

The background of the entire page is a photograph of a cricket match in progress on a green field. The scene is viewed through the out-of-focus leaves of trees in the foreground, creating a natural frame. Several players in white uniforms are visible on the field, including a batsman in the middle ground and a bowler in the distance. The overall color palette is dominated by teal and blue tones.

CRICKET DEVELOPMENT PROGRAMME LEVEL 2

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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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How to use this programme

Warm up games

Batting

Skills

Games

Bowling

Skills

Games

Fielding

Skills

Games

Fielding positions

Home Challenges

Basic rules

Equipment

Pitch information

Contact details

Structure of session

Warm up game		10 mins
Introduce session		5 mins
Main skill	These two times are subject to the classes learning and concentration on that topic. We have found that doing a short fielding drill in between main skills helps to aid concentration for the session	10-20 mins
Game with focus on a skill		20-30 mins
Overview of skills learnt and where to improve		5 mins
Competition to go away and practice to improve skill.- (homework)		To do at home



What next?

Select a warm up

Select a skill to work on

Select a game

Select a home challenge

Warm ups

Hand Hockey

Triangle fielding

Balloon Chase

Protect the boundary

Tag Ball

Reaction Sprint

Caterpillar catch

Circle ball pass



Skills

BATTING	BOWLING	FIELDING
Straight drive Flick Cover drive Scoop Down the wicket Reverse and slog sweep Picking length/ Line	Run up Out swing Inswing Yorker Bouncer Slower balls	Diving Ability pick up 360 fielding One bounce reaction Zig zag
Communication, working as a team,		

Games

BATTING	BOWLING	FIELDING
360 batting Front or back Random shot Super pairs cricket (Pairs) Power hitting	3 cone call out Yorker target Swing stump hit Tape ball cricket Shuttle runners	Triangle fielding Run out a) long b) wide Protect the boundary Cross throwing Stump call out
Communication, working as a team,		



Home Challenges

6 stump knock down (bowling)

5 ball top of off

5 ball 1 stump hit (Tape ball)

Under the stump x3

Over the top throw 5m-10m-30m

30 second run out (20m)

Highest catch

Range hitting (longest hit)

All the shots 30 seconds

Straight drive, sweep, reverse sweep, scoop, cut, pull, slog sweep, defence, over the top.

WARM UPS



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- Hand Hockey
- Triangle fielding
- Balloon Chase
- Protect the boundary
- Tag Ball
- Reaction Sprint
- Caterpillar catch
- Circle ball pass



HAND HOCKEY

Set up:

Mark out a small area (about 10x10 meters) with cones and two cones as goals at either end. Use a tennis ball or soft cricket ball. Divide players into two teams.

Description:

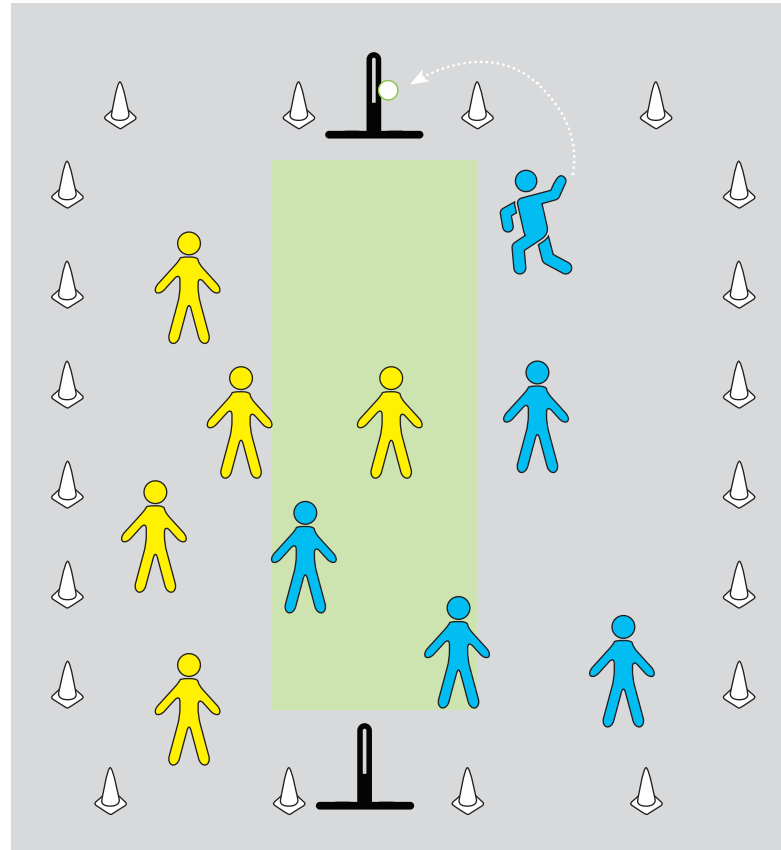
Players try to pass the ball to their team mates while attempting to score by getting the ball past the opposing team's goal line.

Players can only use their hands and must stay low, mimicking the movements of close fielding.

Coaches can add in rules to make this harder, e.g. only catch with one hand, throw with non-dominant hand or throws have to be below head height.

Focus:

- Hand-eye coordination.
- Quick reactions.
- Improving agility in a low stance.



TRIANGLE FIELDING

Set up:

Set up three cones to form a triangle (each side 5-10 meters long).

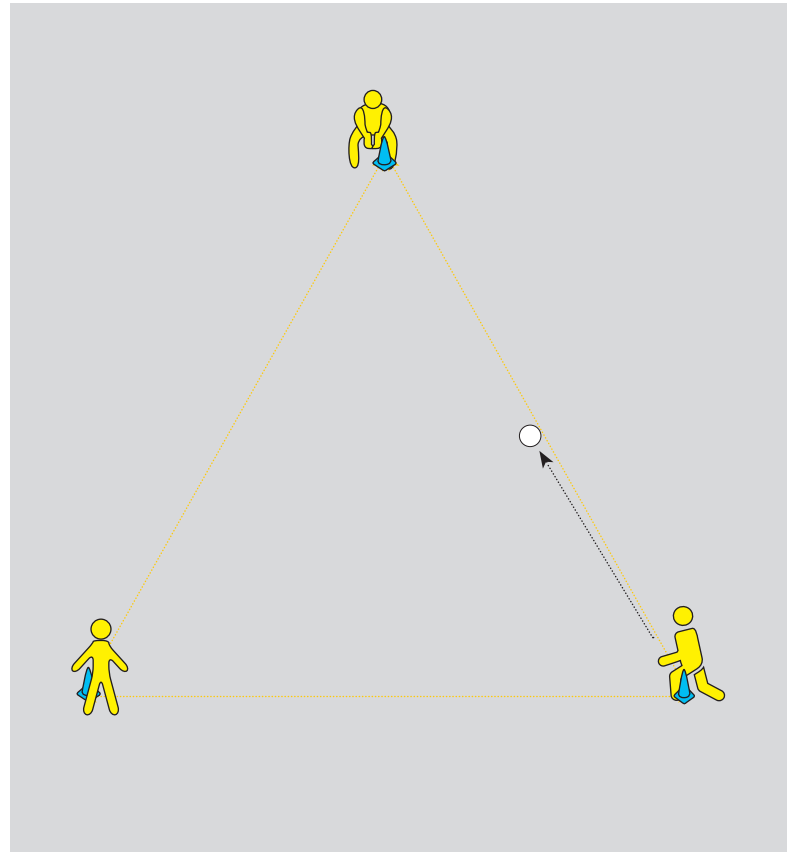
Players stand at each cone.

Description:

The ball is thrown or rolled between players at the corners of the triangle. After a few turns, change the direction the players are throwing the ball. Coaches can add in different rules to make it harder e.g, only use one hand.

Focus:

- Sharp footwork.
- Anticipation.
- Quick decision-making for fielding close to the stumps.





BALLOON CHASE

Set up:

Set up a small playing area (20x20 meters).
Give each player a balloon

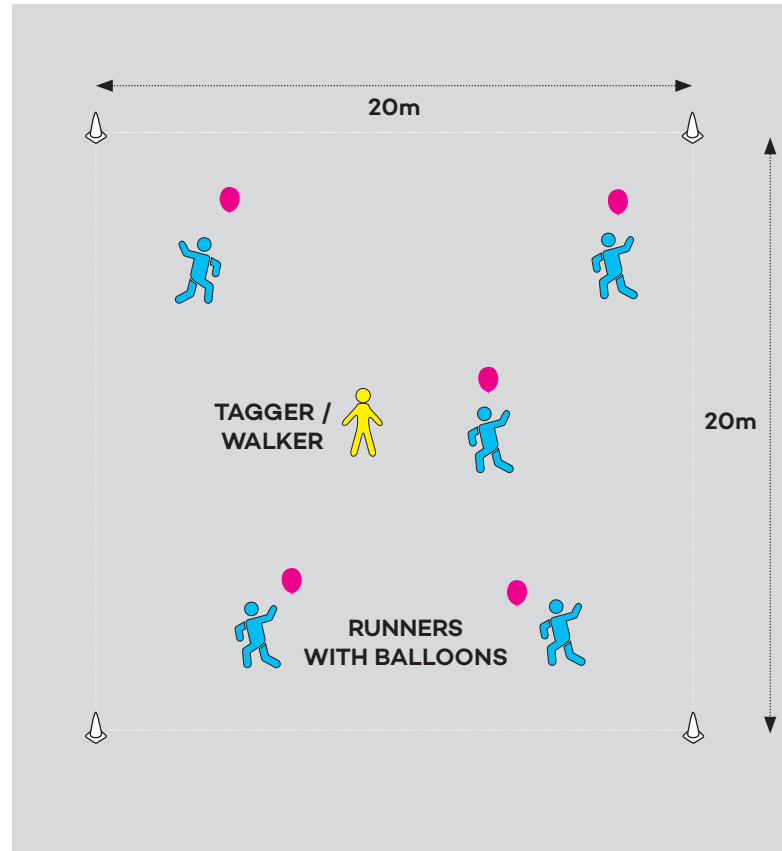
Description:

Players must keep their balloon in the air while running across the field. At the same time, one player without a ball is only allowed to walk and must try and tag the players.

If tagged, they must freeze until another player taps them. The game continues until one player is left moving freely.

Focus:

- Coordination
- Agility
- Spatial awareness.



PROTECT THE BOUNDARY

Set up:

Use cones to mark a boundary (around 15-20 meters away from the stumps).

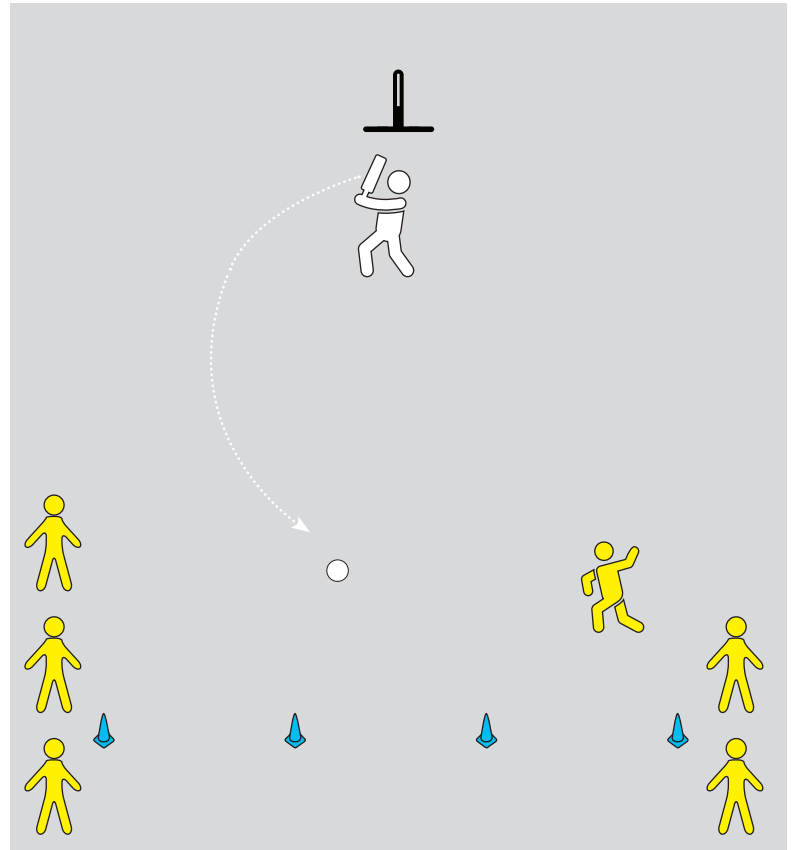
Description:

Split the players up with half standing at one end of the boundary and the other half at the other end. A coach or player hits balls toward the boundary. Fielders need to stop the ball from crossing the line. They then throw the ball back into the hitter.

Rotate players after several attempts.

Focus:

- Boundary fielding
- Sprinting to cover ground
- Improving catch or stop techniques.





TAG BALL

Set up:

Mark out a 15x15 meter playing area. Use a soft ball, like a tennis ball, to avoid injury.

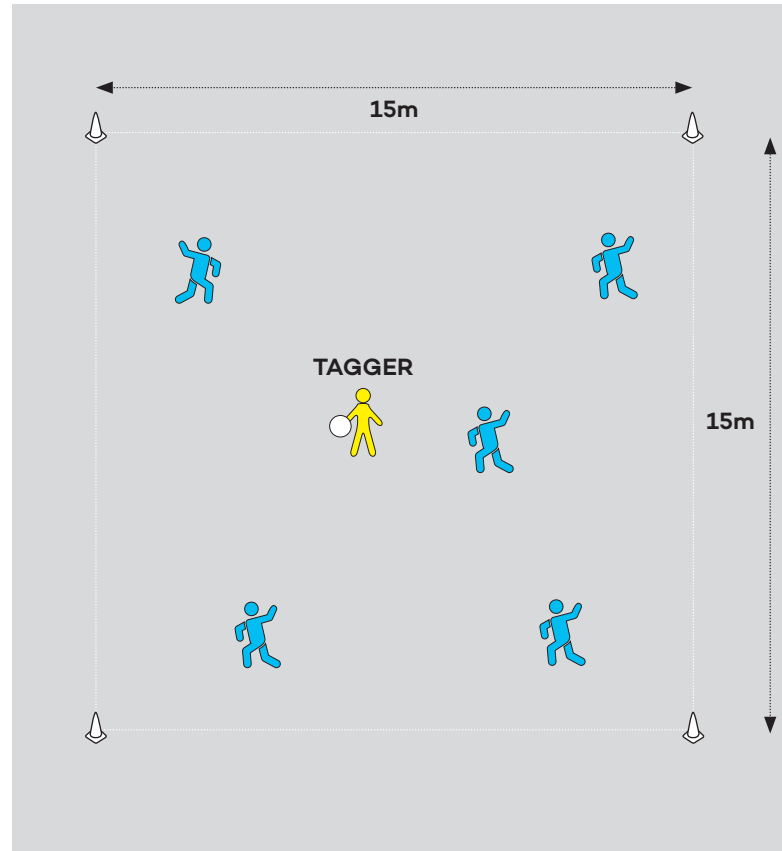
Description:

One player is designated as the tagger. The tagger attempts to tap the other players with the ball. Players can run and dodge but must stay within the designated areas. If a player gets tagged they join the tagger.

Once everyone has been tagged start again with someone else as the tagger.

Focus:

- Movement.
- Agility.
- Spatial awareness.



REACTION SPRINT

Set up:

Place several different coloured/numbered cones 5-10 meters apart in a straight line. Players stand at the starting line, ready to sprint.

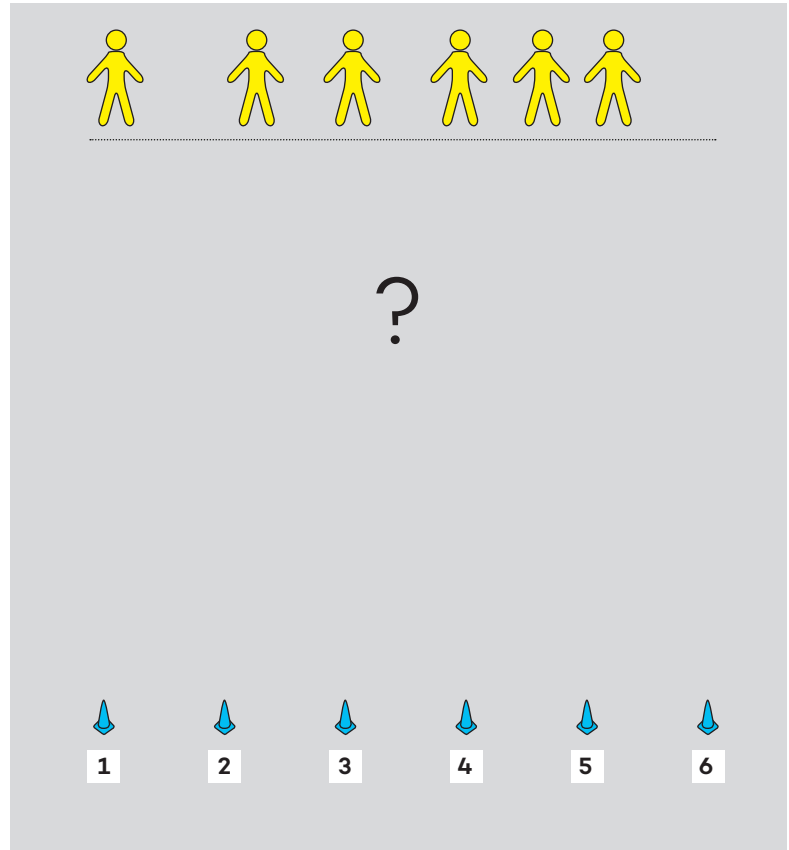
Description:

The coach calls out a colour or number assigned to one of the cones, and the player must sprint to that cone as quickly as possible. Vary the distances and directions of the sprints

The coach can add in commands before they shout the colour/number of the cone to change it up.

Focus:

- Speed.
- Acceleration.
- Reaction time.





CATERPILLAR CATCH

Set up:

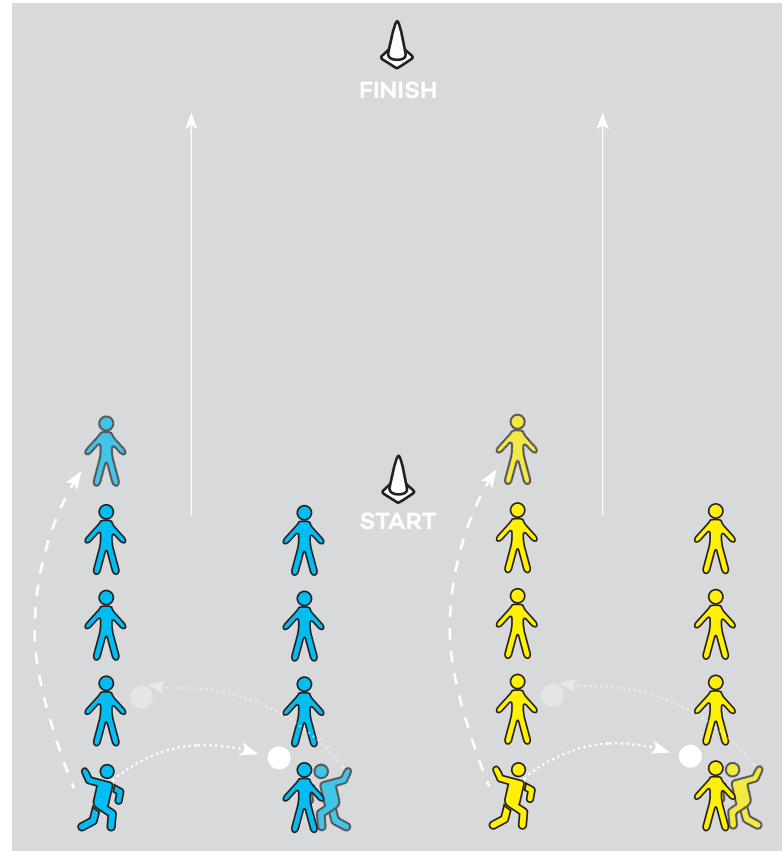
Players line up in a straight row facing each other, spaced about 2 meters apart. Place down a cone for the players to start on and a cone for them to go towards.

Description:

The ball is rolled or tossed to the first player, who must pass it to the next person in line and then run around to join the other end of their line. The goal is to keep the line moving as fast as possible without dropping the ball to the other end.

Focus:

- Reflexes.
- Catching.
- Agility and teamwork.



CONE FLIP RELAY

Set up:

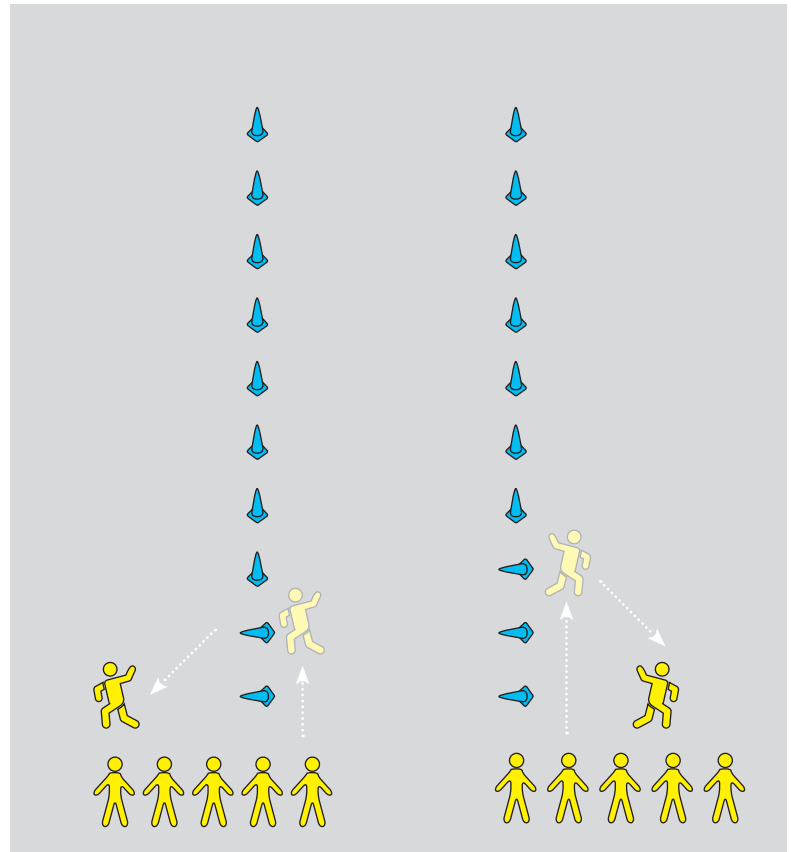
Place two lines of cones (around 10 cones each) about 10 meters apart.

Description:

Divide players into teams. One player from each team races to the first cone, flips it over (either upright or upside down), and races back. The next player in line does the same. The goal is for the team to flip all cones upright as quickly as possible.

Focus:

- Speed.
- Agility and teamwork.



BATTING SKILLS



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Straight drive

Flick

Cover drive

Scoop

Down the wicket

Reverse and slog sweep

Picking length/ Line



Straight Drive

DRILL 1 - CRADLE & SHADOW SHOTS

Set up:

Split players into groups of 2 or 3

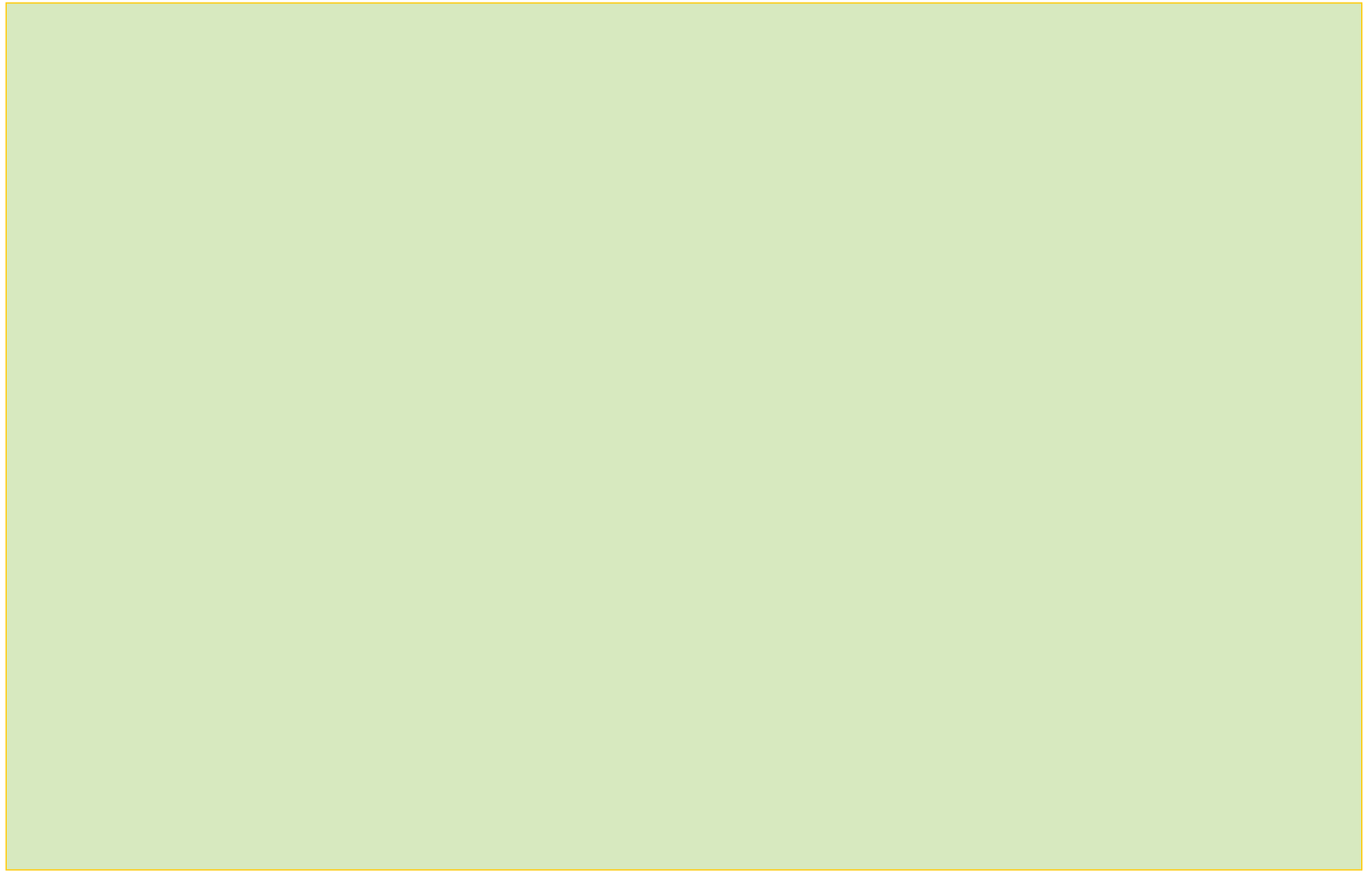
Each group shares one bat.

Description:

- Begin without the bat. Have players interlock their fingers, creating a diamond shape with their arms.
- Players rotate their thumbs away from them, keeping their hands close to their body.
- To start the movement players should point their non-dominant elbow to the ground while the other elbow points up then switch and do the opposite. This will simulate the straight drive swing.
- Once comfortable, players repeat the same movement holding a bat

Focus:

- Body control
- Muscle memory
- Coordination
- Grip technique.





Straight Drive

DRILL 2 - CONE GATE SHOTS

Set up:

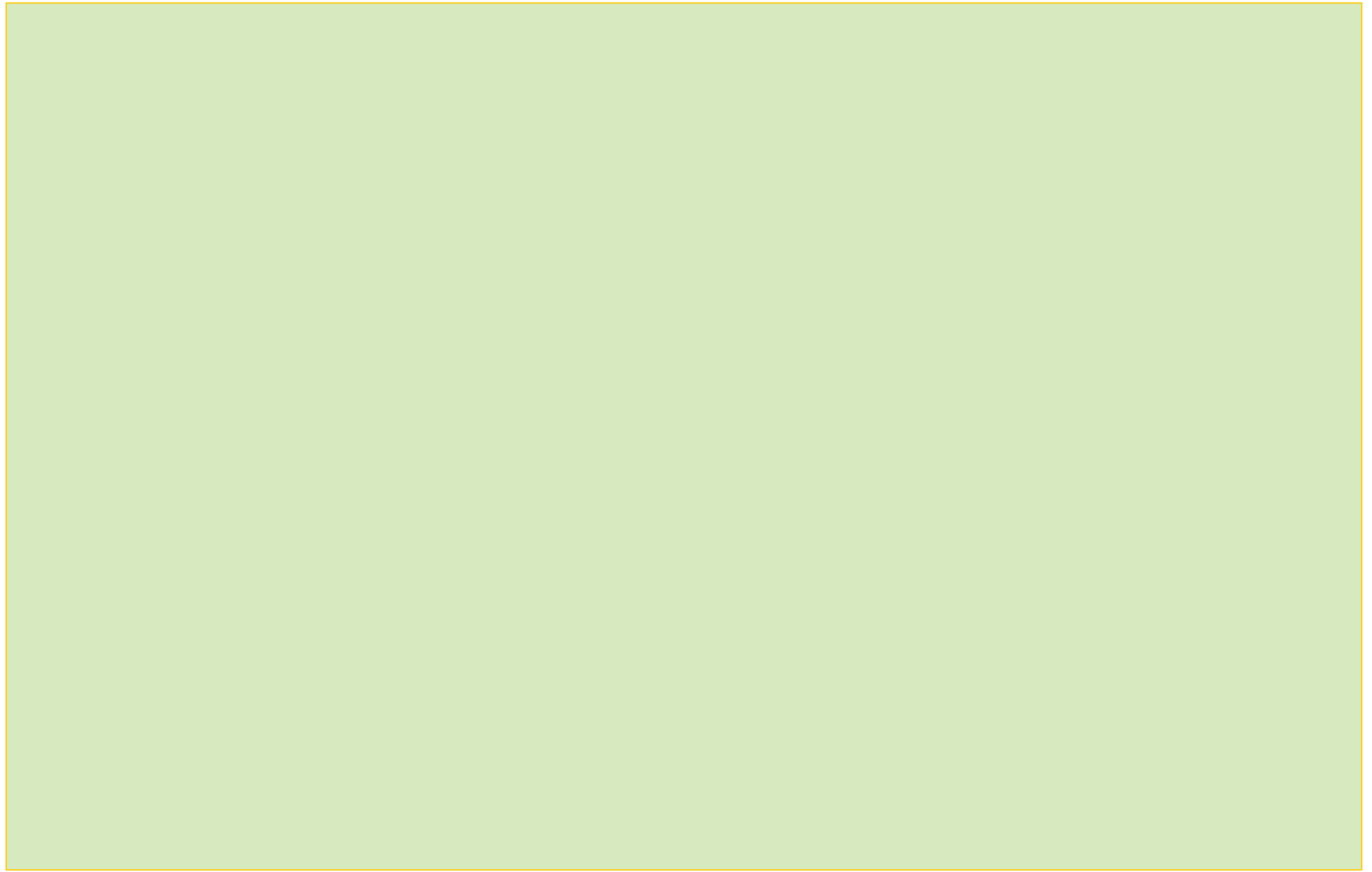
Set up two cones about 1 meter apart directly in line with the player's stance, a few meters ahead.

