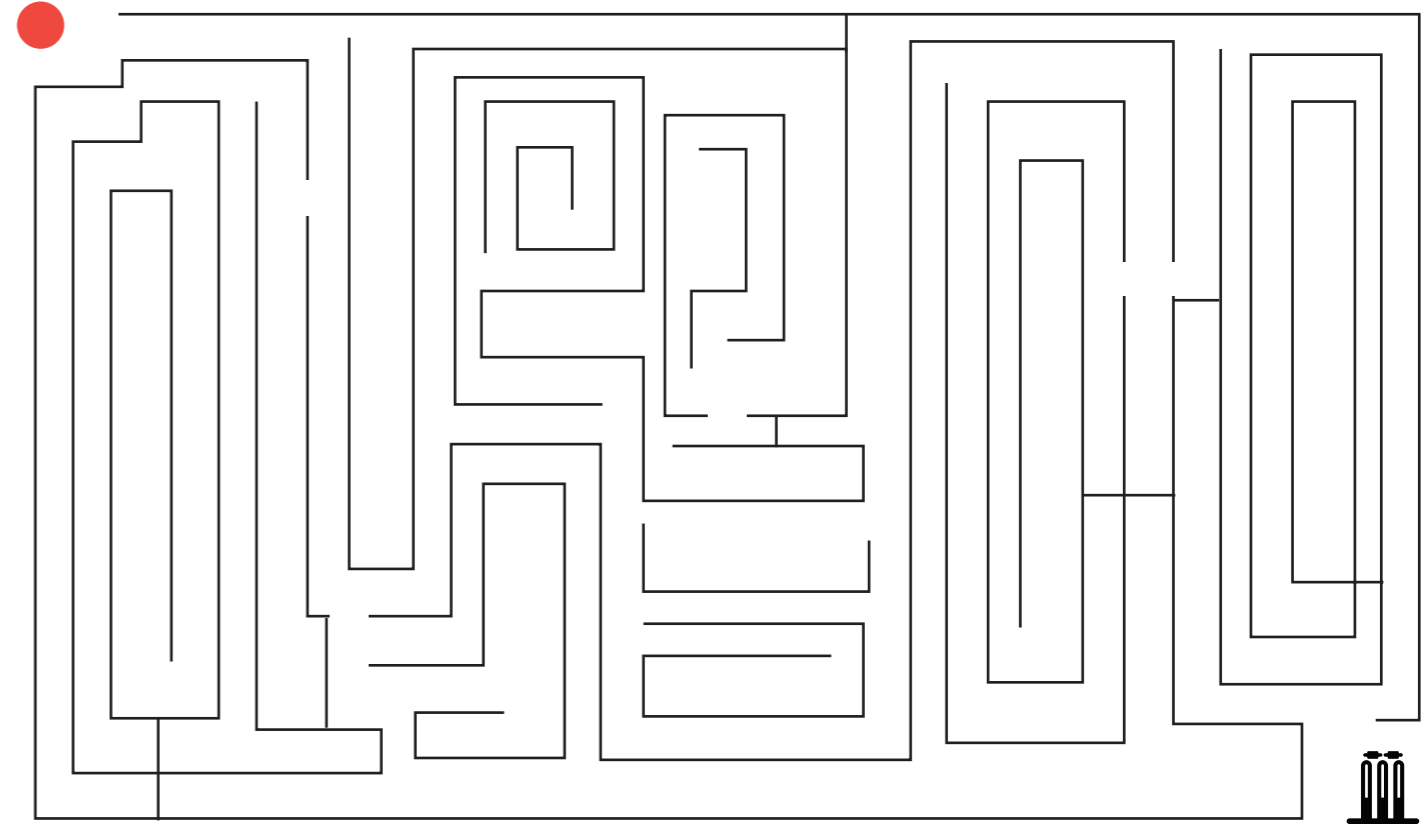
Set up:
On a wall put two lines of tape creating a cross. Stand back 5 metres and see how many times you can hit the cross in 1 minute








A	C	R	I	N	P	E	O	N	D	R	Y	W	E
F	I	E	L	D	E	R	P	E	A	P	S	Q	R
I	T	F	N	S	P	A	D	S	S	I	L	L	Y
F	P	O	I	N	T	N	B	J	G	O	B	A	T
E	C	I	O	G	R	O	A	P	W	J	S	B	F
R	R	L	D	L	A	I	B	O	X	E	L	A	J
A	E	I	E	O	B	W	I	C	K	E	T	D	G
I	A	E	E	V	S	A	N	A	L	K	K	G	U
T	S	R	P	E	C	R	L	I	U	H	I	E	O
E	E	S	R	N	A	D	O	L	L	Y	H	R	E
R	F	O	A	R	R	A	I	A	Y	S	D	R	M
C	O	W	C	O	R	N	E	R	B	O	P	P	E
R	U	A	O	B	O	N	R	O	L	A	K	I	A
A	T	T	T	E	B	O	U	N	C	E	R	O	N

