

A photograph of a cricket match in progress on a green field, with several players in white uniforms visible. The image is overlaid with a teal color filter and framed by dark, out-of-focus leaves in the foreground.

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.

BOWLING SKILLS



Cricket
development
programme

Run up
Out swing
Inswing
Yorker
Bouncer
Slower balls



Run up

DRILL 1 - REVERSE RUN UP MARK

Set up:

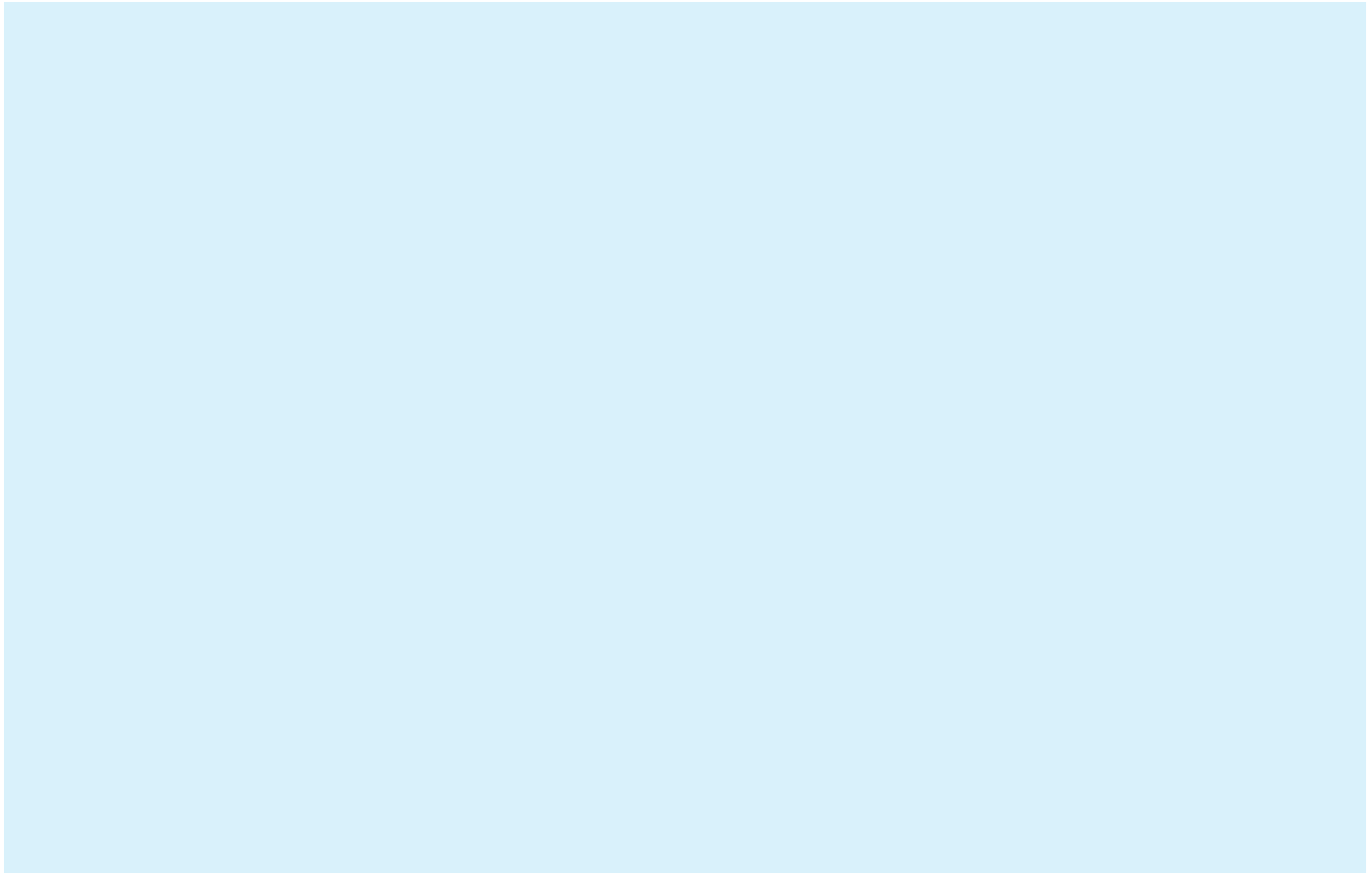
A set of stumps and a cone for each player.

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:

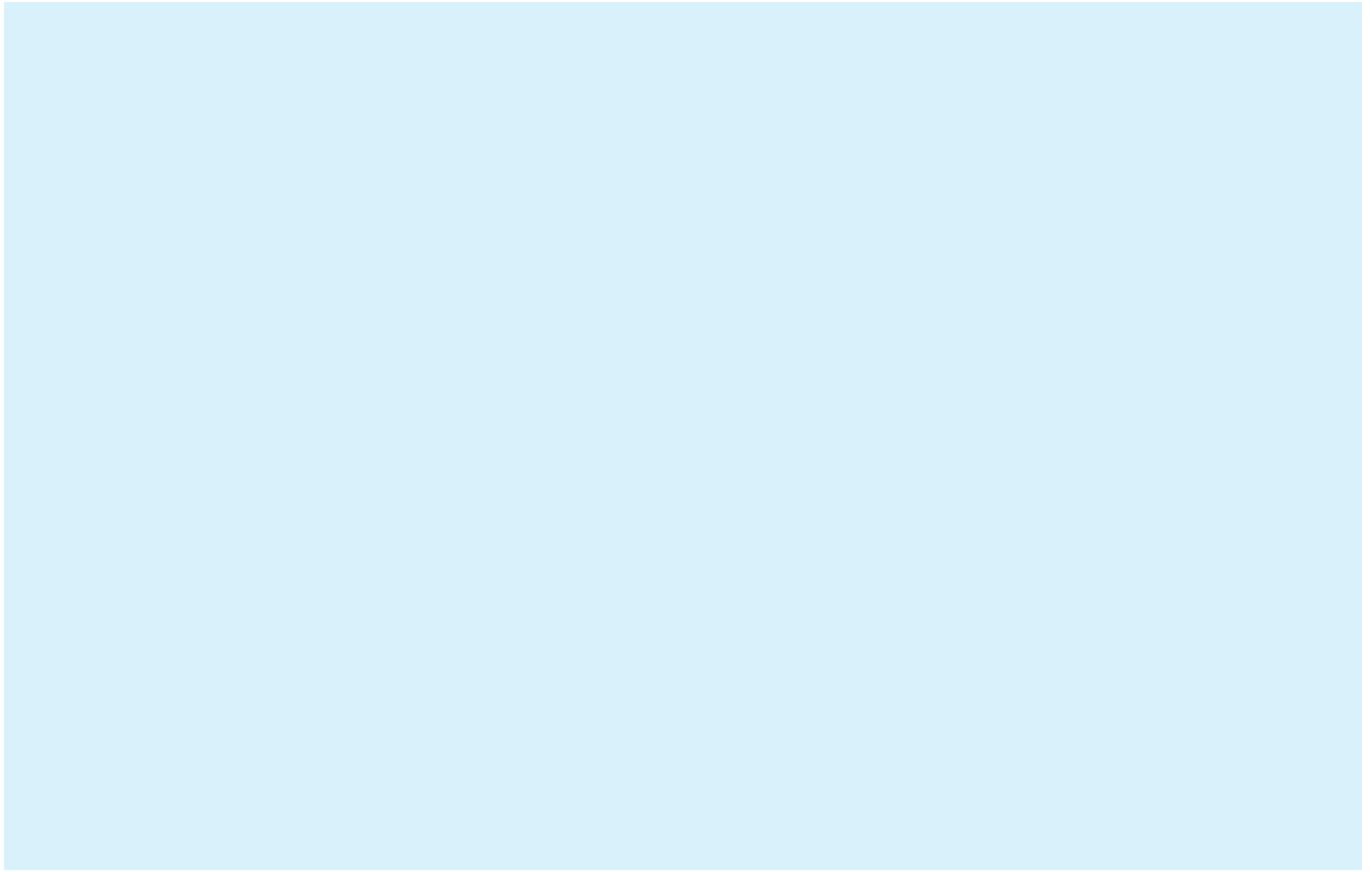
Each player holds a cricket ball, practicing the outswing grip by positioning their fingers on either side of the seam.

