

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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DISCLAIMER

The CDP resources are to give teachers, volunteers and parents guidance on how they could deliver cricket sessions and aid a child's development. They provide expert skills and drills to work on along with objectives to follow the national curriculum . While we try our hardest to make the resources accurate and up to date, please make your own judgement on the location and delivery of the CDP sessions. We accept no liability to you or any third party in respect of your use of the resources.

BATTING SKILLS



Cricket
development
programme

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:

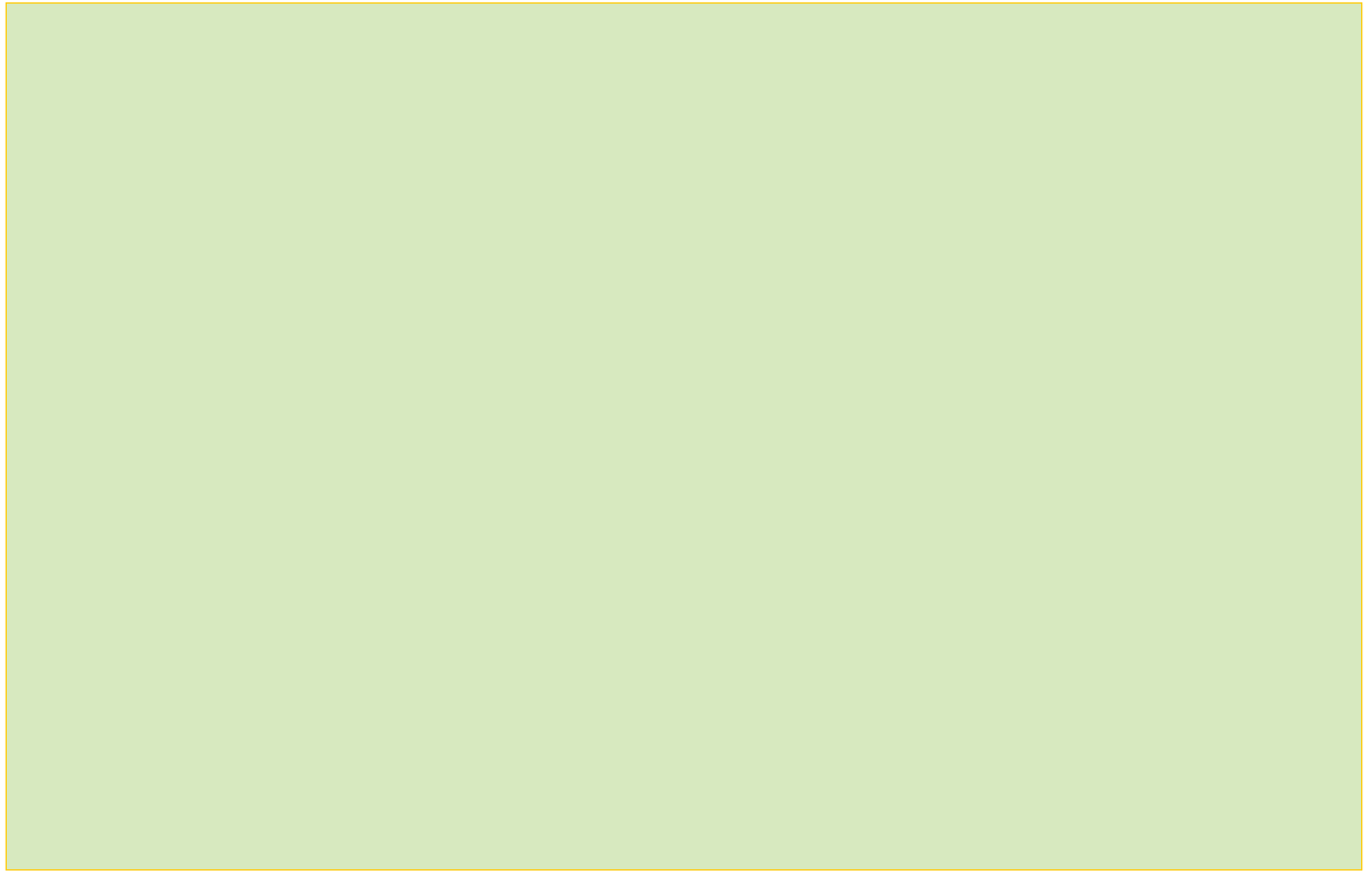
Set up two cones about 1 meter apart directly in line with the player's stance, a few meters ahead.

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:

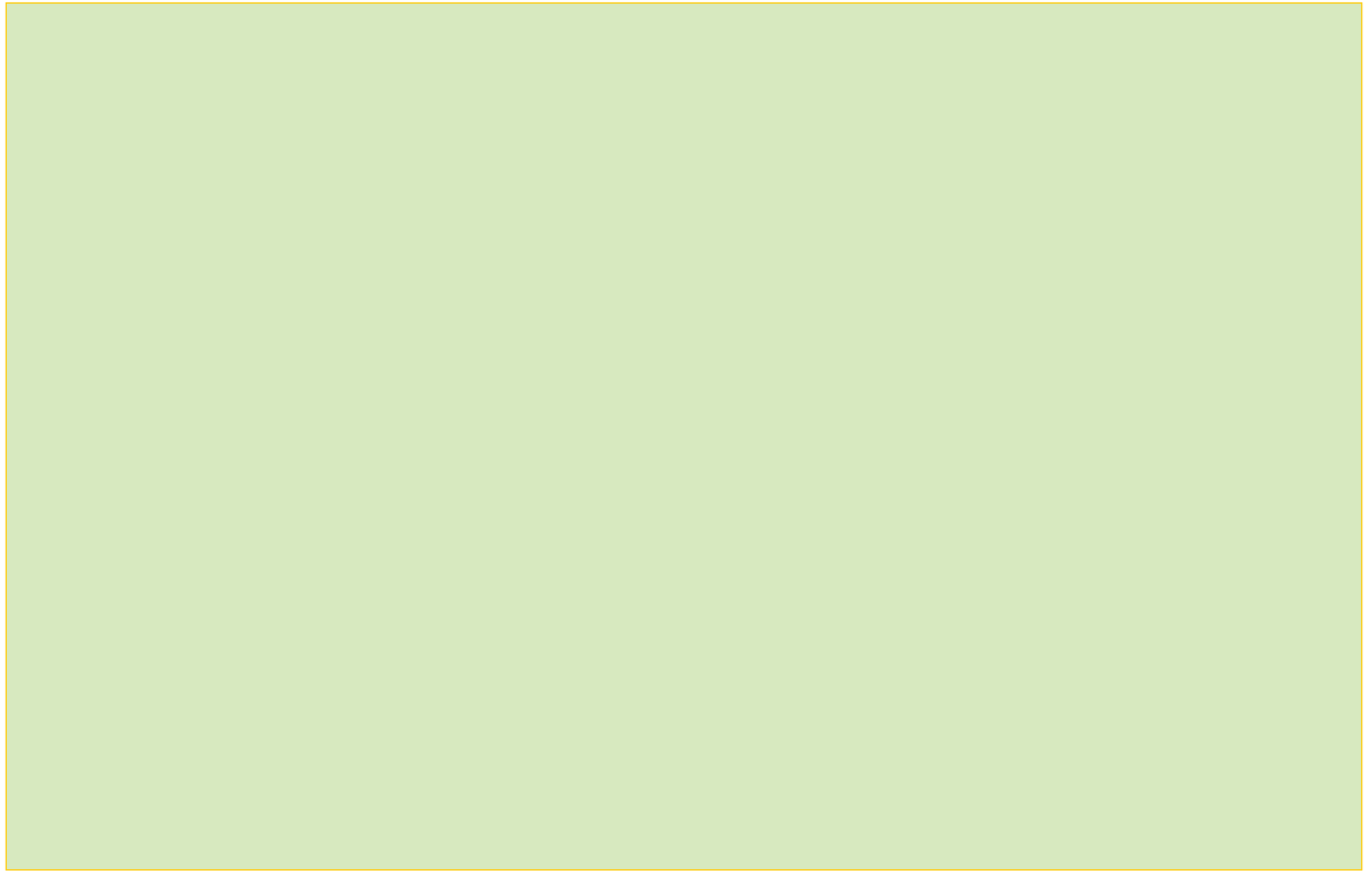
Place a target, such as a cone or set of stumps, 10-15 meters away from where the player is batting.