Point Fielder Fifer Pods Bat Crease Cowcorner Ball Out Wicket Badger Bouncer Deep Dolly Glove Silly



CRICKET SKILL CHECKLIST

VALIDATED BY TEACHER

I can keep the ball up on my bat for 10 hits	
I can keep the ball up with my bat for 20 hits	
I can take 2 catches whilst balancing on one leg	
I can take 4 catches whilst balancing on one leg	
I can take 6 catches whilst balancing on one leg	






CRICKET SKILL CHECKLIST

VALIDATED BY TEACHER

I have been taught how to bowl with a straight arm	
I can hit a ball between two cones that are 1 meter apart from 2 meters away	
I can hit a ball between two cones that are 1 meter apart from 5 meters away	
I can hit a ball between two cones that are 1 meter apart from 10 meters away	
I can hit a ball between two cones that are 1 meter apart from 20 meters away	

CRICKET SKILL CHECKLIST

VALIDATED BY TEACHER

I can take 3 catches in a row with my non dominant hand	
I can take 4 catches in a row with my non dominant hand	
I can take 5 catches in a row with my non dominant hand	
I scored 5 runs in speed cricket	
I scored 10 runs in speed cricket	

CRICKET SKILL CHECKLIST

VALIDATED BY TEACHER

I scored 20 runs in speed cricket	
My team won a game of speed cricket	
I can use a straight arm to bowl the ball from standing still	
I got 20 points in the game pyramids (batting)	
I got 50 points in the game pyramids (batting)	

CRICKET SKILL CHECKLIST

VALIDATED BY TEACHER

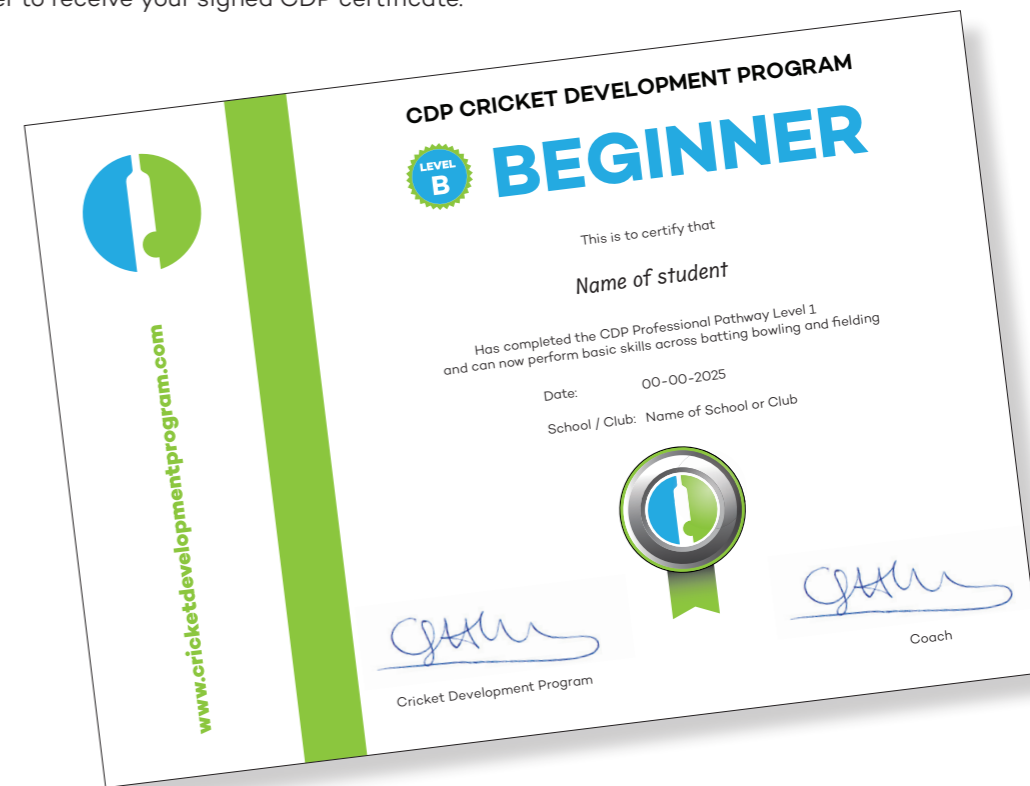
I have practiced cricket away from school	
I can get into the correct batting stance position	
I can get into the correct bowling stance position	
I have been to my local cricket club to play in the nets	
I have started CDP level 1	

Well done for completing the CDP.

Once you have had every aspect of the checklist signed off by your teacher or coach you could be the next cricket SUPERSTAR.

Hand this into your teacher to receive your signed CDP certificate.

Good luck.





Cricket
development
programme