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:

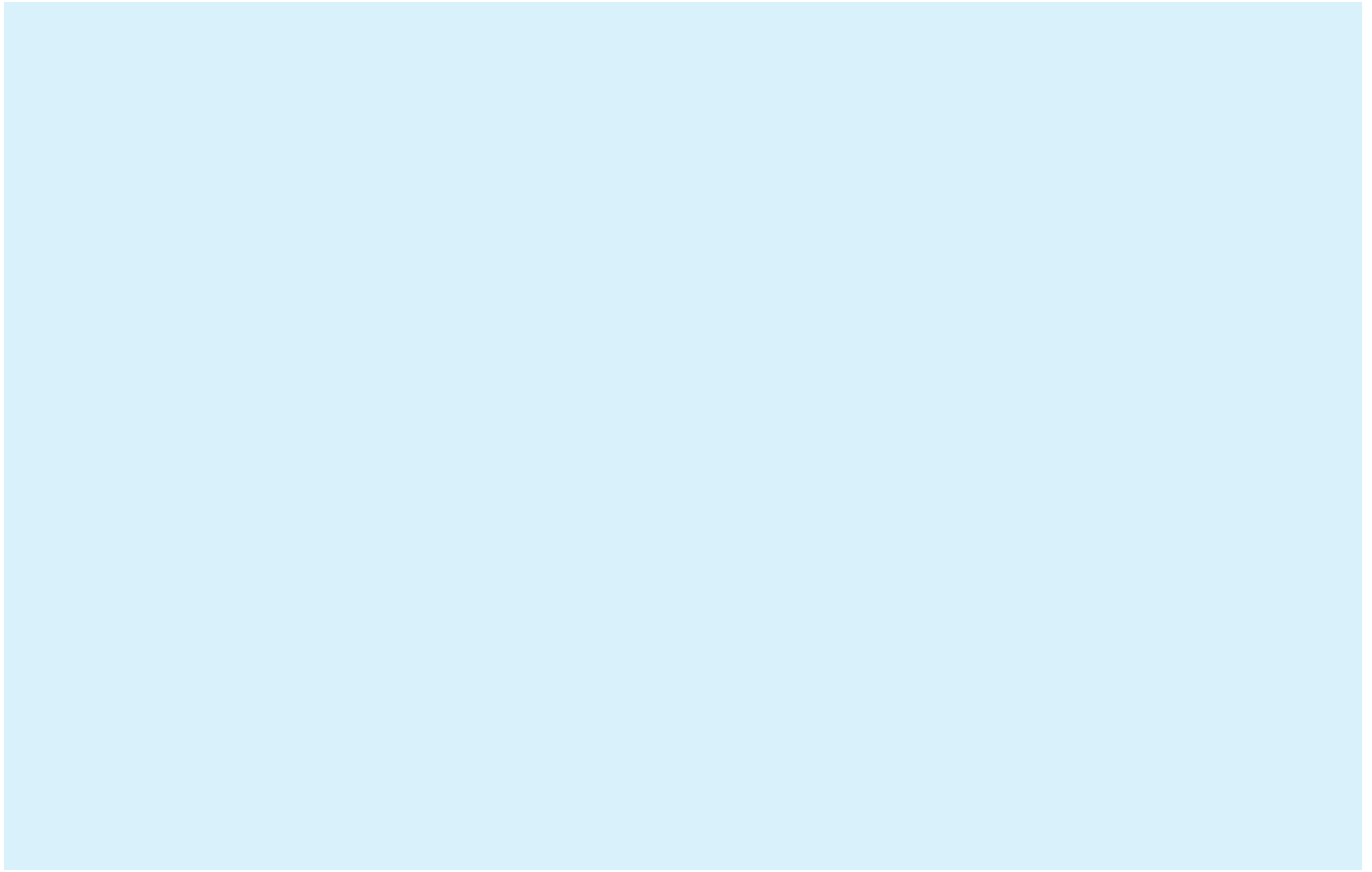
Use half-taped tennis balls for each player. The tape should be placed on one side of the ball to encourage swing.

