



Cricket
development
programme

CRICKET DEVELOPMENT PROGRAMME - BEGINNER

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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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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!



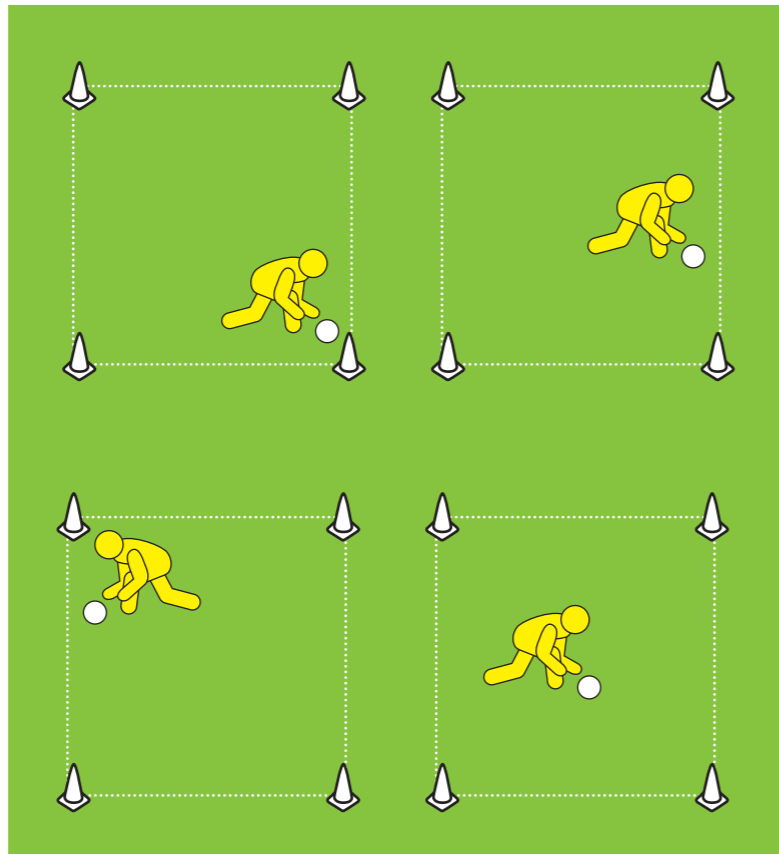
TAP IT

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



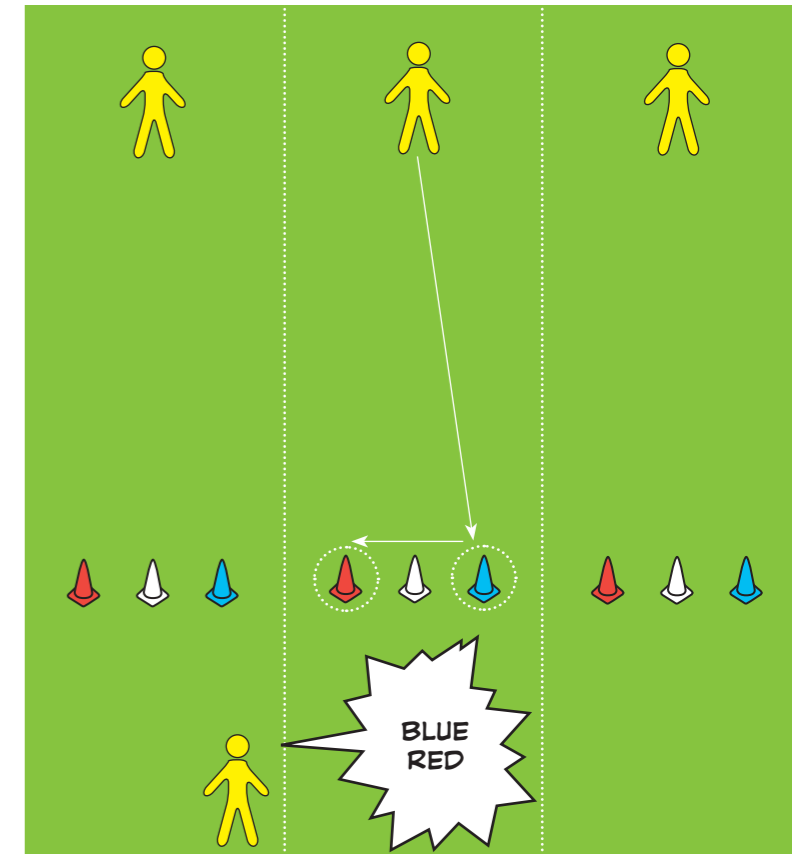
CONE CALL OUTS

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





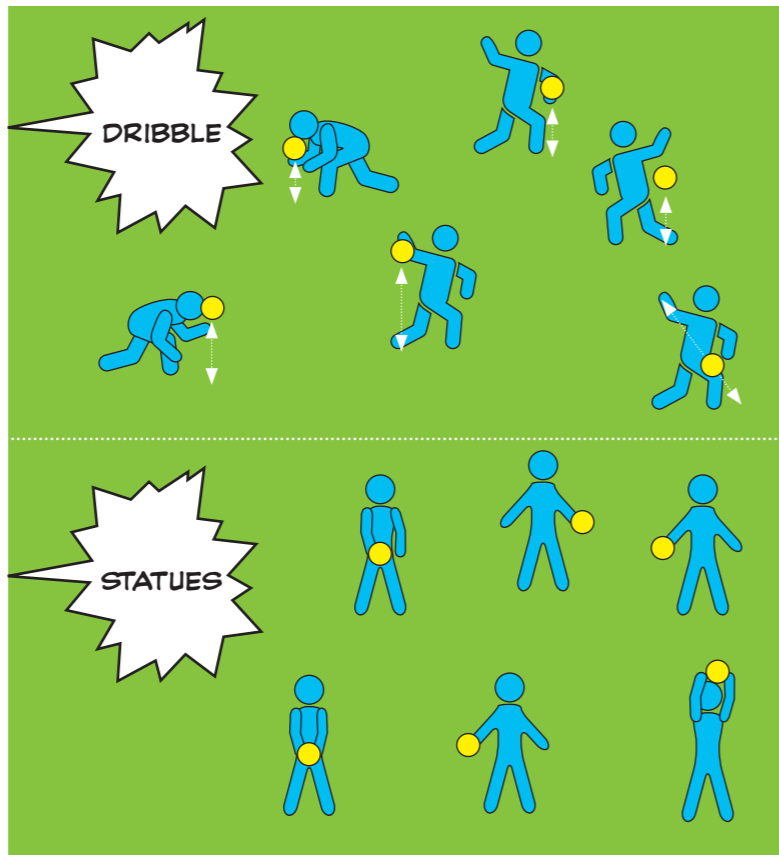
TENNIS BALL DRIBBLE STATUES

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

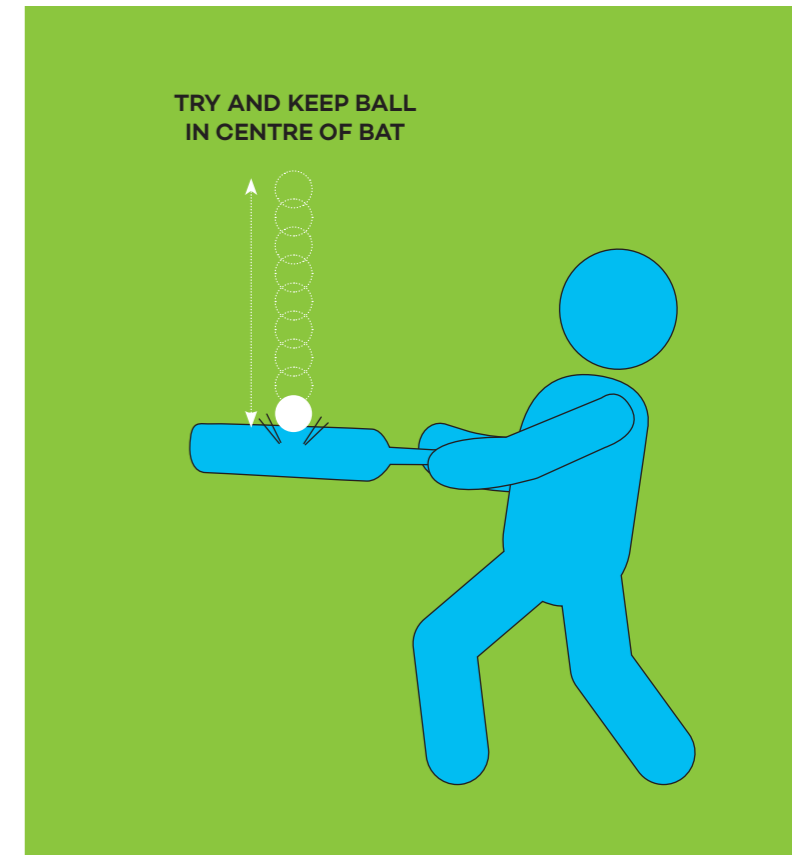
Each child gets a bat/racquet, and a tennis ball. If working in groups spread the children out to give them a bit of space. Ask them to tap the ball up and down on their bat as many times as they can. If they drop the ball they can start again as many times as they want.