Description:

- Players aim to play a controlled straight drive through the cone "gate."
- Partner or coach underarm feeds the ball to the player, targeting balls that can be driven.
- Players should focus on using proper footwork and balance to align themselves for a straight shot, ensuring they keep the ball along the ground and drive it between the cones.

National Curriculum Focus:

- Reinforces alignment, focus, and placement.
- Encourages players to direct the ball with control
- Simulating game situations that reward precision.





Straight Drive

DRILL 3 - DROP FEED TARGET HIT

Set up:

Place a target, such as a cone or set of stumps, 10-15 meters away from where the player is batting.

Description:

- Have a partner or coach drop feed the ball to the player in the full zone.
- The player attempts to drive the ball straight at the target, aiming for accuracy and a clean, powerful contact.
- This drill should focus on timing, weight transfer onto the front foot, and proper hand positioning.

National Curriculum Focus:

- Encourages players to understand the importance of bat control, foot placement, and timing in hitting specific targets in the field.





Flick

DRILL 1 - CONE GATE FLICK

Set up:

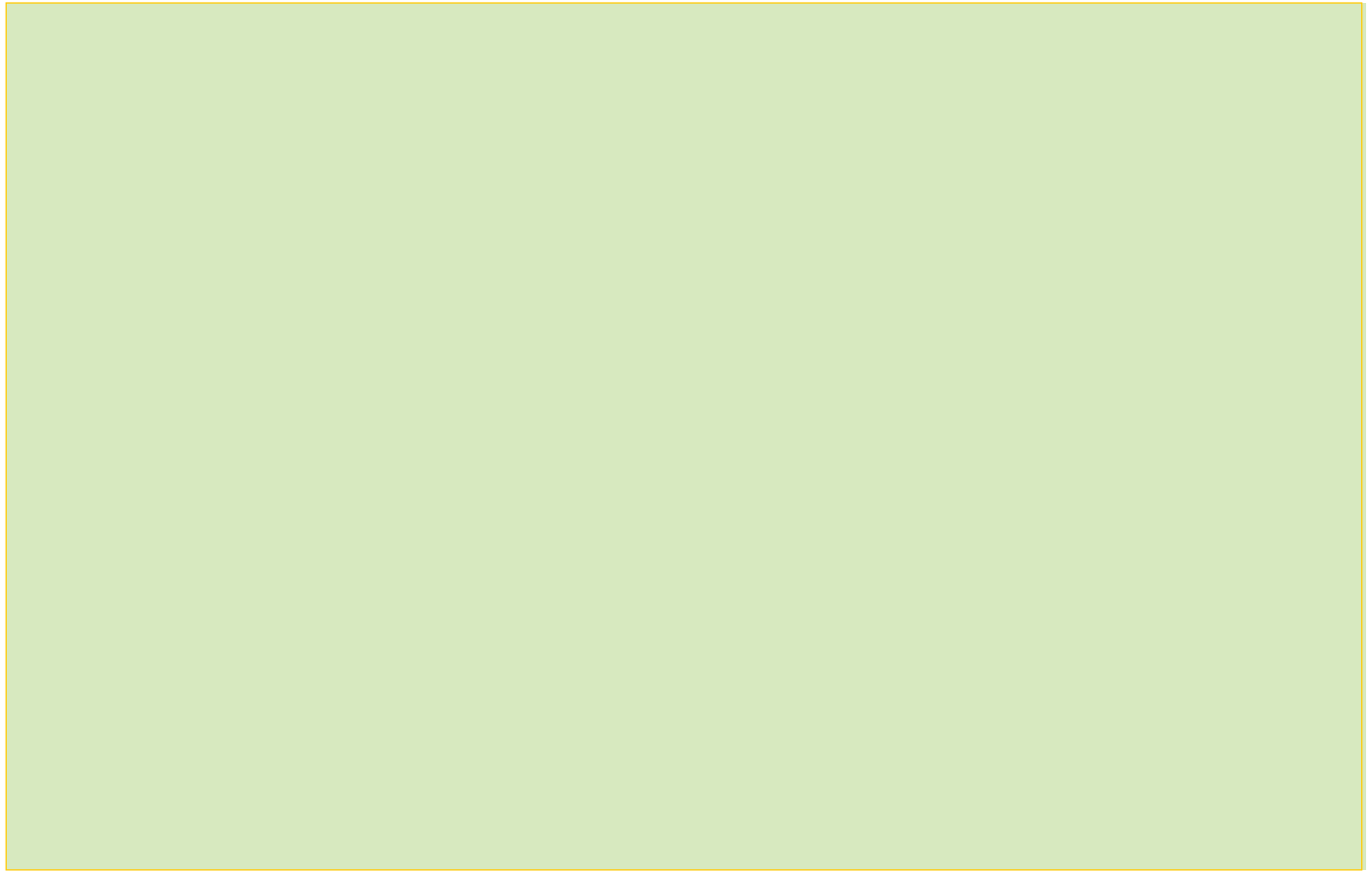
Place two cones about 1 meter apart at mid-wicket (leg side) 10-15 meters away from the batsman.

Description:

- Drop feed the ball on the leg side (full-length deliveries).
- Players practice flicking the ball through the cones, focusing on wrist movement and a , compact shot.
- The drill helps with timing and placement, ensuring the ball goes between the cones with controlled power.

National Curriculum Focus:

- Enhances the ability to adjust to leg-side deliveries and use the wrist for control.
- Introduces the concept of working with field placements.





Flick

DRILL 2 - ONE HANDED FLICK PRACTICE

Set up:

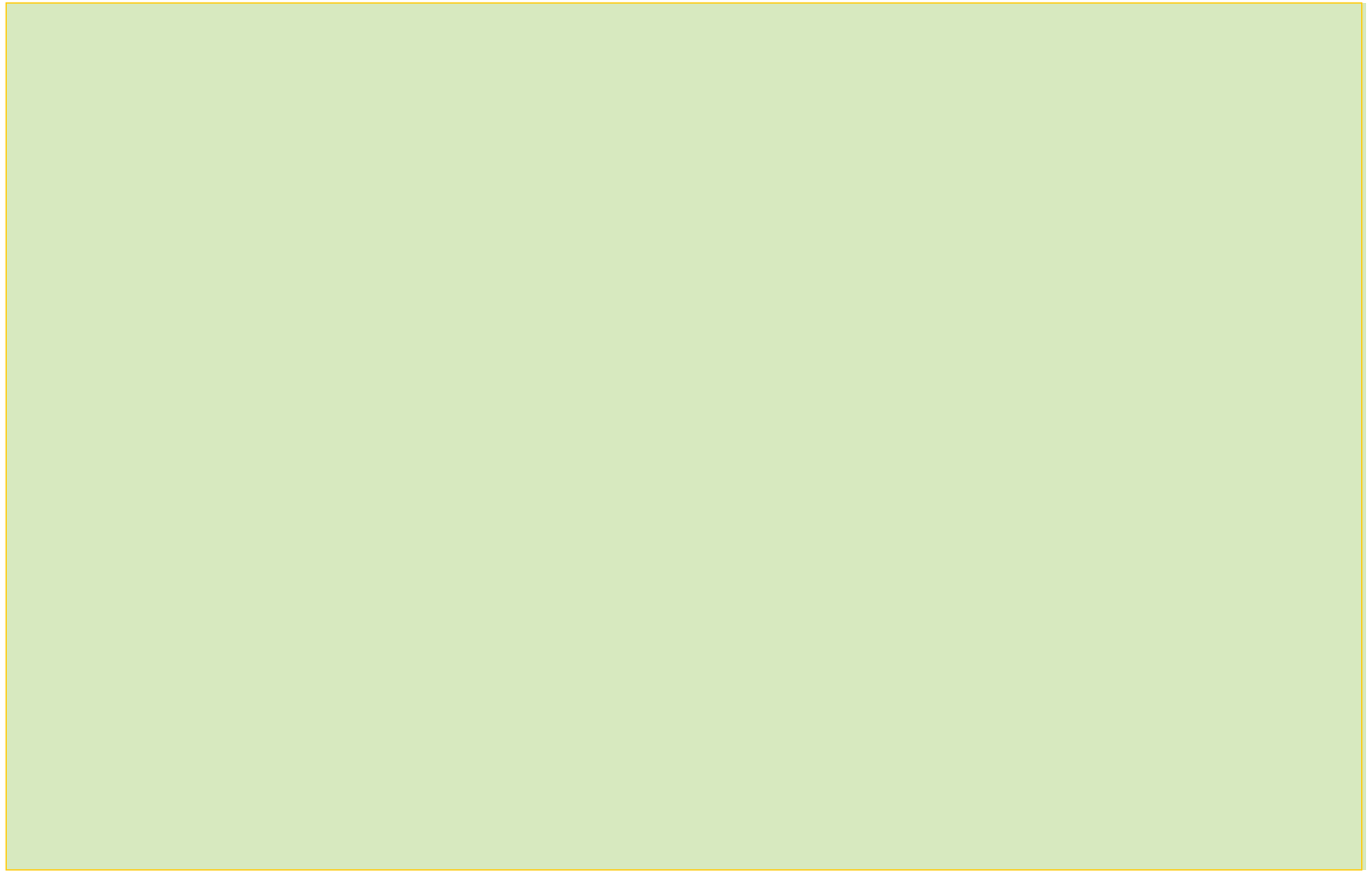
Players hold a bat with only their bottom hand on the handle (dominant hand).

Description:

- Focuses entirely on the wrist movement and strength required for the flick shot.
- The ball is fed underarm to the leg side, and the player uses a single-handed flick to guide the ball into gaps or imaginary targets.
- Encourage players to keep their eyes on the ball and practice their timing.

National Curriculum Focus:

- Helps develop wrist strength and precision
- Teaches the importance of bat angle and control in scoring off leg-side deliveries.





Flick

DRILL 3 - DROP FEED FLICK

Set up:

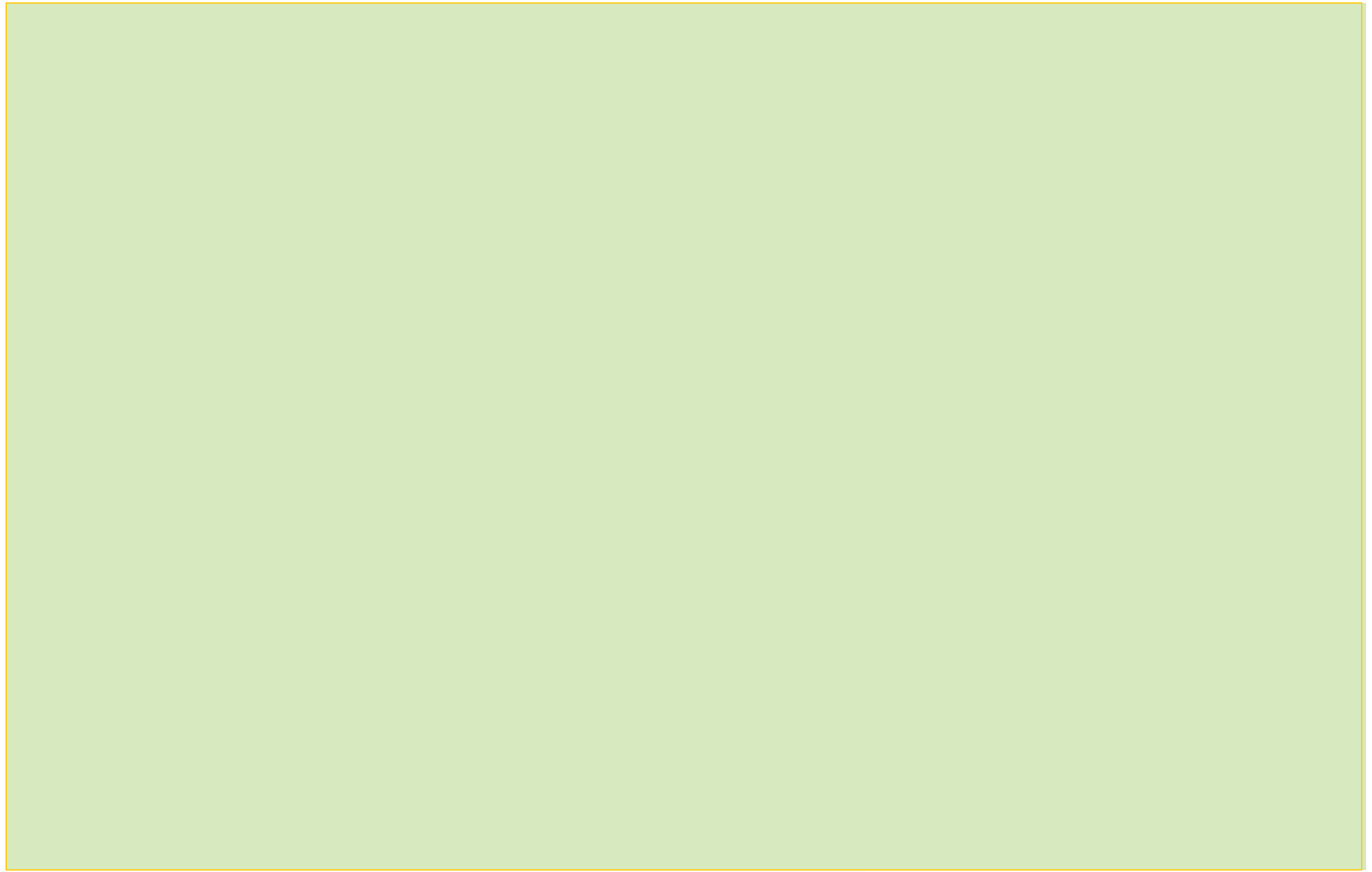
A partner or coach stands to drop feed balls on the leg side. Use cones to mark gaps in the field.

Description:

- Players practice flicking the ball through different gaps, varying their shots depending on the drop feed.
- The aim is to manipulate the field and improve the player's ability to find space while playing the flick.

National Curriculum Focus:

- Reinforces decision-making on the placement of shots.
- Encourages using different techniques for various deliveries while focusing on leg-side play.





Cover Drive

DRILL 1 - CONE GATE DRIVE

Set up:

Place two cones about 1 meter apart in the cover region (off-side) 10-15 meters away from the batsman.

Description:

- Partner or coach feeds the ball slightly wide of the off stump, allowing the player to practice driving the ball through the cover region.
- Players should focus on foot movement towards the ball, ensuring they get their front foot to the pitch of the ball and execute a full swing.
- The ball should be driven along the ground through the cones.

National Curriculum Focus:

- Develops understanding of off-side play and the importance of timing, placement, and footwork when hitting in this region





Cover Drive

DRILL 2 - SHADOW COVER DRIVE

Set up:

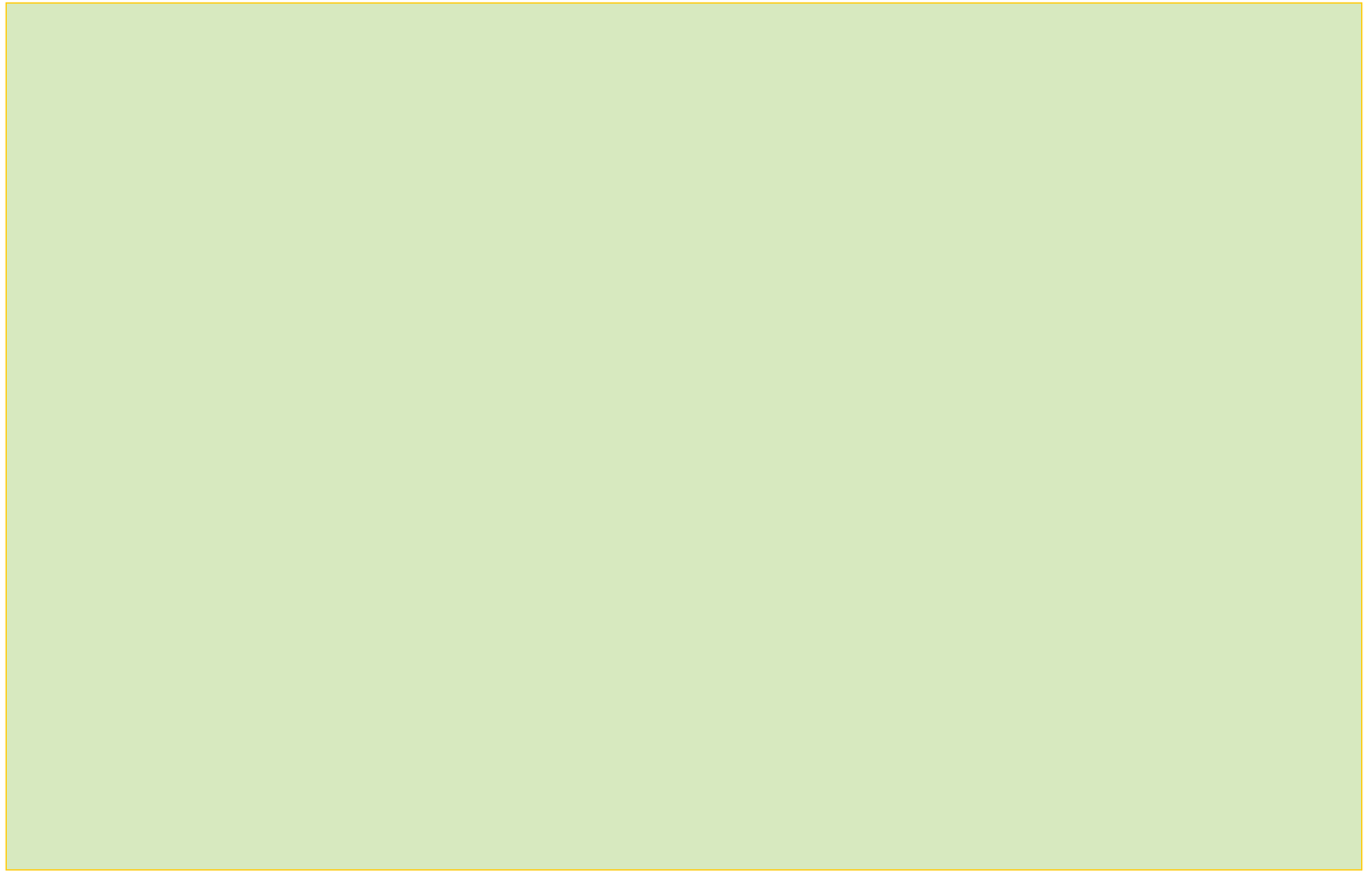
No ball required, just space to practice.

Description:

- Players practice their foot movement and follow-through without a ball.
- Emphasize getting into the correct position, moving the front foot towards the ball, and ensuring their bat swing is smooth and aligned with the intended direction.
- Practicing in front of a mirror or with a coach guiding corrections is ideal.

National Curriculum Focus:

- Focus on the mechanics of the cover drive, building muscle memory for correct footwork and balance.





Cover Drive

DRILL 3 - DROP FEED DRIVE

Set up:

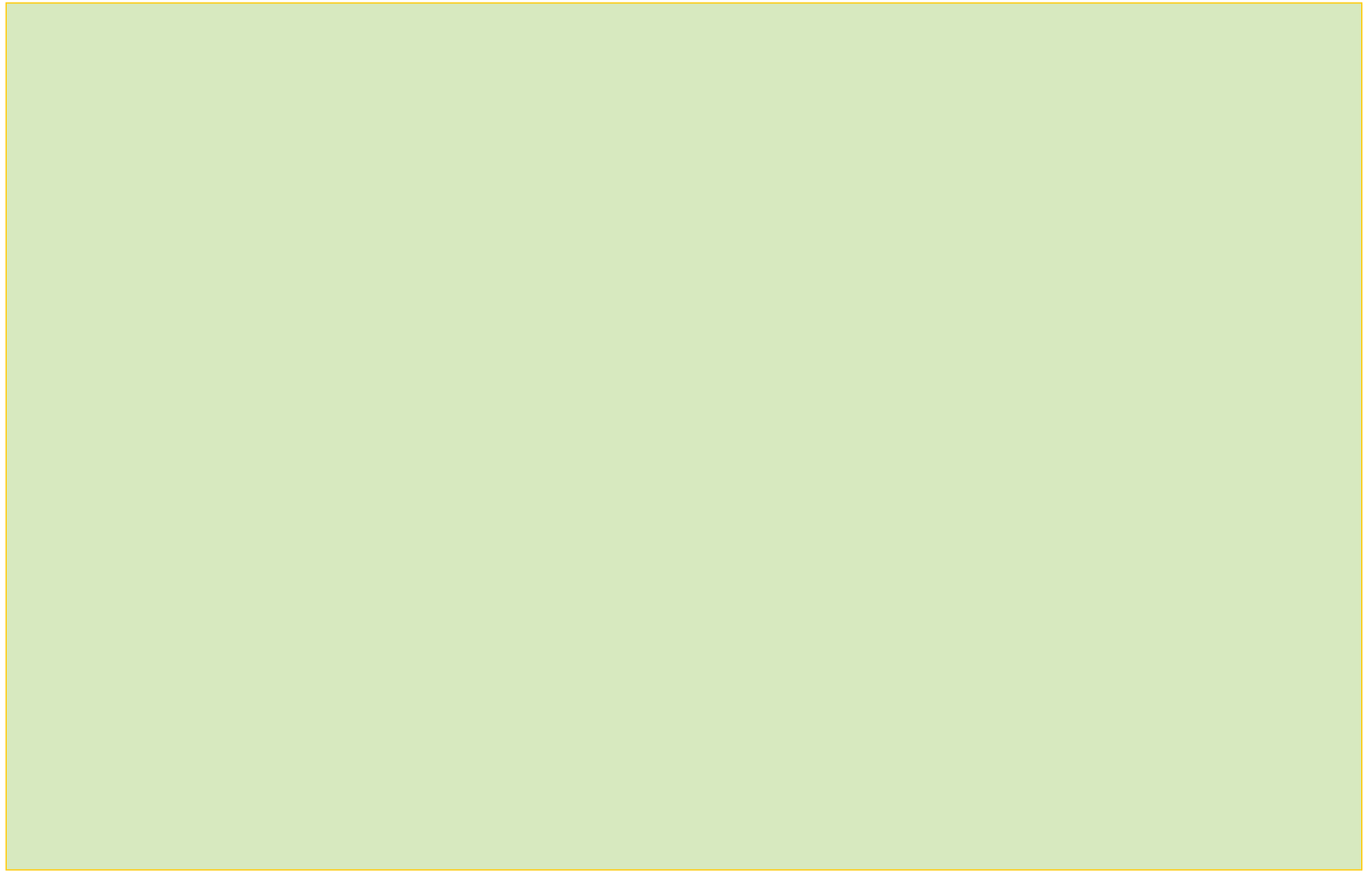
Partner or coach stands with a few balls to drop feed just outside off-stump.

Description:

- Players step into the ball and drive it through the covers, focusing on keeping the ball low and timing the shot well.
- This drill helps build confidence in playing a full-length delivery on the off-side.

National Curriculum Focus:

- Encourages players to play along the ground and develop their ability to play controlled, powerful shots into space.





Scoop

DRILL 1 - KNEELING SCOOP

Set up:

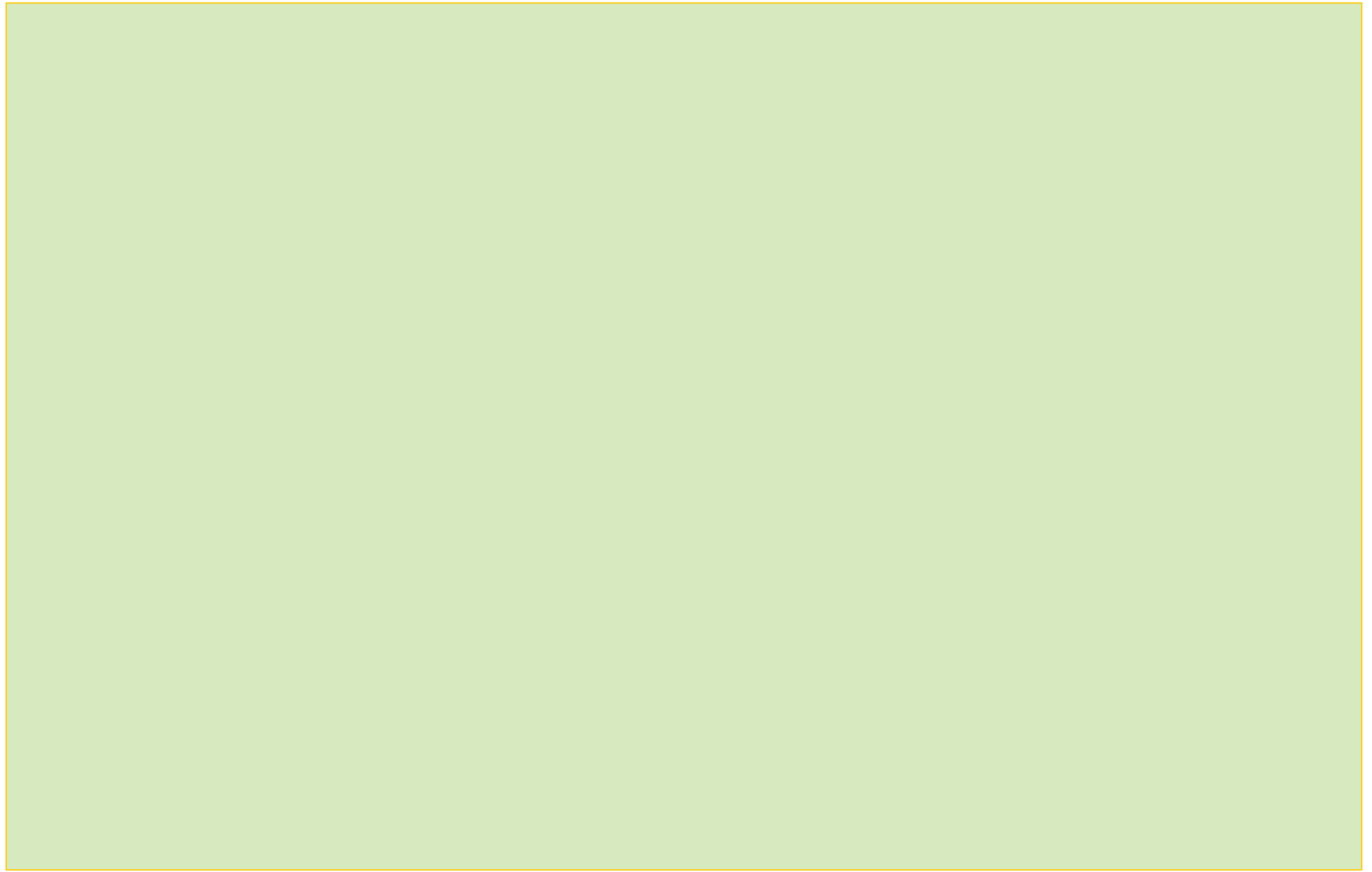
Set up a cone or a small object around 10-15 meters from the player.

Description:

- Players kneel on one knee, and the coach or partner gently tosses balls towards them underarm.
- The player scoops the ball using their wrists, aiming to get the ball over an imaginary fielder in the short fine leg or keeper area.
- Focus on correct wrist movement, using soft hands, and ensuring the ball is lifted gently but accurately.

National Curriculum Focus:

- Introduces the concept of playing unorthodox shots, improving wrist control and shot creativity.





Scoop

DRILL 2 - ALTERNATE SHOULDER SCOOP

Set up:

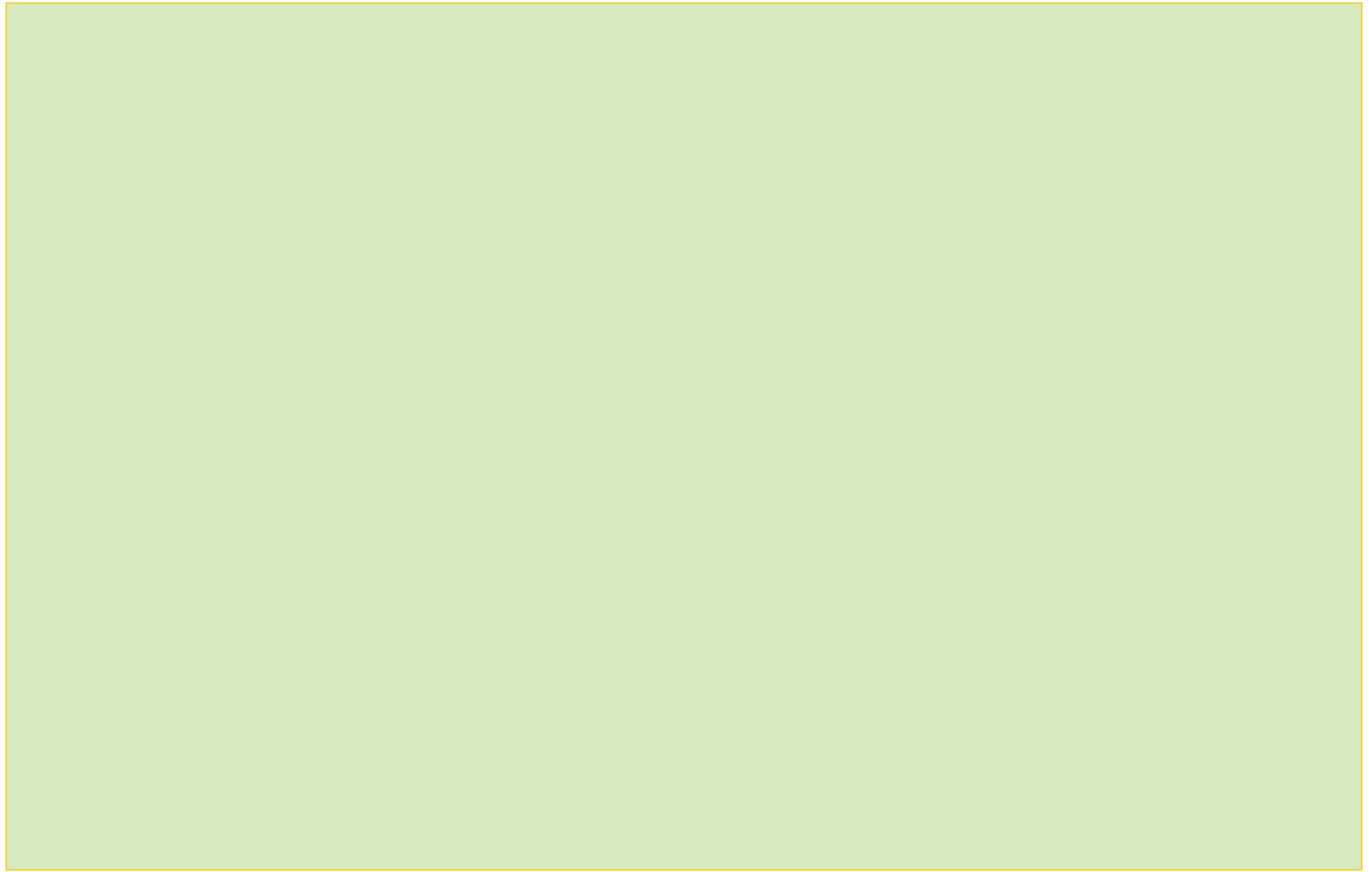
Cones placed to the left and right of the batsman about 10 meters away.