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:

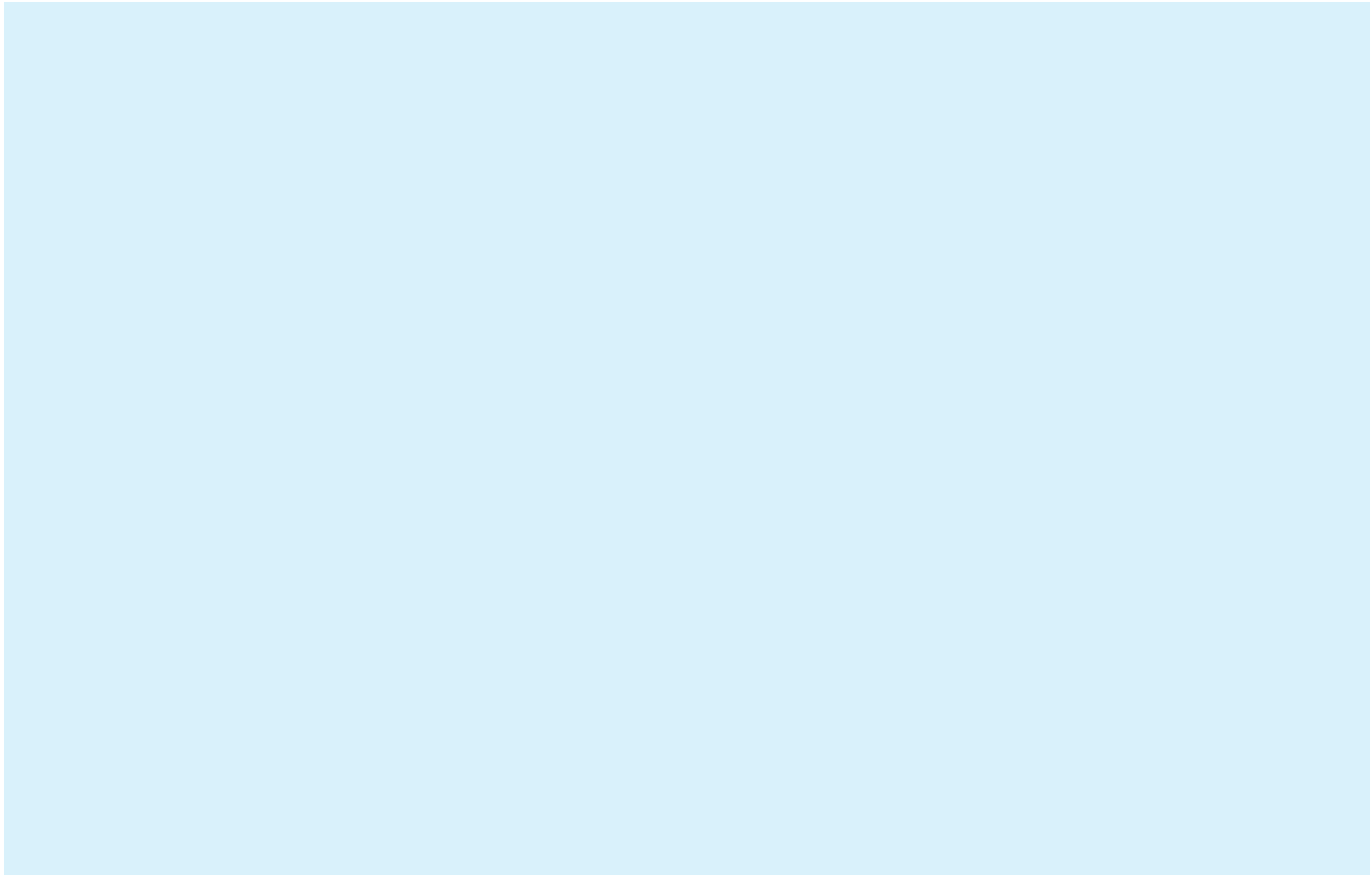
Place a cone in line with the off-stump or slightly outside. Set up stumps behind the cone.

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:

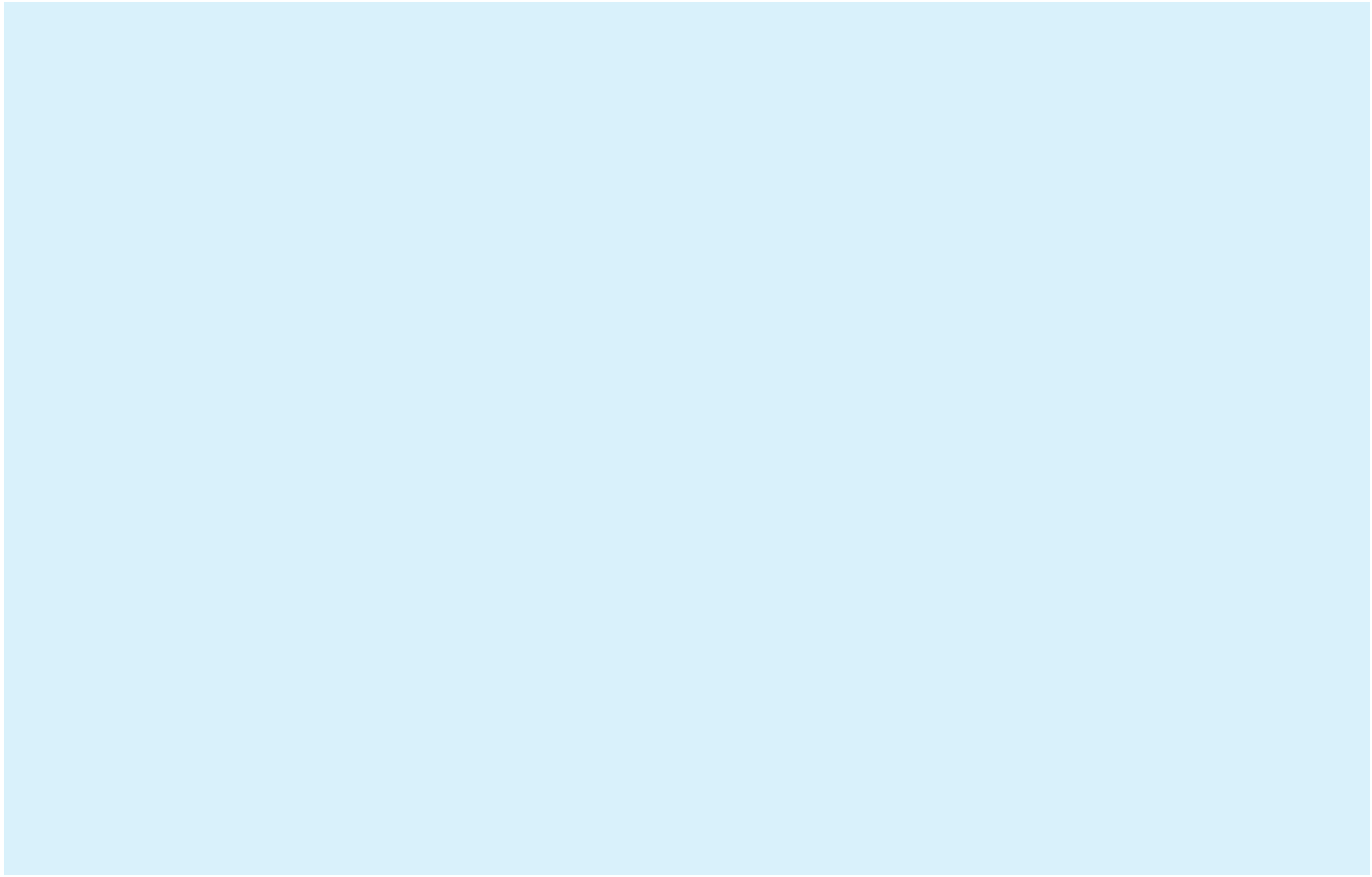
Players hold the cricket ball with an inswing grip, positioning their fingers on the seam in a way that will encourage the ball to move towards the batter.