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





CONE HITS

Description:

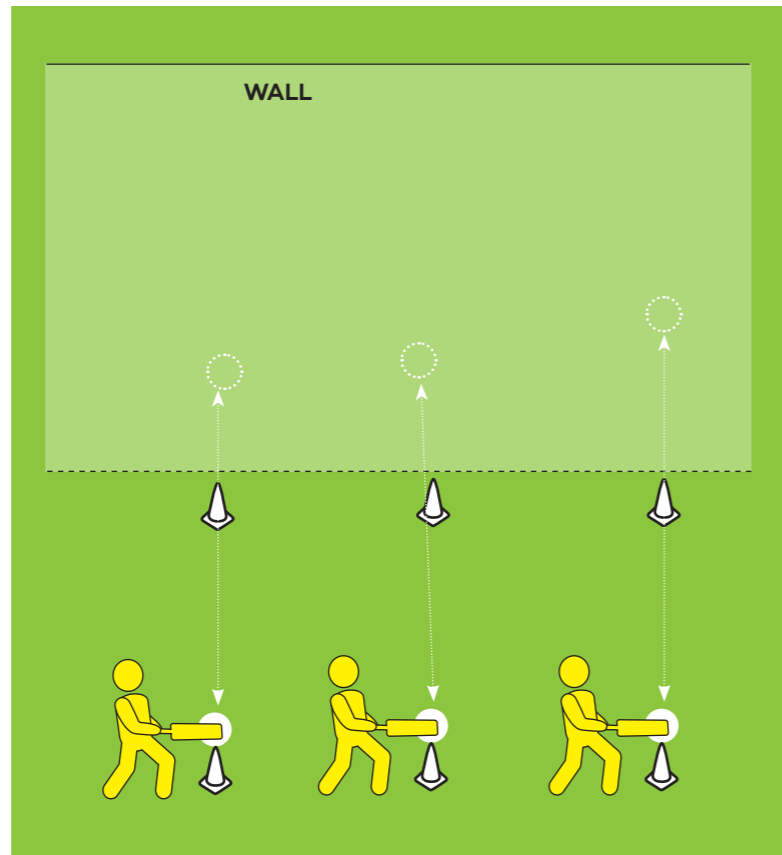
Line the players up hitting towards a wall/fence or net. Each player should have a ball a bat and a cone. When the coach shouts go all the players should try and make a solid contact with the ball.

Place a taller cone or object Infront 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

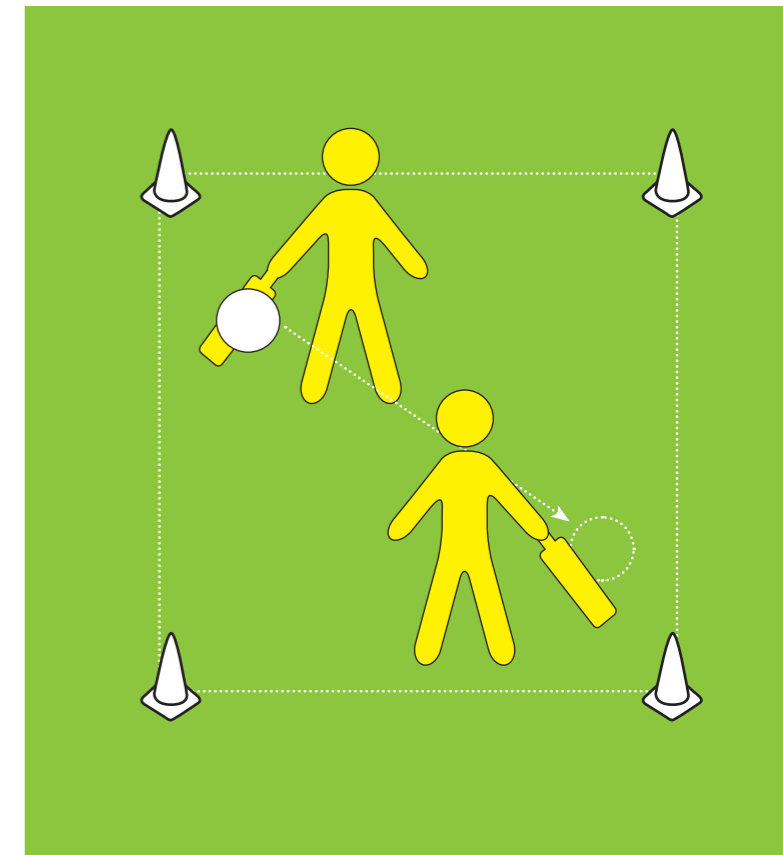
Description:

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:

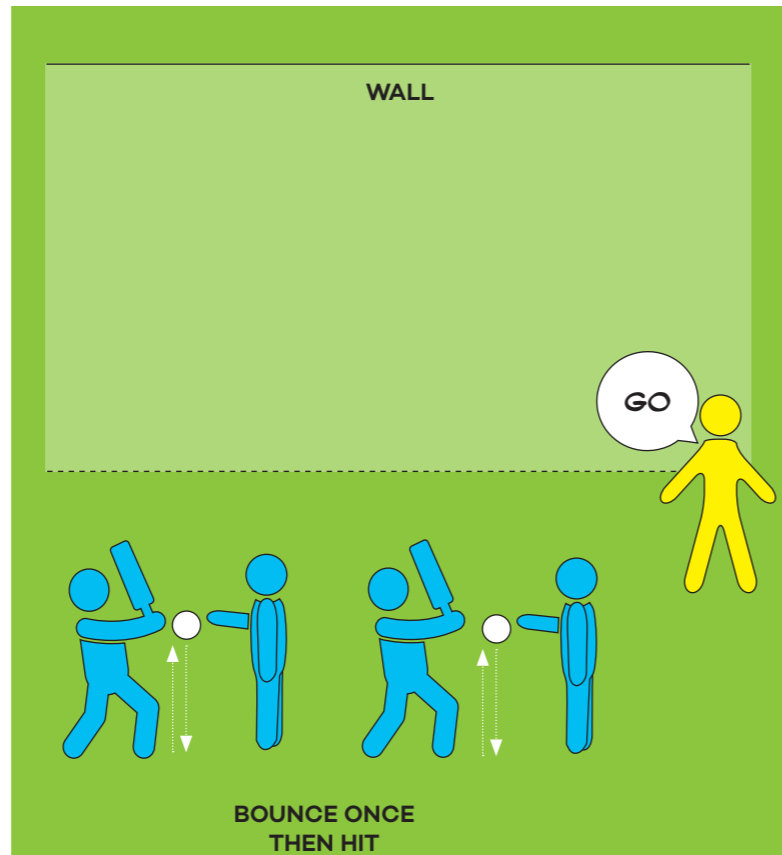
Get the players into pairs and line them up hitting towards a wall/fence or net. One player should have a bat and the other a ball. If you don't have enough equipment, then players can group up.