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:

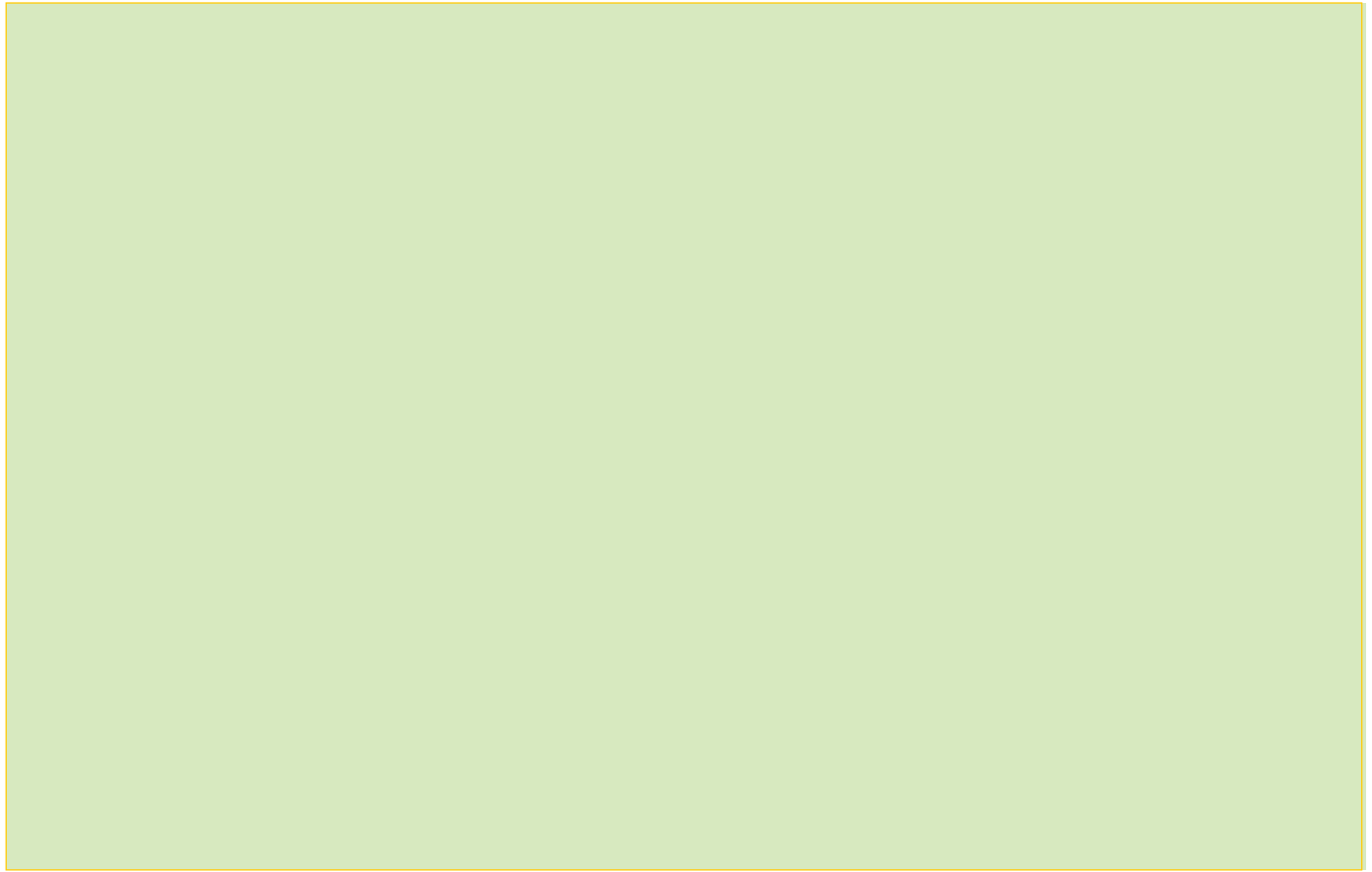
Place two cones about 1 meter apart at mid-wicket (leg side) 10-15 meters away from the batsman.

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:

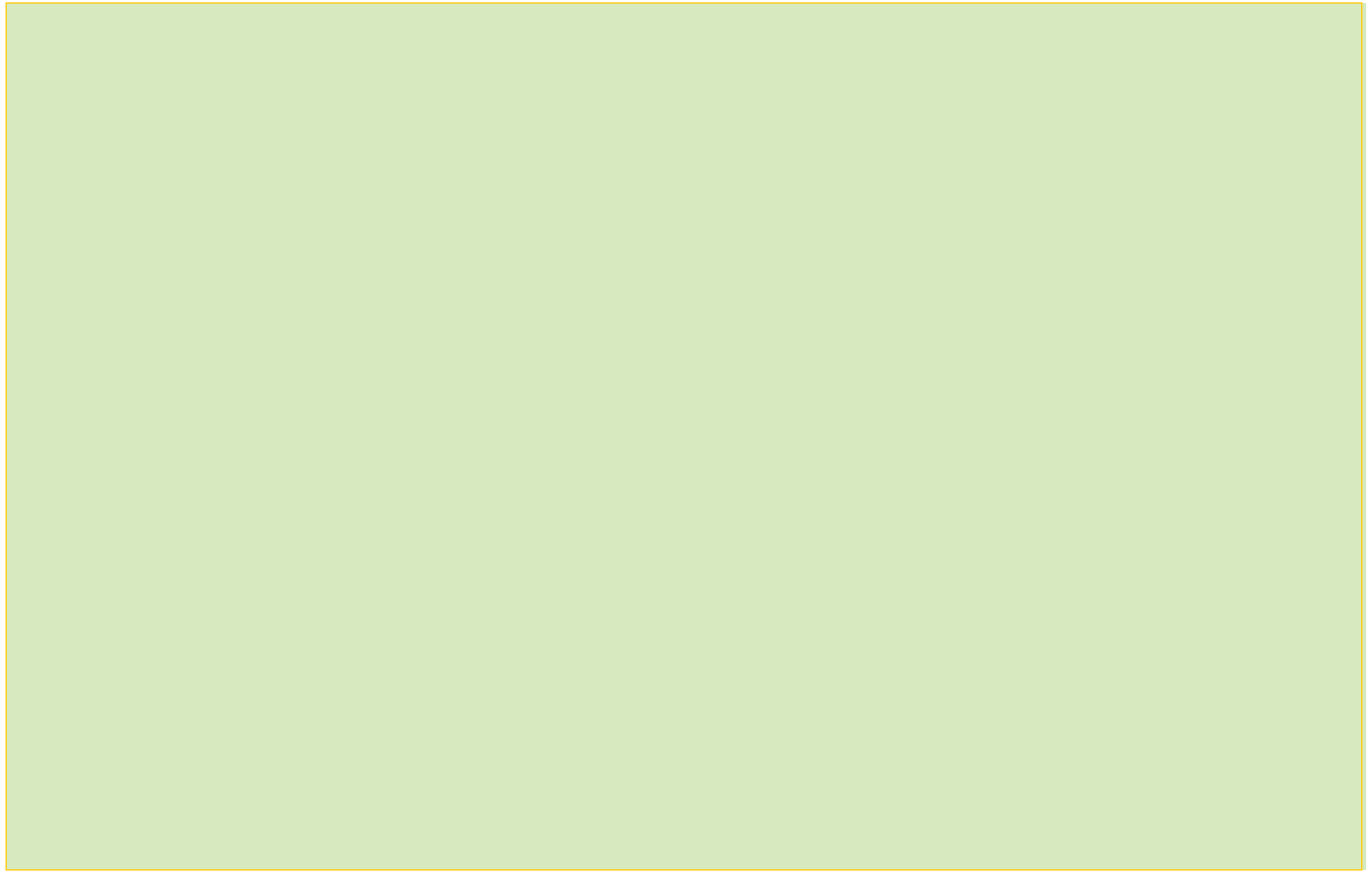
Players hold a bat with only their bottom hand on the handle (dominant hand).

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:

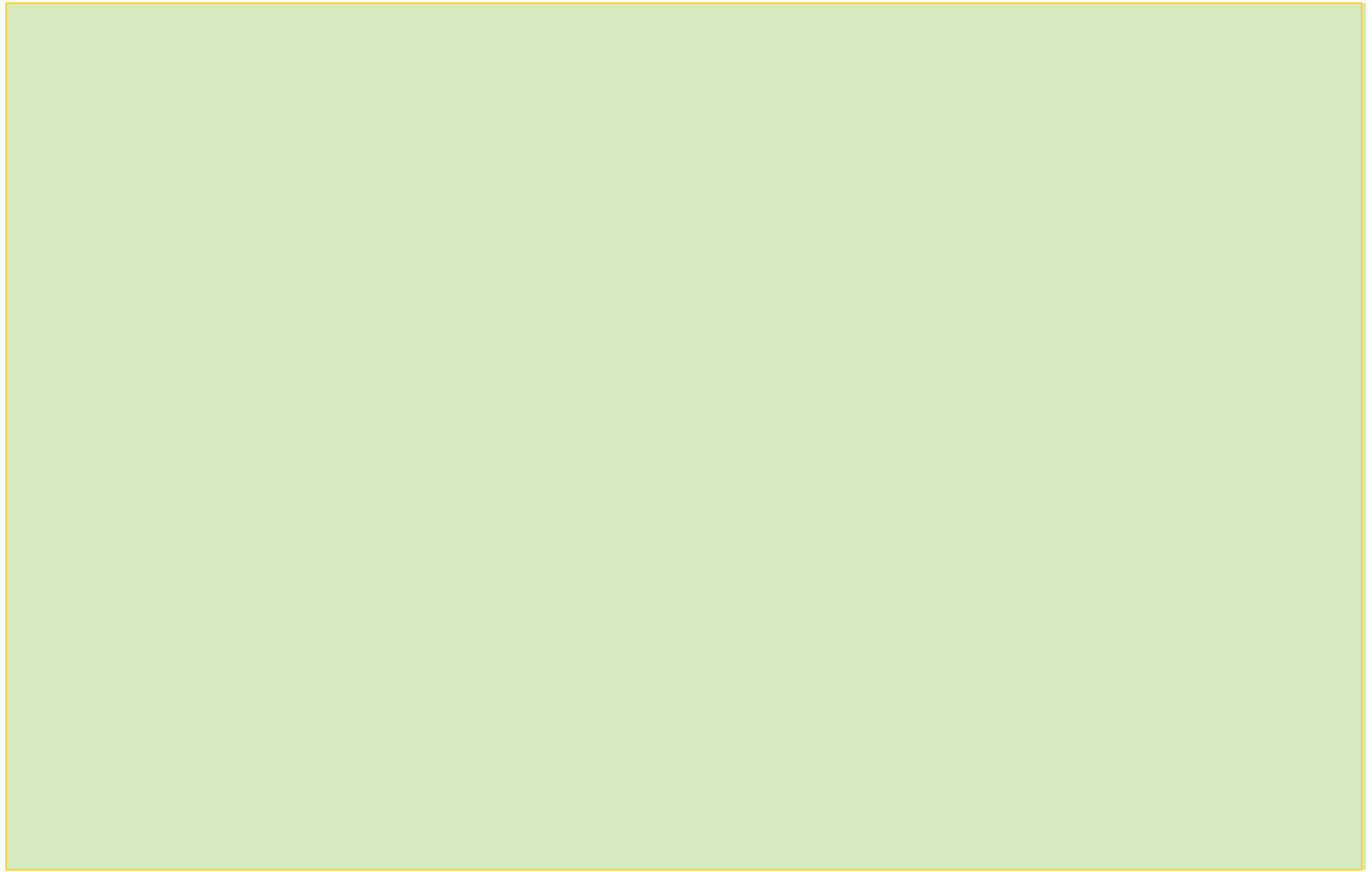
A partner or coach stands to drop feed balls on the leg side. Use cones to mark gaps in the field.