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:

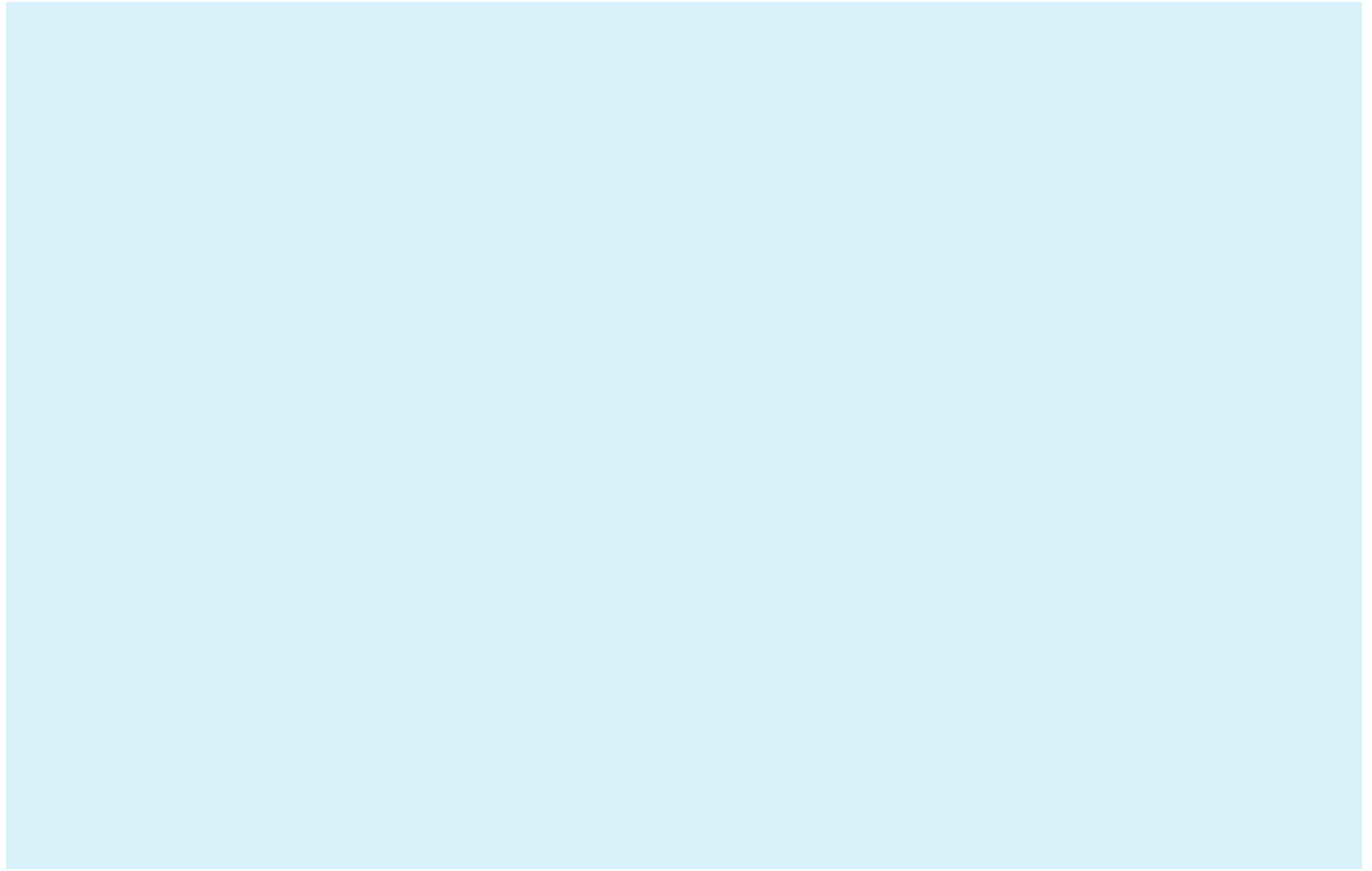
Players use a half-taped tennis ball, with the tape on one side to encourage inward swing.

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:

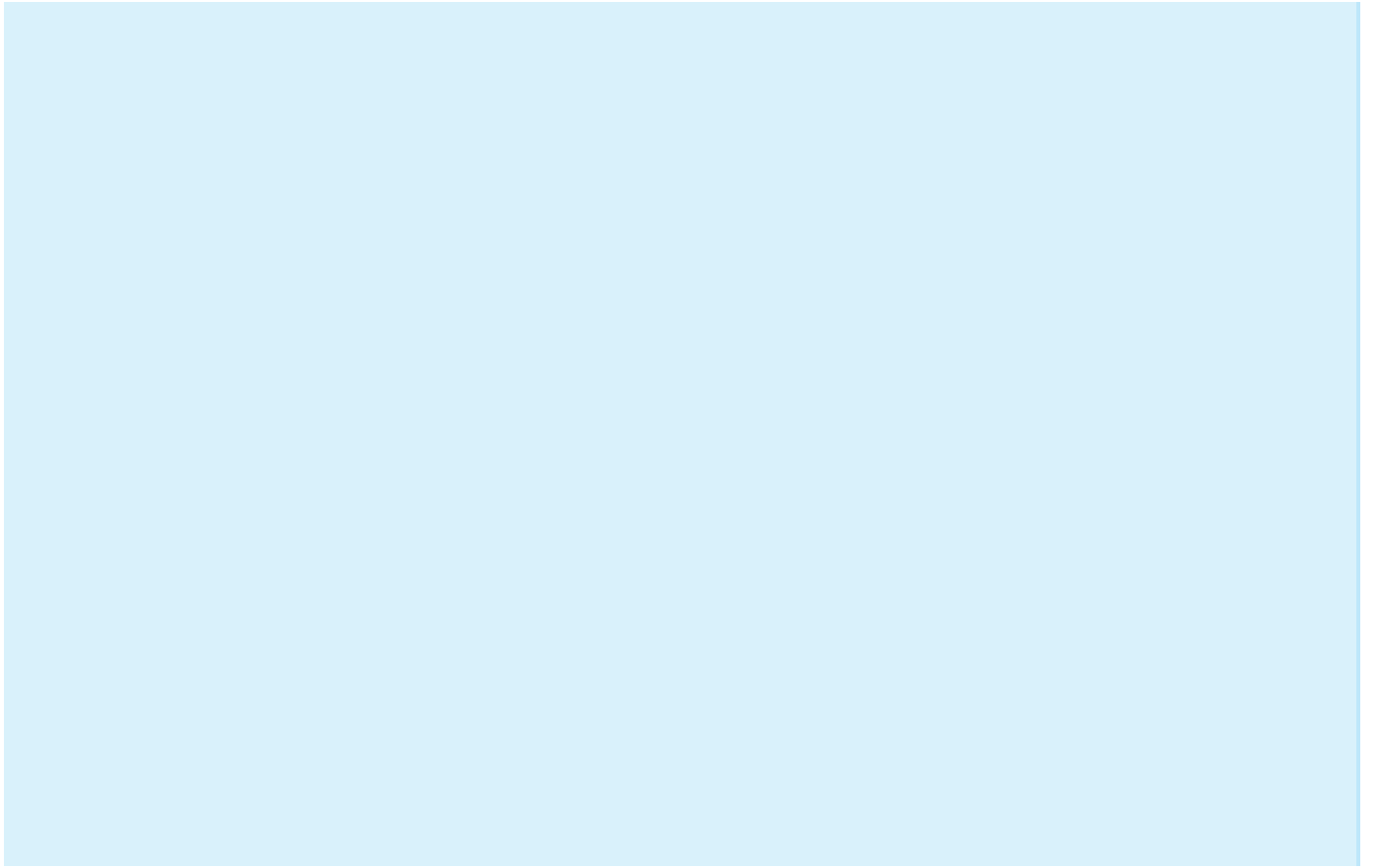
Place a cone in line with off-stump or slightly outside. Set up the stumps behind the cone.

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:

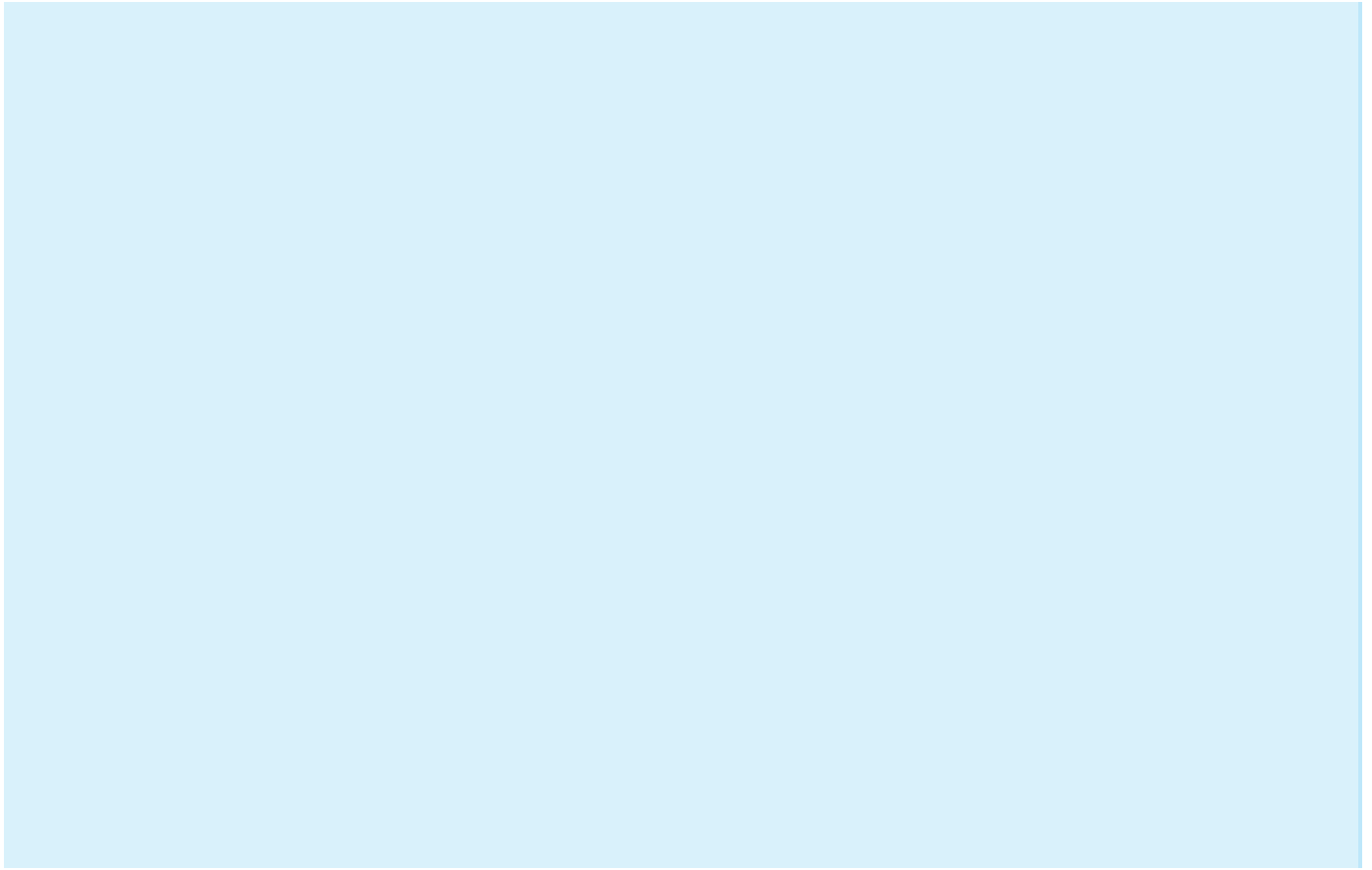
Place a mat or object at the crease line where the batter's feet would normally be positioned.