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



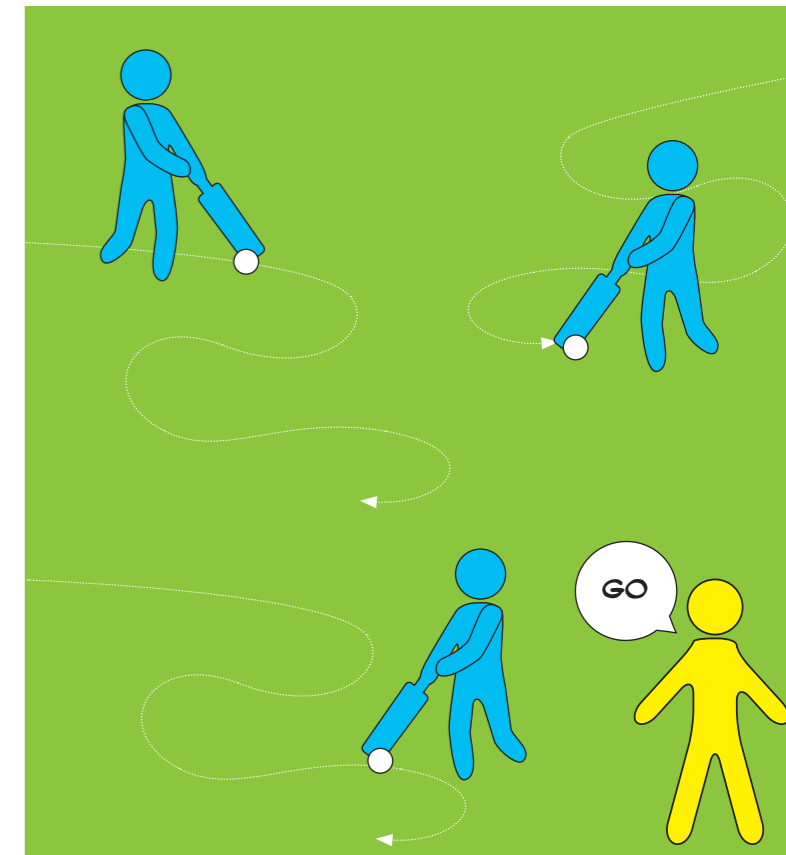
DRIBBLE

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

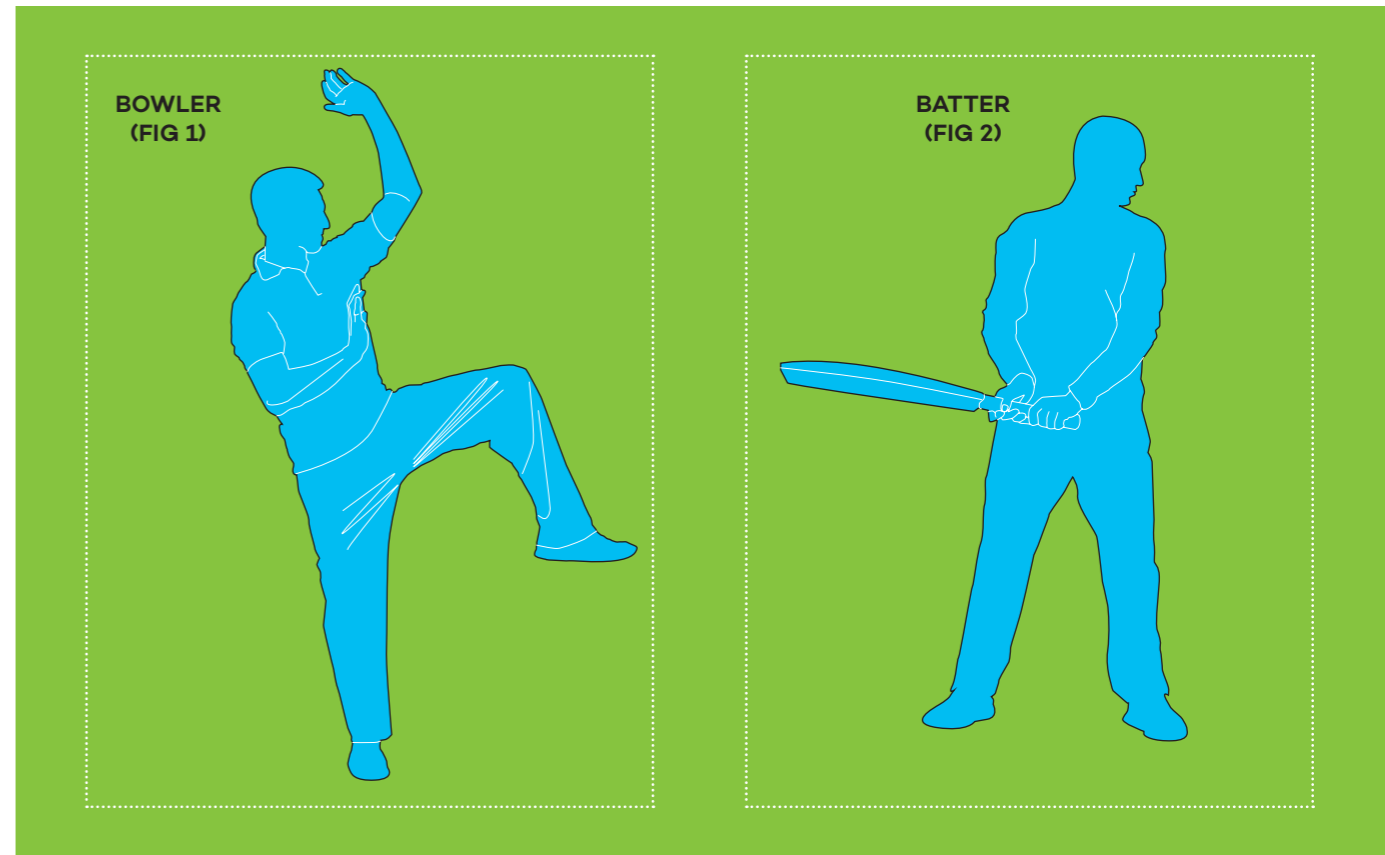
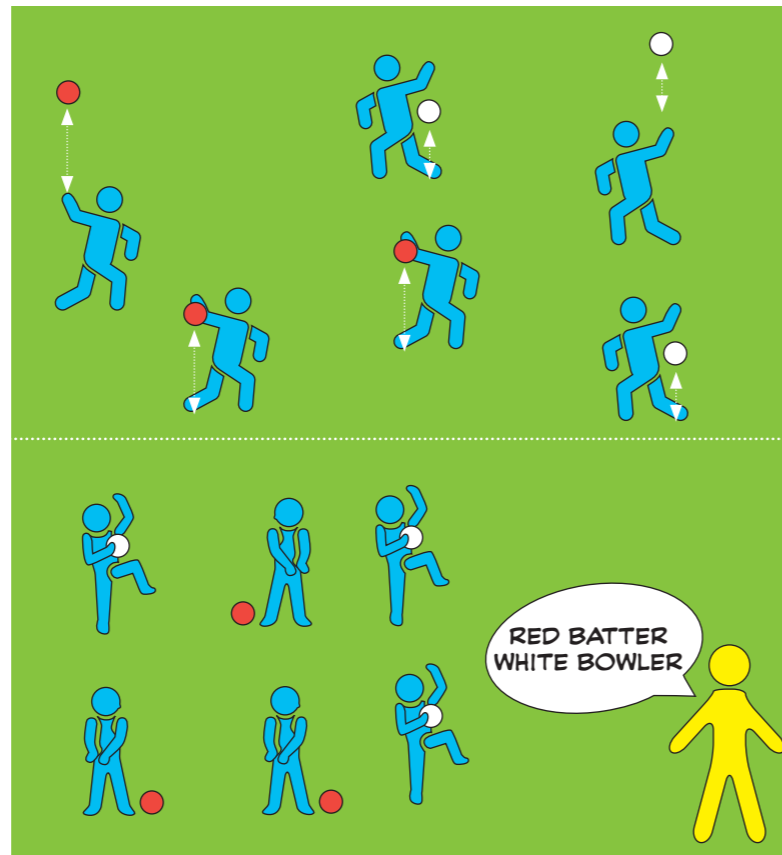
Description:

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





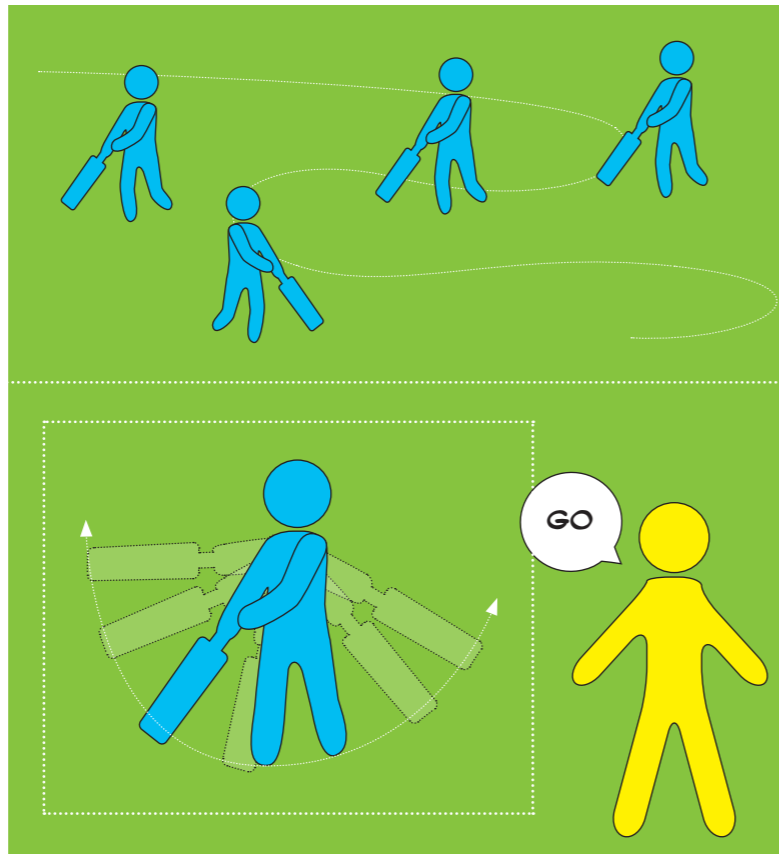
BACK SWING / FOLLOW THROUGH

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



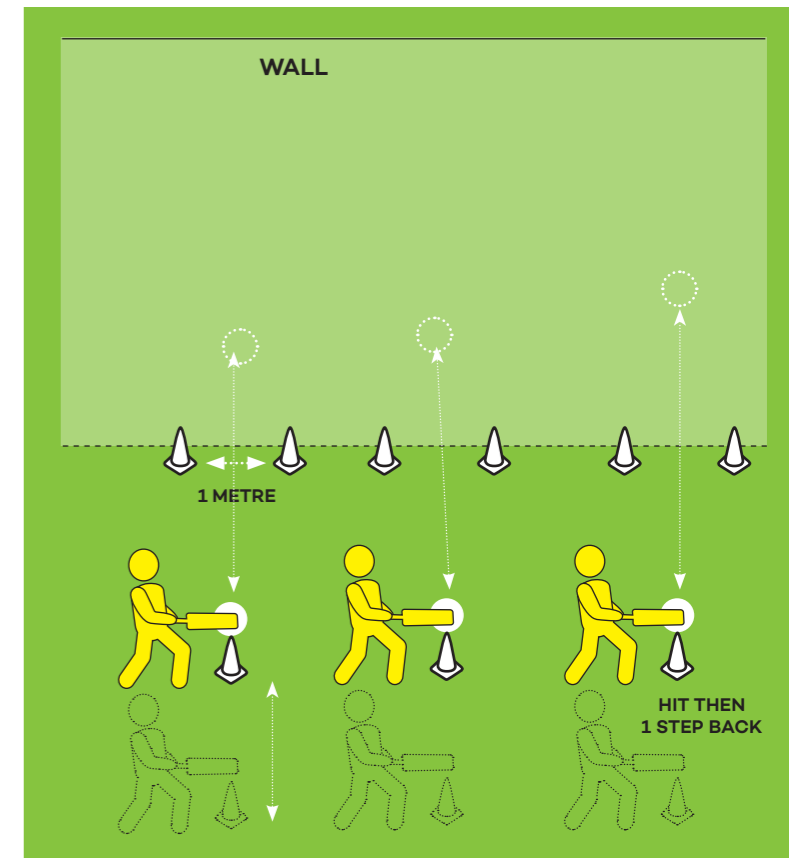
HIT BETWEEN THE CONES

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. Infront 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