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:

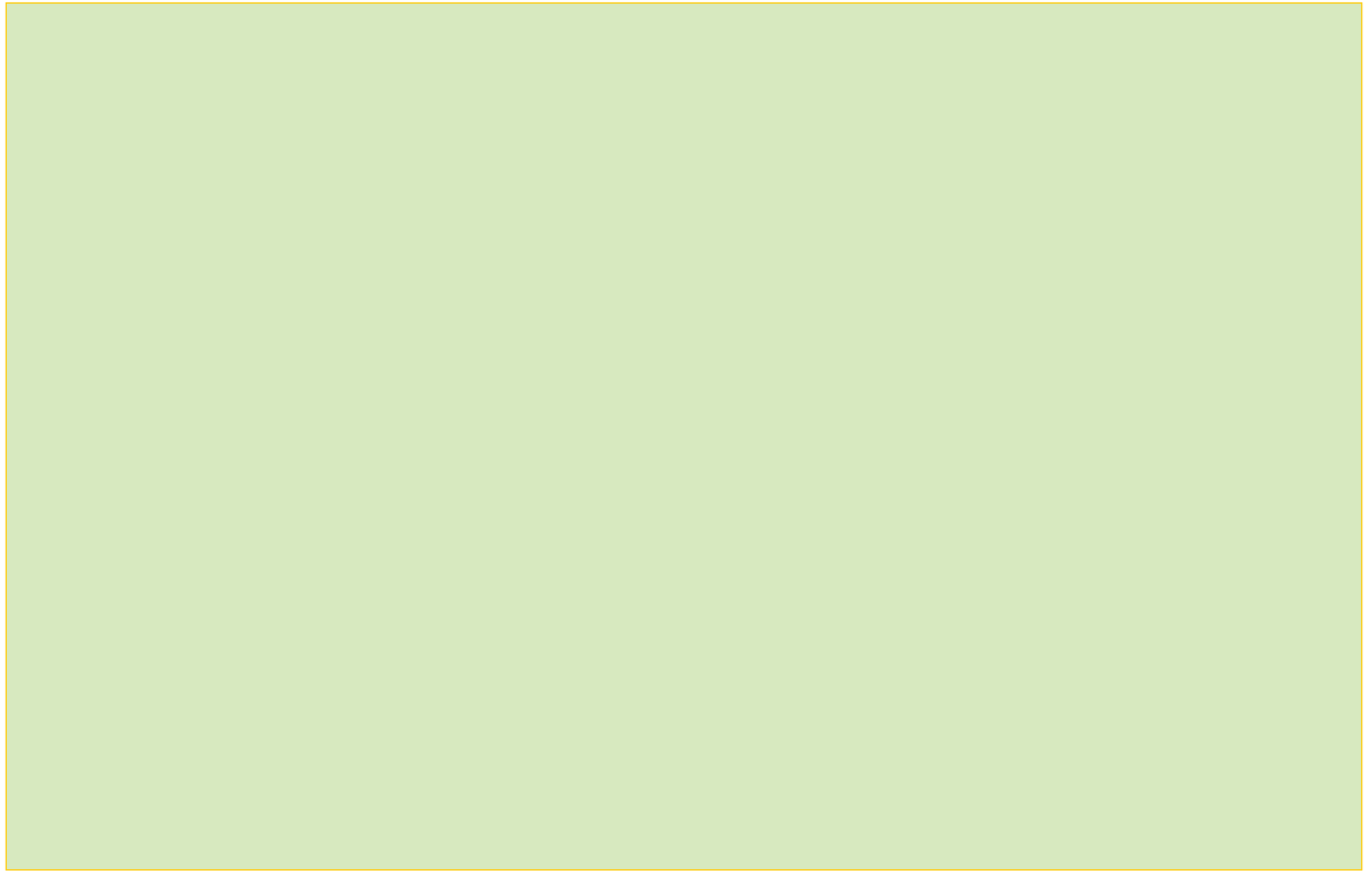
Place two cones about 1 meter apart in the cover region (off-side) 10-15 meters away from the batsman.

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:

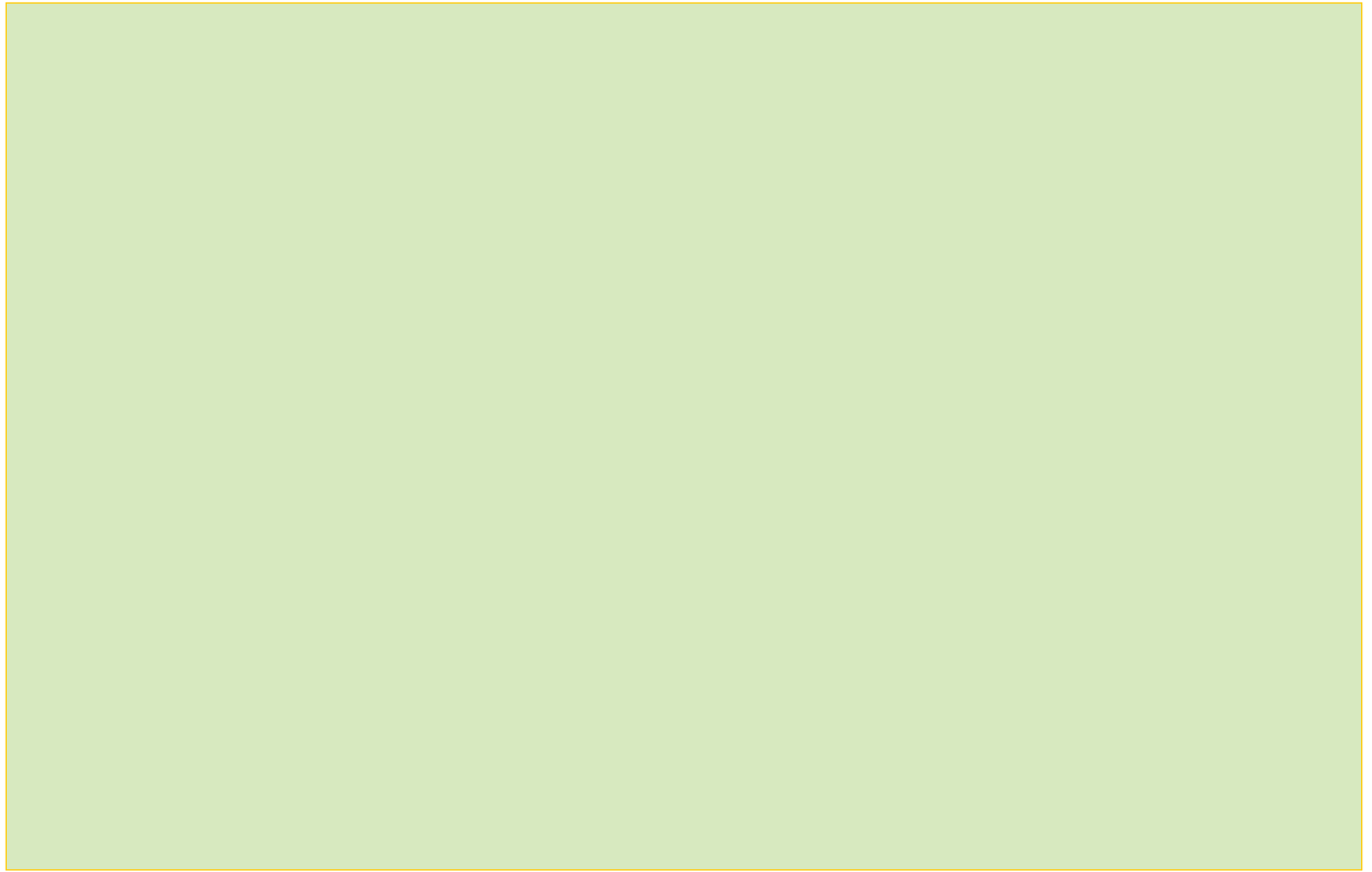
No ball required, just space to practice.