Description:

- The player practices scooping the ball alternately over each shoulder.
- The coach or partner tosses balls underarm, and the player reacts by moving the bat ly to lift the ball over their left or right shoulder.

National Curriculum Focus:

- Encourages reactionary batting techniques and adapting to different deliveries.
- Reinforces creative shot-making.





Scoop

DRILL 3 - FULL SHOT SCOOP

Set up:

Coach or partner bowls underarm deliveries slightly slower at the player.

Description:

- The player steps into the shot and scoops the ball over the wicketkeeper or toward fine leg.
- Emphasize footwork, wrist control, and picking the right deliveries to attempt the scoop shot.

National Curriculum Focus:

- Reinforces attacking play and innovation, teaching players how to adjust to different lengths and bowlers.





Down the wicket

DRILL 1 - CREASE TO CONE

Set up:

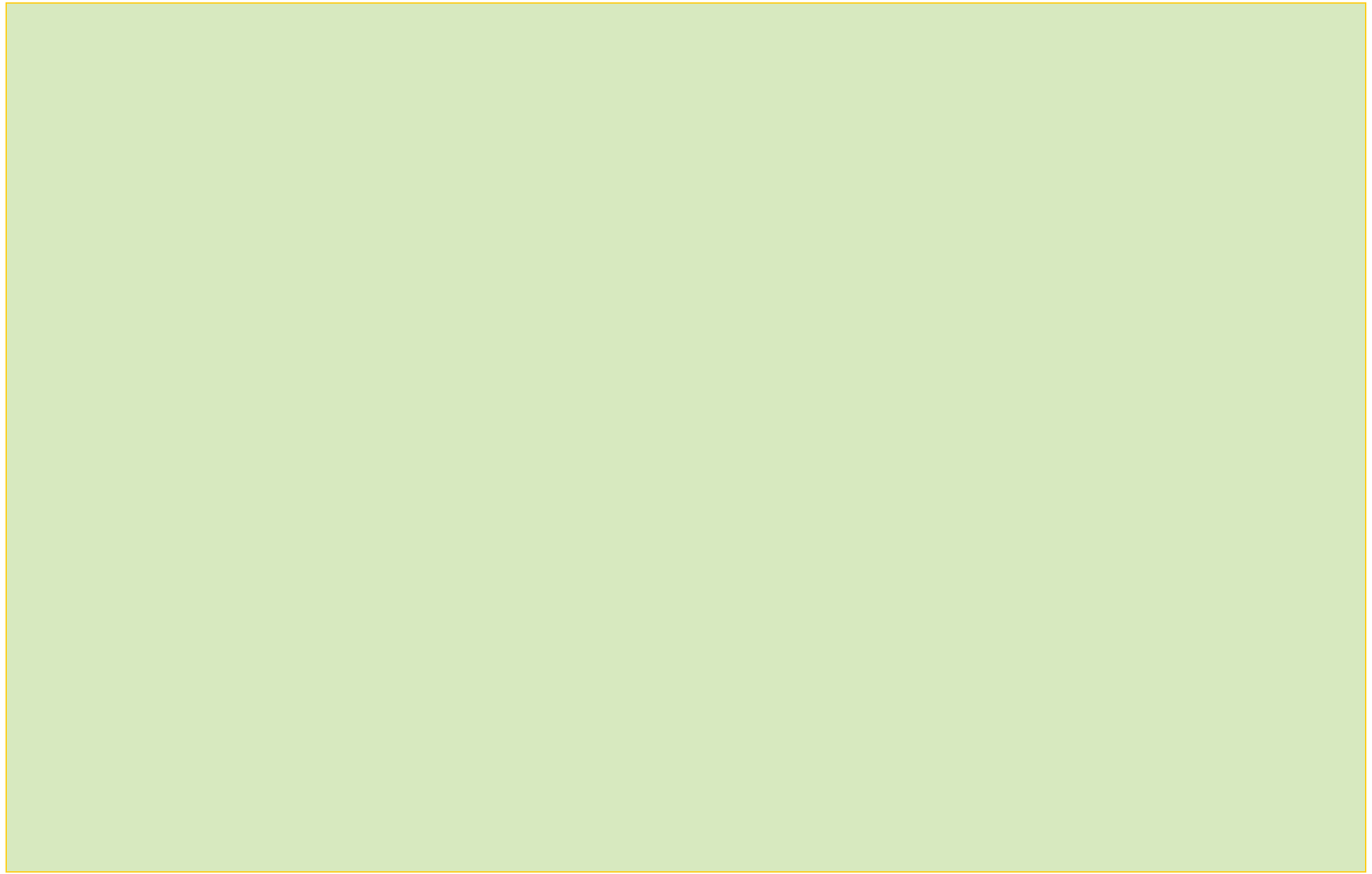
Place a cone 2-3 meters in front of the batting crease.

Description:

- Players practice stepping down the wicket towards the cone without hitting the ball.
- Focus is on footwork, balance, and movements to get into position.
- Players should maintain a low centre of gravity and remain in control of their movement.

National Curriculum Focus:

- Develops agility and feet in approaching the ball, vital for playing spinners or slower bowlers.





Down the wicket

DRILL 2 - DROP FEED DOWN THE WICKET

Set up:

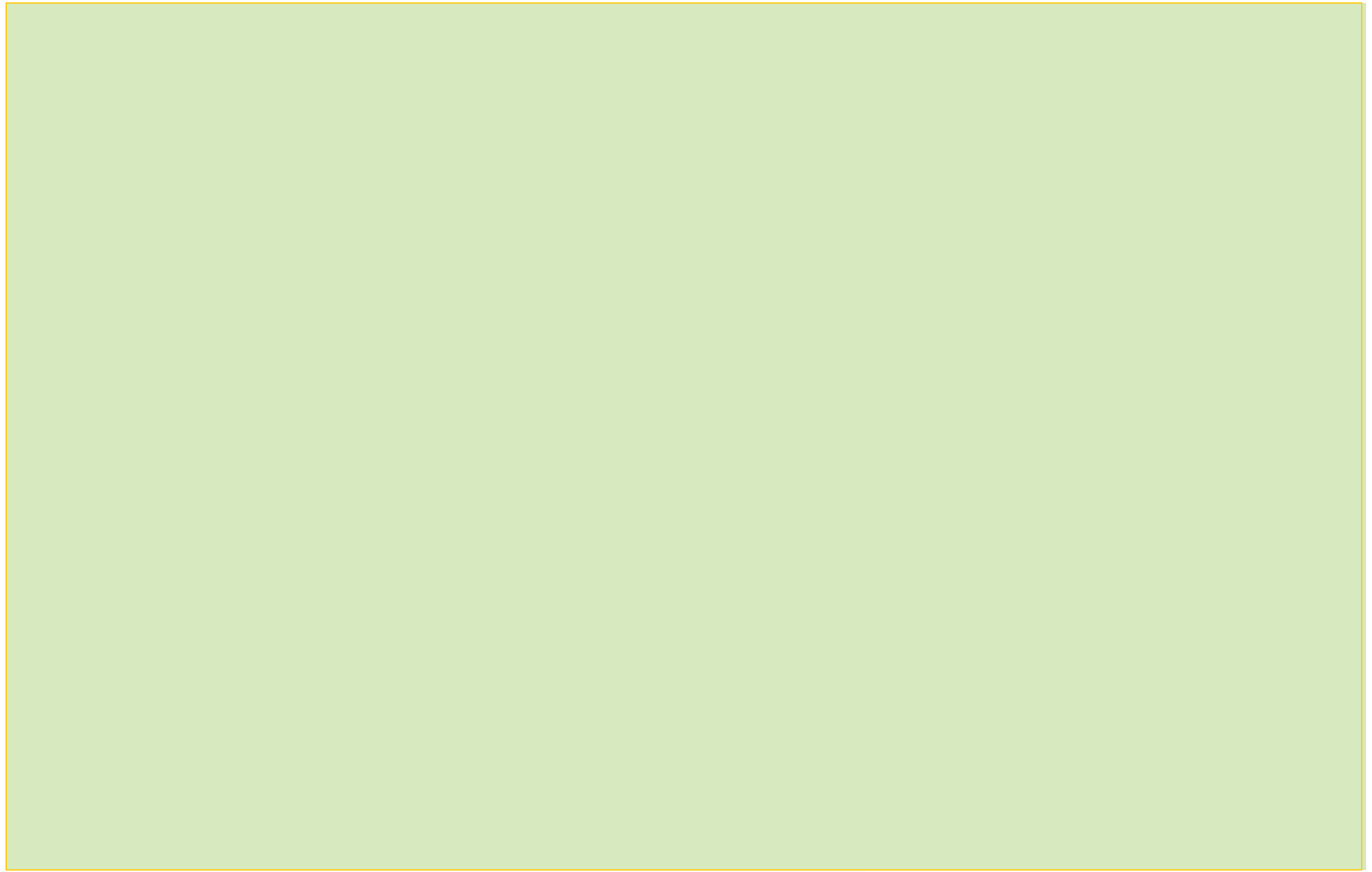
Partner or coach stands with a few balls, ready to drop feed just short of a length.

Description:

- The player steps down the wicket to meet the ball and hits it straight back past the bowler or through the covers.
- Focus on timing and balance, ensuring the player remains stable as they move towards the ball.

National Curriculum Focus:

- Teaches players to attack spinners by coming down the wicket, focusing on controlled, well-timed shots.





Down the wicket

DRILL 3 - STEPPING TO HIT

Set up:

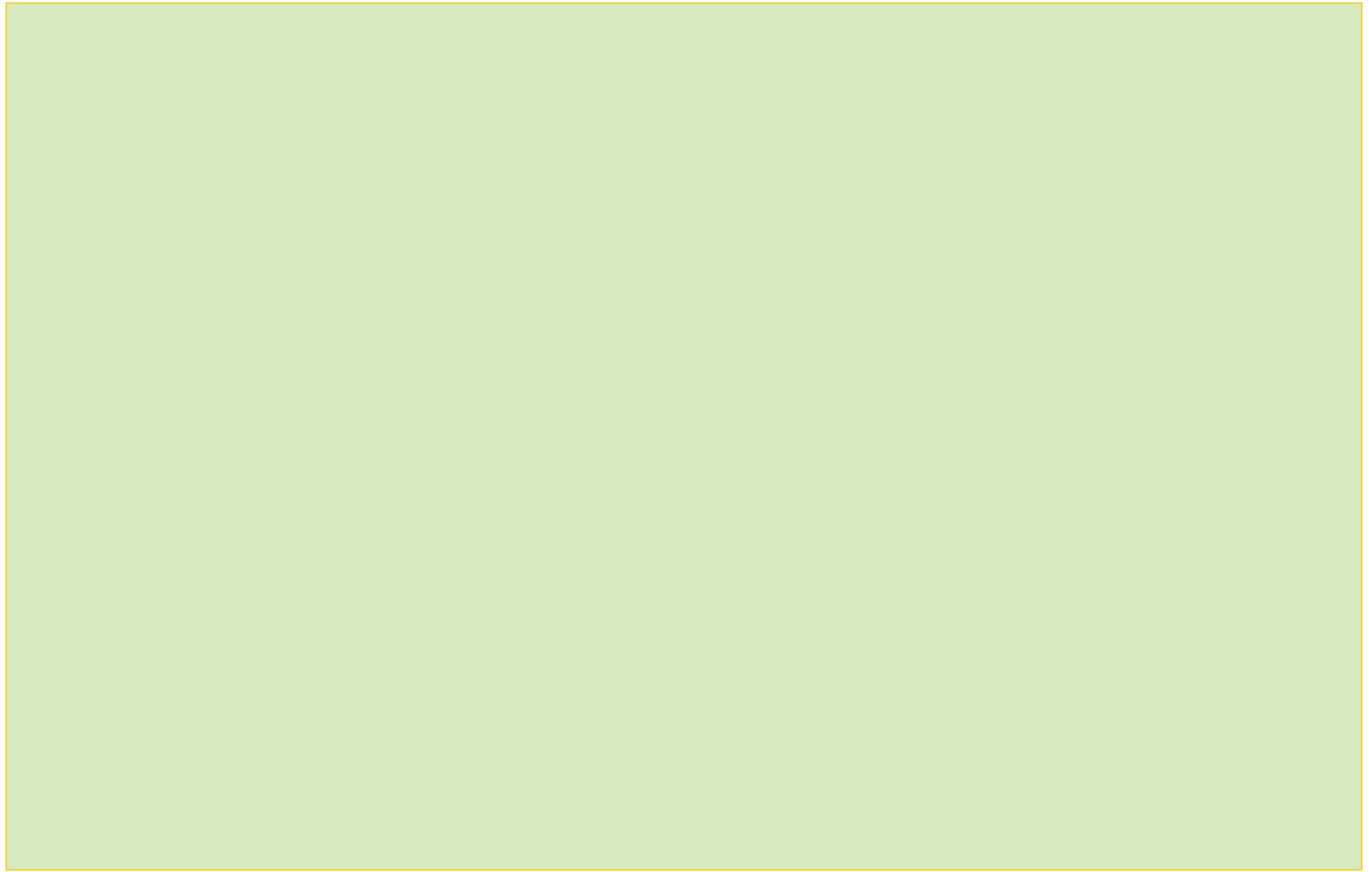
Set cones at varying distances (1-3 meters) from the crease to encourage precise foot movement.

Description:

- The coach or partner underarm feeds the ball, and the player steps down the wicket to hit the ball towards targets.
- This drill helps with reactions, allowing players to step into the ball confidently and maintain control of the shot.

National Curriculum Focus:

- Encourages precision in footwork, enhancing a player's ability to advance down the pitch and hit with control and power.





Reverse and slog sweep

DRILL 1 - CREATE AN 'O'

Set up:

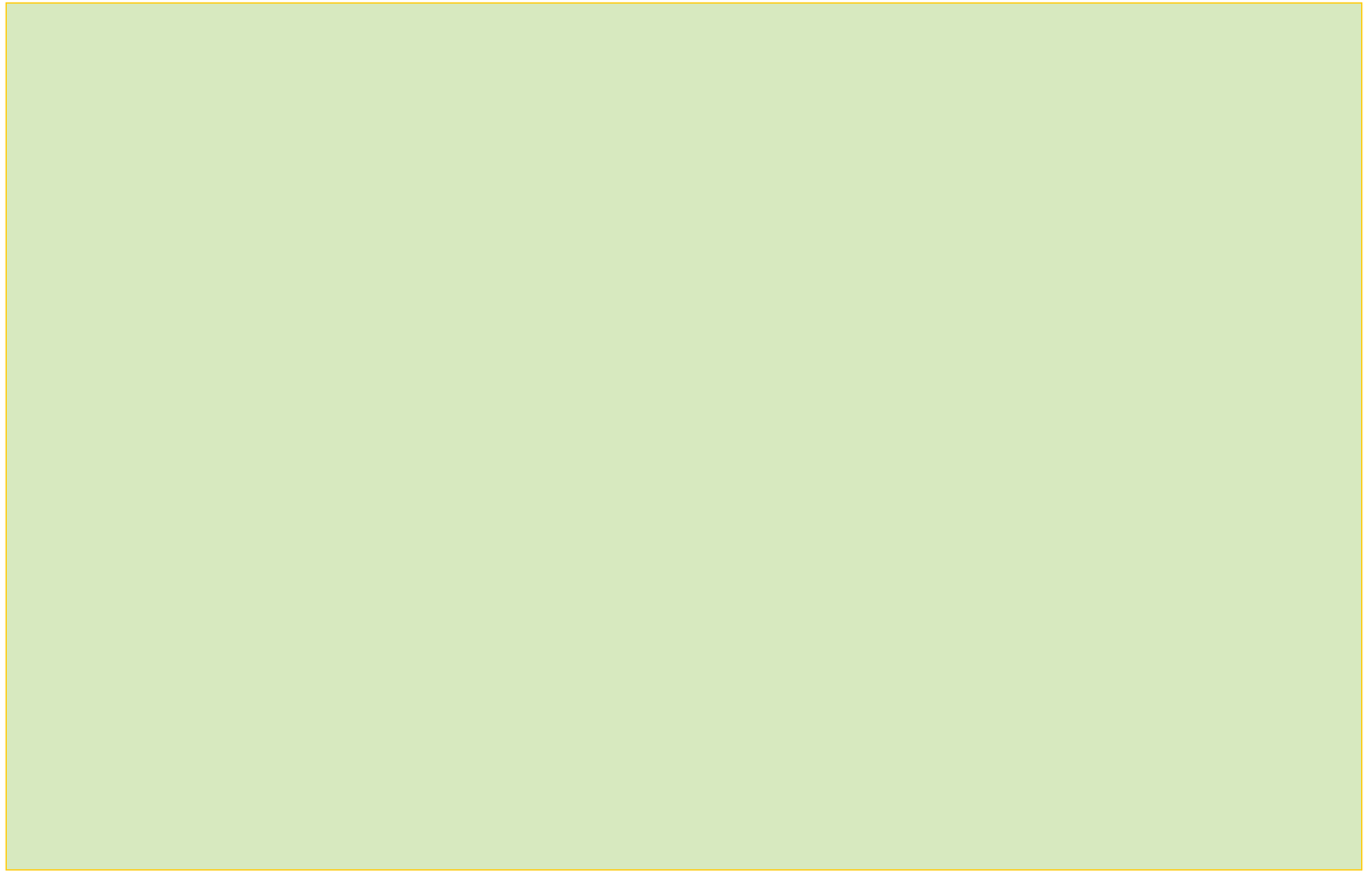
Players line up with bats, either standing or kneeling to simulate different sweep scenarios.

Description:

- Players make an 'O' shape with their hands to mimic the reverse sweep movement. The focus here is on hand positioning - getting the top hand (normally the dominant hand) to twist under the bat, allowing the bat to be guided correctly when performing the sweep.
- Practice swinging the bat in this 'O' shape, ensuring players understand how to create a sweeping motion that finishes toward the third-man or backward point area.

National Curriculum Focus:

- Emphasizes hand positioning and bat control, helping players to develop the reverse sweep technique for unorthodox shot-making.
- Encourages adaptability and creative shot-making, enhancing overall batting flexibility.





Reverse and slog sweep

DRILL 2 - REVERSE SWEEP OFF A CONE

Set up:

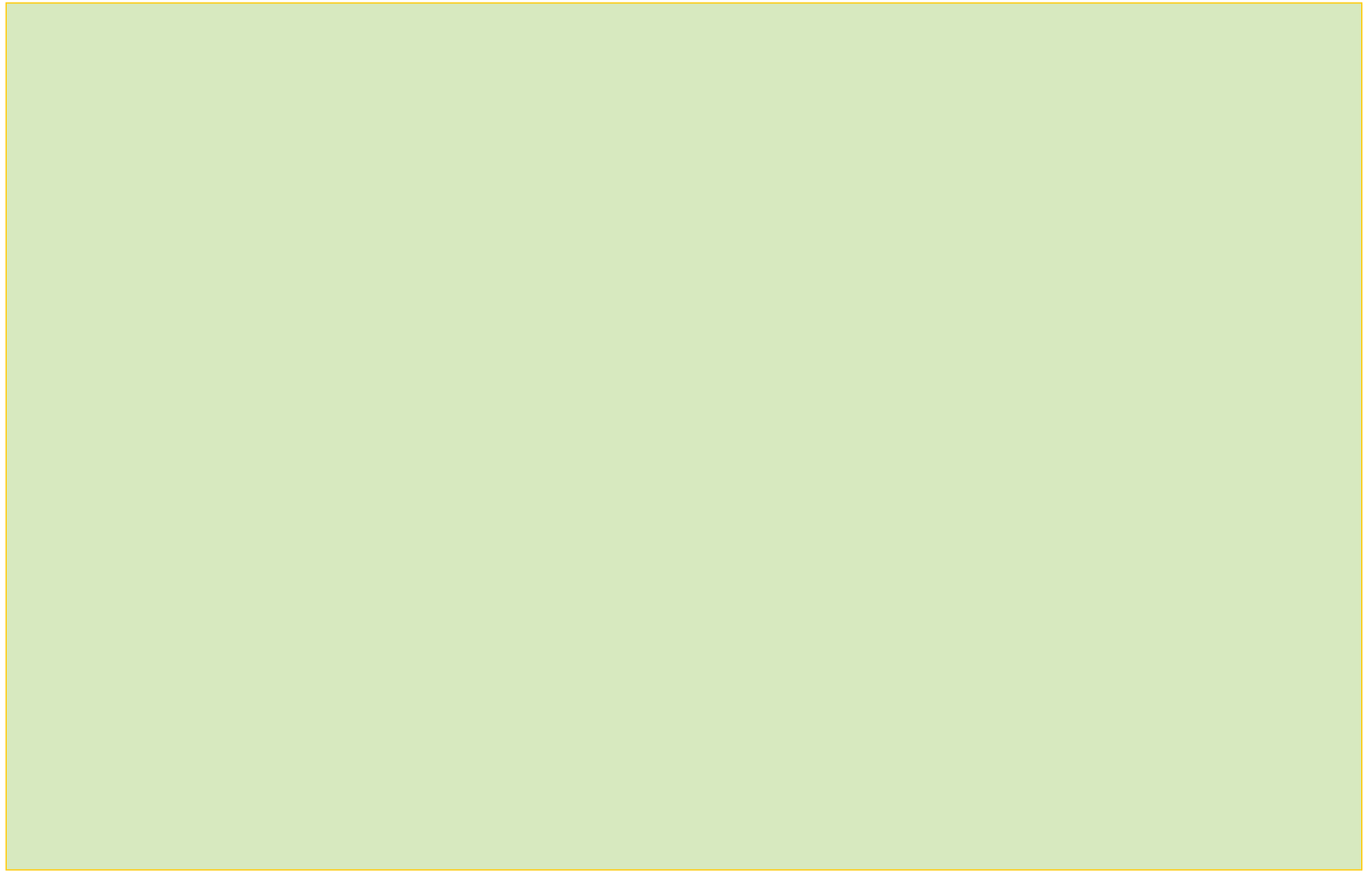
Place a ball on a cone just outside the off stump, at a full length.
Adjust the cone height depending on the players' ability.

Description:

- Players adjust their stance, dropping into a low position to sweep the ball from the off side to the leg side, across their body.
- The drill encourages players to focus on balance, foot positioning, and the full execution of the shot.
- Coaches should emphasize keeping the ball along the ground, ensuring the bat face is angled correctly to direct the ball with precision.

National Curriculum Focus:

- Teaches players to adjust their stance and hit low, fast deliveries.
- Develops ability to adapt to different deliveries and enhances hand-eye coordination.





Reverse and slog sweep

DRILL 3 - UNDERARM SLOG SWEEP

Set up:

A coach or partner tosses underarm deliveries aimed at a length suitable for sweeping, just outside leg stump.

Description:

- Players set up in a low stance, ready to slog sweep with power.
- The aim is for players to get under the ball and hit it hard, sending it towards the mid-wicket or square leg boundary.
- Coaches should emphasise the use of both hands to generate power, encouraging players to fully rotate their hips and follow through after hitting.

National Curriculum Focus:

- Develops power and shot selection.
- Encourages players to focus on accuracy while maintaining control, reinforcing the importance of hitting in a specific area.





Picking line and length

DRILL 1 - 3-ZONE LENGTH CALL OUT

Set up:

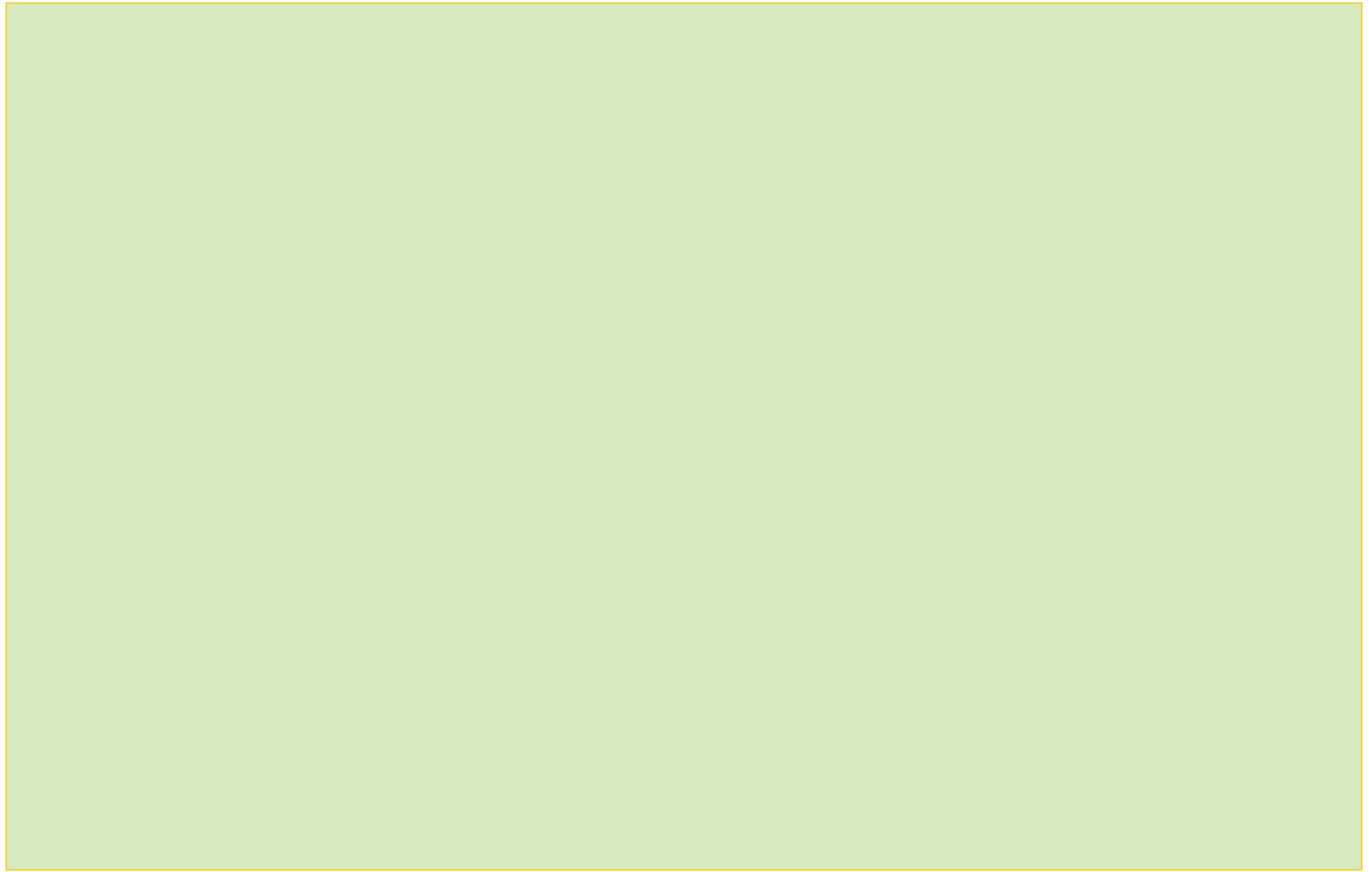
Use cones to divide the pitch into three zones: short, good, and full length.

Description:

- The coach or partner bowls deliveries into different zones, and players must call out the length as they react.
- Players then respond with the appropriate shot. For short balls, they might use a pull or back-foot drive, for good length, they may defend or play a cover drive, and for full length, they could drive or block.
- Emphasize decision-making and correct footwork based on the length of the ball.

National Curriculum Focus:

- Develops decision-making and shot selection based on length. Encourages the ability to read a bowler's delivery early and adjust accordingly.





