

The background of the entire page is a photograph of a cricket match in progress on a green field. The scene is viewed through a circular white frame at the top. The players are wearing white uniforms. A batsman is in the middle of a swing, and a bowler is in the process of releasing the ball. Other fielders are positioned around the pitch. The background shows a line of trees under a clear sky.

CRICKET DEVELOPMENT PROGRAMME LEVEL 2

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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:

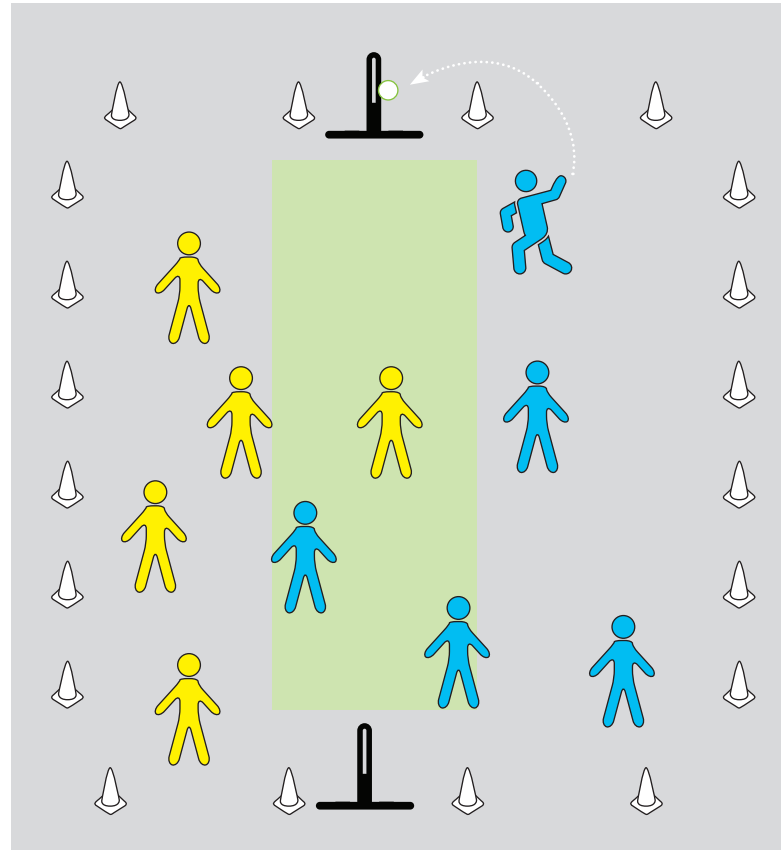
Players try to pass the ball to their team mates while attempting to score by getting the ball past the opposing team's goal line.

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).

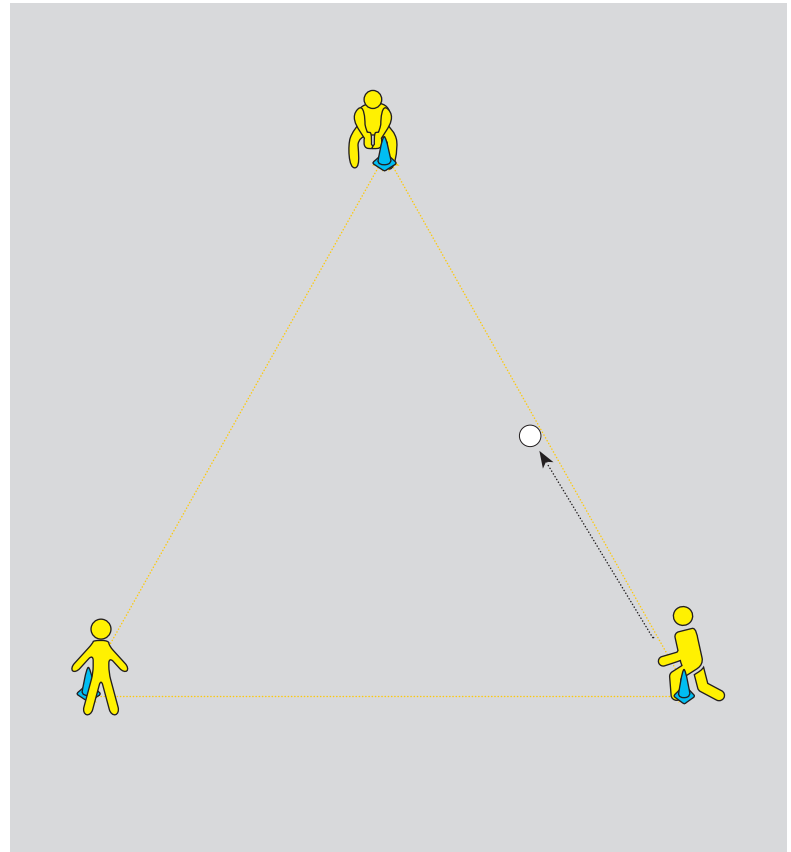
Players stand at each cone.