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:

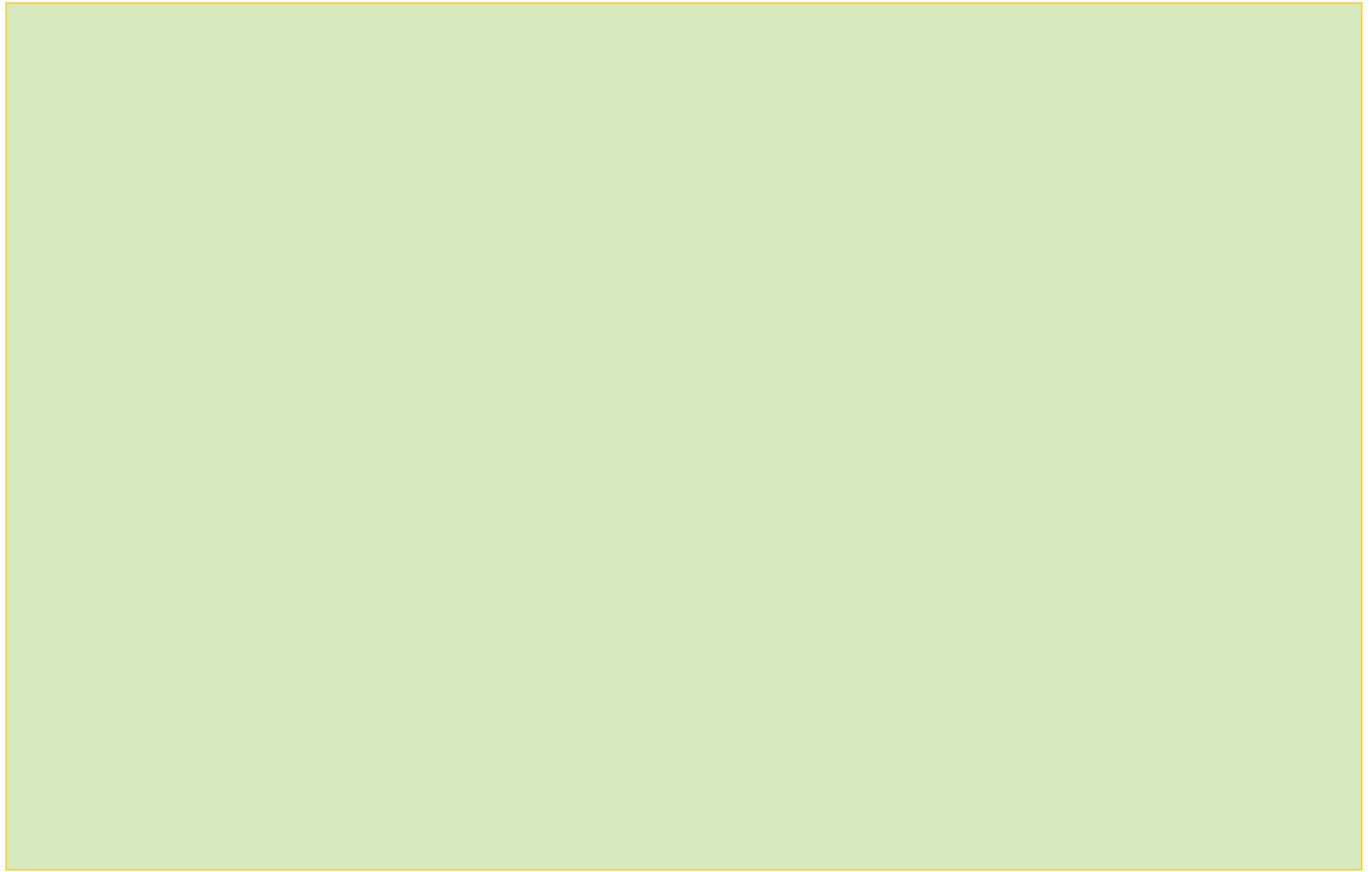
Partner or coach stands with a few balls to drop feed just outside off-stump.

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:

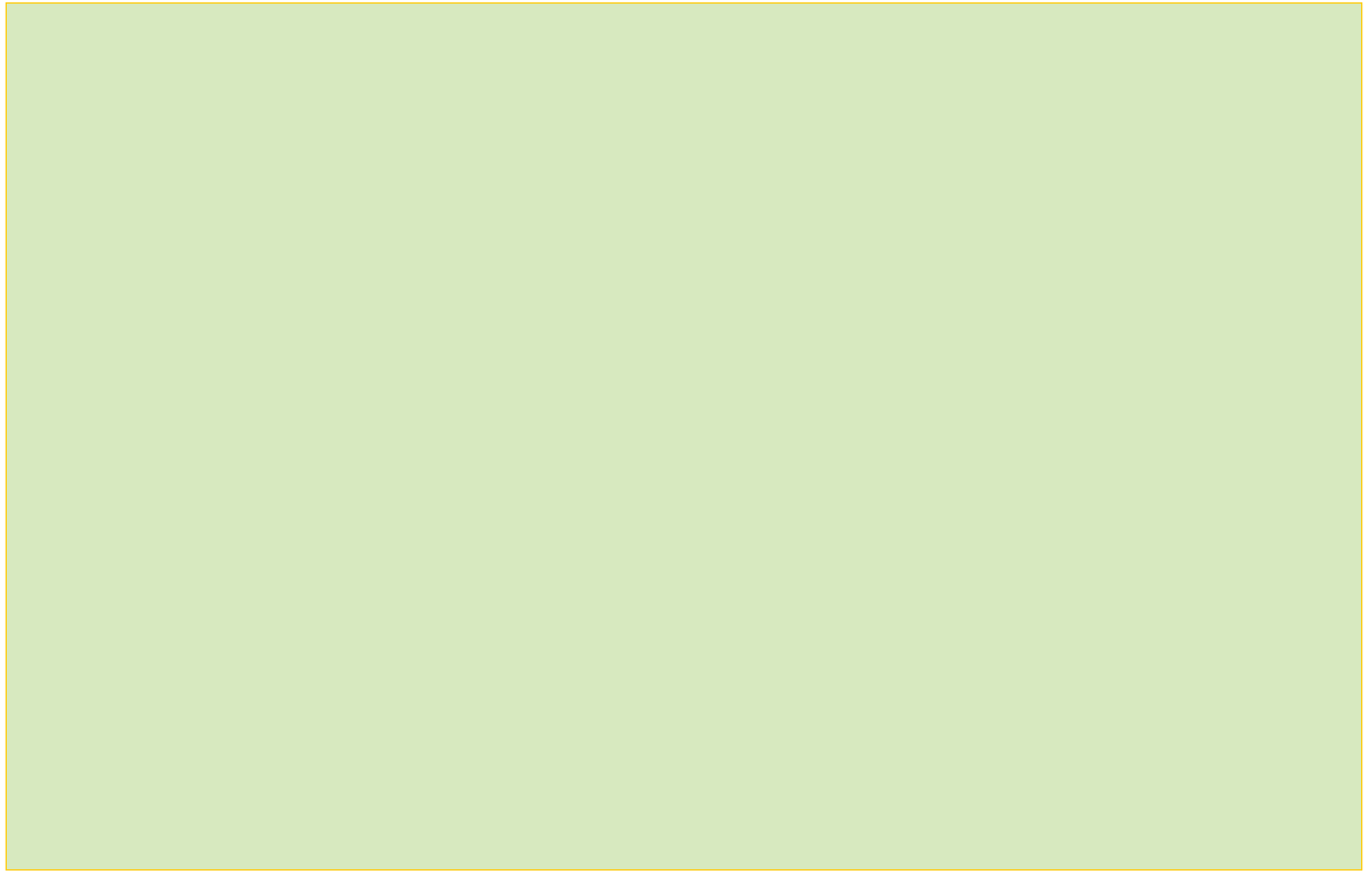
Set up a cone or a small object around 10-15 meters from the player.

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:

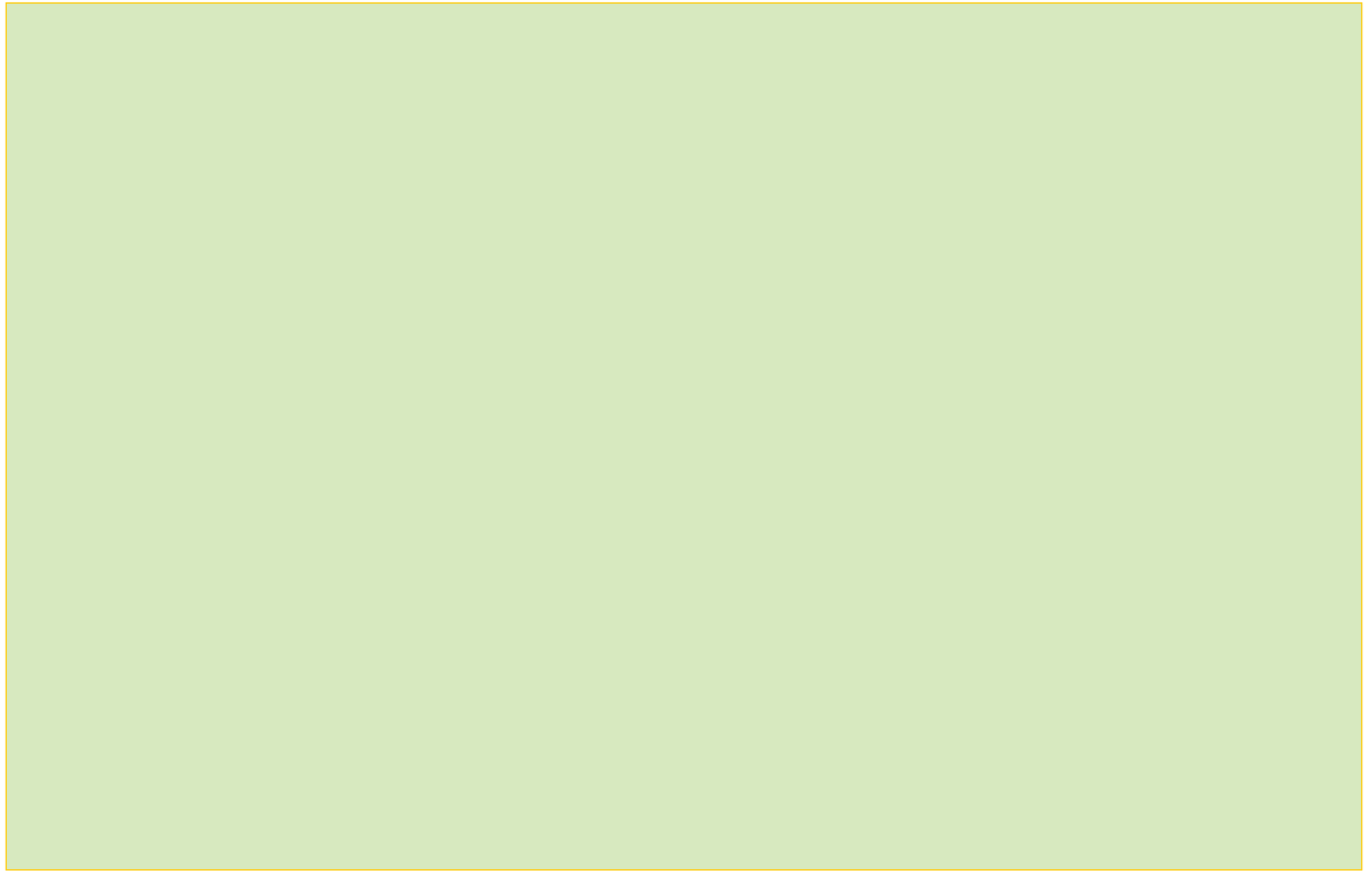
Cones placed to the left and right of the batsman about 10 meters away.