Picking line and length

DRILL 2 - 3-ZONE LINE CALL OUT

Set up:

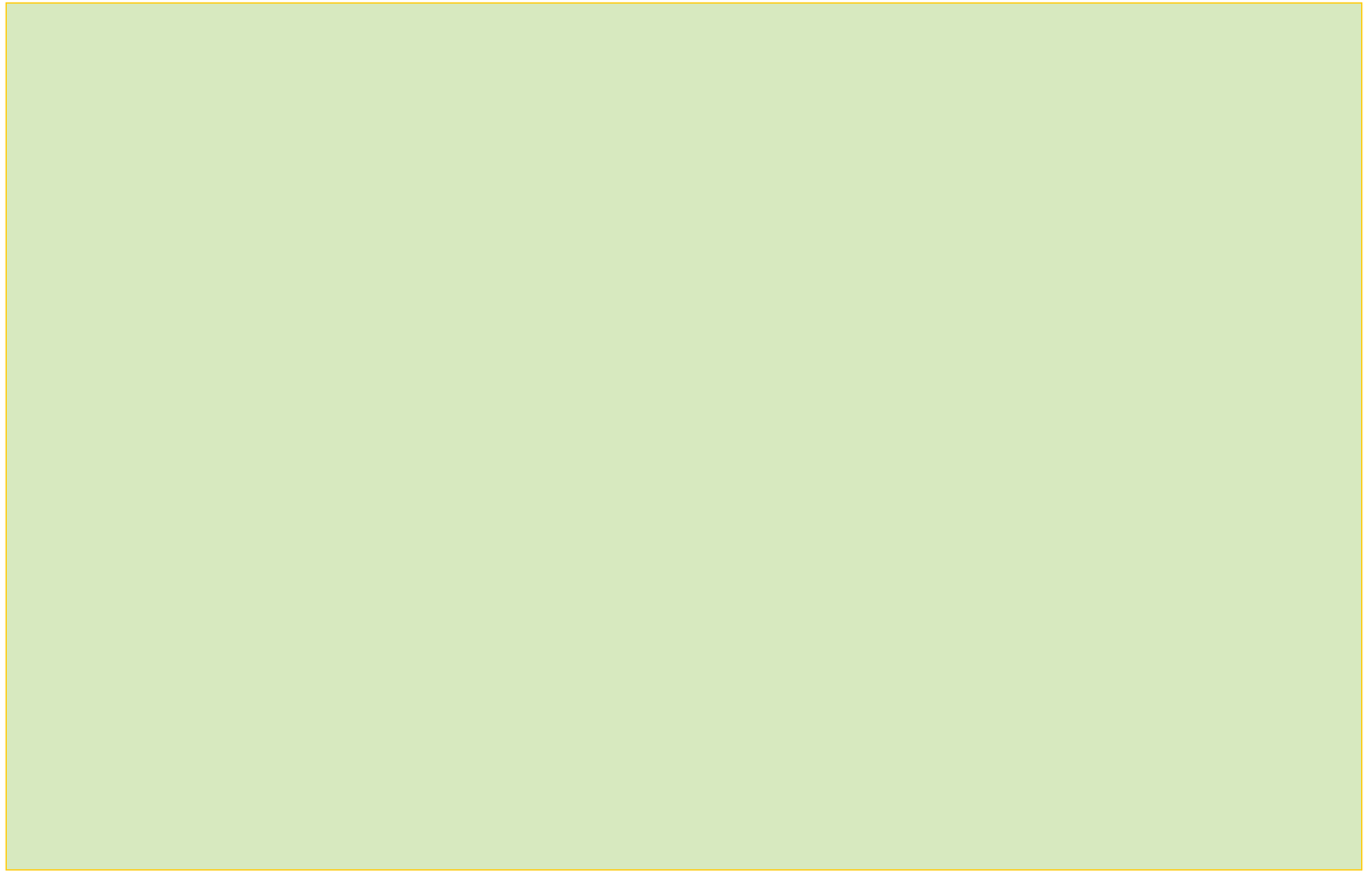
Use cones to divide the pitch into off-side, middle, and leg-side zones.

Description:

- Players must call out the line of the ball as it is bowled and then play the appropriate shot.
- If the ball is on the off side, they might drive or cut; if on middle, they might defend or flick; and if on the leg side, they could pull or sweep.
- Coaches should emphasize watching the ball closely and making fast, accurate decisions.

National Curriculum Focus:

- Reinforces the importance of adapting shot selection based on line.
- Helps players practice reading line and choosing the appropriate response.





Picking line and length

DRILL 3 - REACTION LENGTH AND LINE

Set up:

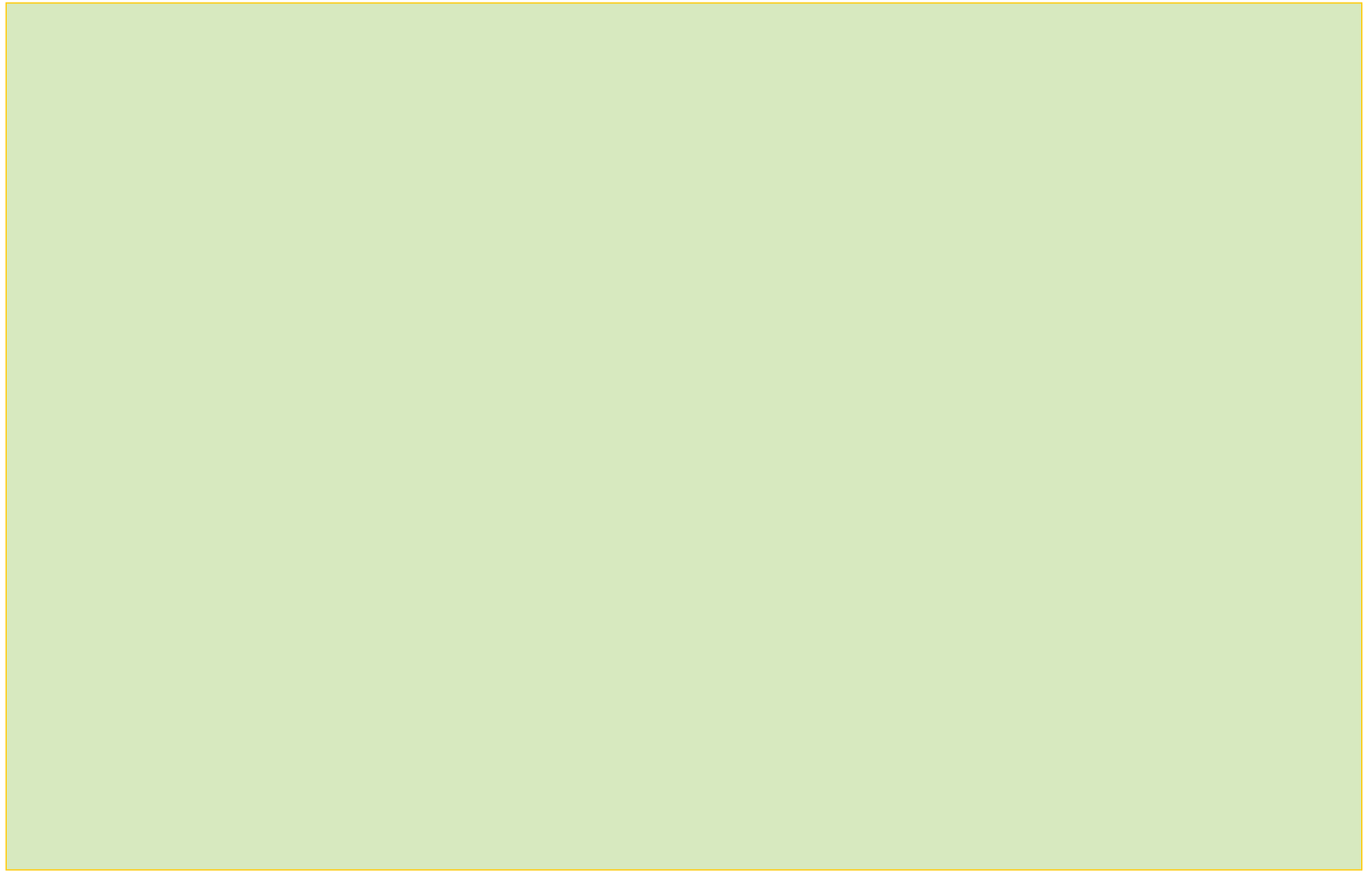
Mark different zones on the pitch using cones for both length and line.

Description:

- A feeder or coach bowls or tosses balls at various lengths and lines. Players must react ly, adjusting their footwork and body position to play off the front foot, back foot, or leave the ball depending on where it pitches.
- Encourage players to make snap decisions, focusing on reactions and adaptability.

National Curriculum Focus:

- Develops reaction speed, decision-making, and technical adaptability.
- Helps players build the ability to read and react to different deliveries, enhancing their overall batting awareness.



BATTING GAMES



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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).

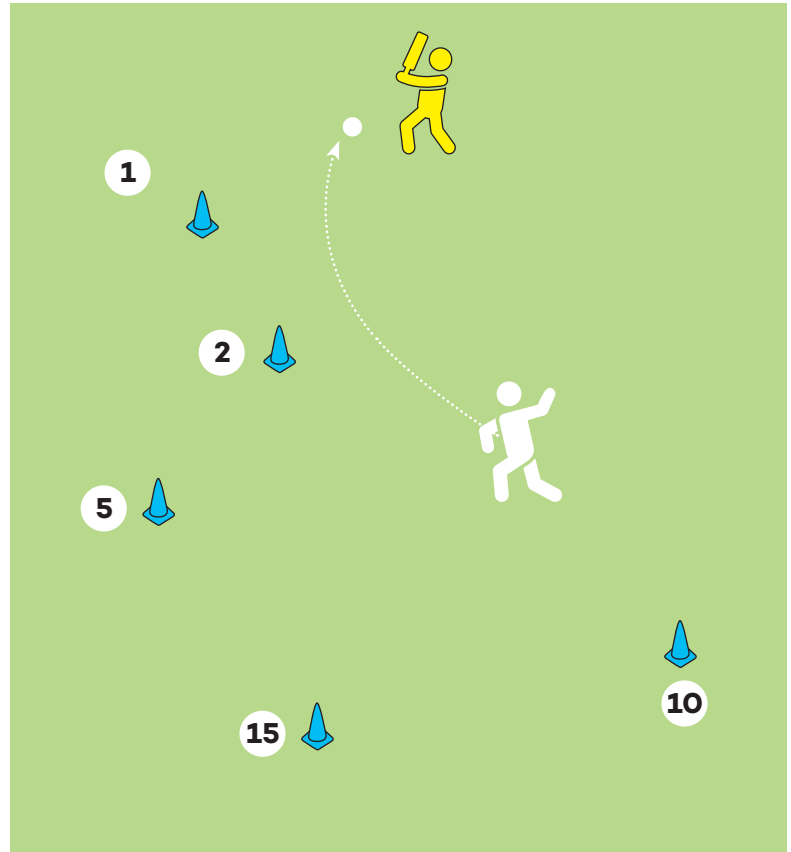
Focus:

- 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.

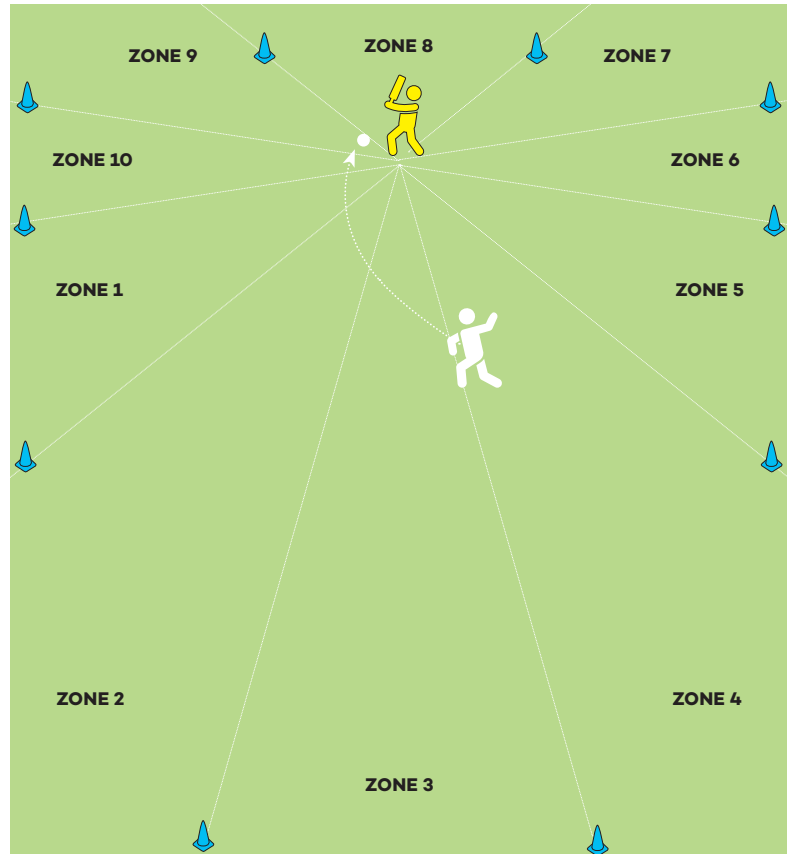
Focus:

- 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.

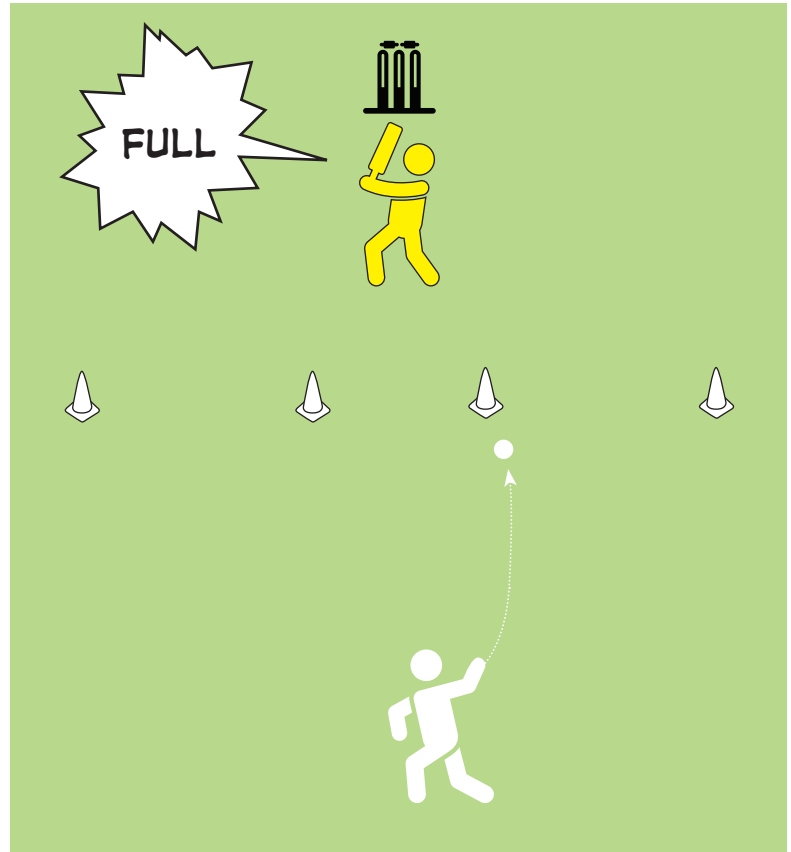
Focus:

- 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.

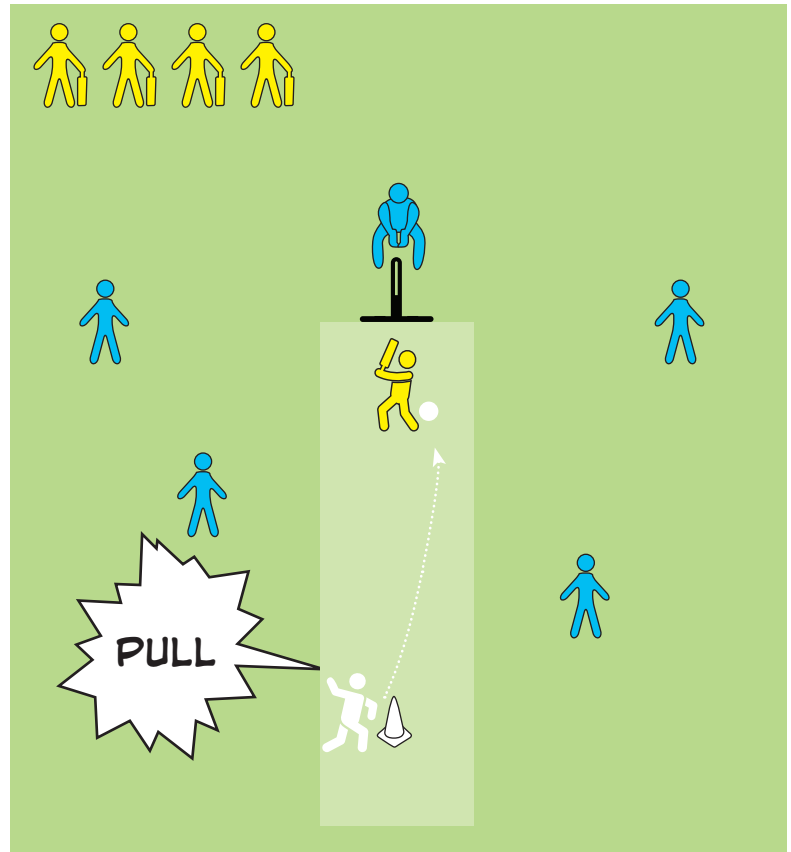
Focus:

- 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.

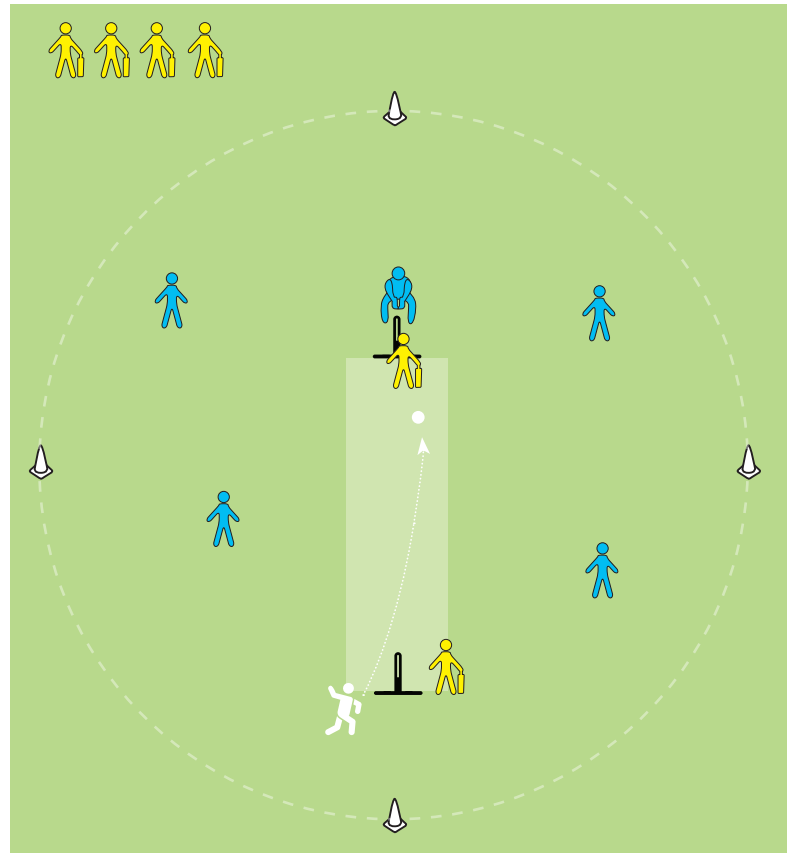
Focus:

- 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.

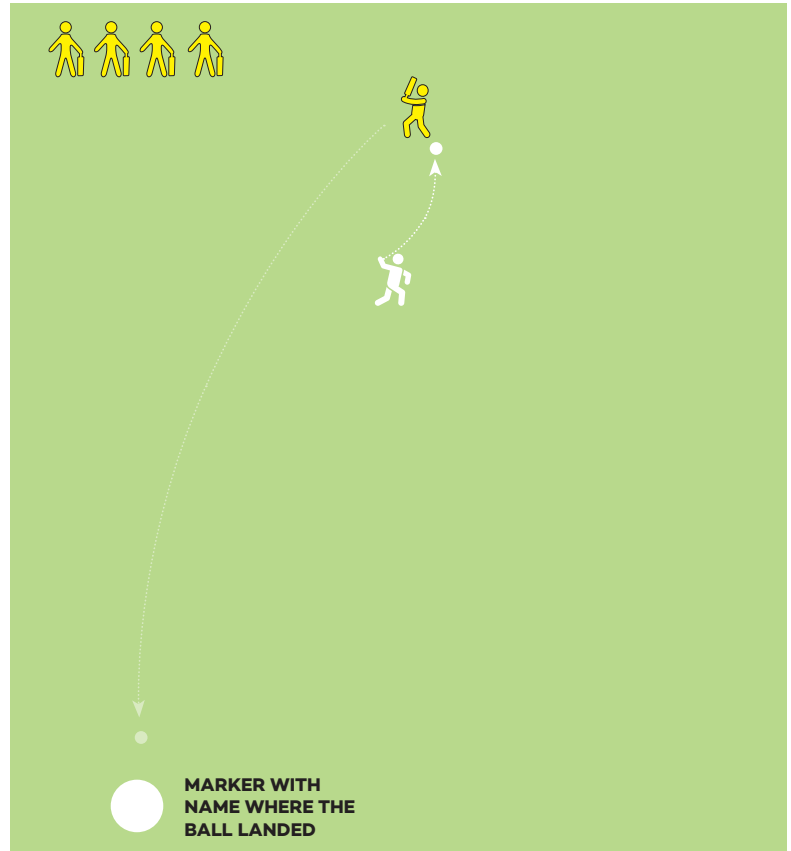
Focus:

- 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.



BOWLING SKILLS



Cricket
development
programme

Run up
Out swing
Inswing
Yorker
Bouncer
Slower balls



Run up

DRILL 1 - REVERSE RUN UP MARK

Set up:

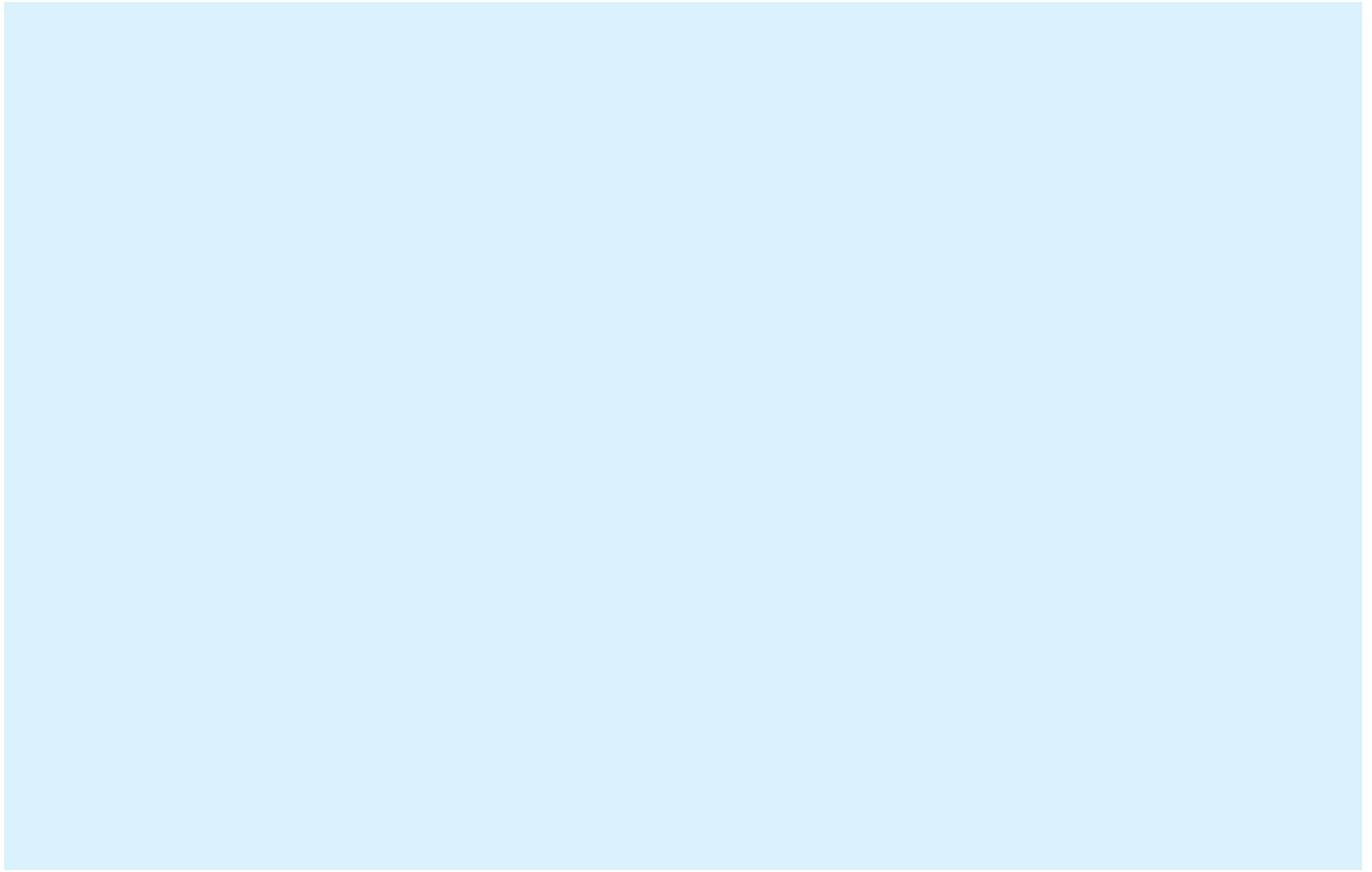
A set of stumps and a cone for each player.

Description:

- Bowlers start from the crease and practice bowling without releasing a ball. Wherever their foot lands in this practice run up they should place a cone down.
- Players can do this multiple times until they feel comfortable and consistent with their run up

National Curriculum Focus:

- Develops reaction speed, decision-making, and technical adaptability.
- Helps players build the ability to read and react to different deliveries, enhancing their overall batting awareness.





Out swing

DRILL 1 - THE GRIP

Set up:

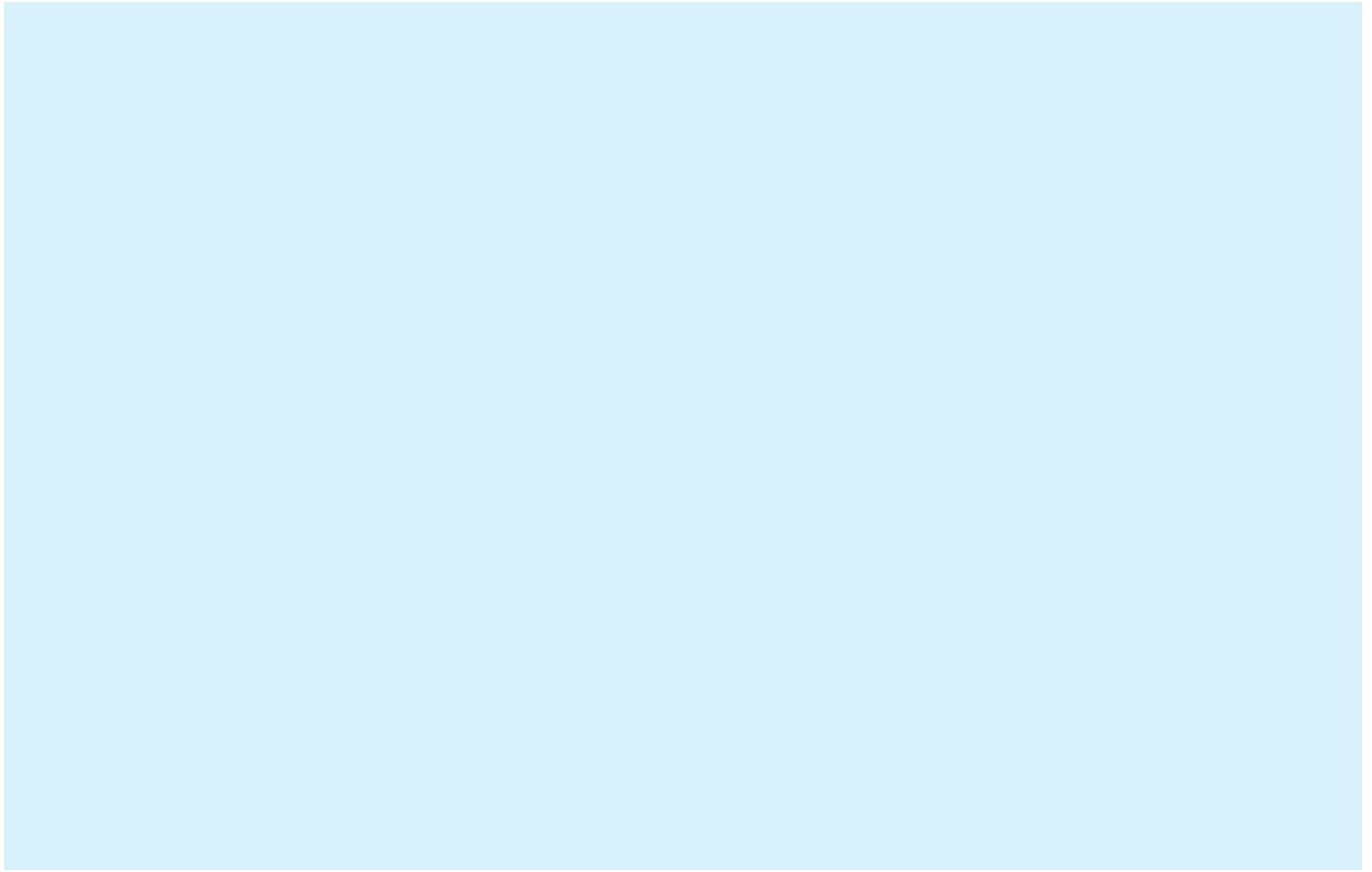
Each player holds a cricket ball, practicing the outswing grip by positioning their fingers on either side of the seam.

Description:

- Players practice holding the ball with a seam position angled towards the slips. This helps the ball move away from the batter when delivered correctly.
- Coaches observe and correct finger positioning to ensure proper execution.

National Curriculum Focus:

- Teaches correct grip technique for outswing bowling.
- Focuses on finger positioning and seam orientation to create movement in the air.