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

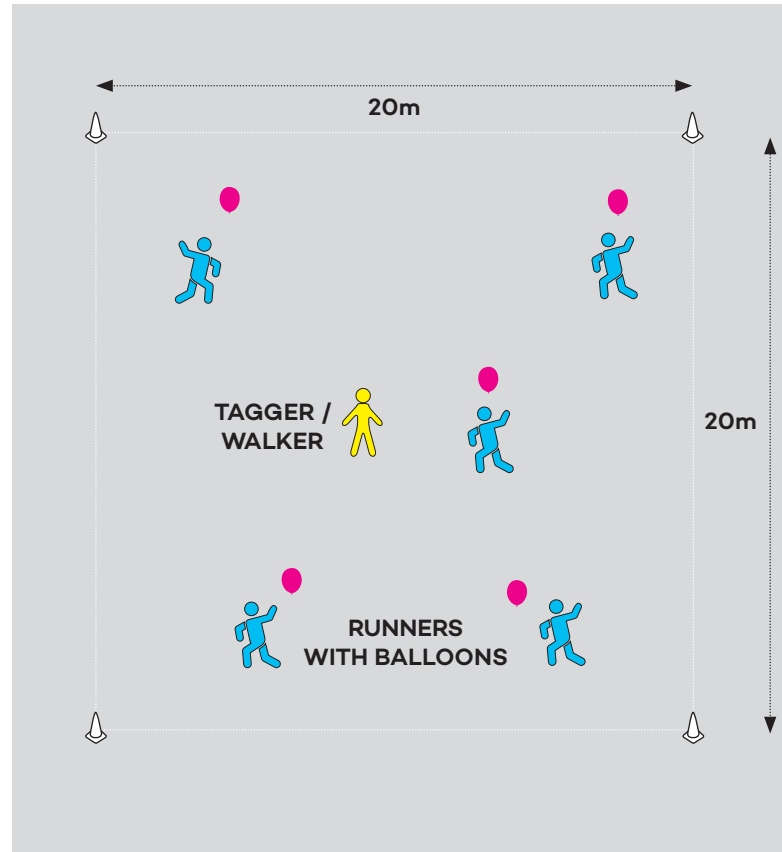
Description:

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).

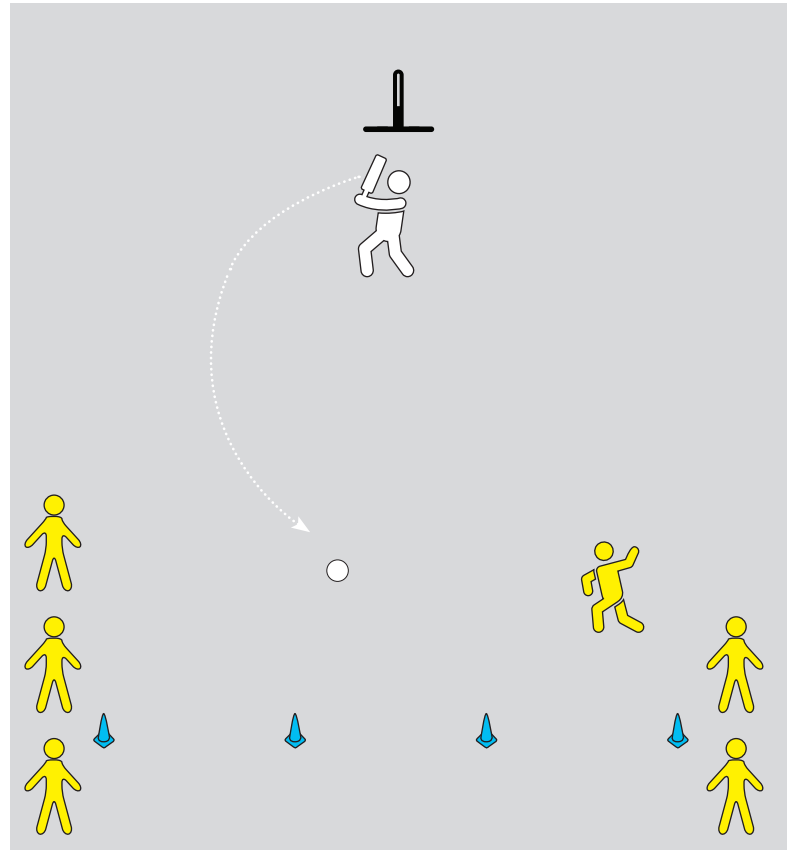
Description:

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.