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:

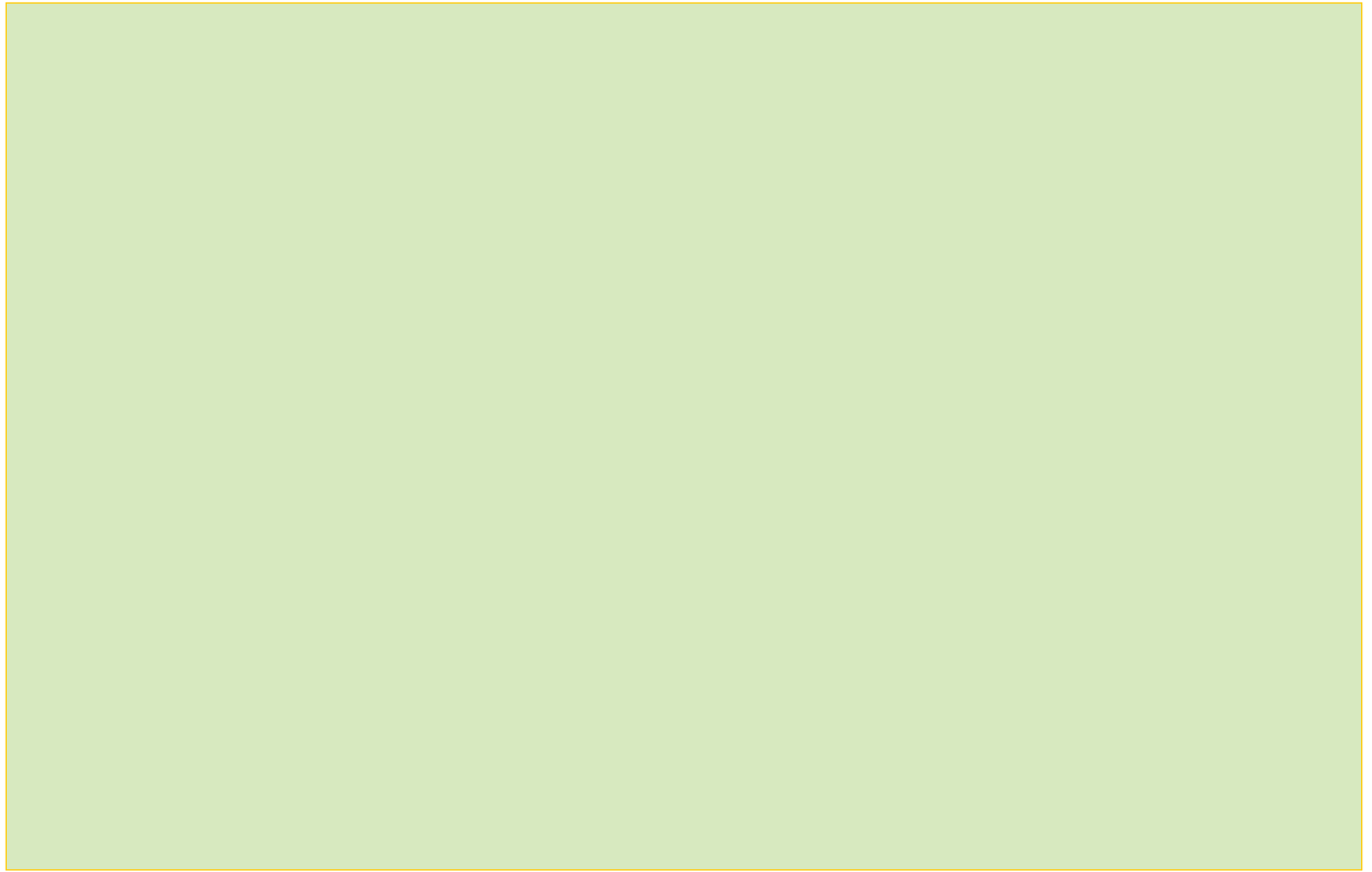
Coach or partner bowls underarm deliveries slightly slower at the player.

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:

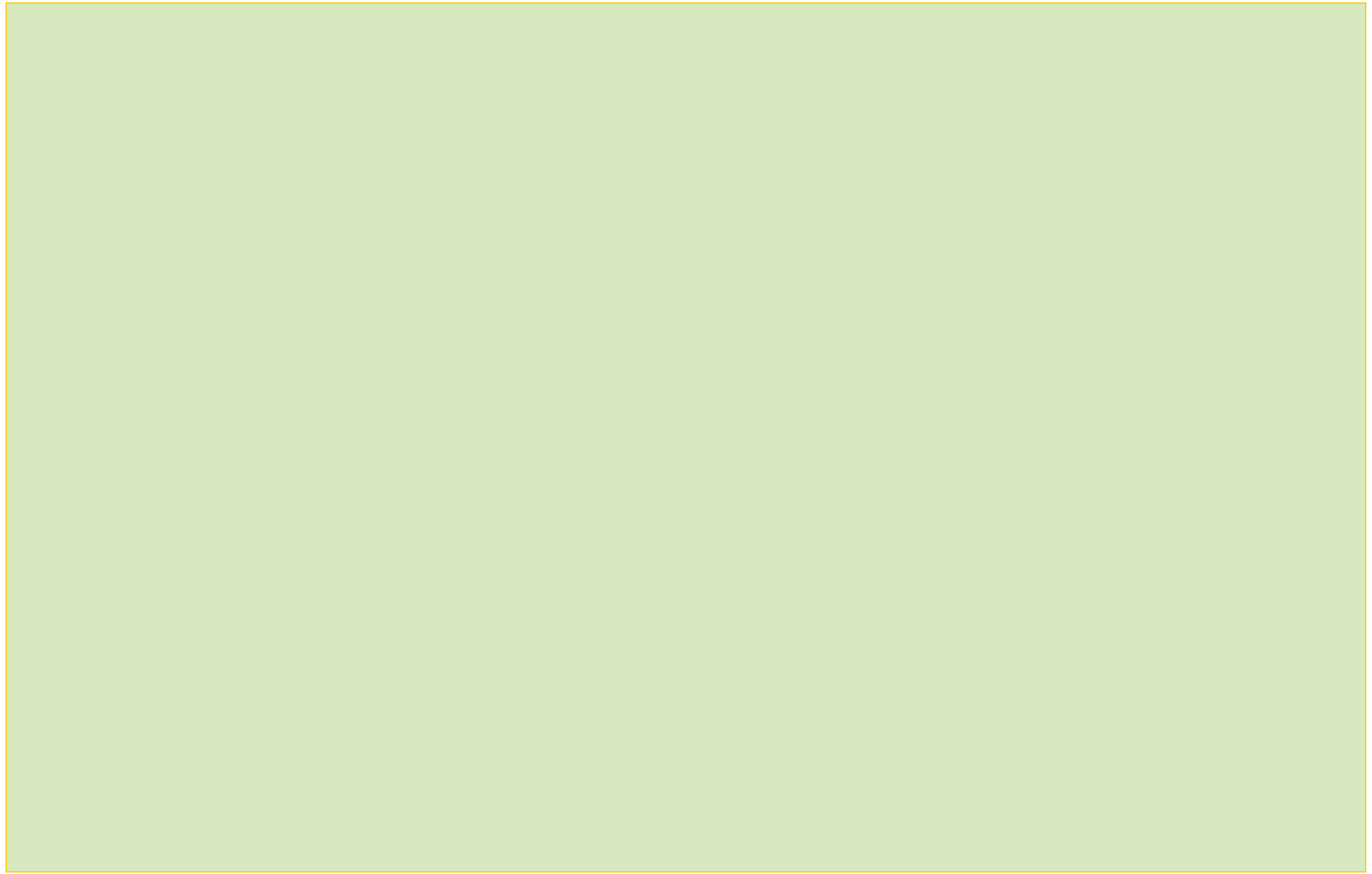
Place a cone 2-3 meters in front of the batting crease.