Out swing

DRILL 2 - TAPE BALL OUTSWING

Set up:

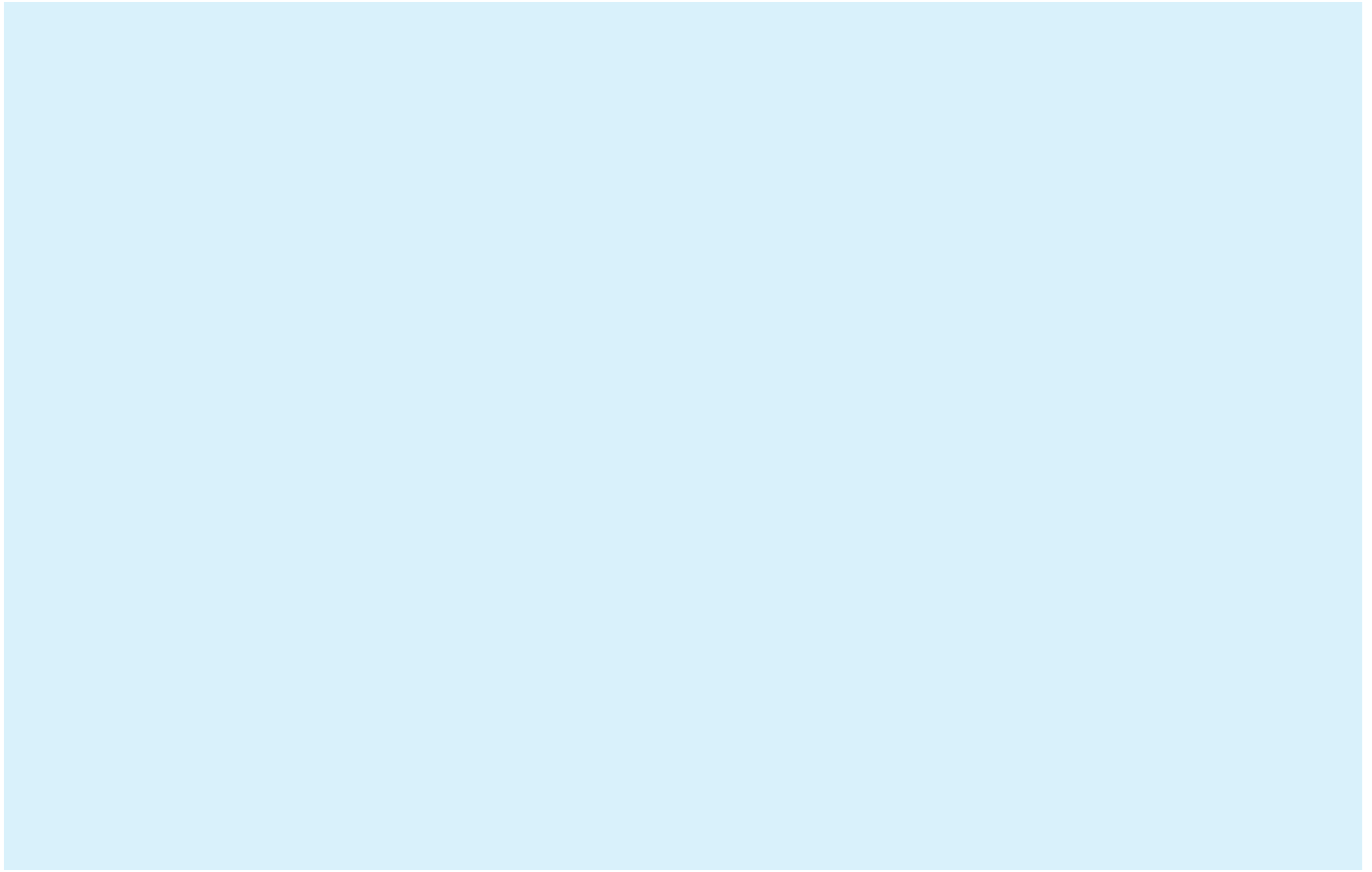
Use half-taped tennis balls for each player. The tape should be placed on one side of the ball to encourage swing.

Description:

- Players bowl using the tape ball, trying to make the ball swing away from the batter.
- They focus on maintaining the outswing grip and adjusting their seam position to achieve maximum movement.

National Curriculum Focus:

- Teaches swing mechanics and how to control swing movement in the air.





Out swing

DRILL 3 - AROUND THE CONES OUTSWING

Set up:

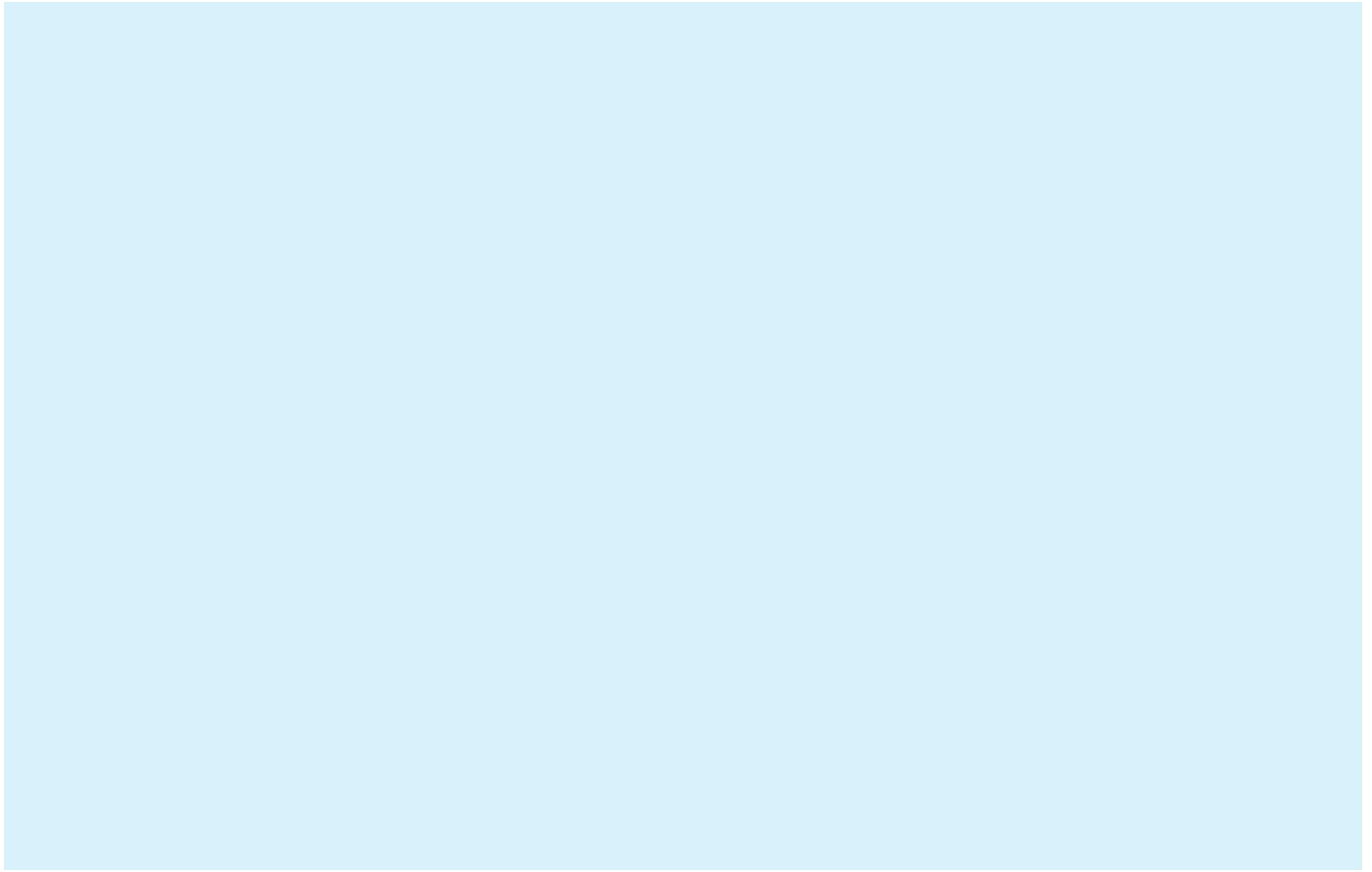
Place a cone in line with the off-stump or slightly outside. Set up stumps behind the cone.

Description:

- Players bowl, aiming to swing the ball around the cone and hit the off-stump. This encourages accuracy and swing control.
- Coaches can adjust cone positions to make the drill more challenging as bowlers improve.

National Curriculum Focus:

- Develops outswing control, accuracy, and precision in targeting the stumps.





In swing

DRILL 1 - THE GRIP

Set up:

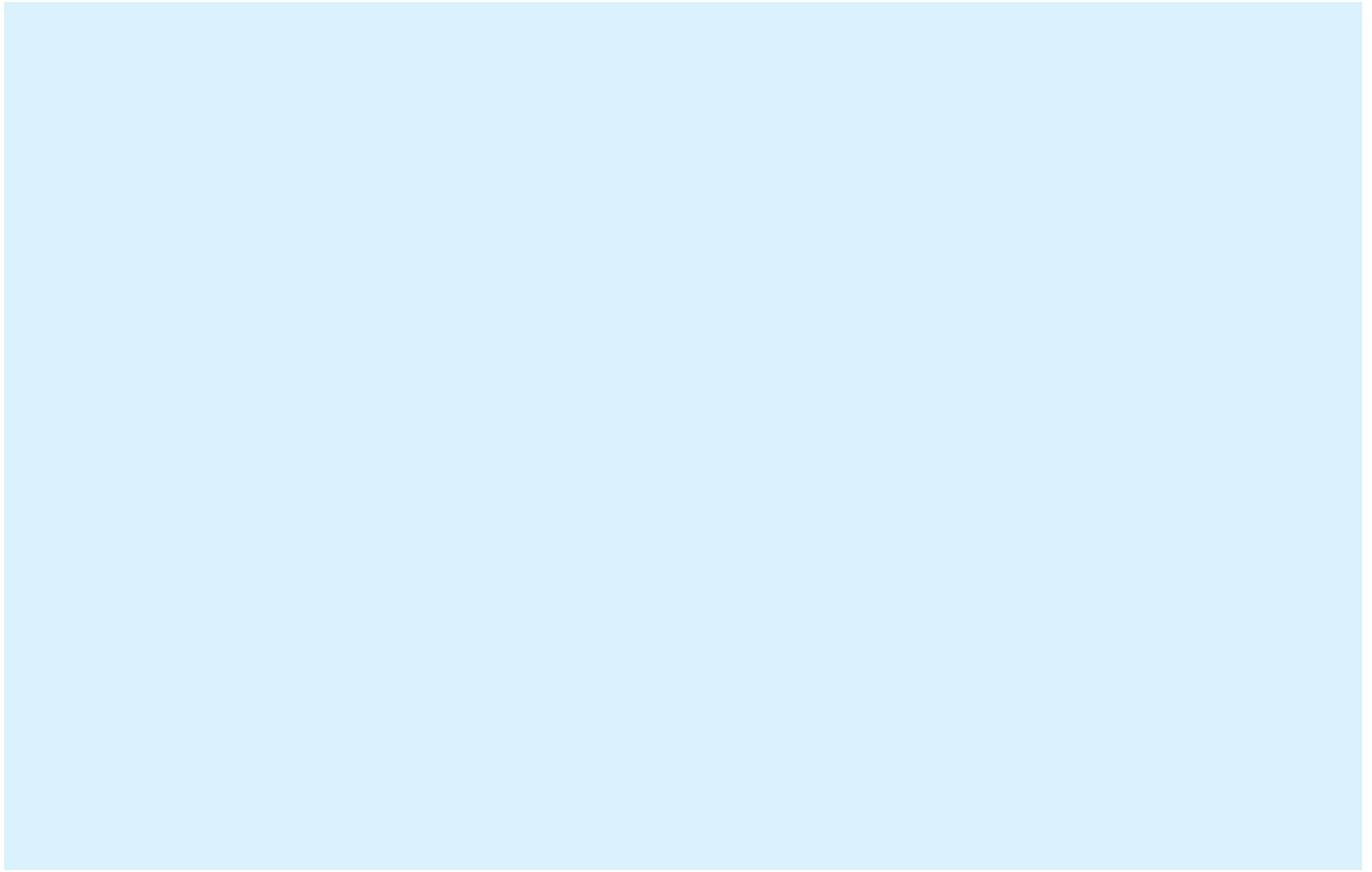
Players hold the cricket ball with an inswing grip, positioning their fingers on the seam in a way that will encourage the ball to move towards the batter.

Description:

- Players practice holding the ball so the seam points slightly towards leg stump. This creates movement into the batter.
- Coaches check for proper hand and finger positioning to ensure the ball moves correctly.

National Curriculum Focus:

- Teaches proper grip technique for inswing bowling.
- Focuses on finger control and seam positioning to master inward movement.





In swing

DRILL 2 - TAPE BALL SWING

Set up:

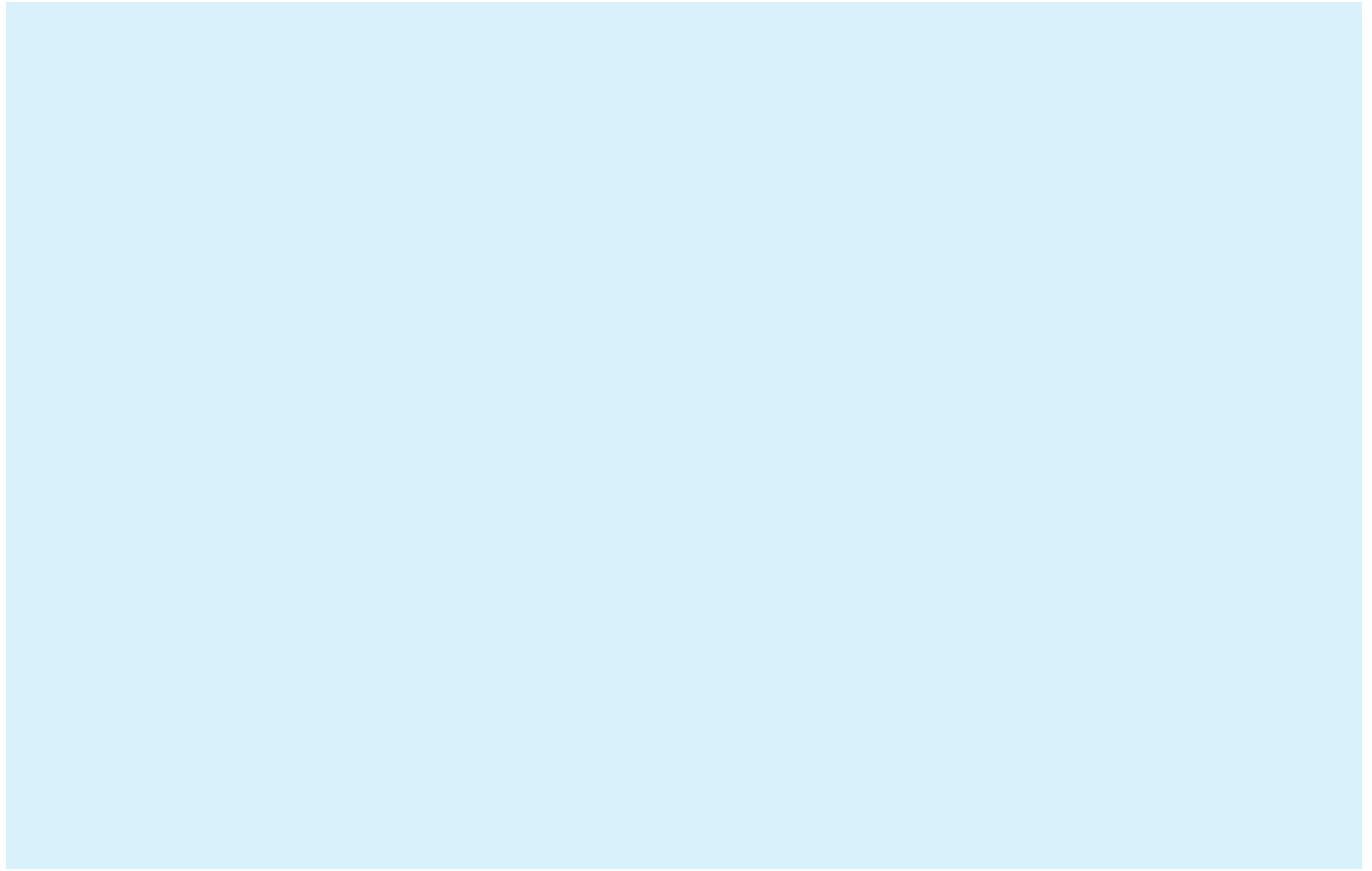
Players use a half-taped tennis ball, with the tape on one side to encourage inward swing.

Description:

- Players bowl, aiming to swing the ball in towards the batter. The taped side will naturally cause the ball to swing in.
- Coaches observe players' grip and seam positioning to ensure correct swing.

National Curriculum Focus:

- Develops swing control and focuses on creating inswing movement in the air.





In swing

DRILL 3 - AROUND THE CONES INSWING

Set up:

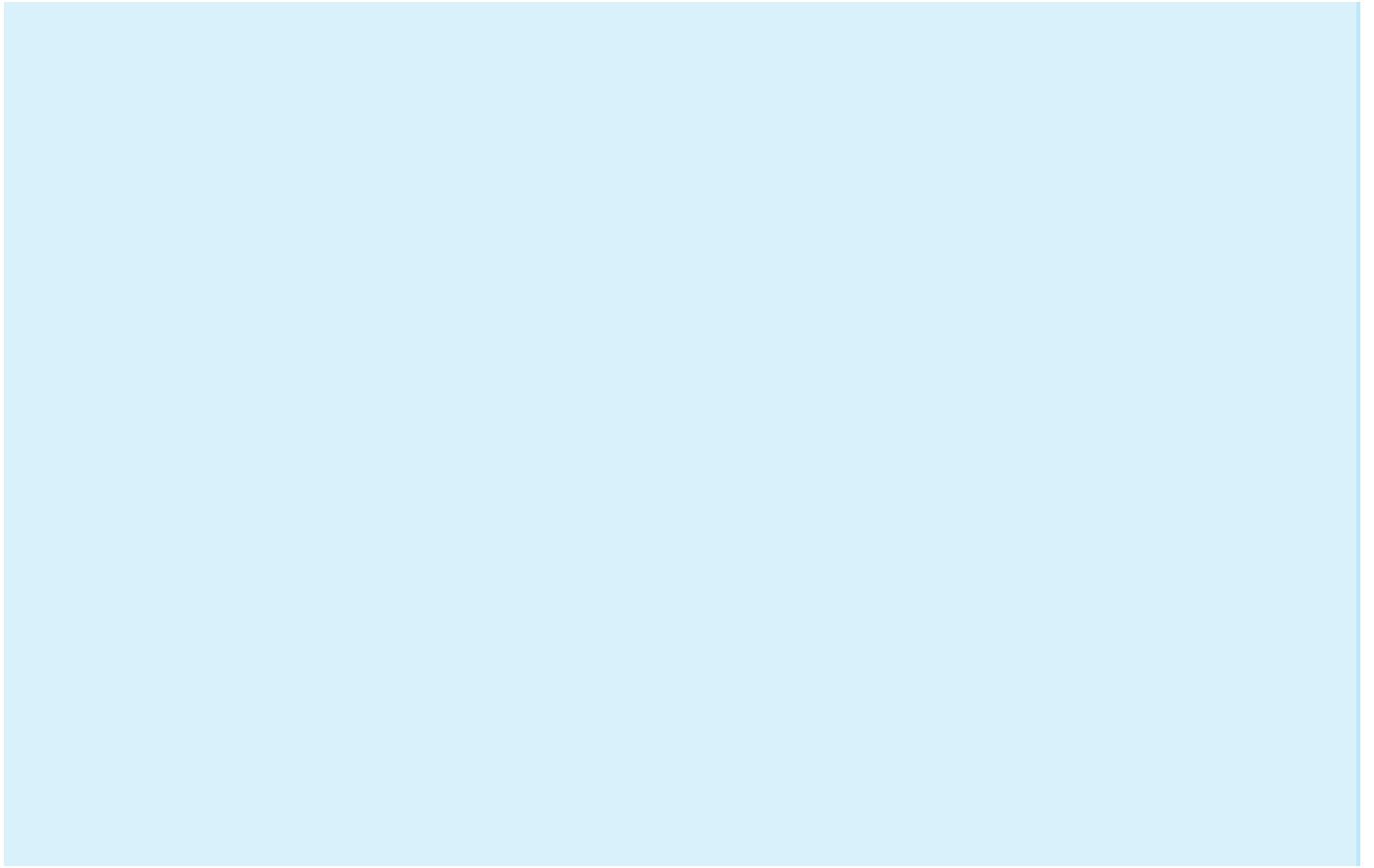
Place a cone in line with off-stump or slightly outside. Set up the stumps behind the cone.

Description:

- Players aim to swing the ball around the cone, this time attempting to hit leg stump.
- The drill encourages players to master their inswing movement while maintaining accuracy.

National Curriculum Focus:

- Develops inswing control and improves accuracy and targeting.





Yorker

DRILL 1 - TARGET YORKER MAT

Set up:

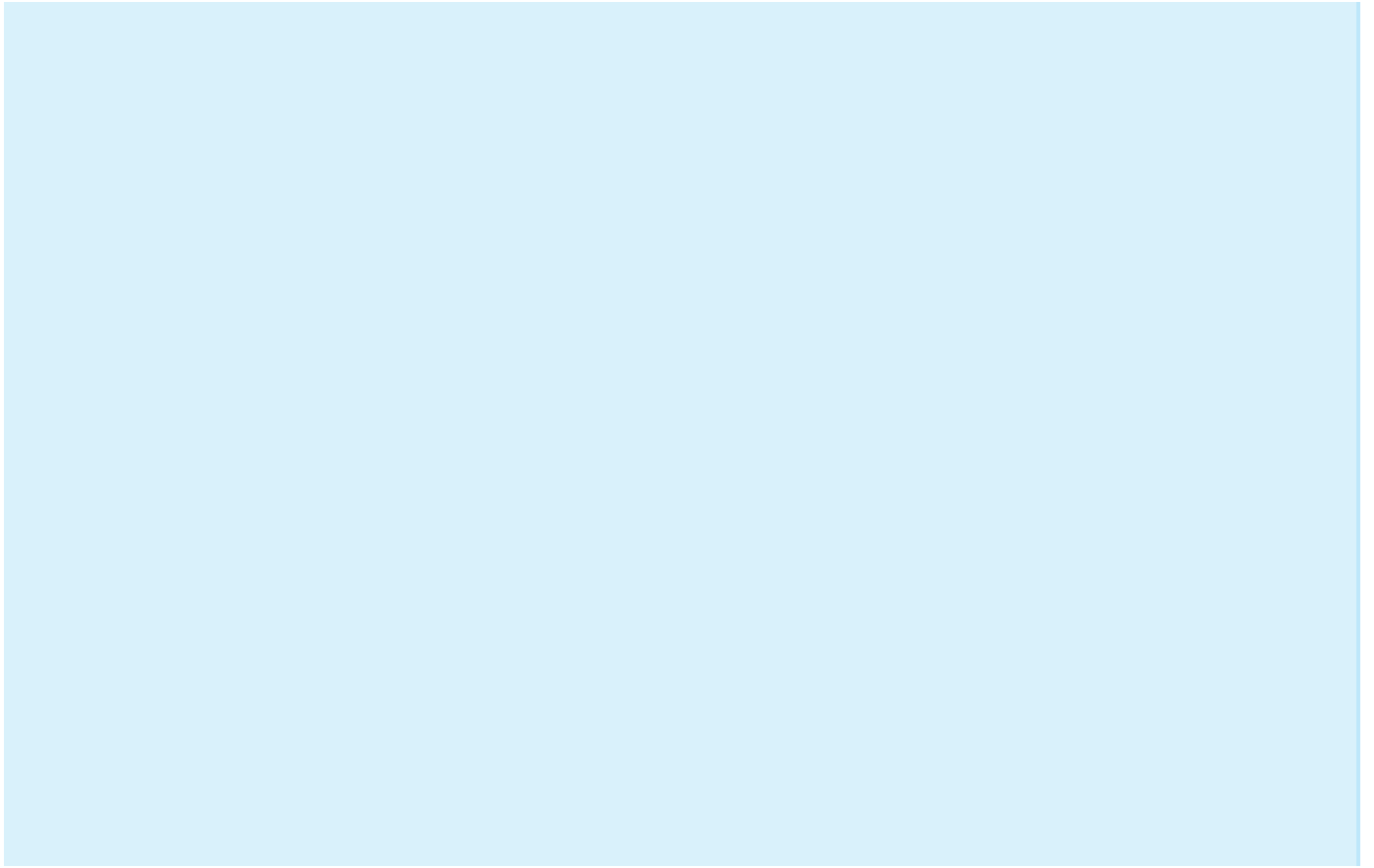
Place a mat or object at the crease line where the batter's feet would normally be positioned.

Description:

- Bowlers aim to land their deliveries on the mat, simulating a yorker delivery that would be difficult for a batter to play.
- The drill can be made competitive by seeing who can land the most deliveries on the mat in a set number of attempts.

National Curriculum Focus:

- Improves yorker accuracy and precision.
- Develops bowlers' ability to bowl in the blockhole to target batters' feet.





Yorker

DRILL 2 -ROLLING BALL

Set up:

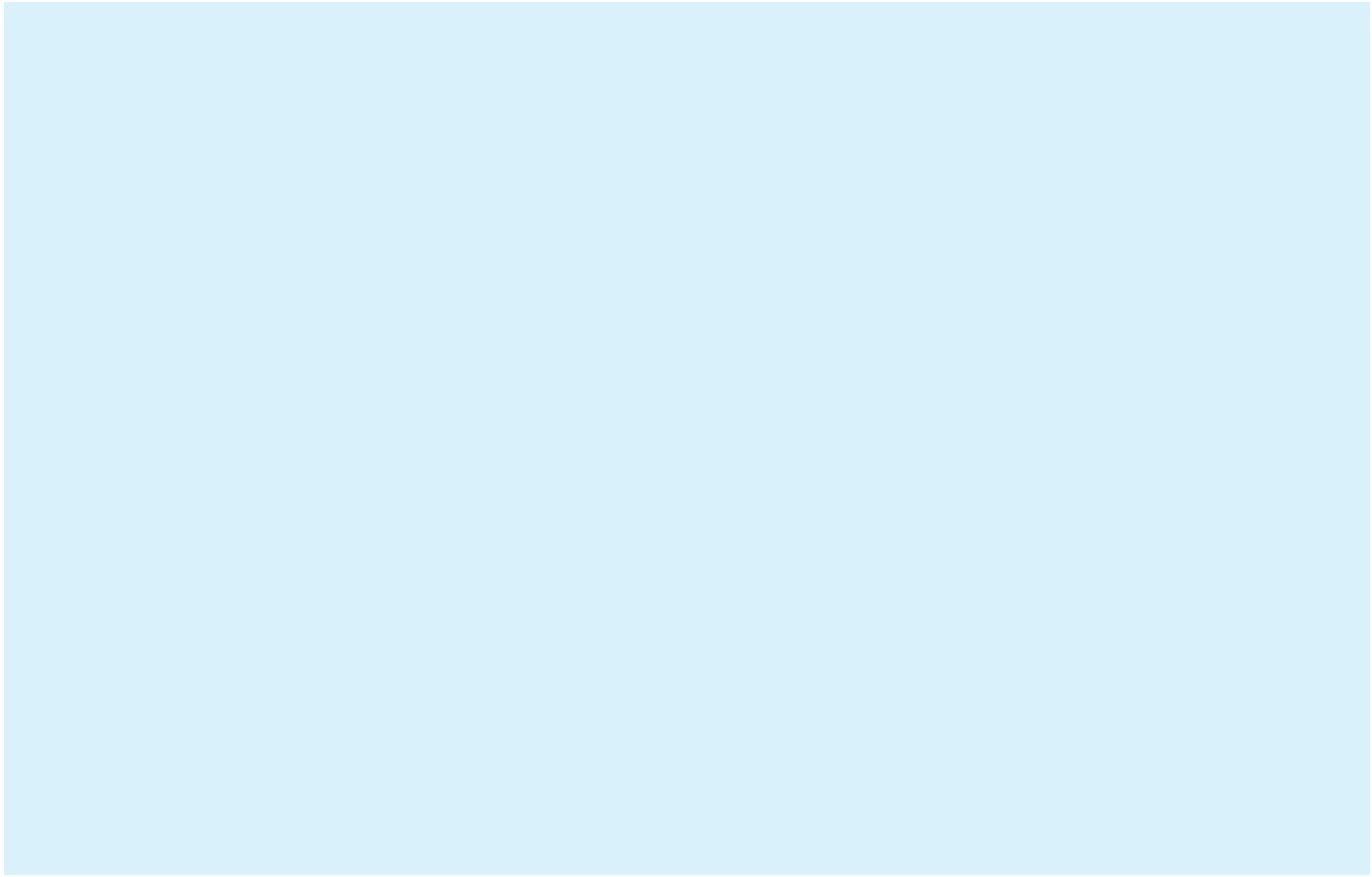
The coach stands near the stumps and rolls a ball towards the batter as the bowler runs up.

Description:

- As the bowler approaches the crease, they must adjust their yorker delivery to try and hit the rolling ball.
- This drill helps bowlers practice delivering yorkers under pressure and teaches them to adapt mid-run-up.

National Curriculum Focus:

- Enhances bowlers' adaptability and reaction time when delivering yorkers.