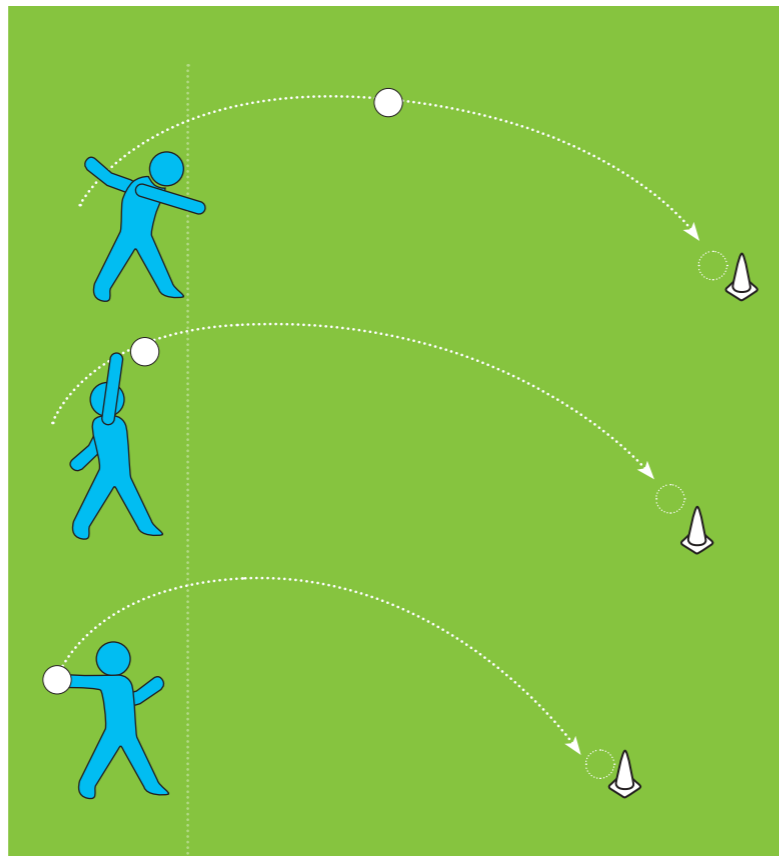
STRAIGHT BOWLING ARM

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

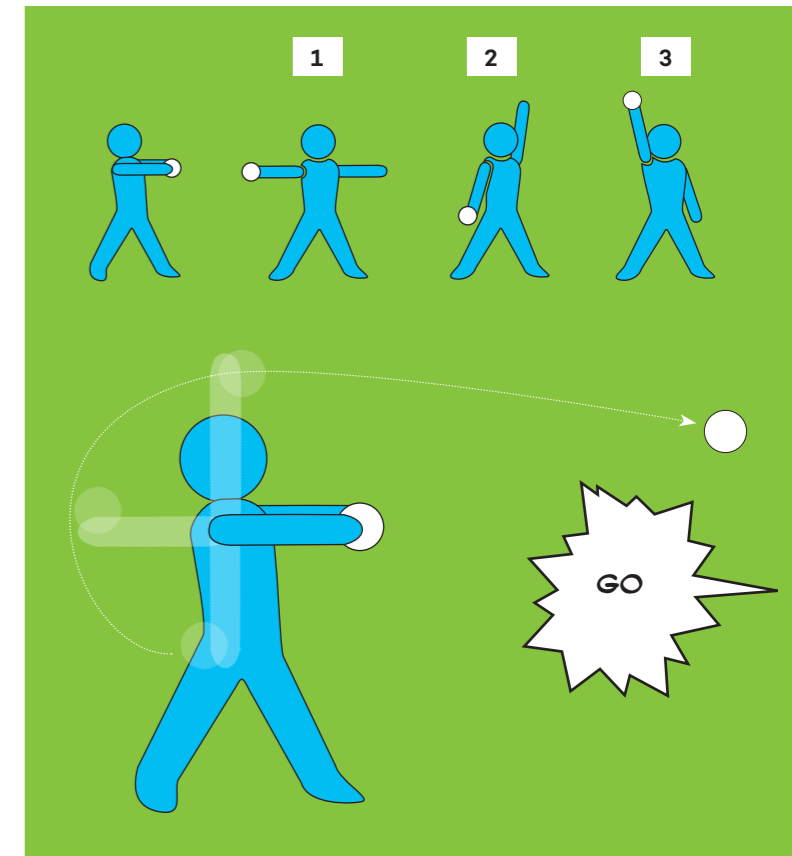
Description:

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

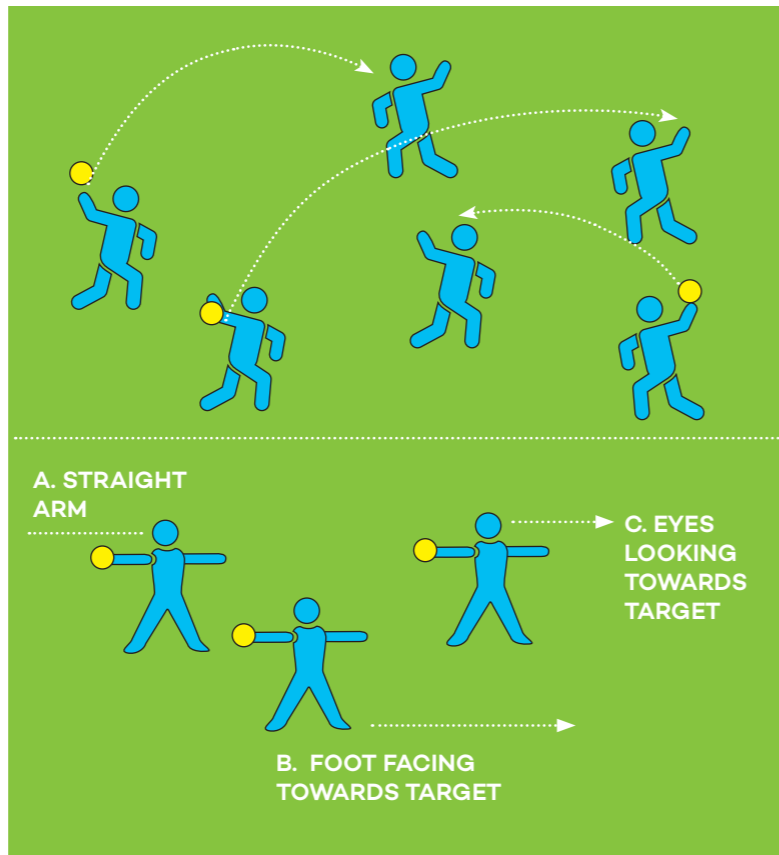
Description:

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



B. FOOT FACING TOWARDS TARGET

C. EYES LOOKING TOWARDS TARGET

A. STRAIGHT ARM

BETWEEN THE CONES

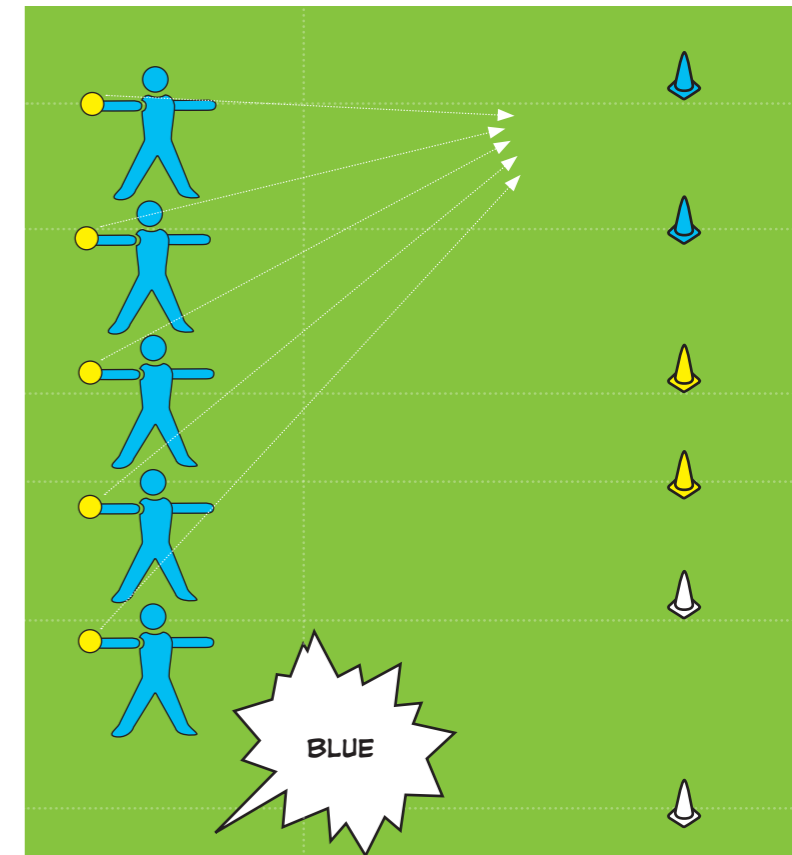
bonus point for straight arm

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

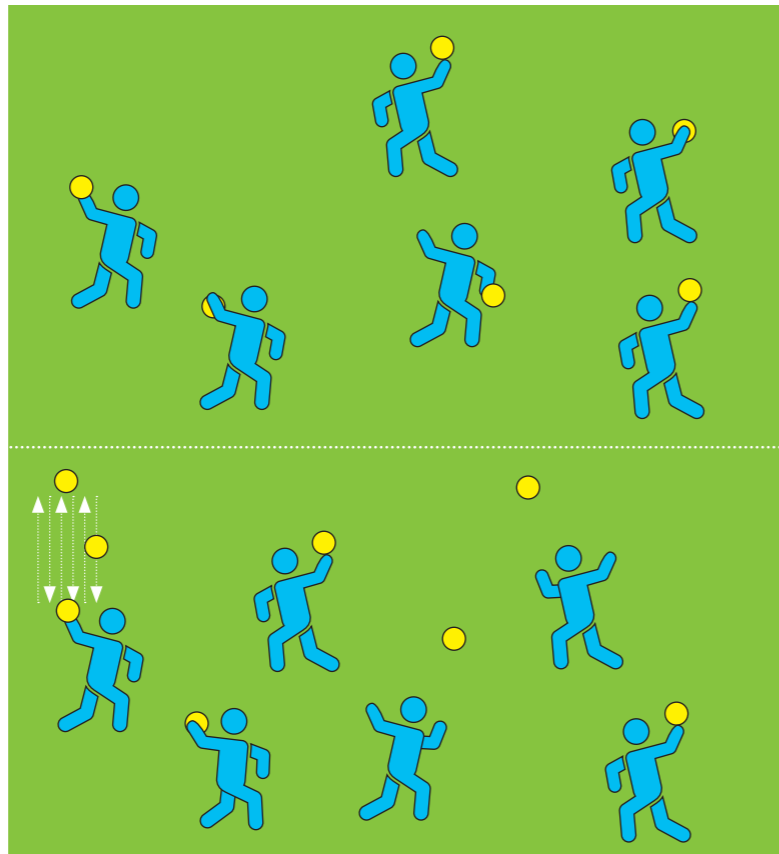
Description:

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

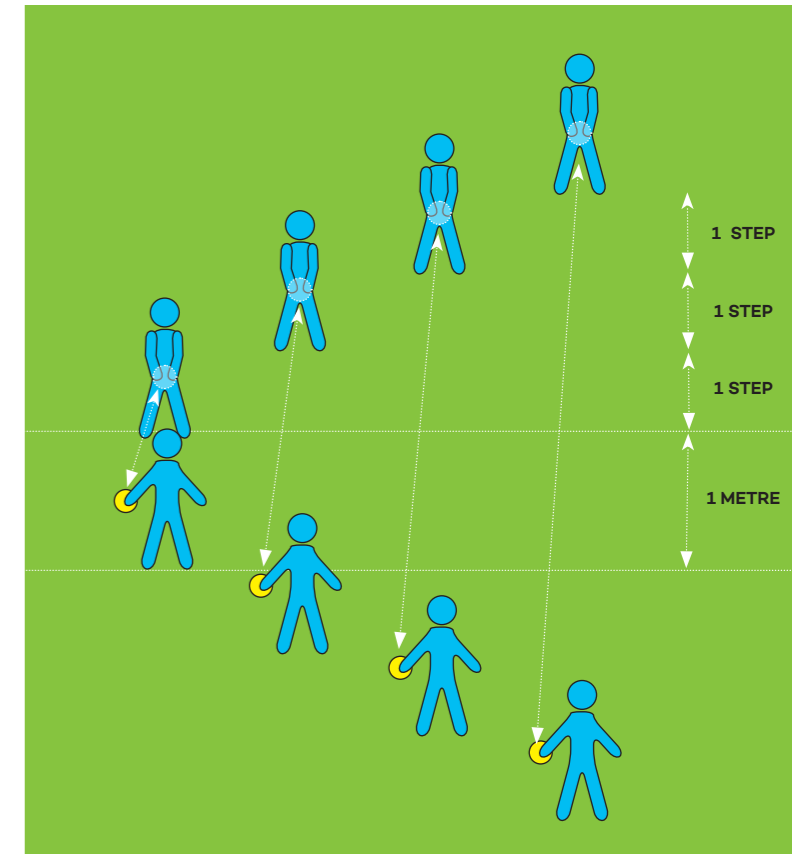
Description:

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





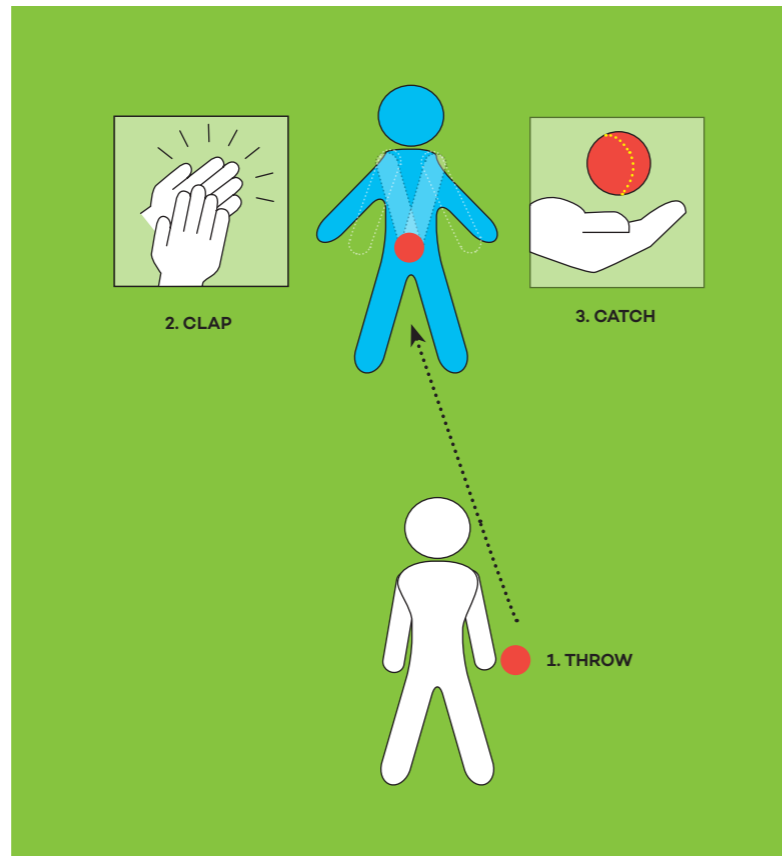
CLAP CATCH

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

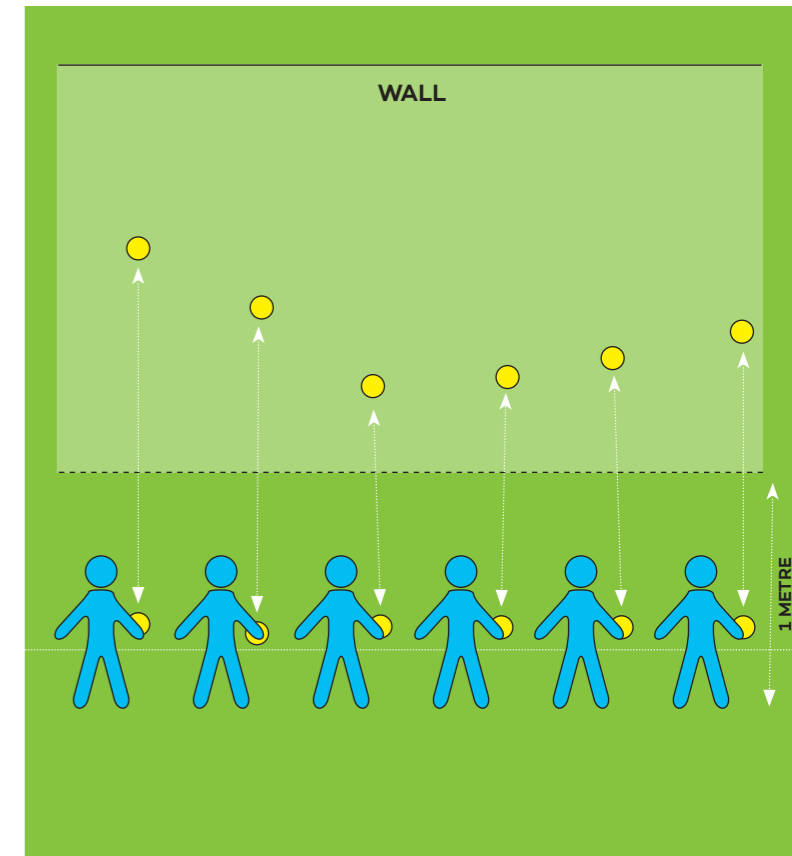
Description:

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.





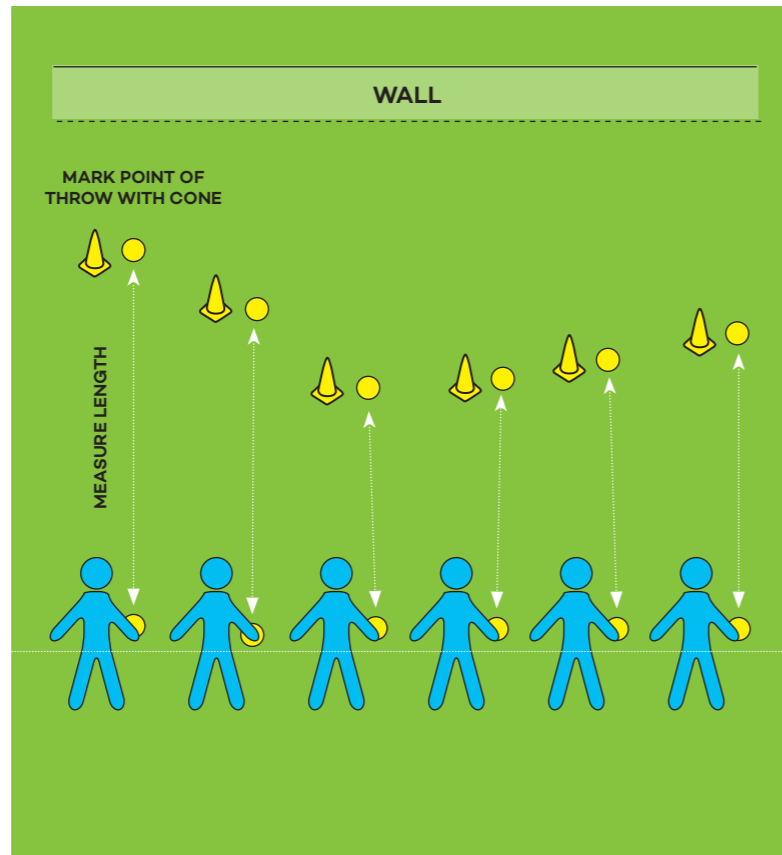
STATIC THROW

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

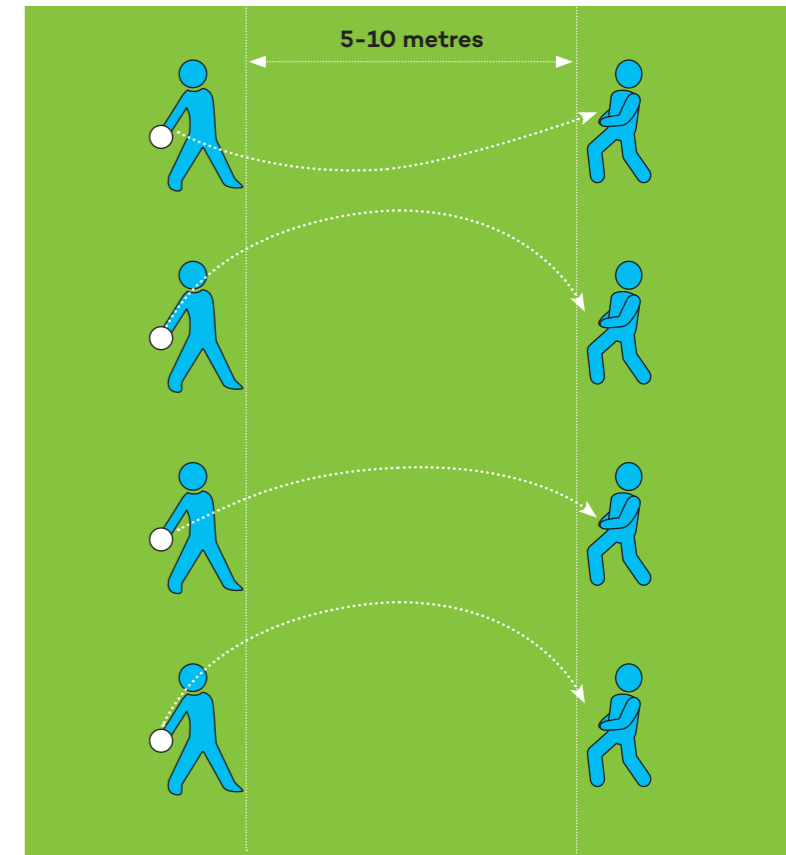
Description:

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.