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:

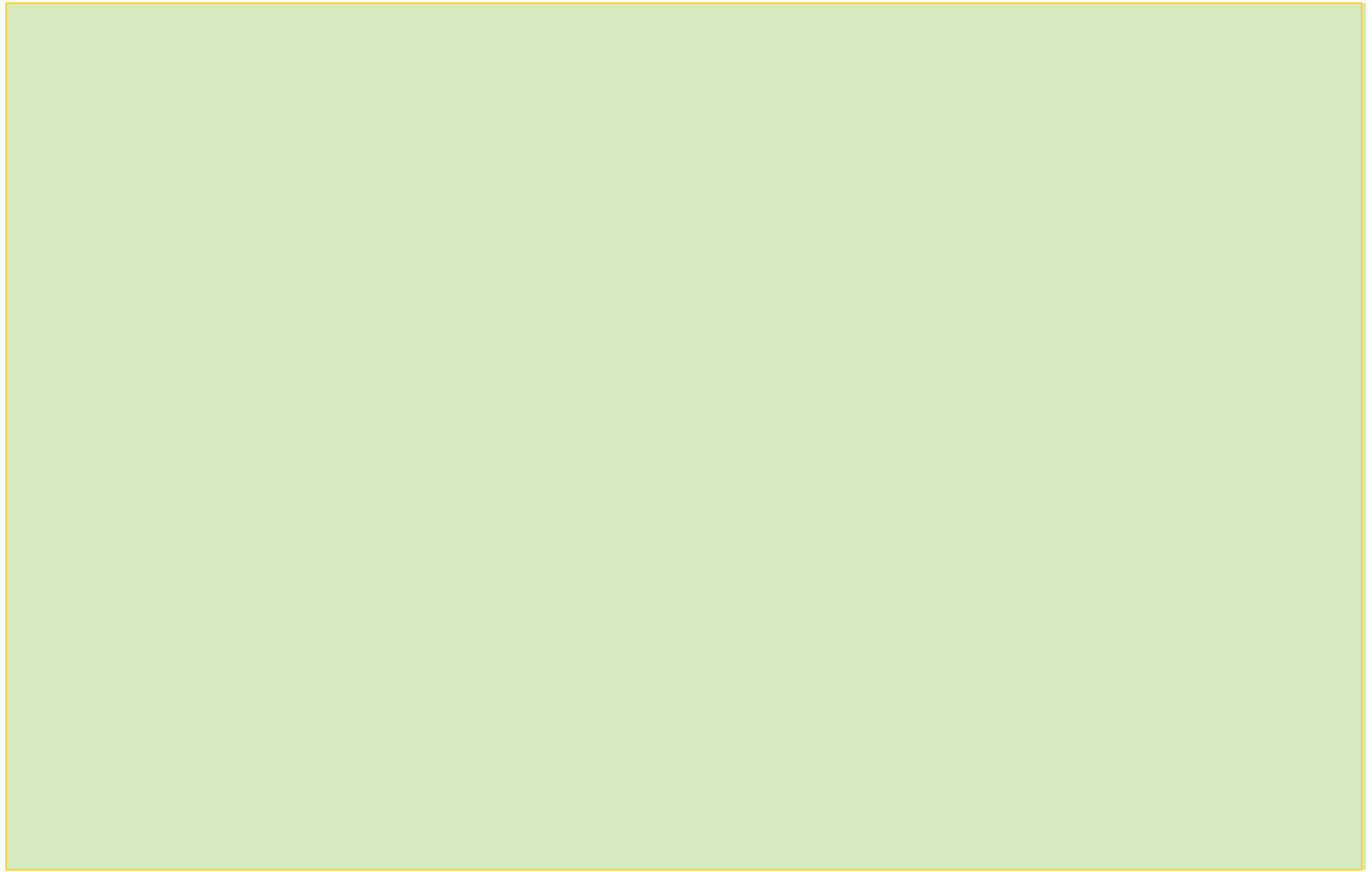
Partner or coach stands with a few balls, ready to drop feed just short of a length.

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:

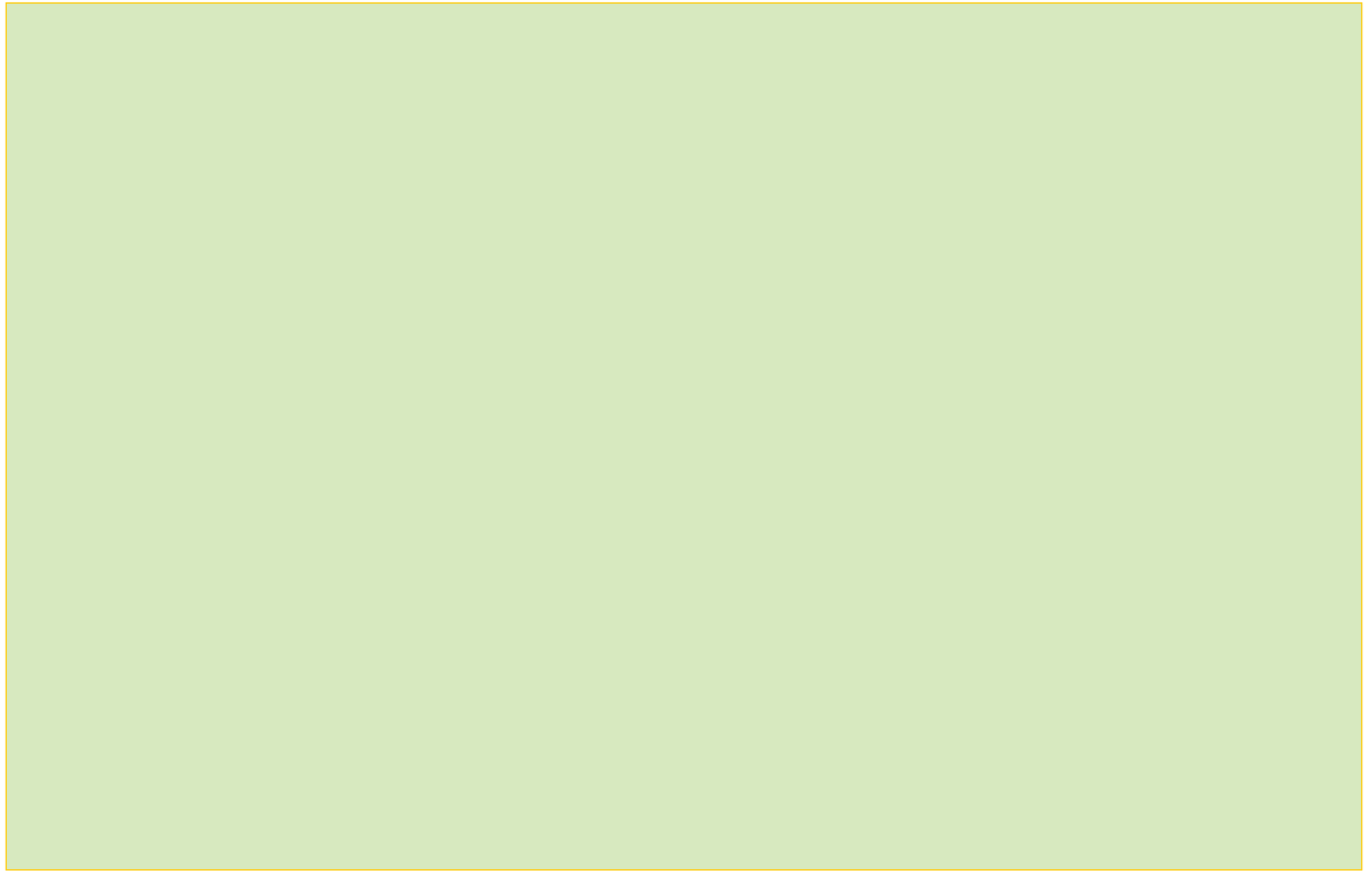
Set cones at varying distances (1-3 meters) from the crease to encourage precise foot movement.

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:

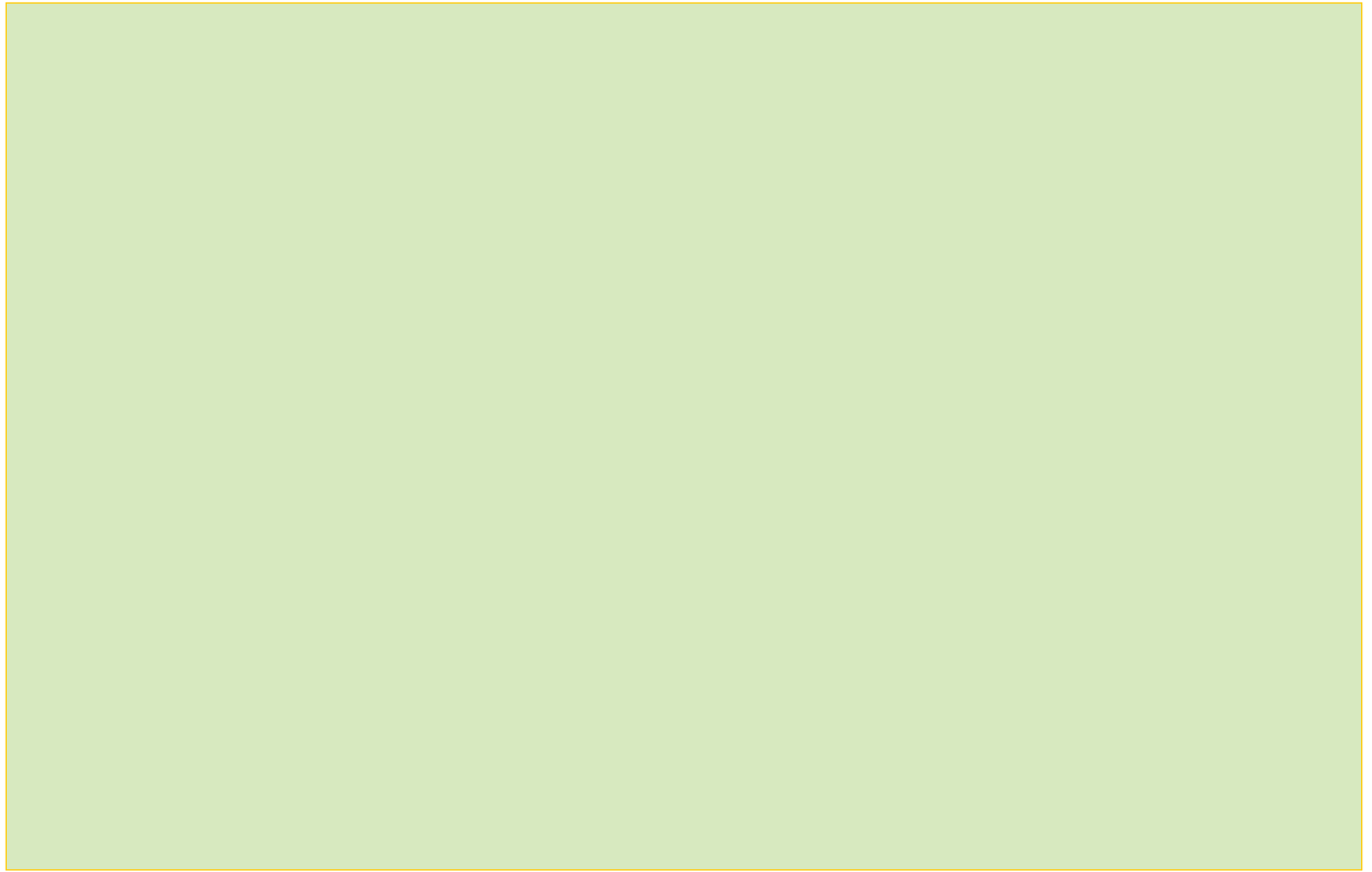
Players line up with bats, either standing or kneeling to simulate different sweep scenarios.