Bouncer

DRILL 1 - SHORT PITCH ZONE

Set up:

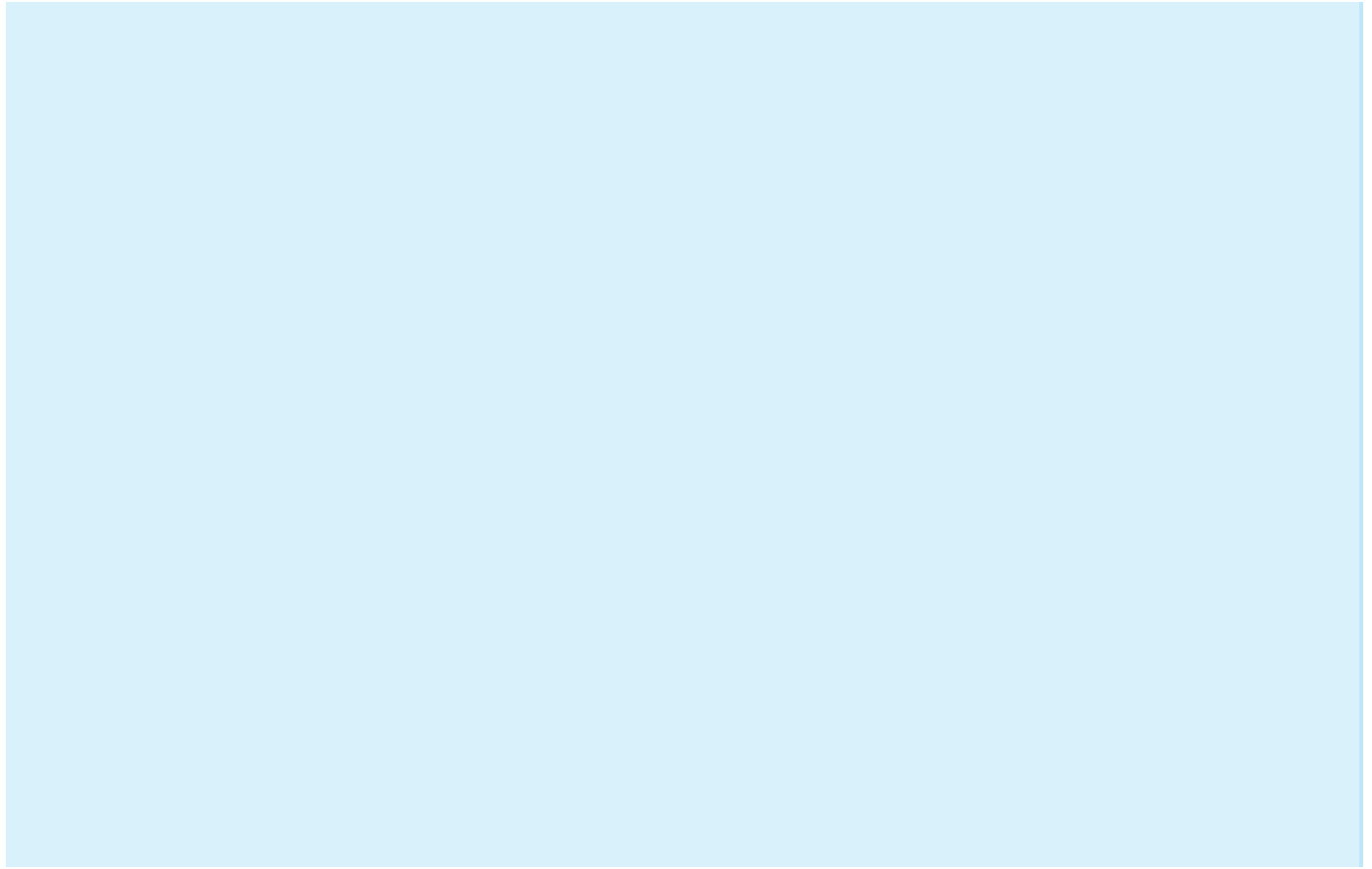
Mark an area in the pitch approximately halfway down to represent the ideal short-pitch zone for bouncers.

Description:

- Bowlers practice aiming their deliveries to land in the short-pitch zone, ensuring that their bouncers have the correct length and height.
- Coaches can adjust the distance of the short-pitch zone based on players' ability.

National Curriculum Focus:

- Improves bouncer length and control.
- Helps bowlers understand the correct length and height for an effective bouncer.





Bouncer

DRILL 2 - BOUNCER ACCURACY

Set up:

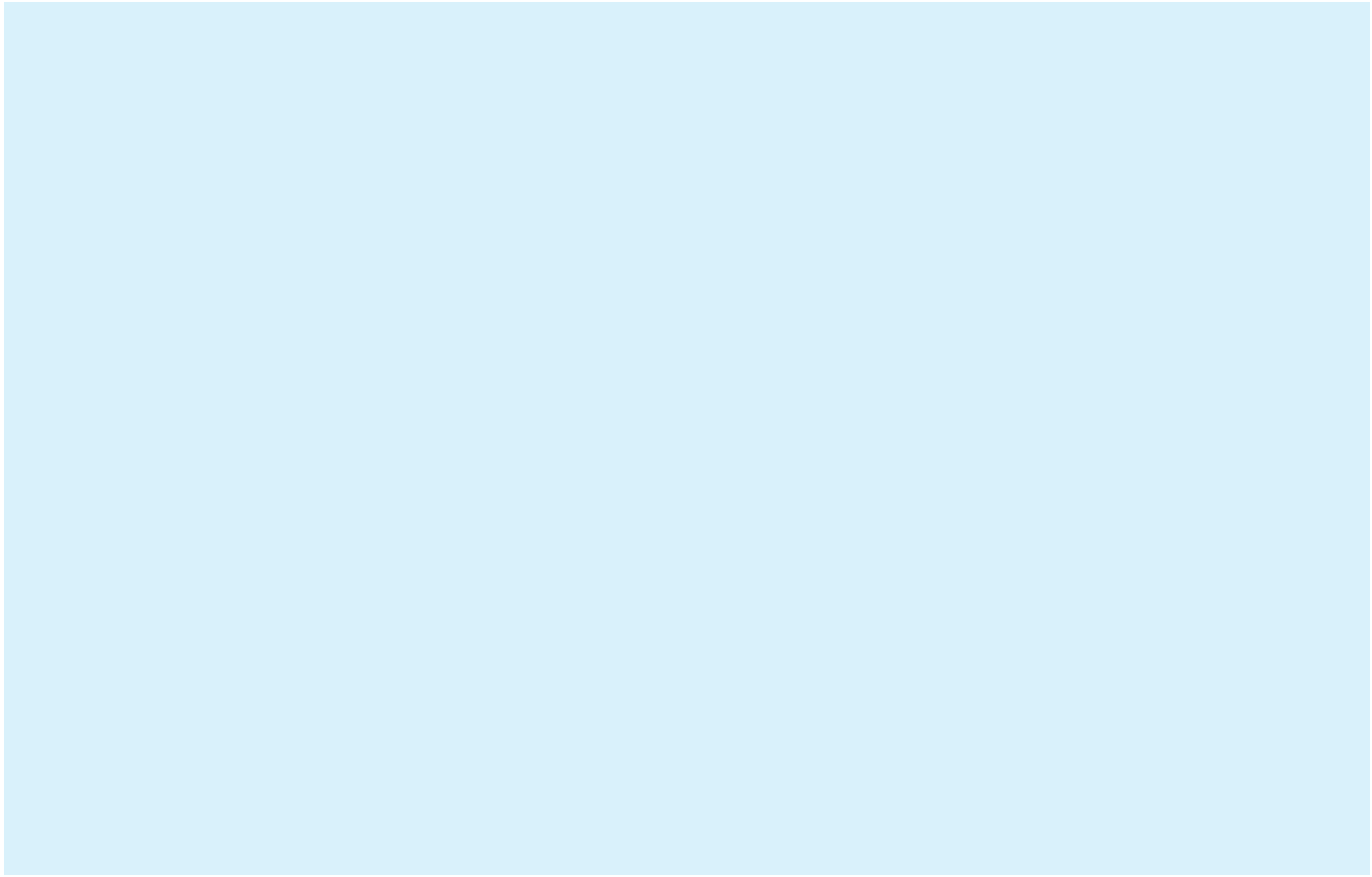
Place a target behind the stumps (e.g., a tall cone or marker) to simulate a batter's head height.

Description:

- Bowlers aim to hit the target with their bouncers, focusing on accuracy and height. They can bowl from a shorter distance initially to improve their control.
- The goal is to maintain control while delivering a bouncer that challenges the batter.

National Curriculum Focus:

- Develops bouncer accuracy and helps bowlers refine their ability to bowl short-pitched deliveries with control.





Slower ball

DRILL 1 - KNUCKLE BALL

Set up:

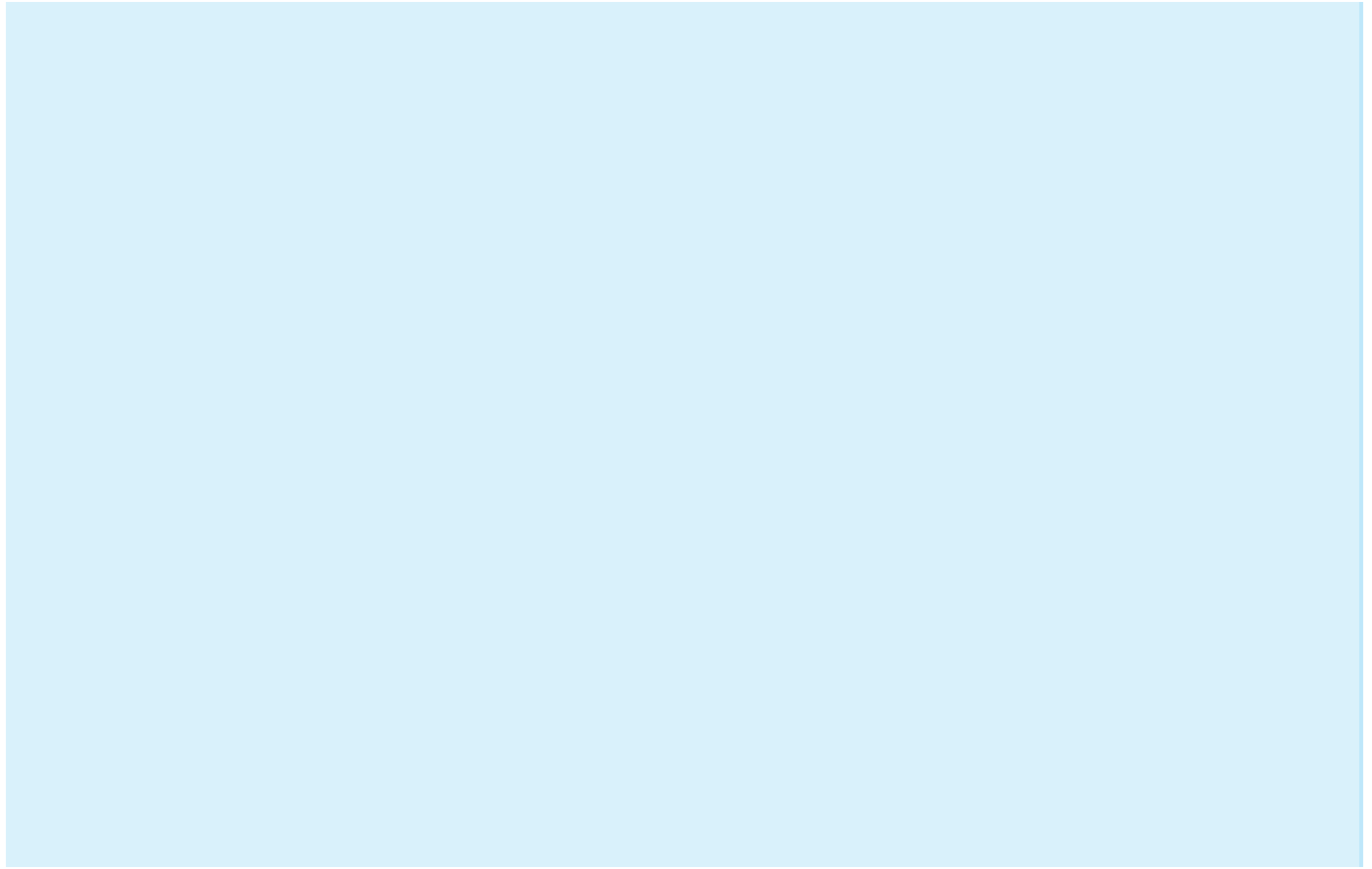
Players hold the ball using the knuckle grip, where the ball is placed under the knuckles of the index and middle fingers.

Description:

- Bowlers practice delivering the knuckle ball, focusing on release technique and deceiving the batter with the slower pace.
- Coaches monitor finger placement and release to ensure proper execution of the slower ball.

National Curriculum Focus:

- Teaches deception through slower-ball delivery.
- Develops finger strength and control for effective execution of the knuckle ball.





Slower ball

DRILL 2 - BACK OF THE HAND

Set up:

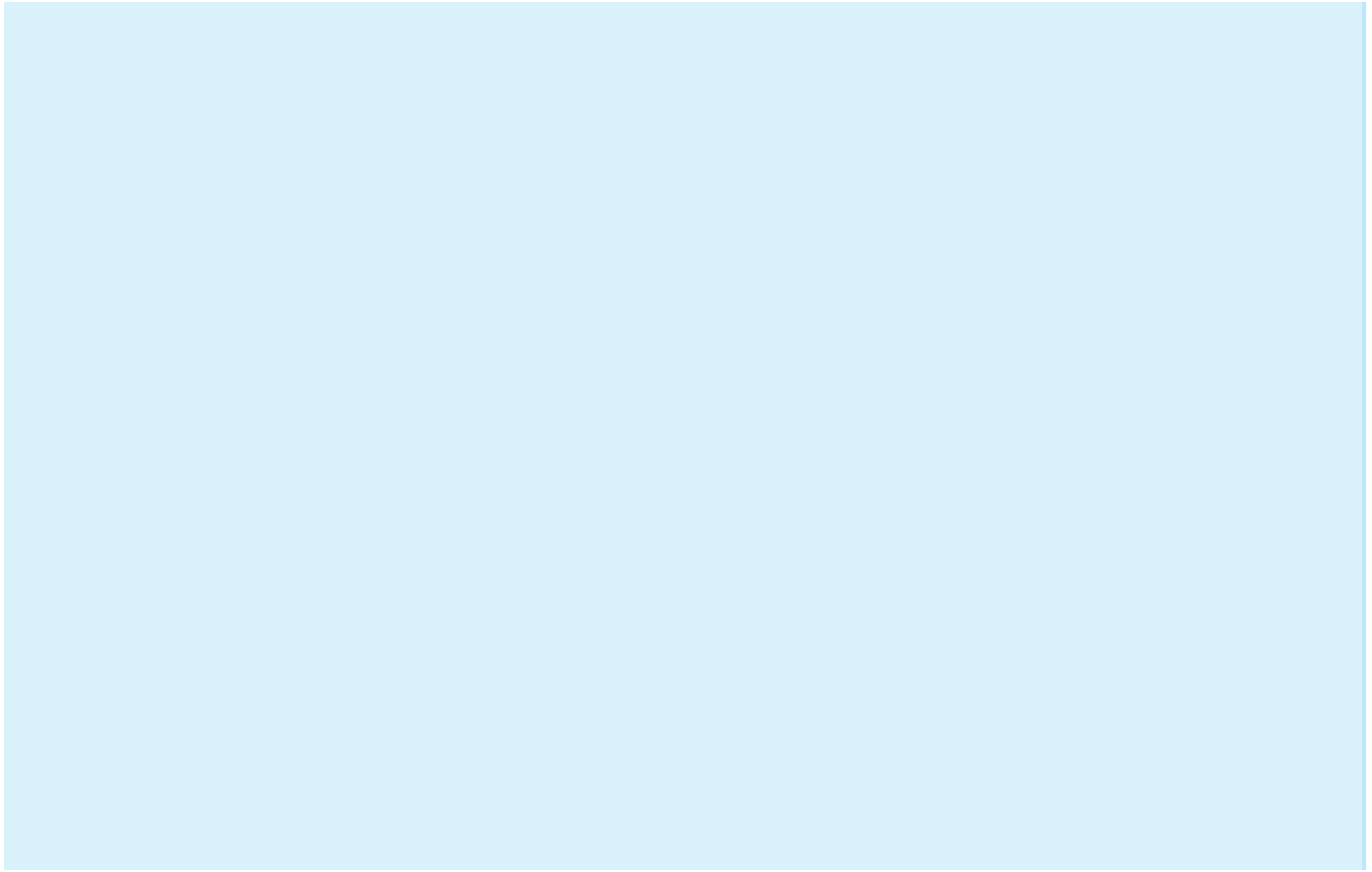
Players practice gripping the ball normally but aim to release the ball with the back of their hand facing the batter.

Description:

- Bowlers focus on delivering the ball with a backspin, creating a slower and more deceptive delivery.
- The drill encourages bowlers to disguise the delivery and adjust their wrist position for the back of the hand ball.

National Curriculum Focus:

- Develops wrist control and spin variation to make slower deliveries more deceptive.





Slower ball

DRILL 3 - WIDE GRIP

Set up:

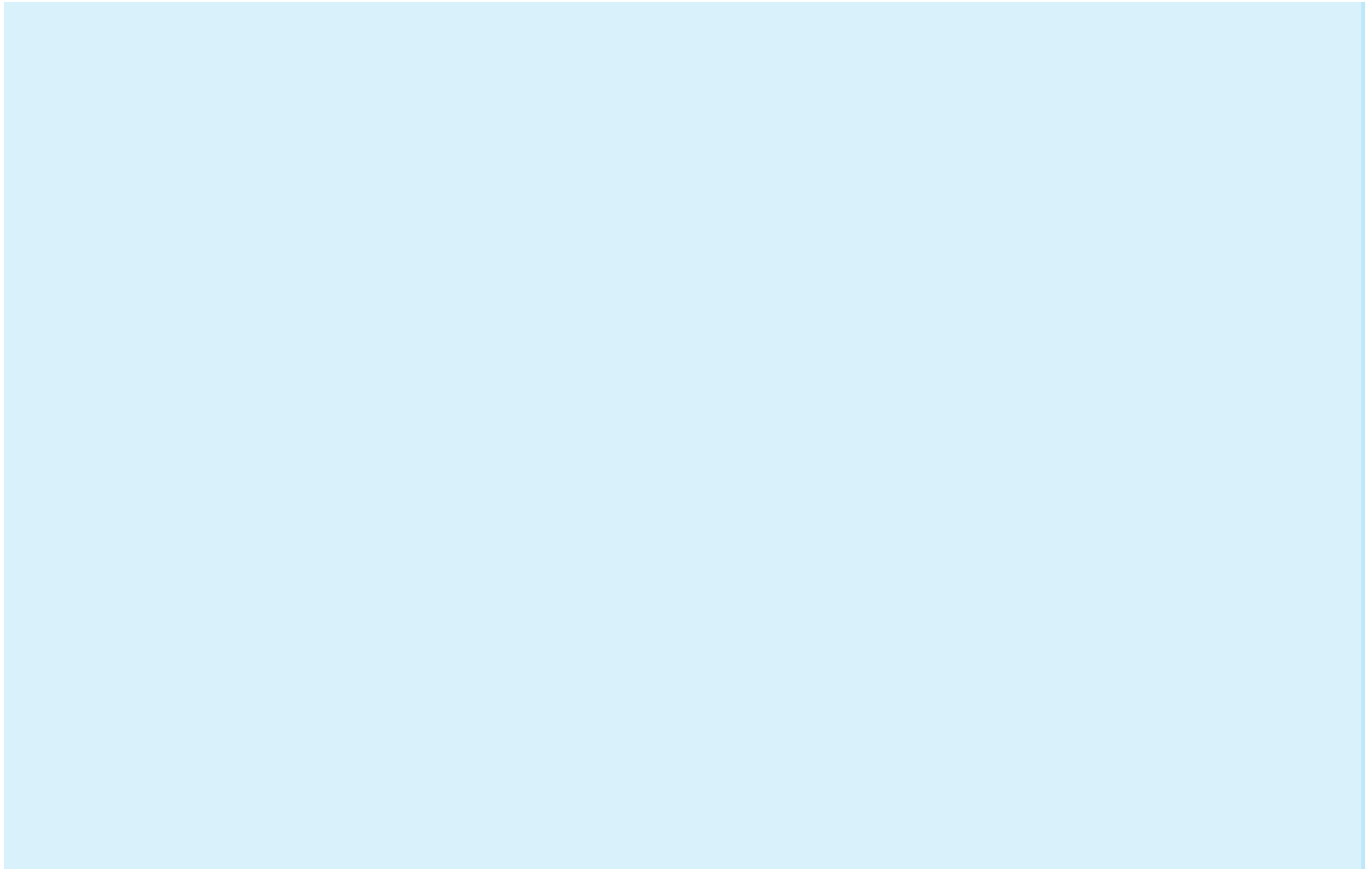
Bowlers practice using a wider grip on the ball, with their first two fingers further apart than usual.

Description:

- The wide grip delivery reduces ball rotation, making it slower and harder for batters to pick up.
- Players practice bowling with this grip, focusing on release and spin control.

National Curriculum Focus:

- Enhances slower-ball variation and helps bowlers perfect a wide grip for deceiving batters with pace changes.



BOWLING GAMES



Cricket
development
programme

3 cone call out
Yorker target
Swing stump hit
Tape ball cricket
Shuttle runners



3 CONE CALL OUT

Set up:

Pitch Area:

Standard bowling strip (15-20 meters) with stumps at one end.

Cones:

Place 3 different coloured cones (red, blue, yellow) at varying distances in front of the stumps (e.g., 3 meters, 6 meters, and 9 meters).

Ball:

Use a regular cricket ball or a soft ball depending on the players' skill level.

Focus:

- **Adaptability and Decision-Making:** Teaches players to adapt mid-delivery based on the target called, improving decision-making in high-pressure scenarios.
- **Accuracy and Focus:** Enhances the ability to maintain accuracy and focus while adjusting for different lengths and lines.
- **Coordination and Targeting:** Promotes coordination between the player's bowling approach and their ability to aim at precise areas.

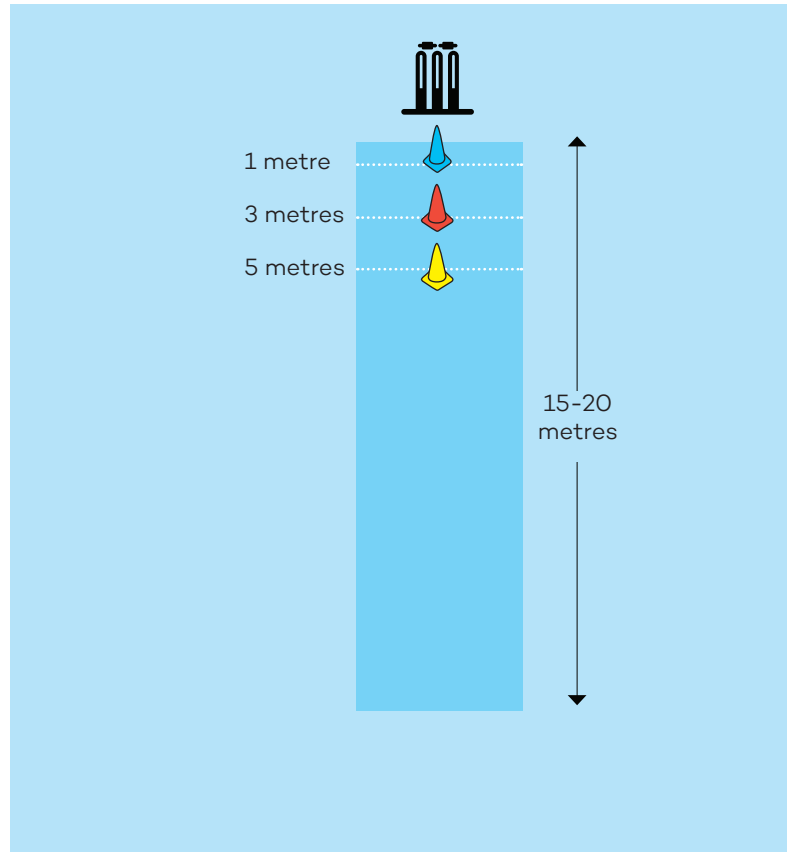
Description:**Objective:**

Players aim to hit a specific cone as directed by the coach while maintaining focus on their bowling accuracy.

How to Play:

- Players take turns to bowl at the stumps.
- As the player runs up to bowl, the coach calls out the color of one of the cones.
- The player must adjust their line and length mid-run-up to target the cone called out by the coach.

You can increase difficulty by calling out multiple cones in sequence for advanced players, or by swapping cones for larger objects





YORKER TARGET

Set up:

Pitch Area:

Mark out a standard cricket pitch or use cones to create a 15-20 meter bowling strip.

Cones:

Place cones or small flat targets at the crease line (the area where a batter's feet would be positioned for a yorker).

Teams:

Split the players into two teams.

Focus:

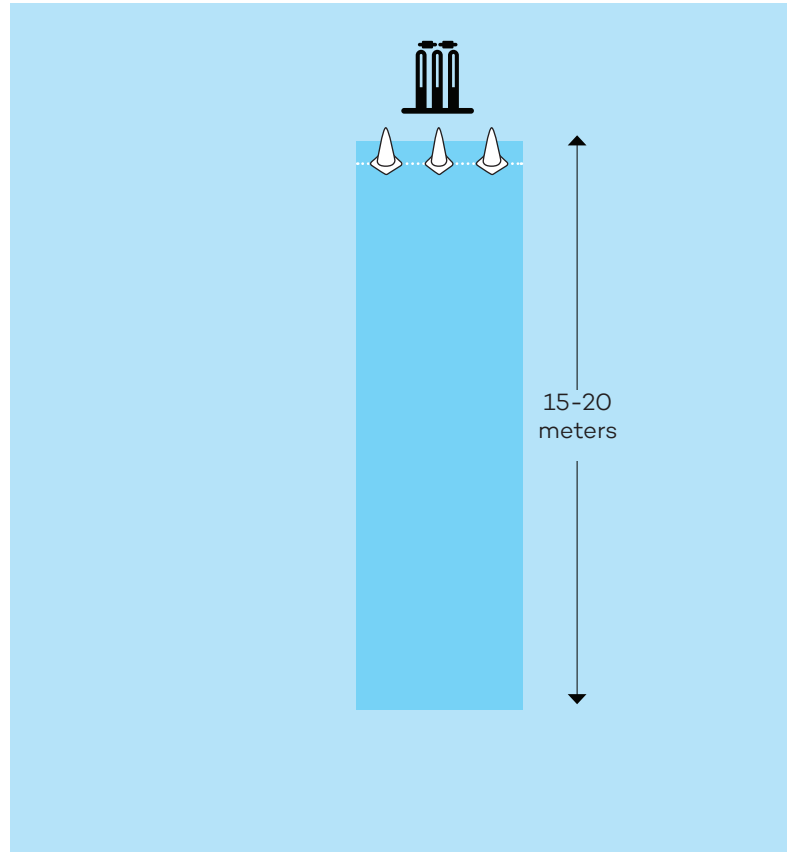
- **Yorker Accuracy:** Develops the ability to bowl a consistent yorker, a key skill for death-over bowling.
- **Pressure Situations:** Encourages players to execute under pressure while bowling at the stumps.
- **Team Strategy:** Promotes teamwork as players strategize and encourage each other to hit the target.

Description:**Objective:**

Players practice bowling yorkers, aiming to hit the target cones positioned where the batter's feet would be.

How to Play:

- Players from each team take turns bowling at the cones, aiming to bowl accurate yorkers and knock the cones over.
- Scoring:
 - 3 points for hitting a cone directly.
 - 2 points for bowling a yorker close to the cone.
 - 1 point for a good length delivery near the cones.
- First team to reach a set number of points wins.
- Coaches can adjust difficulty by using bigger cones or adding more target areas.





SWING STUMP HIT

Set up:

Pitch Area:

A standard 15-20 meter bowling strip with stumps at one end.

Ball:

Tape half of a tennis ball to encourage swing (the taped side will create lateral movement).

Teams:

Split the players into two teams.

Focus:

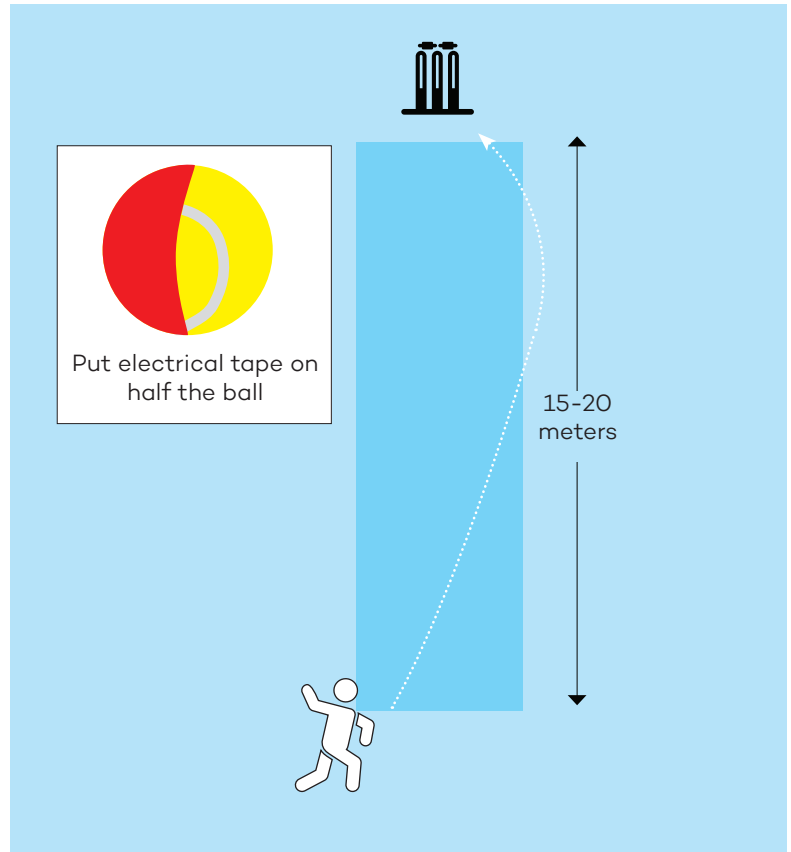
- Swing Bowling Technique: Helps players learn to control swing, both in-swing and out-swing, enhancing their bowling variety.
- Line and Length Control: Encourages players to bowl a good line and length while utilizing swing.
- Tactical Thinking: Teaches bowlers to think about how to deceive the batter with swing.

Description:**Objective:**

Players focus on using swing to knock over the stumps, honing their ability to control a swinging ball.

How to Play:

- Players take turns bowling with the taped tennis ball, aiming to make the ball swing and hit the stumps.
- Scoring:
 - 3 points for hitting the stumps with a swinging delivery.
 - 2 points for bowling a swinging delivery that passes near the stumps.
 - 1 point for getting the ball to swing significantly, even if it misses the stumps.
- Rotate after each over, and the team with the most points wins.





TAPE BALL CRICKET

Set up:

Pitch Area:

A shortened cricket pitch (around 10-15 meters) with stumps at one end.

Ball:

Use a tape ball (a tennis ball with tape on one half) to create significant swing.

Teams:

Split players into two teams (batting and bowling).