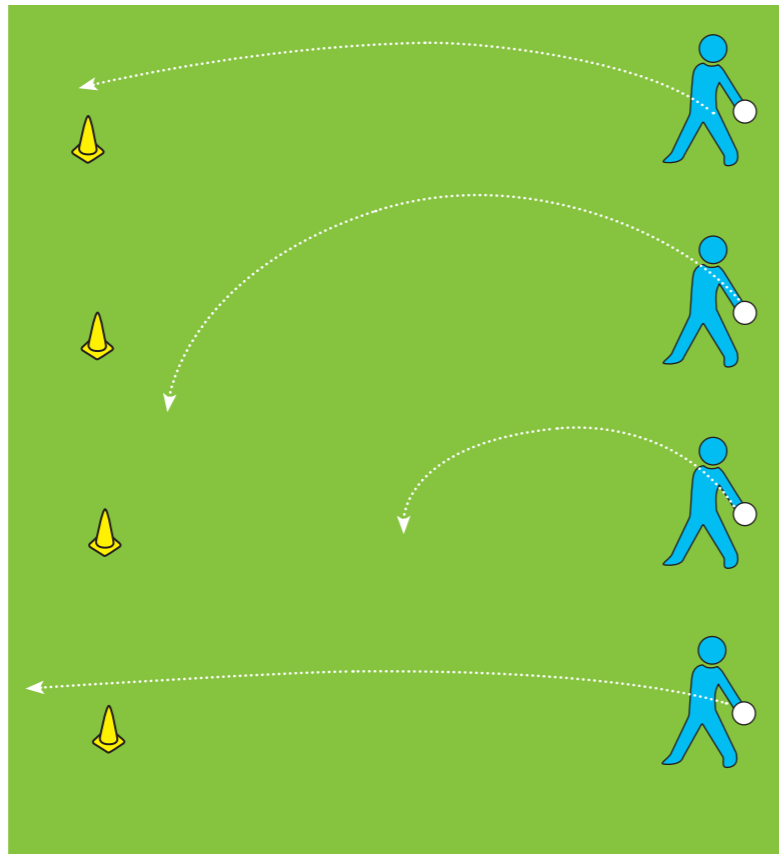
OPPOSITE HAND THROW

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



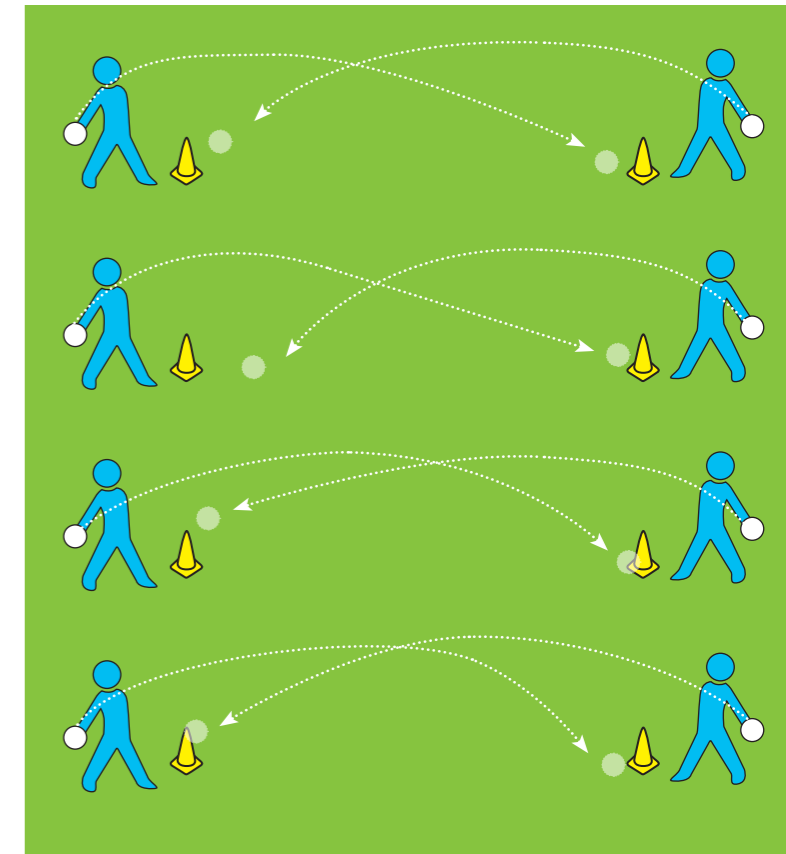
UNDER ARM THROWING

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

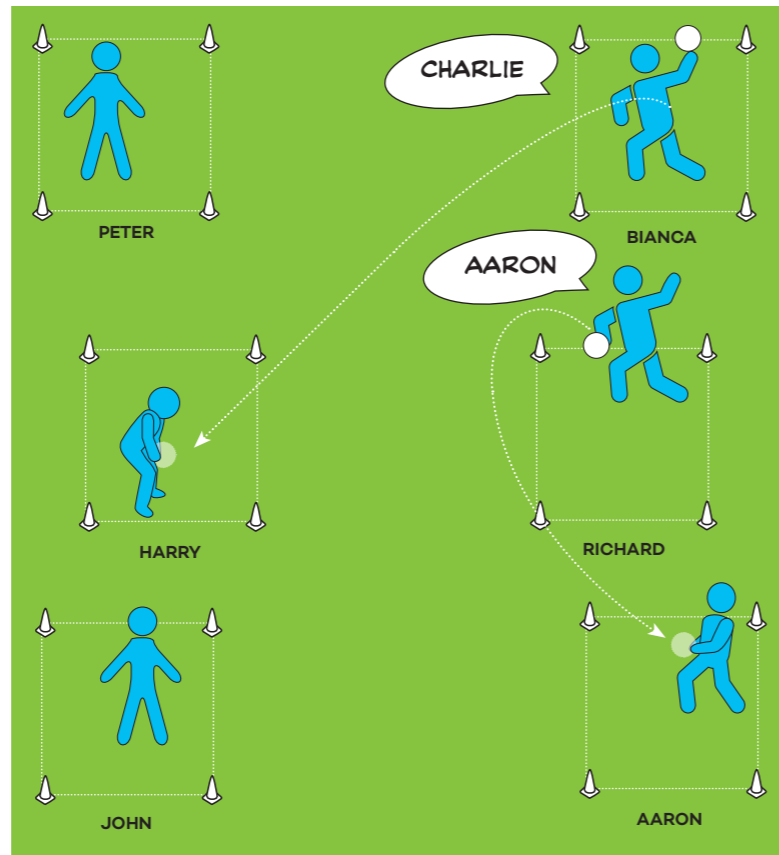
Description:

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.

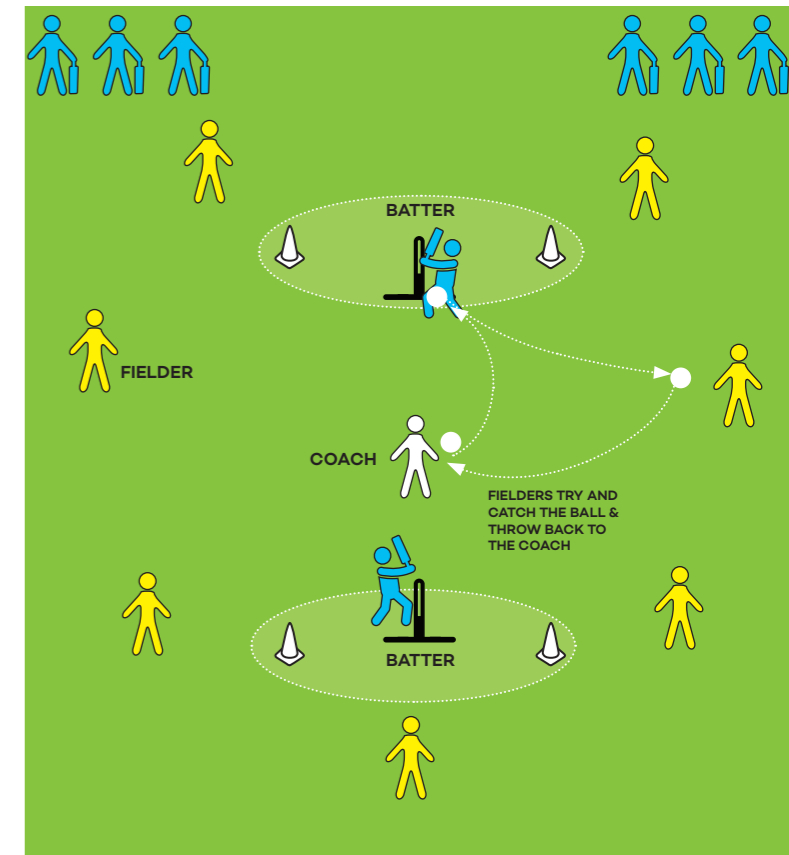
Set up:

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





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