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:

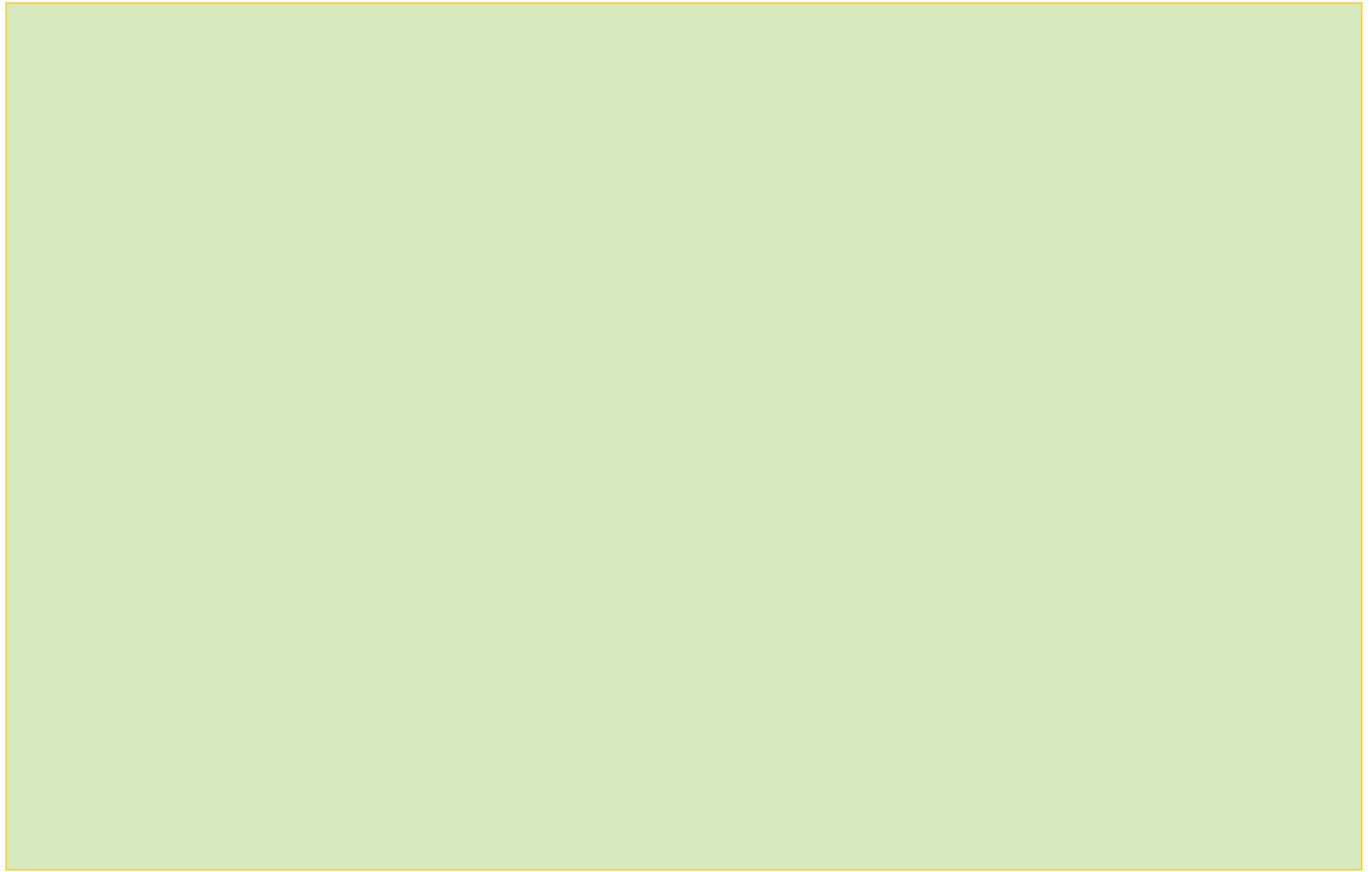
Place a ball on a cone just outside the off stump, at a full length.
Adjust the cone height depending on the players' ability.

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:

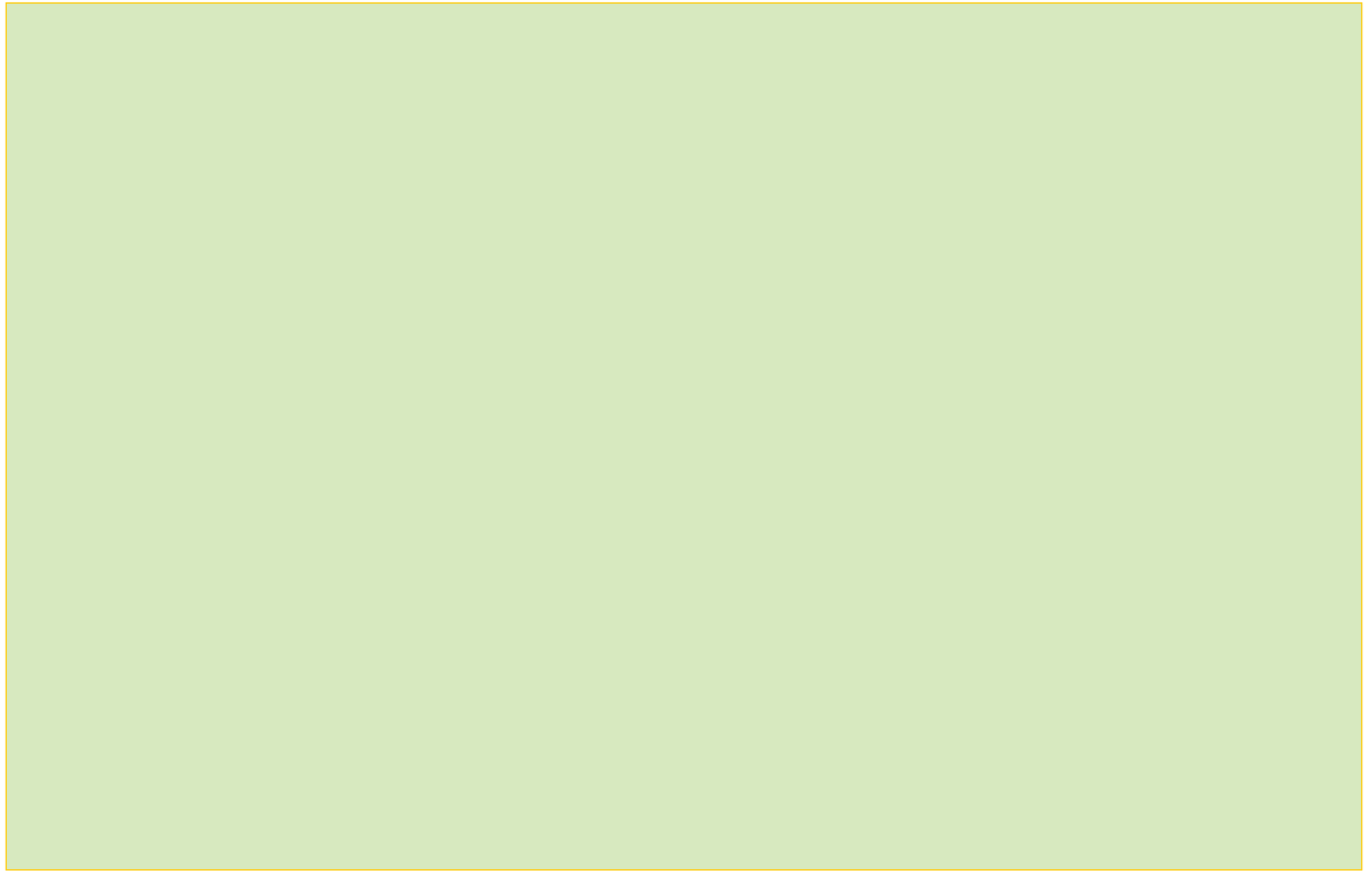
Use cones to divide the pitch into three zones: short, good, and full length.