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:

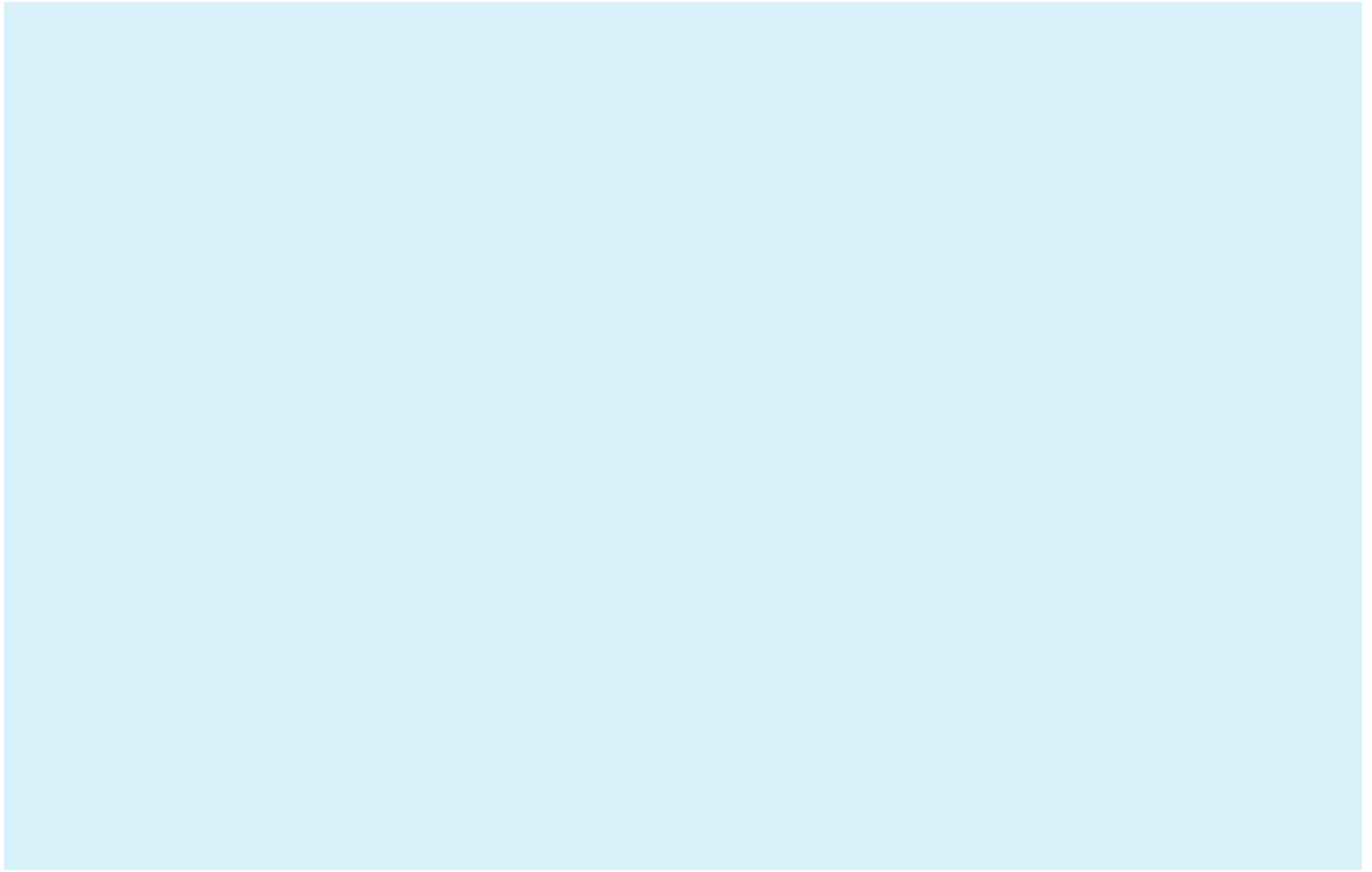
The coach stands near the stumps and rolls a ball towards the batter as the bowler runs up.

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:

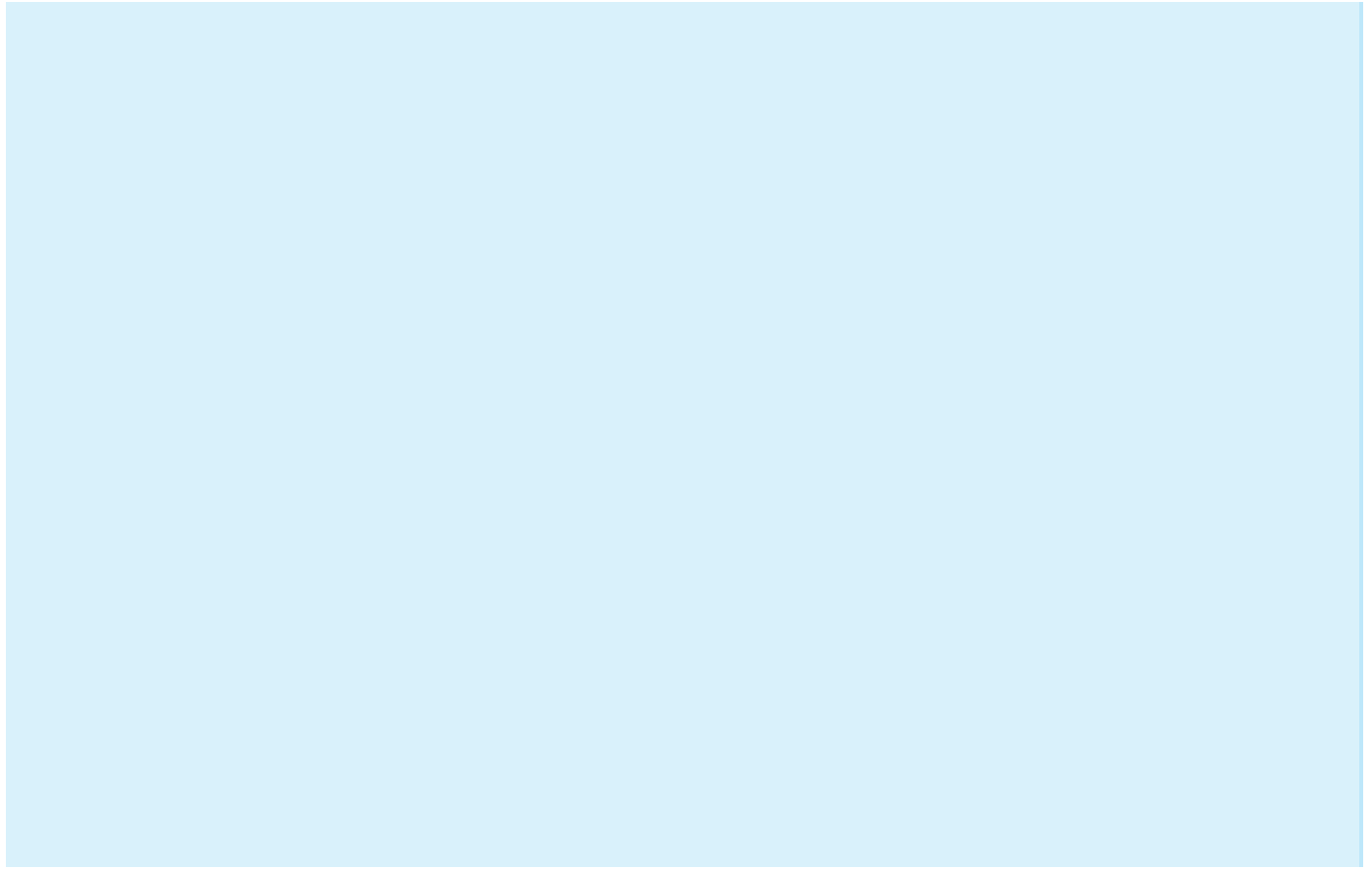
Mark an area in the pitch approximately halfway down to represent the ideal short-pitch zone for bouncers.