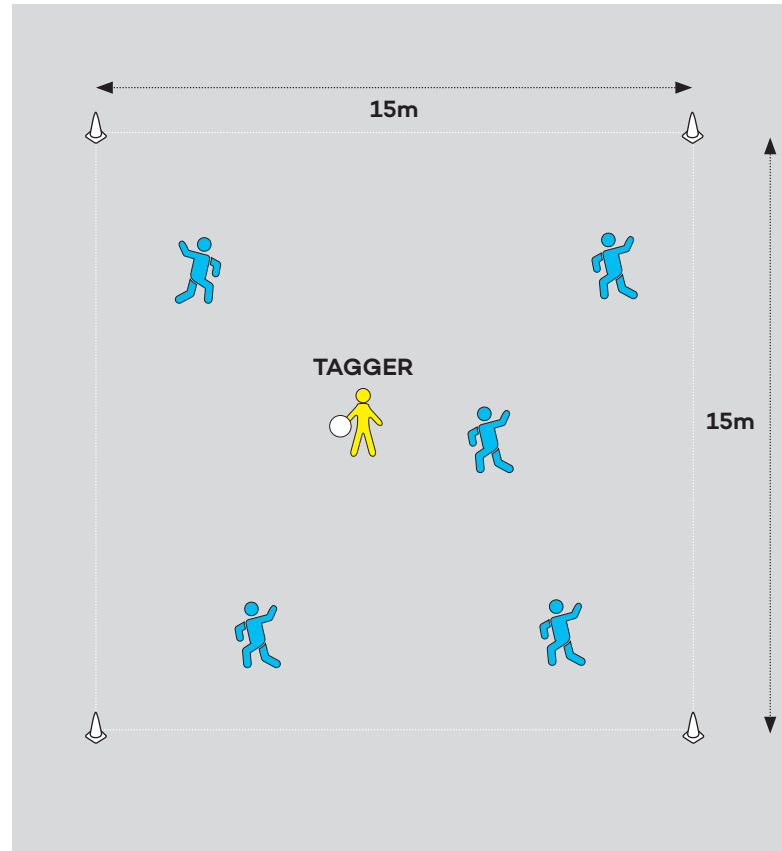
Description:

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.

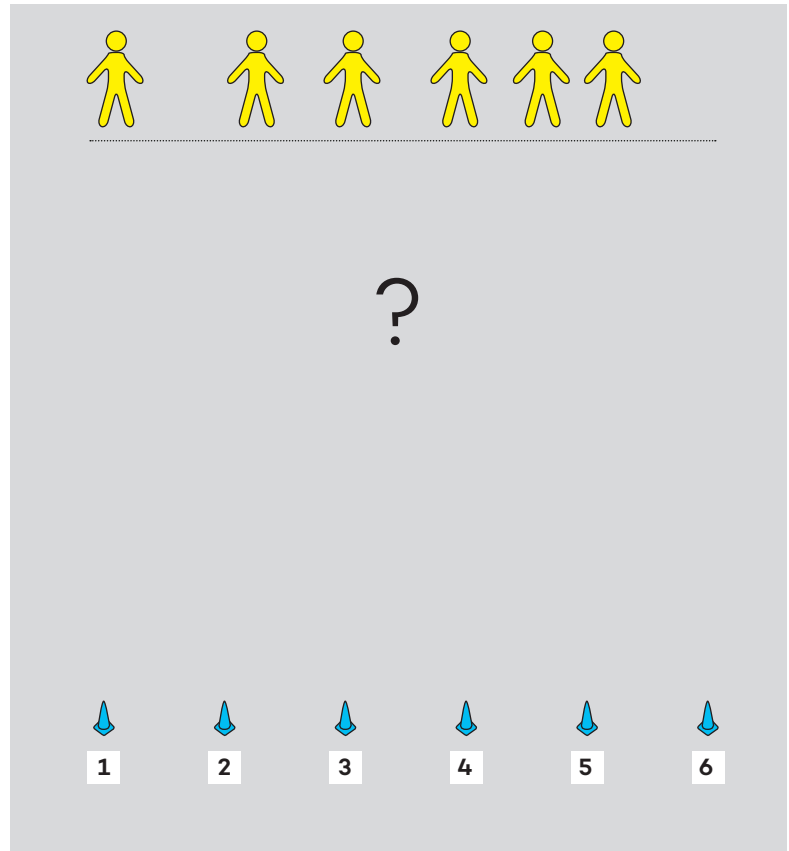
Description:

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:

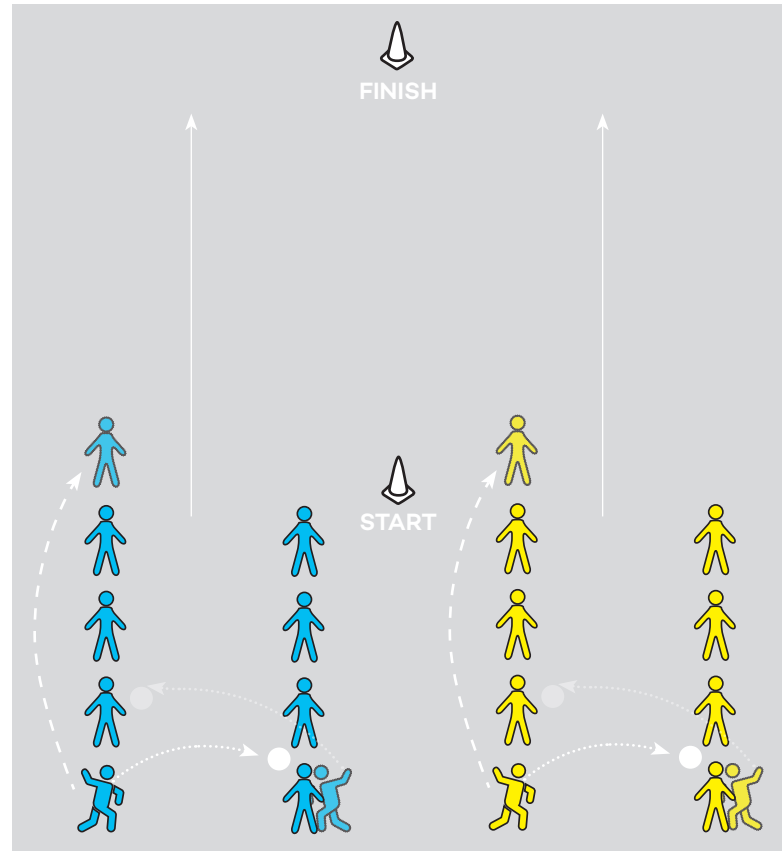
Players line up in a straight row facing each other, spaced about 2 meters apart. Place down a cone for the players to start on and a cone for them to go towards.

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:

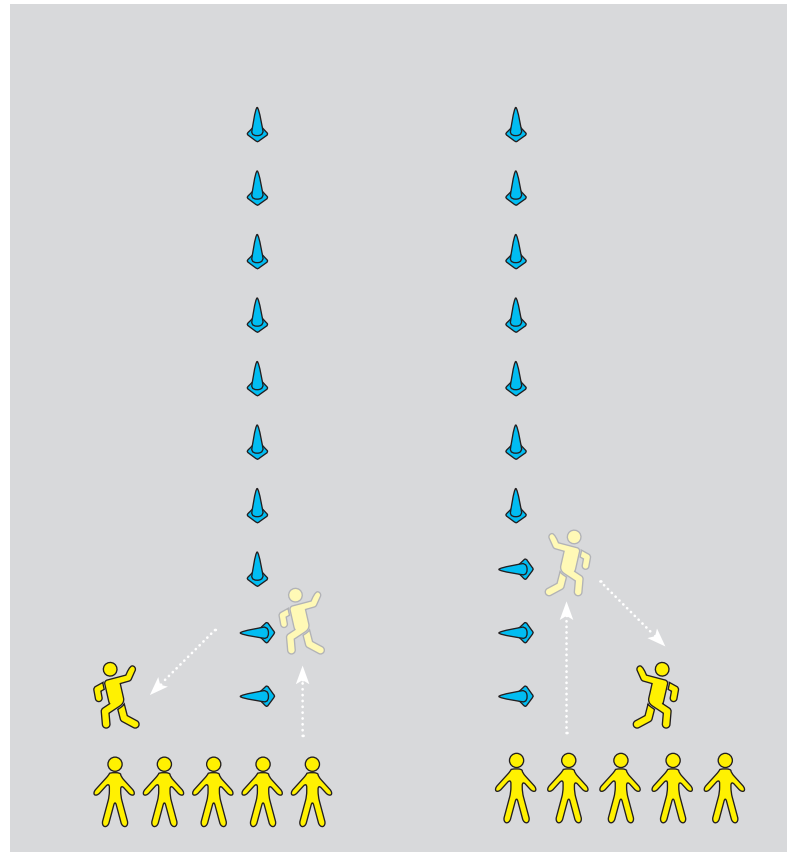
Place two lines of cones (around 10 cones each) about 10 meters apart.

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.





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