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:

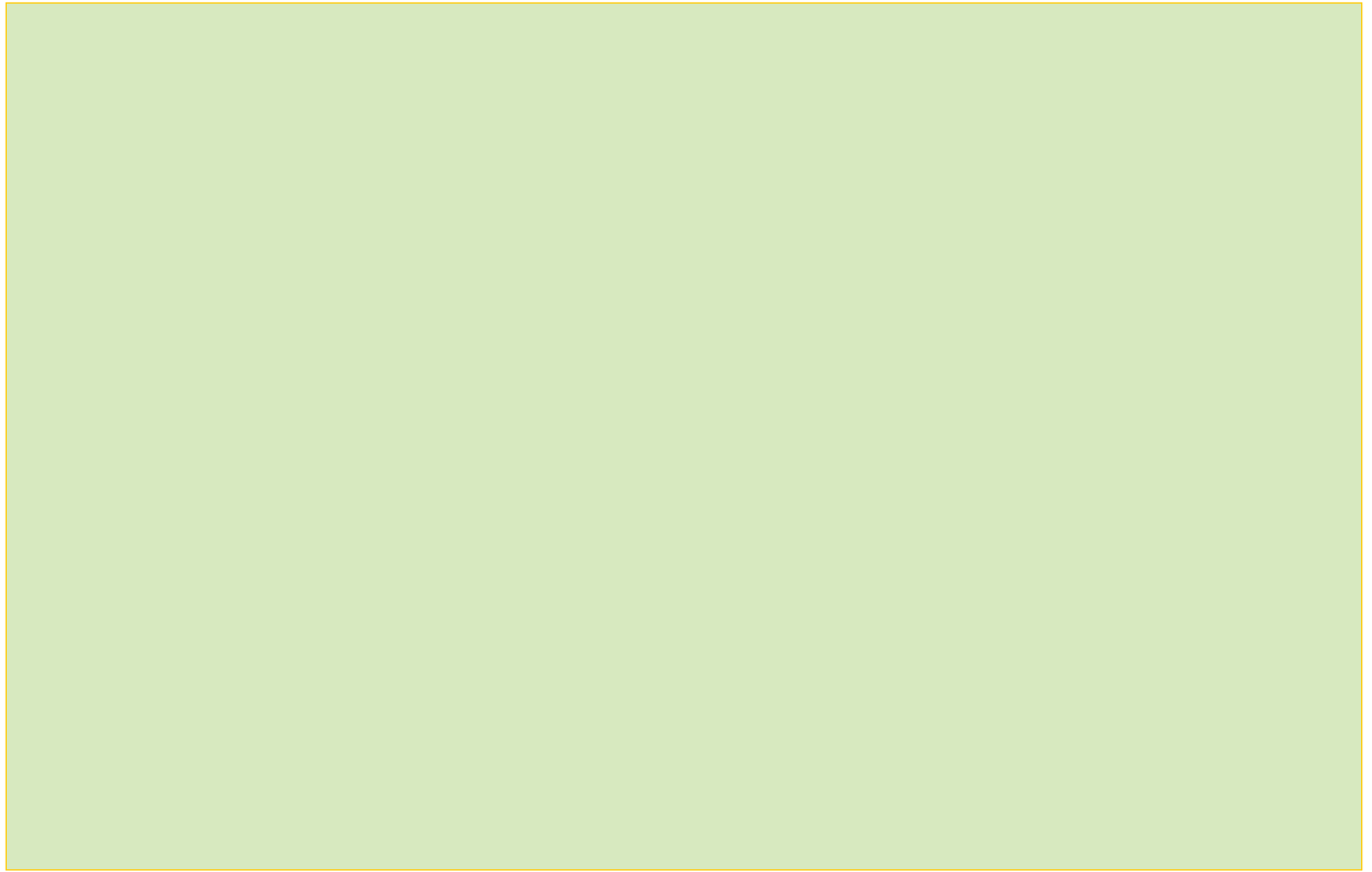
Use cones to divide the pitch into off-side, middle, and leg-side zones.

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:

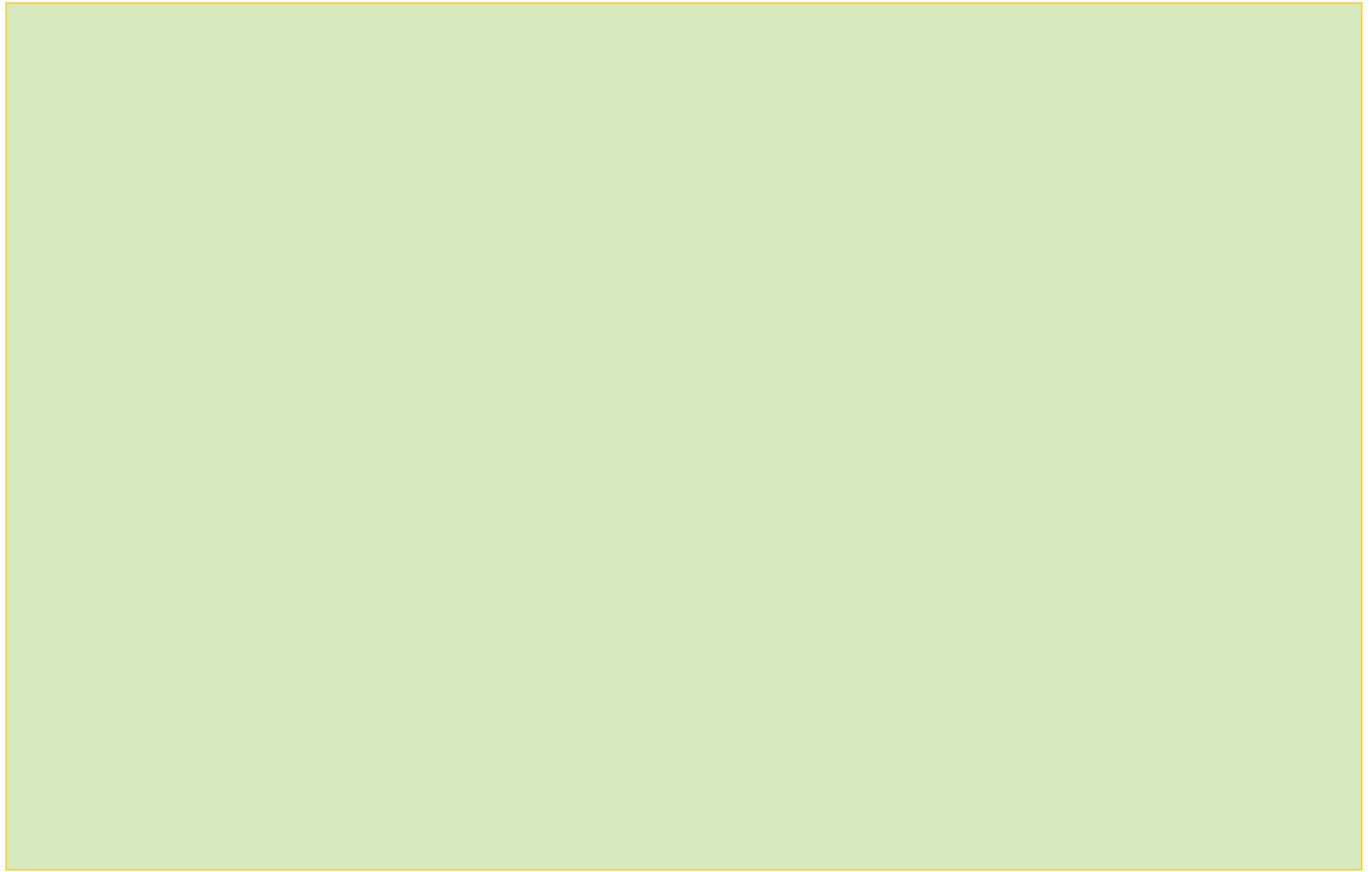
Mark different zones on the pitch using cones for both length and line.

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.





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+

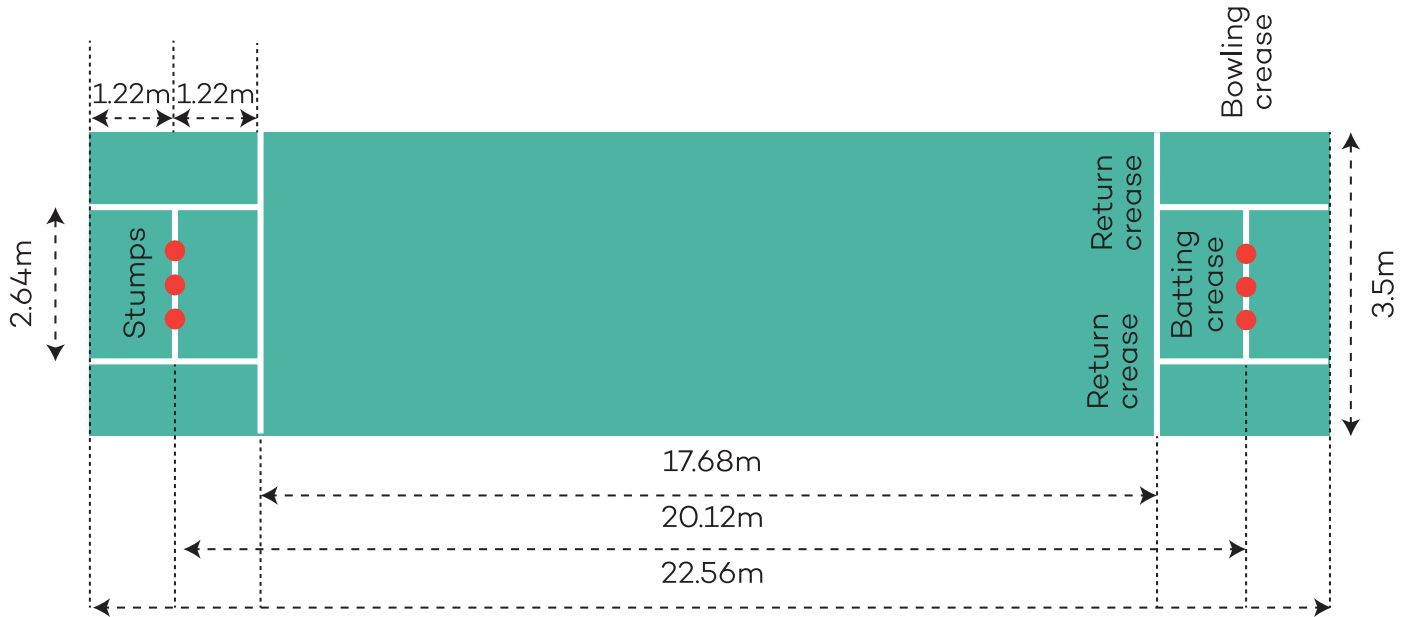
5 ¹/₂ oz for male players from 14+ through into men's cricket

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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