Focus:

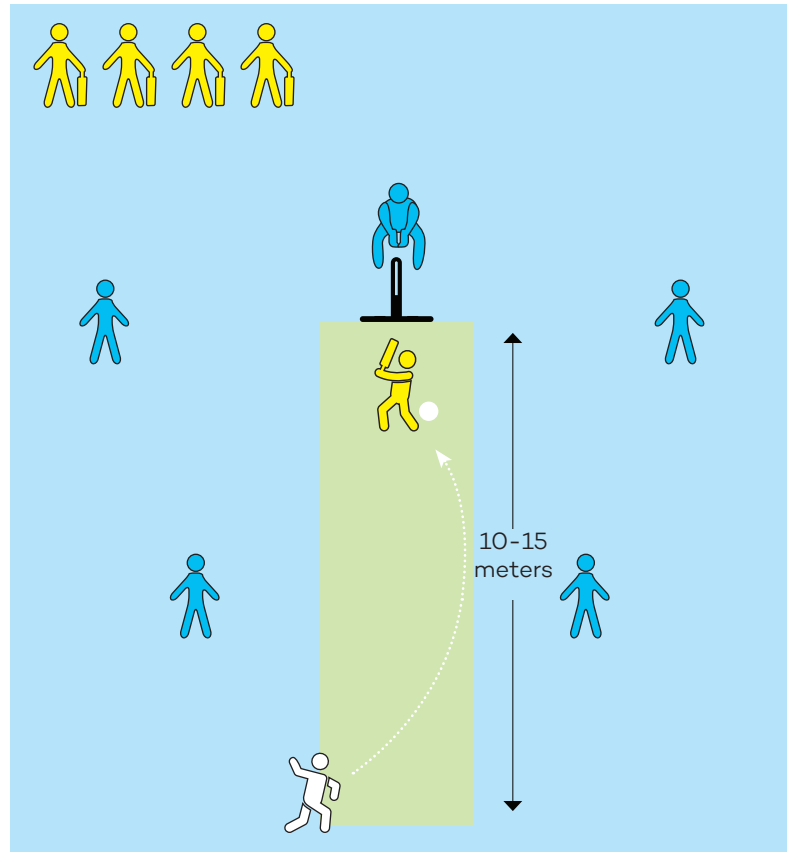
- Swing Bowling Mastery: Encourages bowlers to refine their swing bowling technique in game-like scenarios.
- Batting Under Swing Conditions: Teaches batters how to handle swing bowling effectively.
- Game Awareness: Promotes a fast-paced understanding of cricket, with players needing to react ly and think strategically.

Description:**Objective:**

Play a fast-paced version of cricket using a tape ball, with a focus on swing bowling.

How to Play:

- Play a modified version of cricket, but with a tape ball to encourage swing.
- Bowlers try to get batters out by swinging the ball, while batters try to score runs.
- Scoring:
Standard cricket scoring applies (runs for the batters, wickets for the bowlers).
Add bonus points for bowlers if they can swing the ball significantly past the batters or bowl out a batter with a swinging delivery.
- Rotate players after each mini-inning, and the team with the most runs/wickets wins.





ELIMINATION

Set up:

Pitch Area:

A standard 15-20 meter bowling strip with stumps at one end.

Cones:

Each team has 5 cones of different colours, placed strategically in front of the stumps at varying distances (3 meters, 6 meters, 9 meters).

Teams:

Split players into two teams..

Focus:

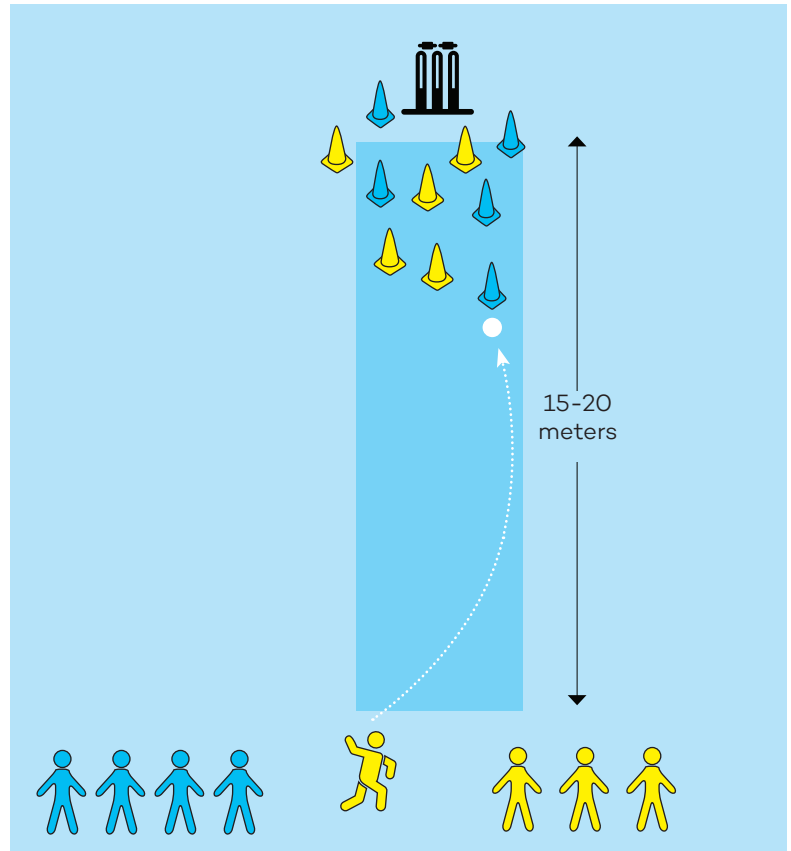
- Tactical Bowling: Encourages players to think about where to bowl to knock over the opposition's targets while protecting their own.
- Accuracy and Focus: Develops consistent line and length control to hit specific targets.
- Team Strategy: Teaches teamwork and strategy, as players must work together to decide where to place cones and how to attack the opponent's cones.
-

Description:**Objective:**

Knock down the opposing team's cones by bowling accurately, aiming to eliminate all their targets first..

How to Play:


- Players take turns bowling to knock out the opposition's cones while defending their own.
- Teams must strategically place their cones in front of the stumps to make it harder for the other team to hit them.
- Scoring:
3 points for knocking out a cone.
The first team to eliminate all the opposing teams cones wins the game
- After one round, switch teams or positions, and repeat the game.



FIELDING SKILLS



Cricket
development
programme

A vertical dotted line consisting of small green dots, positioned to the left of the text.

3 cone call out
Yorker target
Swing stump hit
Tape ball cricket
Shuttle runners



Pick up

DRILL 1 - CONE PICK UP

Set up:

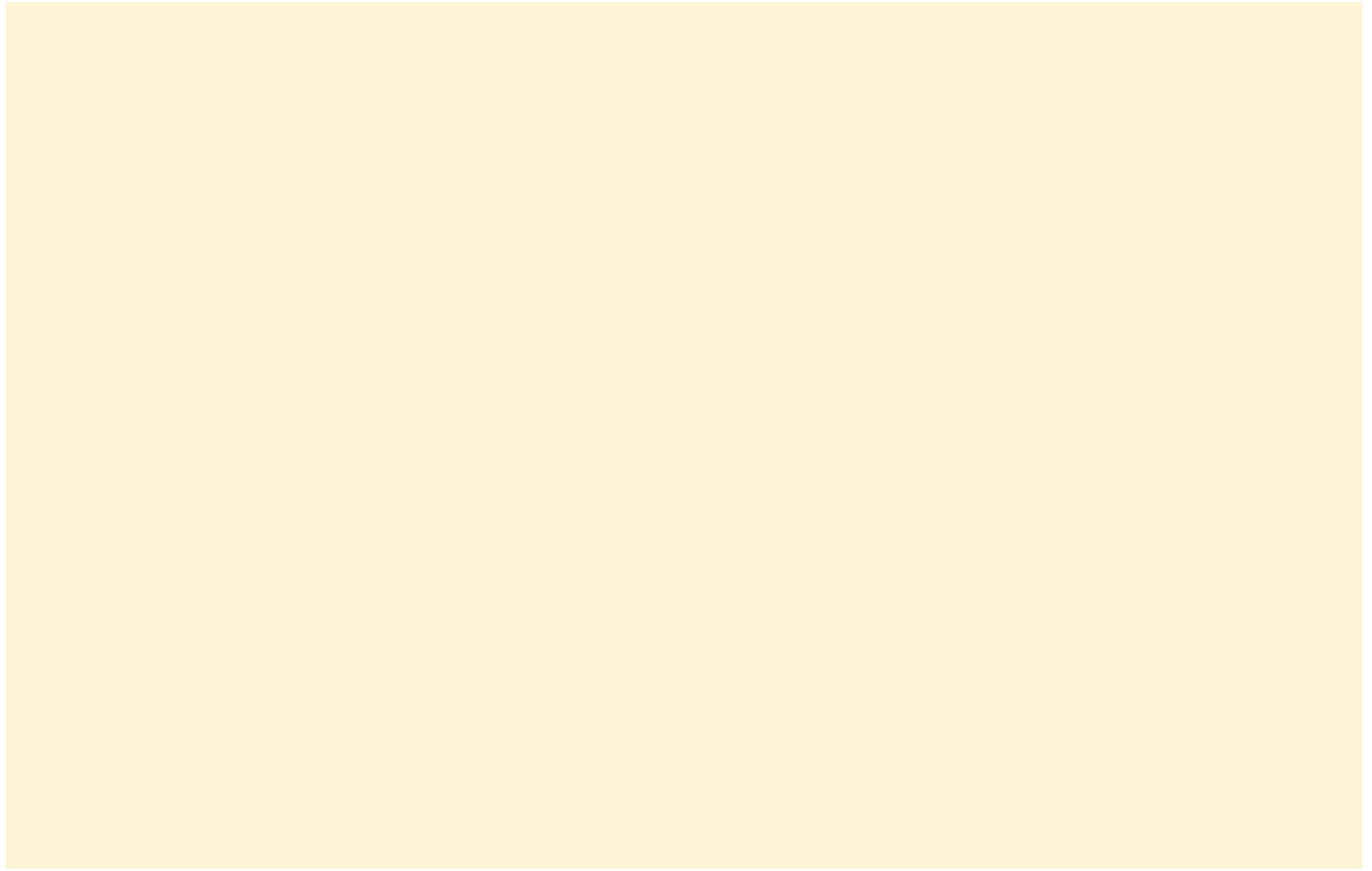
Place cones in a straight line, each about 5 meters apart, across the field.

Description:

- Players run from cone to cone, picking up a stationary ball placed beside each cone. Focus on scooping the ball smoothly and transitioning into a throwing position as they move to the next cone.
- The aim is to practice picking up the ball on the move and preparing for a throw in one motion.

National Curriculum Focus:

- Improves fielding mobility, ball pick-up technique, and speed.
- Helps players transition quickly from fielding to throwing positions.
-





Pick up

DRILL 2 - ROLLING BALL

Set up:

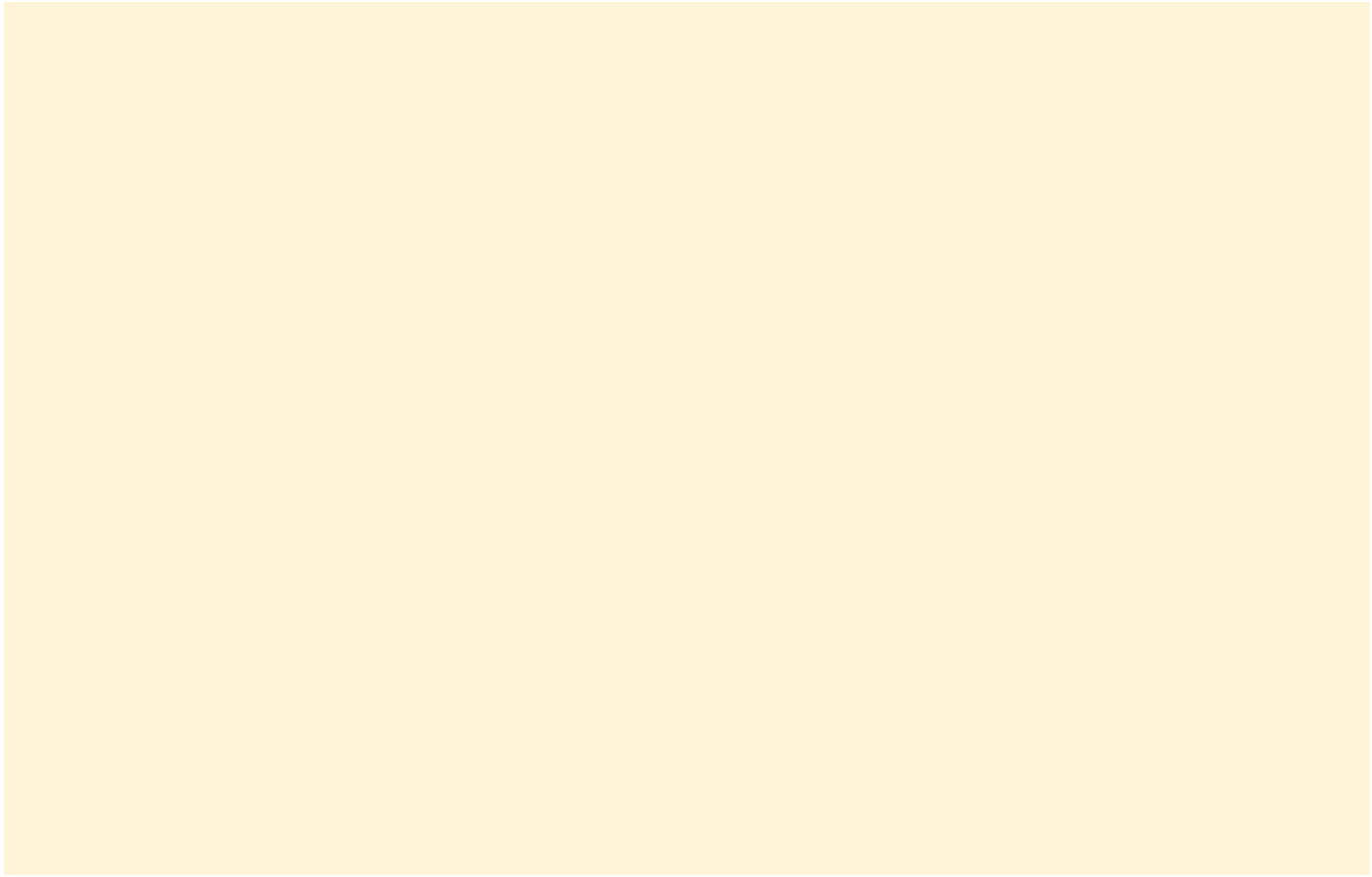
Players form a line while the coach or a teammate rolls a ball towards each player.

Description:

- Players practice approaching and picking up the rolling ball while moving. Emphasize the importance of getting low and using both hands to field the ball cleanly. After the pick-up, players simulate a throw to a target.
- Coaches can vary the speed of the rolled ball to challenge players' agility and fielding skills.

National Curriculum Focus:

- Develops hand-eye coordination, footwork, and the ability to field the ball cleanly at different speeds.
- Focuses on quick reflexes and transitioning into a throwing position.





Throwing

DRILL 1 - TARGET THROW

Set up:

Mark a target on the ground (like a mat or cone) or use stumps about 20 meters away. Players stand in a line and take turns throwing the ball to hit the target.

Description:

- Players focus on throwing the ball accurately at a set target. This can be done overhand for longer throws or underhand for short distances. Coaches can vary the distance and height of the target to challenge players.

National Curriculum Focus:

- Develops motor control and coordination through repetition. Helps players understand body positioning and movement efficiency when aiming and throwing.





Throwing

DRILL 2 - RELAY THROW

Set up:

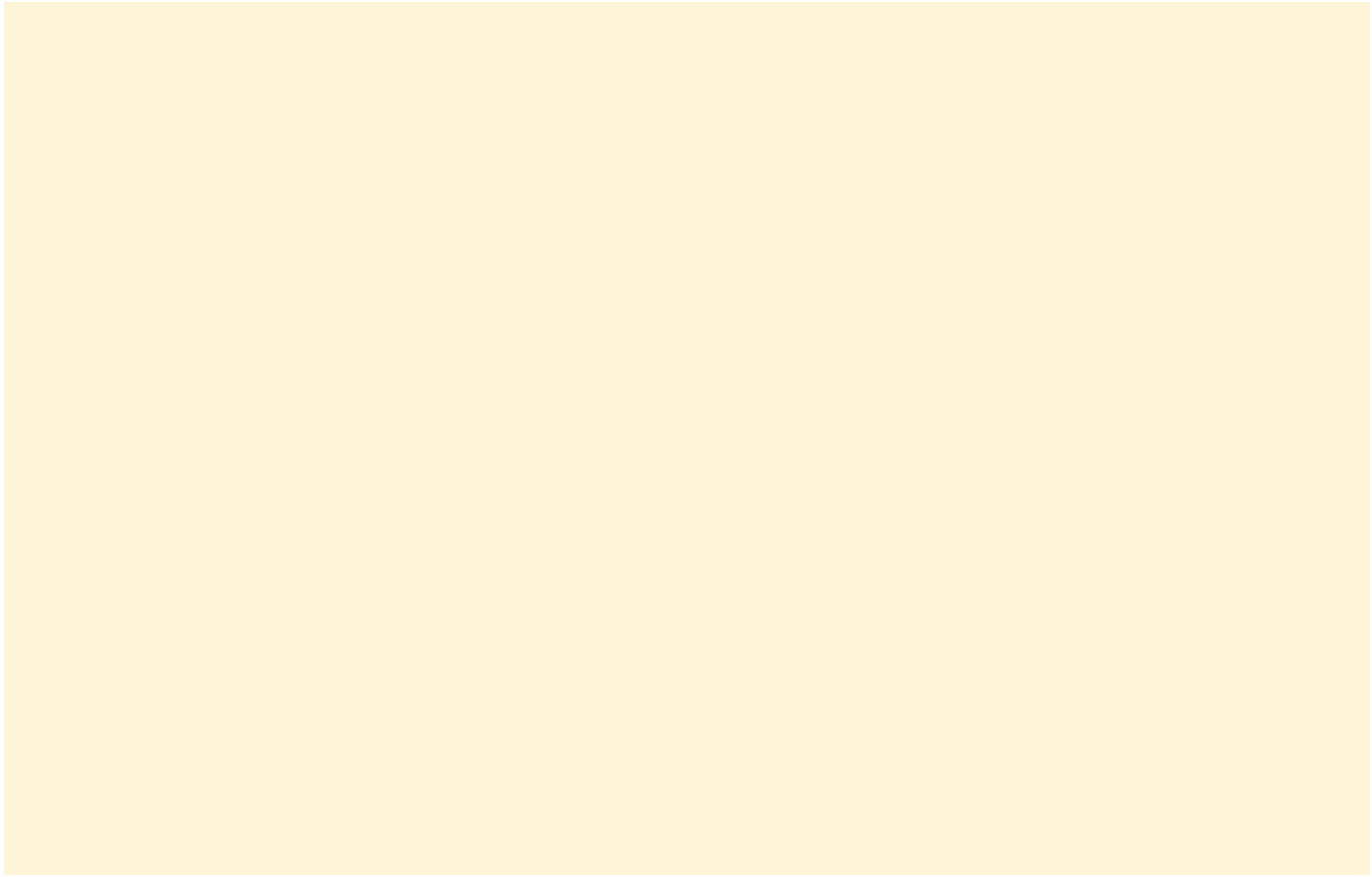
Set up two lines of cones, about 20 meters apart. Players form two teams and stand at either end.

Description:

- Players take turns running to a ball placed in the middle, picking it up, and throwing it to their teammates at the other end. Each player must field and throw the ball accurately before the next player starts. First team to complete the relay wins.

National Curriculum Focus:

- Combines agility and coordination with teamwork and communication skills. Develops game-related decision-making and timing.





Throwing

DRILL 3 - MOVING TARGET THROW

Set up:

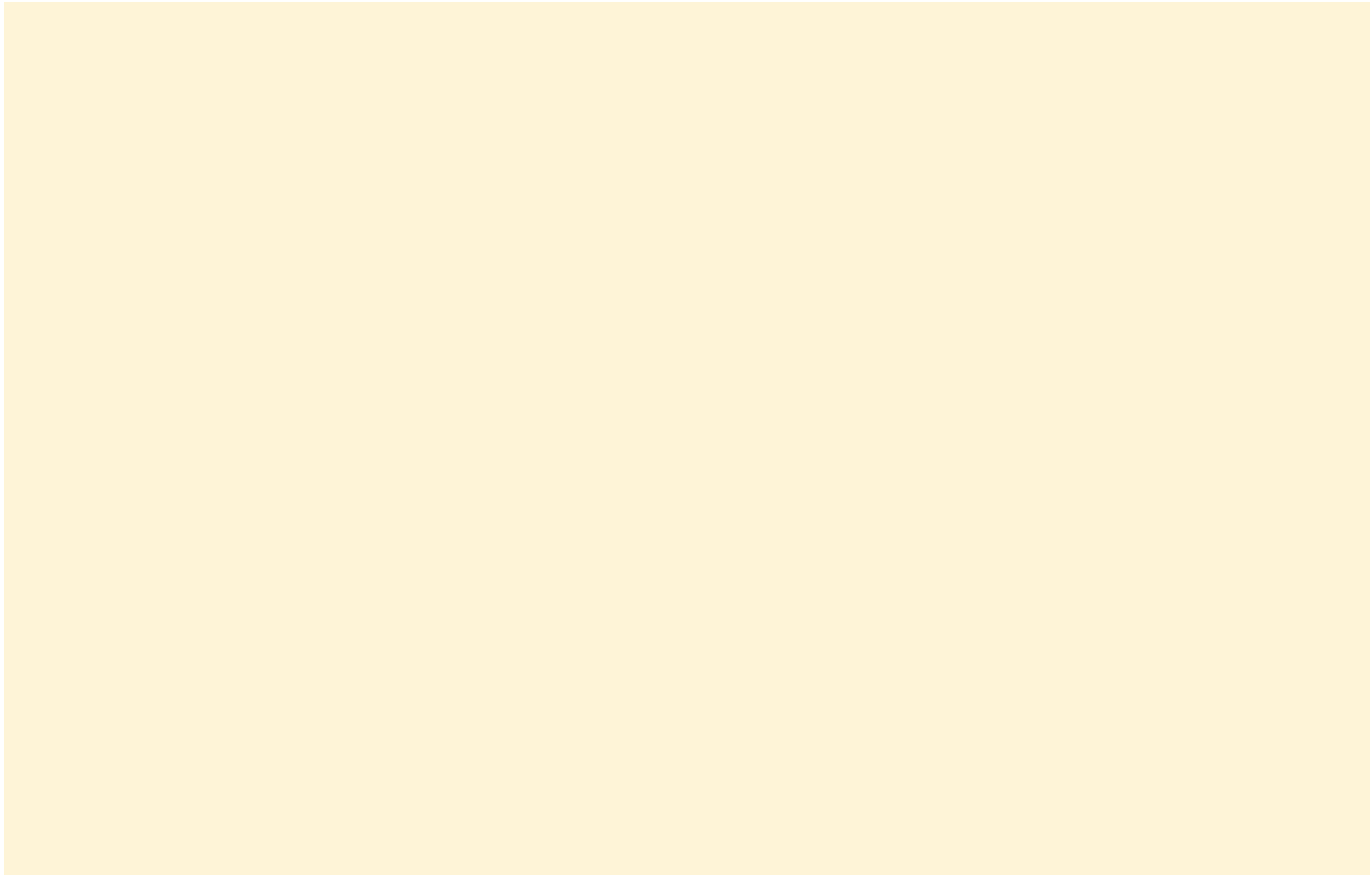
One player or coach acts as the moving target, walking or running back and forth about 15-20 meters away. The throwers stand in a line.

Description:

- The player throws the ball at the moving target, aiming to hit them or deliver it to them. This helps players practice throwing accurately to a moving target, mimicking a game situation where the batter is running.

National Curriculum Focus:

- Promotes advanced coordination and spatial awareness, emphasizing motor learning and precision under challenging conditions.





Catching

DRILL 1 - HIGH CATCH

Set up:

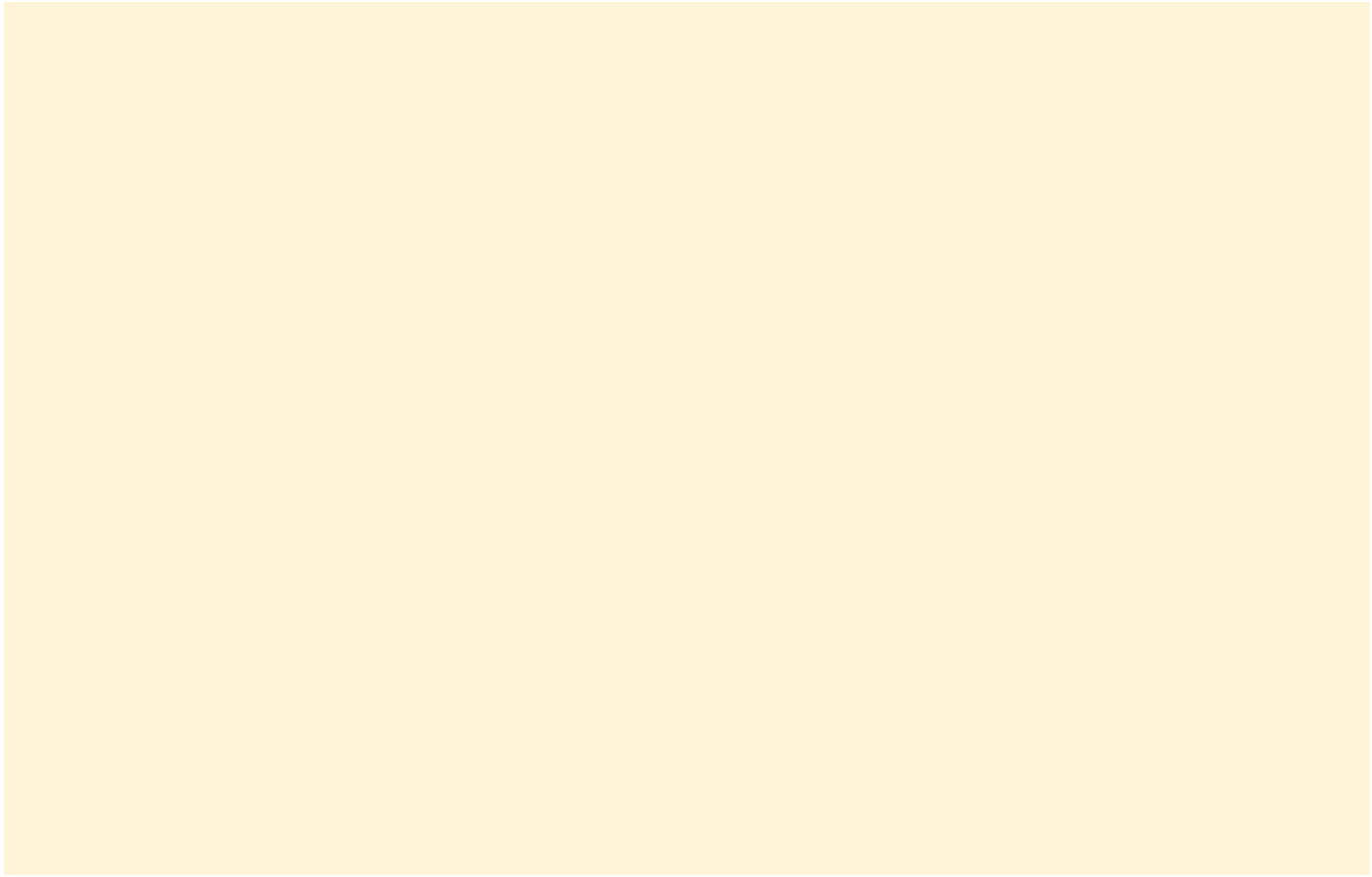
The coach or partner stands about 20-30 meters away with a tennis racket or cricket bat to hit high balls to the fielders. Players stand in a semi-circle around the coach.

Description:

- The coach hits high balls, and the players take turns catching them. Focus on technique: players should move quickly into position, judge the ball's flight, and use soft hands to catch the ball cleanly.

National Curriculum Focus:

- Emphasizes hand-eye coordination, movement control, and spatial awareness, fostering the ability to track and intercept a moving object.





Catching

DRILL 2 - REACTION CATCHES

Set up:

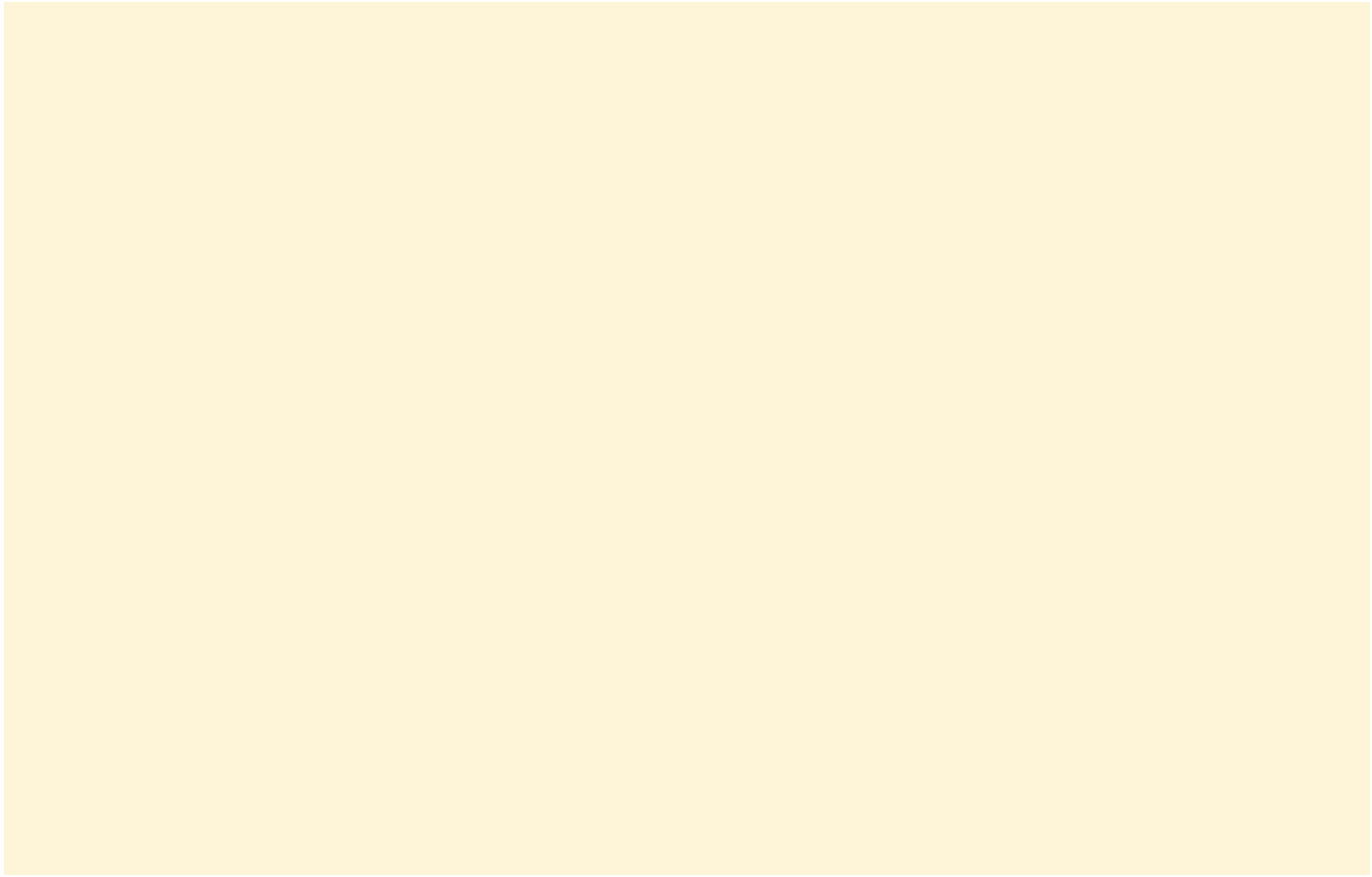
Players line up in pairs about 5-7 meters apart. Each pair has one ball. The thrower throws the ball randomly at the catcher, forcing them to react quickly.

Description:

- The thrower varies the speed, height, and angle of the ball, making the catcher react and move to complete the catch.
- Players take turns being the thrower and catcher.

National Curriculum Focus:

- Enhances reaction time and decision-making, critical for real-game situations.
- Promotes agility and awareness through fast responses to stimuli.





Catching

DRILL 3 - ONE HANDED CATCH

Set up:

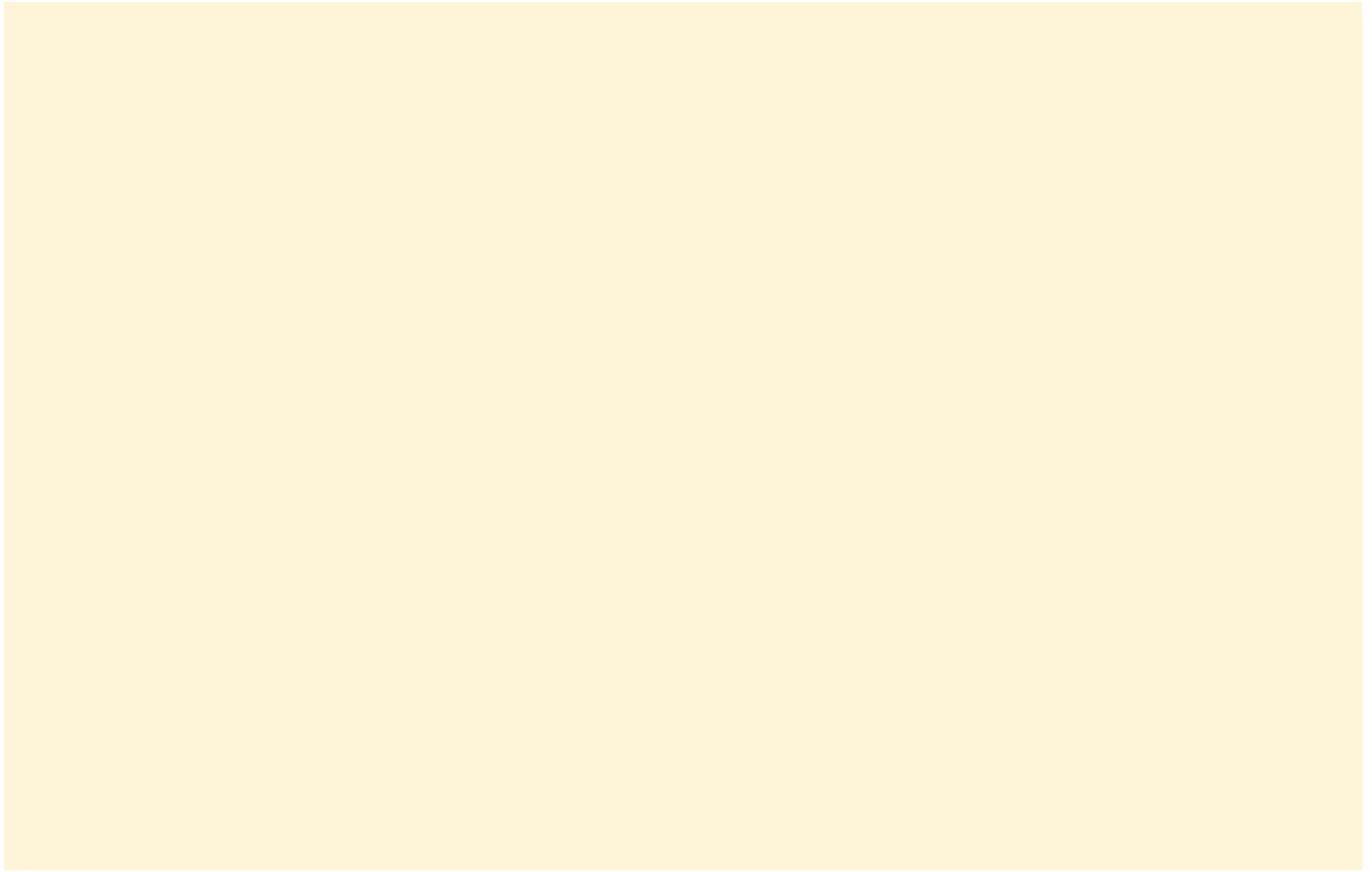
Players line up in pairs, standing about 5 meters apart. Each pair has a ball.

Description:

- The thrower tosses the ball towards the catcher, who must catch it using only one hand.
- Alternate between using the left and right hand. Start with gentle throws and gradually increase speed and difficulty.

National Curriculum Focus:

- Focuses on fine motor control and one-sided body coordination, which are essential for mastering more advanced catching techniques.



FIELDING GAMES



Cricket
development
programme

Triangle fielding

Run out a) long b) wide

Protect the boundary

Cross throwing

Stump call out



TRIANGLE FIELDING

Set up:

Cones:

Place three cones in a triangle formation, about 10-15 meters apart.

Stumps / Objects:

Place a stump or a small object between each cone, acting as the target for fielders to aim at.

Players:

Position one player at each cone, with one player starting with the ball.

Focus:

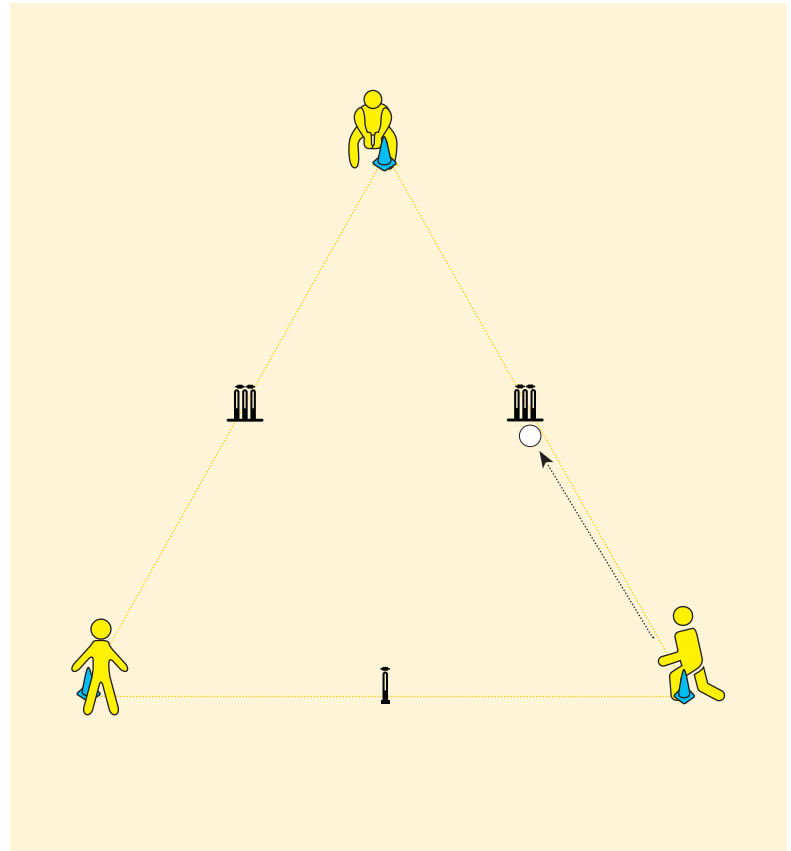
- Teamwork and Communication: Teaches players how to work together and communicate effectively during fielding situations.
- Backing Up and Support: Reinforces the importance of backing up teammates and staying alert during fielding plays.
- Accuracy and Control: Develops precision when aiming at a target and controlling the speed of throws.

Description:**Objective:**

Players work together to pass the ball around the triangle, aiming to hit the stumps/objects and backing each other up.

How to Play:

- The player with the ball rolls it towards the stump/object, trying to hit it.
- The player standing at the next cone backs up the ball, collecting it if it misses the target.
- Once collected, the player throws the ball to the player at the next cone in a clockwise or counterclockwise direction.
- The goal is to complete a set number of clean rounds (without fumbles or mistakes) or to hit the target a specific number of times.
- Increase the difficulty by speeding up the game or adding a second ball into the rotation.





RUN OUT

Set up:

Stumps:

Place a set of stumps at one end of the pitch.

Cone:

Set up a cone 10-20 meters away from the stumps.

Players:

Split the players into a batting team and a fielding team.

Focus:

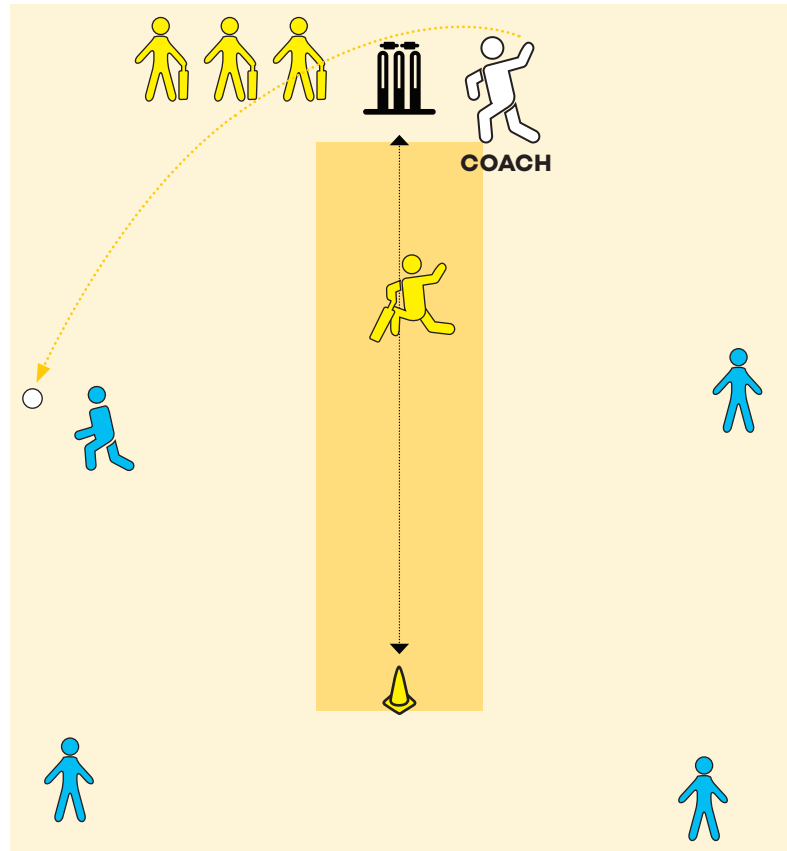
- Throwing Accuracy and Speed: Develops the ability to throw quickly and accurately towards the stumps.
- Agility and Speed: Helps players improve their speed and agility when chasing the ball or running between the stumps.
- Quick Decision Making: Teaches players to make fast decisions on whether to aim for a run-out or not.

Description:**Objective:**

Fielders practice running to collect the ball and executing run-outs, while batters work on sprinting between the stumps and cone.

How to Play:

- The batting team lines up behind the stumps, and the coach throws a tennis ball out into the field.
- One player from the fielding team sprints to collect the ball and throws it back towards the coach, aiming for the stumps.
- At the same time, the batter sprints from the stumps to the cone and back, trying to complete the run before the ball is returned.
- Fielders score a point if they return the ball and hit the stumps before the batter gets back. Batters score a point if they complete the run first.
- Rotate fielders and batters after each attempt.





PROTECT THE BOUNDARY

Set up:

Cones:

Set two cones about 10-15 meters apart to create a boundary area.

Coach / ball feeder:

The coach or another player stands a few meters behind the boundary line with a ball.

Focus:

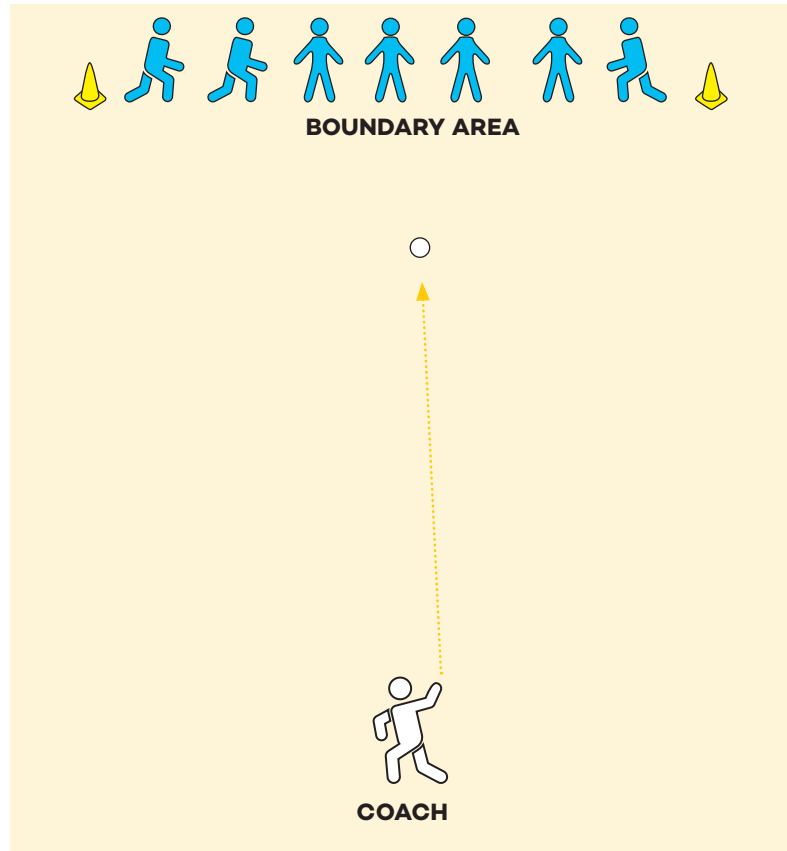
- Boundary Fielding: Teaches players how to effectively stop balls near the boundary, mimicking game situations.
- Communication: Reinforces communication and teamwork in the field.

Description:**Objective:**

Players work together to protect the boundary by fielding the ball and preventing it from crossing the boundary line.

How to Play:

- The coach or a designated player hits or throws the ball towards the boundary line, aiming to hit the ball between the two cones.
- Players must work as a team to field the ball before it crosses the boundary, using quick movements and communication to prevent the ball from going past them.
- If the ball is stopped, players throw it back to the coach or another designated player.
- Set a goal for the number of successful stops or how many times the coach can get the ball past the fielders in a set number of attempts.





CROSS THROWING

Set up:

Pairs:

Split players into pairs and position them 5-10 meters apart, increasing the distance based on skill level.

Cones:

Place a cone between each pair.

Stumps:

Have a set of stumps or a target at the end of each pair's throwing lane.

Focus:

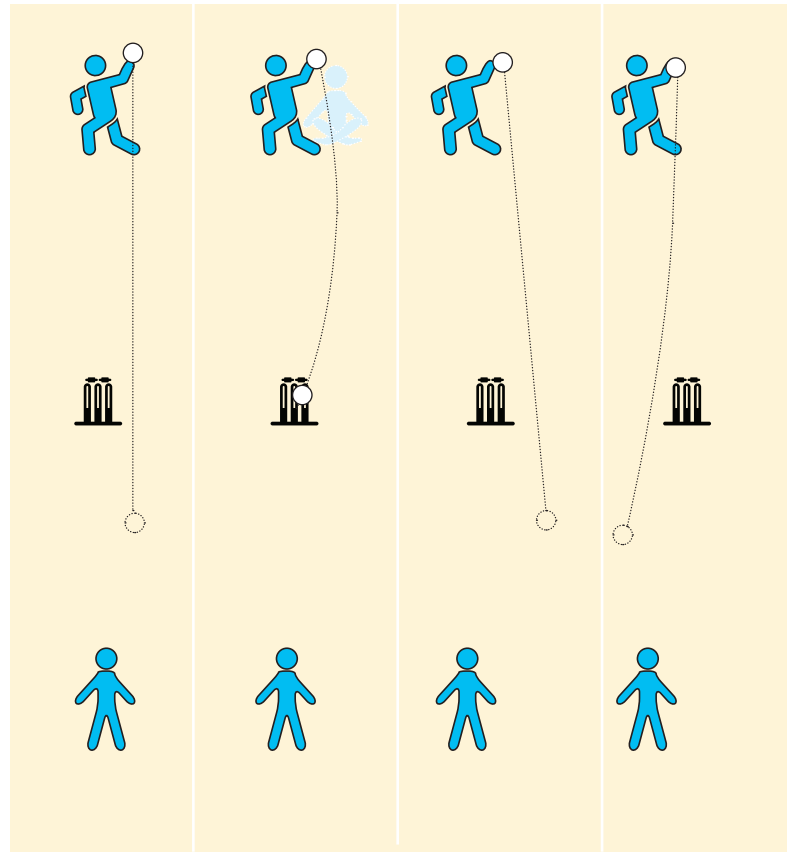
- Throwing Accuracy: Develops precision when throwing at a target from varying distances.
- Arm Strength and Coordination: Helps improve throwing strength and coordination for fielding in match scenarios.
- Competitive Focus: Adds an element of competition to maintain concentration under pressure.

Description:**Objective:**

Players take turns throwing the ball at the stumps, aiming to hit the target and improve their throwing accuracy.

How to Play:

- Each pair of players throws the ball at the stumps, aiming to hit the target.
- If a player hits the stumps, they sit down. The first team with all their players sitting down wins.
- Players who miss must retrieve the ball and continue throwing until they hit the target.
- To increase difficulty, players can switch to underarm or sidearm throws, or move further away from the stumps.





STUMP CALL OUT

Set up:

Players:

Players form a single file line.

Stumps / Cones:

Set up two stumps or cones, each about 10-15 meters away from the players in different directions.

Coach/Ball Feeder:

The coach or a designated player stands near the players with a ball.

Focus:

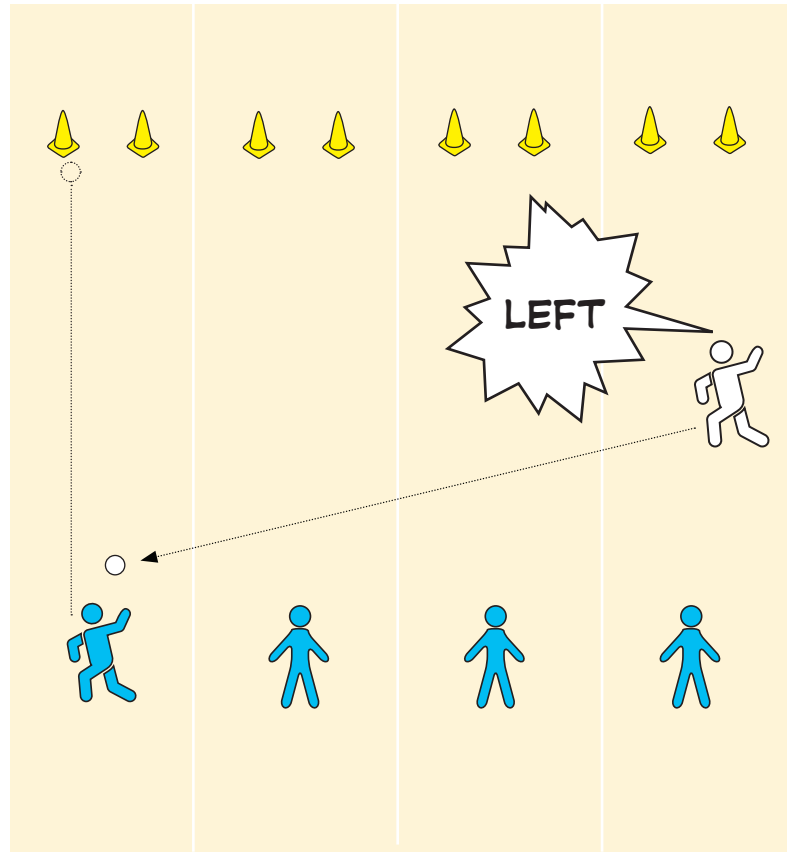
- Quick Reactions: Trains players to think quickly and respond to changing situations while fielding.
- Accuracy Under Pressure: Encourages players to aim accurately even when reacting quickly to a coach's call.
- Footwork and Speed: Promotes fast footwork and quick reactions when picking up the ball and throwing.

Description:**Objective:**

Players practice picking up the ball quickly and reacting to instructions by aiming for the correct stump or target.

How to Play:

- The coach rolls a ball out in front of the first player in line.
- Just before the player reaches the ball, the coach calls out which stump (left or right) to aim at.
- The player quickly picks up the ball and throws it at the called stump.
- Players rotate after each attempt, with the coach increasing the speed of their calls for added difficulty.





KEEPERS / BOWLERS

Set up:

Stumps:

Set up two stumps or cones at opposite ends of a circle.

Players:

Players form a circle around the stumps.

Coach/Ball Feeder:

The coach rolls the ball out to the players.

Focus:

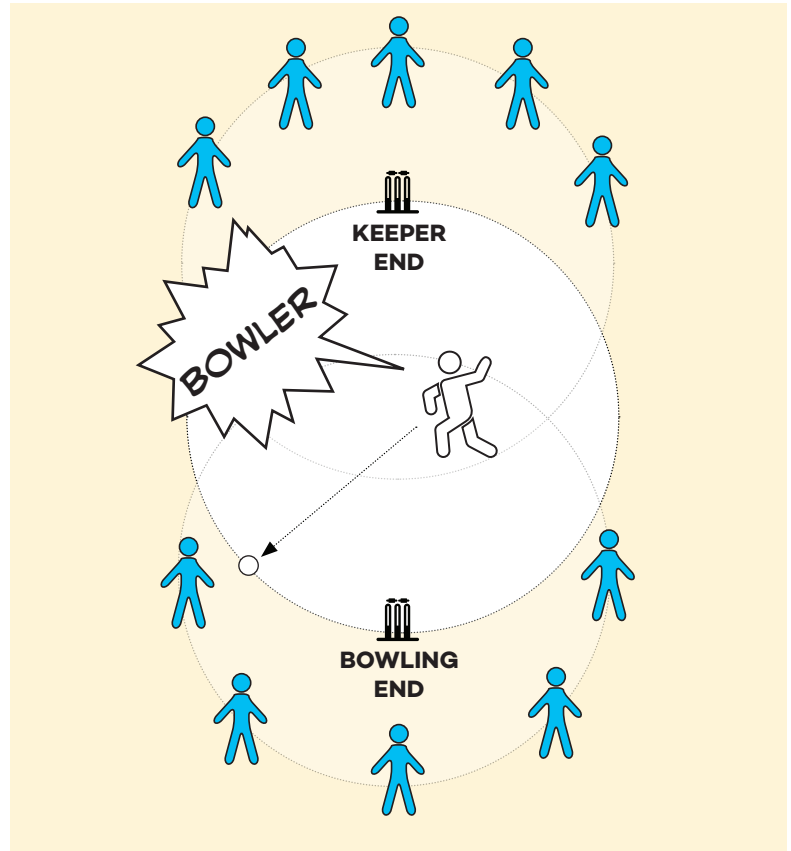
- Decision-Making Under Pressure: Trains players to make quick decisions about where to throw the ball.
- Accuracy and Speed: Encourages players to throw accurately while reacting to a situation.
- Game Awareness: Helps develop awareness of fielding positions and quick reactions in a match setting.

Description:**Objective:**

Players must quickly decide whether to throw the ball at the “keeper” stump or the “bowler” stump based on the coach’s call.

How to Play:

- The coach rolls the ball towards one of the players.
- Just before the player picks up the ball, the coach calls out either “Keeper” or “Bowler.”
- The player must quickly decide which stump to throw at and attempt to hit the target.
- Players rotate positions around the circle after each turn, and the coach can increase the pace of their calls for added difficulty.



HOME CHALLENGES

A vertical dotted line consisting of 20 small green dots, positioned to the left of the list of activities.

Keep it up

One handed through the gate

Bat/ball balance

Tape ball alternate swing

Top of off

Hit the yorker

10 object throwing hit

Moving ball hit

Wall catch



KEEP IT UP

Description:

Use a bat to keep a tennis ball bouncing in the air without letting it hit the ground. Try to maintain as many consecutive bounces as possible. Make sure you have a timer in the video so that you can track how long you were keeping it up for.

ONE HANDED THROUGH THE GATE

Description:

Set up two cones or any objects to create a small gate (around bat width) 2m away. Using one hand, try to push or hit a ball through the gate. This improves hand-eye coordination and precision. How many times can you get it through the gate in a row

BAT/BALL BALANCE

Description:

Place a ball on the flat face of the bat and walk around a designated area, keeping the ball balanced on the bat as long as possible. It helps develop wrist control, balance, and bat handling skills. Make sure you have a timer in the video so that you can track how long you were keeping it up for.

TAPE BALL ALTERNATE SWING

Description:

Use a tennis ball wrapped with tape (half-covered) to create swing. Go to your local cricket club with nets and a set of stumps. Try and hit the stumps with the ball swinging one way, when you hit the stumps swap the ball around and try and hit the stumps with the ball swinging the other way. How many times can you hit the stumps in a row?

TOP OF OFF

Description:

Go to your local cricket club with nets and a set of stumps. On the top off stump place a coloured piece of tape 2 inches long. You have two minutes to hit the piece of tape as many times as possible. Make sure you record with a timer in shot if you are videoing yourself.

HIT THE YORKER

Description:

Place 3 cones on the crease line, you have 10 balls to try and hit the cones as many times as possible. If you hit the cones all 10 times keep going until you miss.

10 OBJECT THROWING HIT

Description:

Place out 10 objects a minimum of 5m away from where you are standing. Standing in the same spot see how many objects you can hit. When you hit an object, you can take that away. How many throws does it take to remove all 10.

MOVING BALL HIT

Description:

Standing 10m away ask a friend to roll a football along the floor. With 10 attempts see how many times you can hit that ball. If you hit the ball all 10 times then keep going.

WALL CATCH

Description:

You have 1 minute to see how many catches you can do in a row without dropping the ball. If you drop the ball your number resets to 0.

The first 20 seconds you are catching with 2 hands, the second 20 seconds you are only catching with your dominant hand and the last 20 seconds you are only catching with your non dominant hand.



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 site 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 ³/₄ oz for junior players up to and including under 13

5 oz for women players from 14+

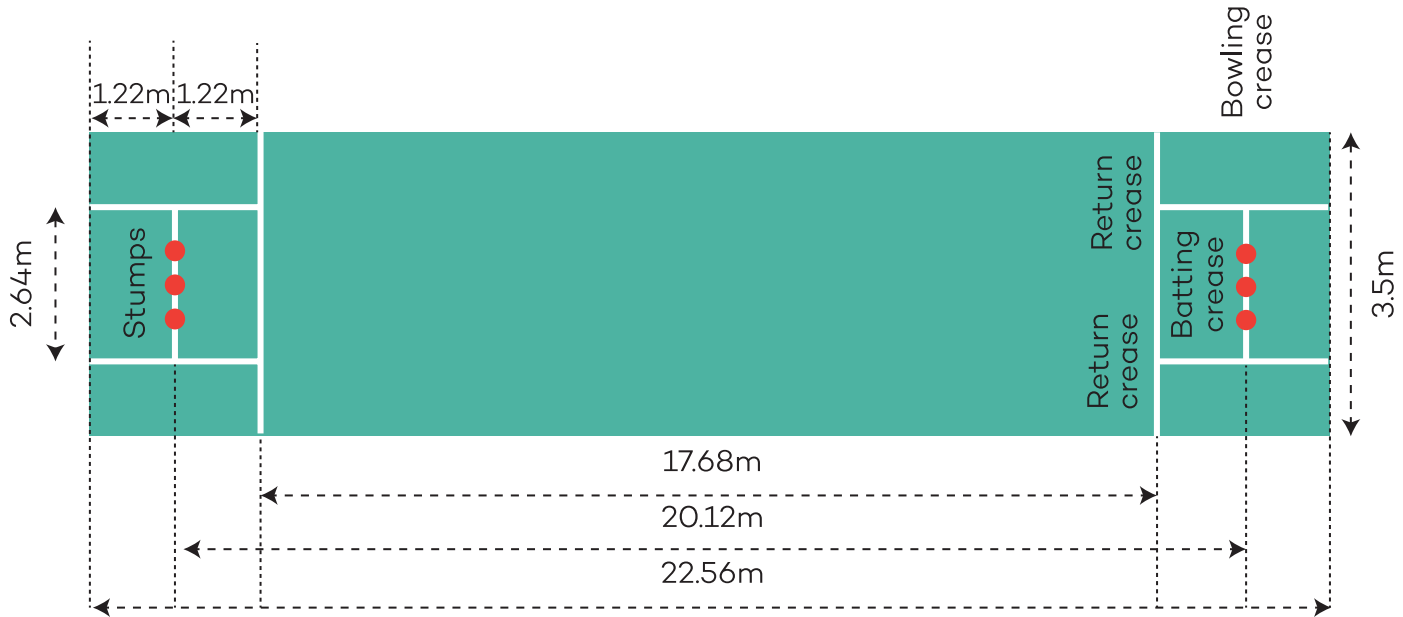
5 ¹/₂ oz for male players from 14+ through into men's cricket

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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I hope you have enjoyed using this book. It was published by the Cricket Development program and developed by ex professional cricketer Charlie Hartley who is passionate about making cricket a sport for everyone.

In order to do this is it must be FREE and accessible for everyone. He worked closely with Brazil cricket to make this possible, all you have to do to show your thanks is to follow, like and subscribe.





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