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:

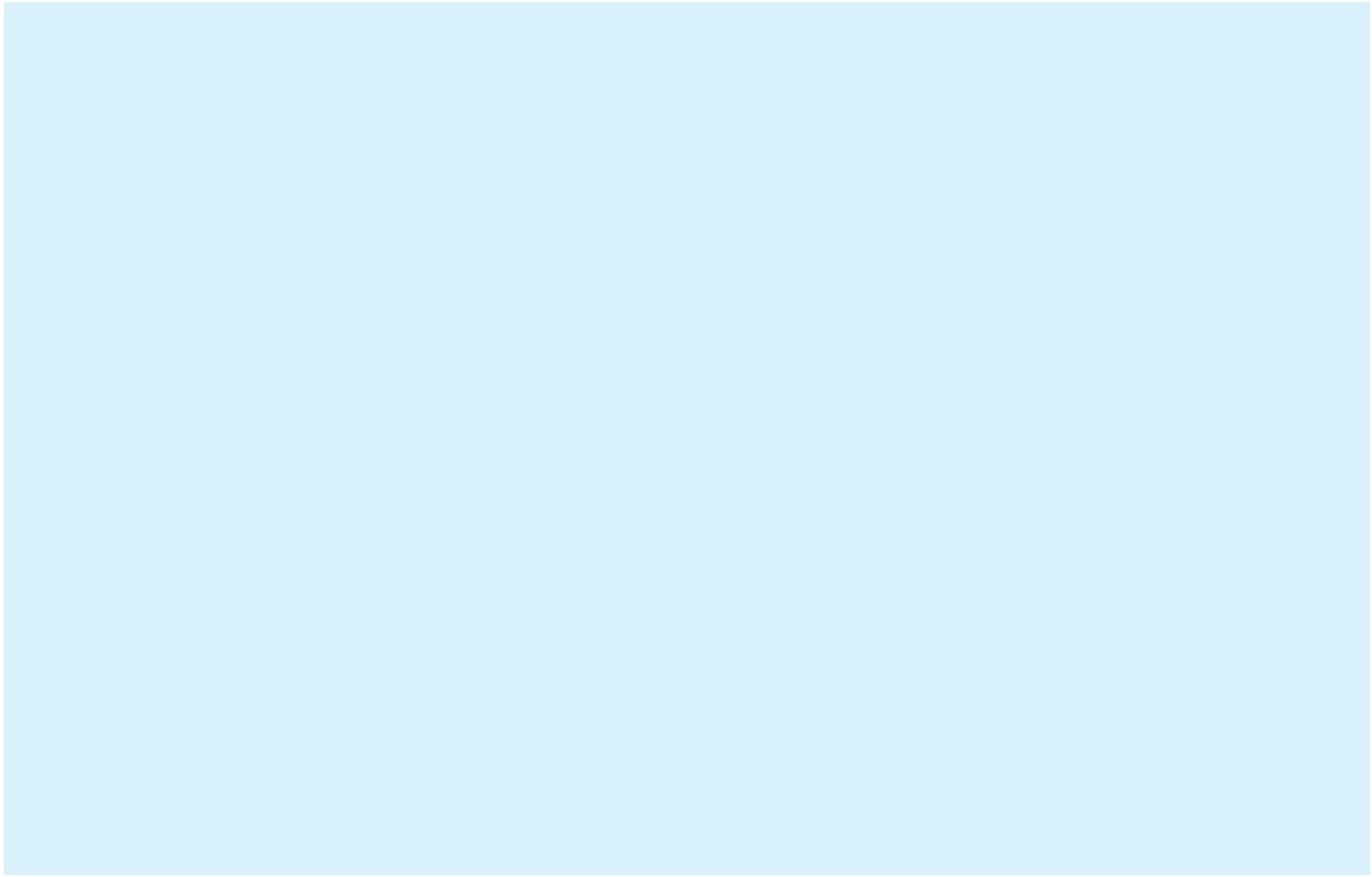
Place a target behind the stumps (e.g., a tall cone or marker) to simulate a batter's head height.

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:

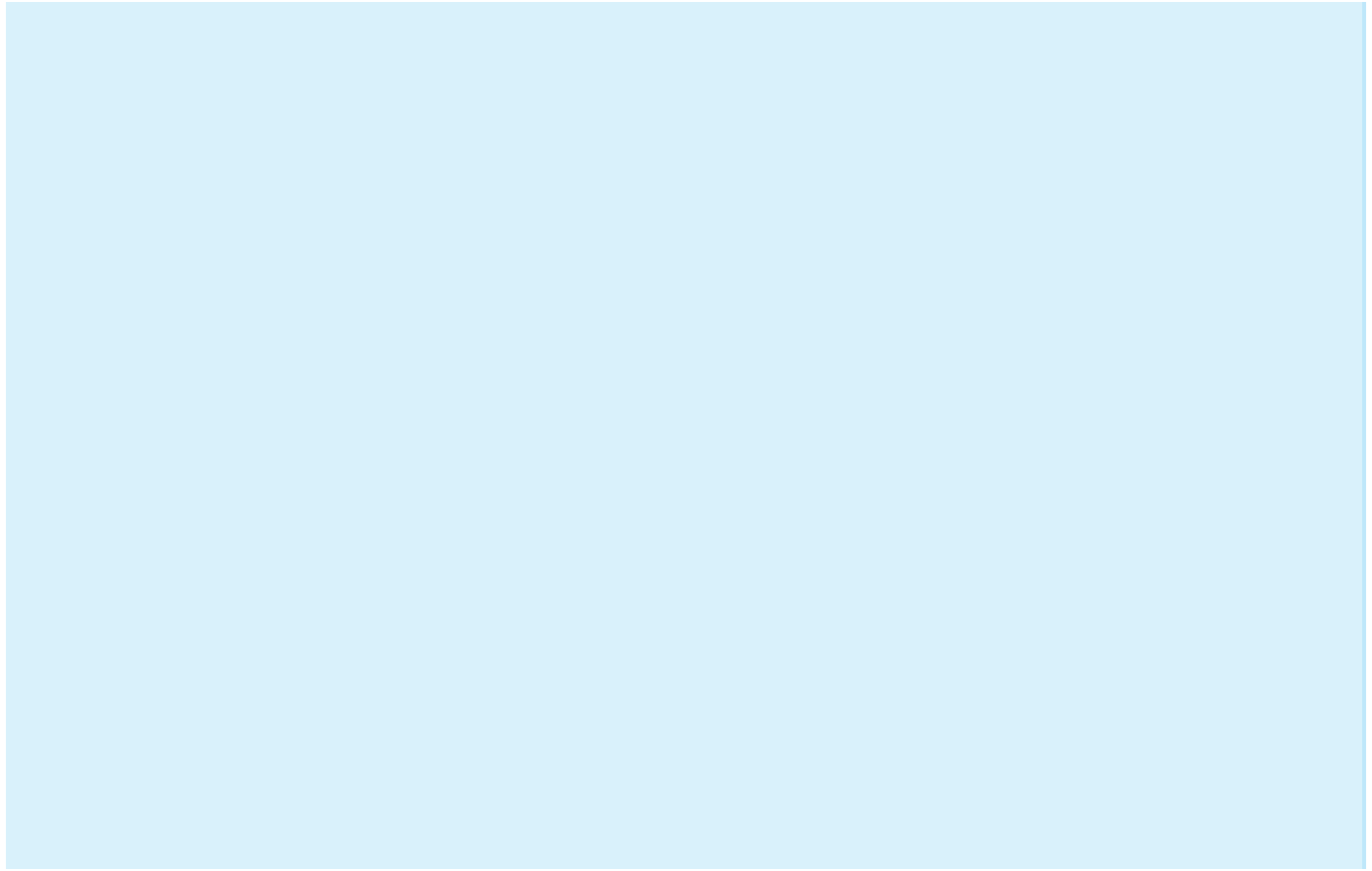
Players hold the ball using the knuckle grip, where the ball is placed under the knuckles of the index and middle fingers.

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:

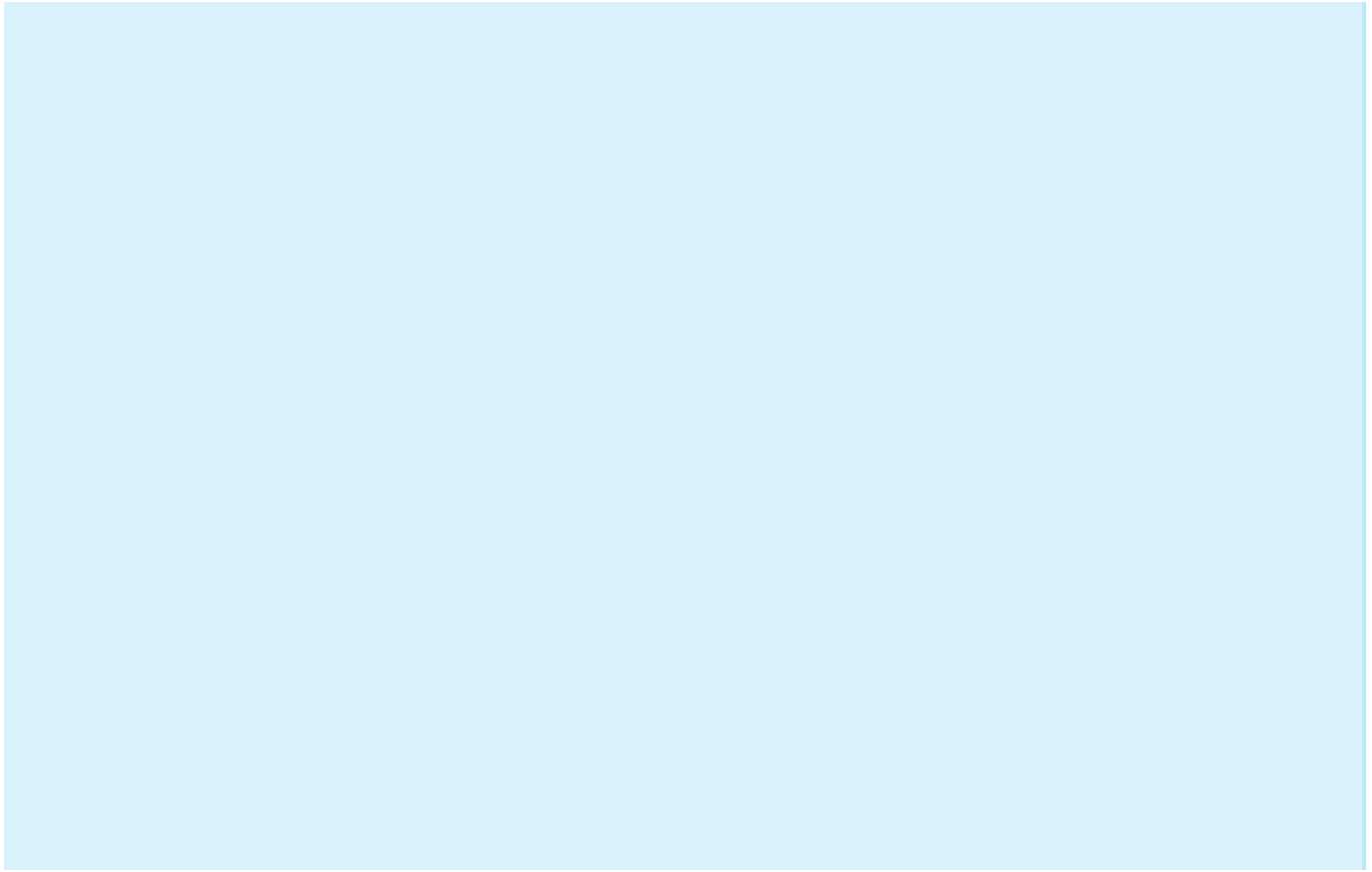
Players practice gripping the ball normally but aim to release the ball with the back of their hand facing the batter.

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:

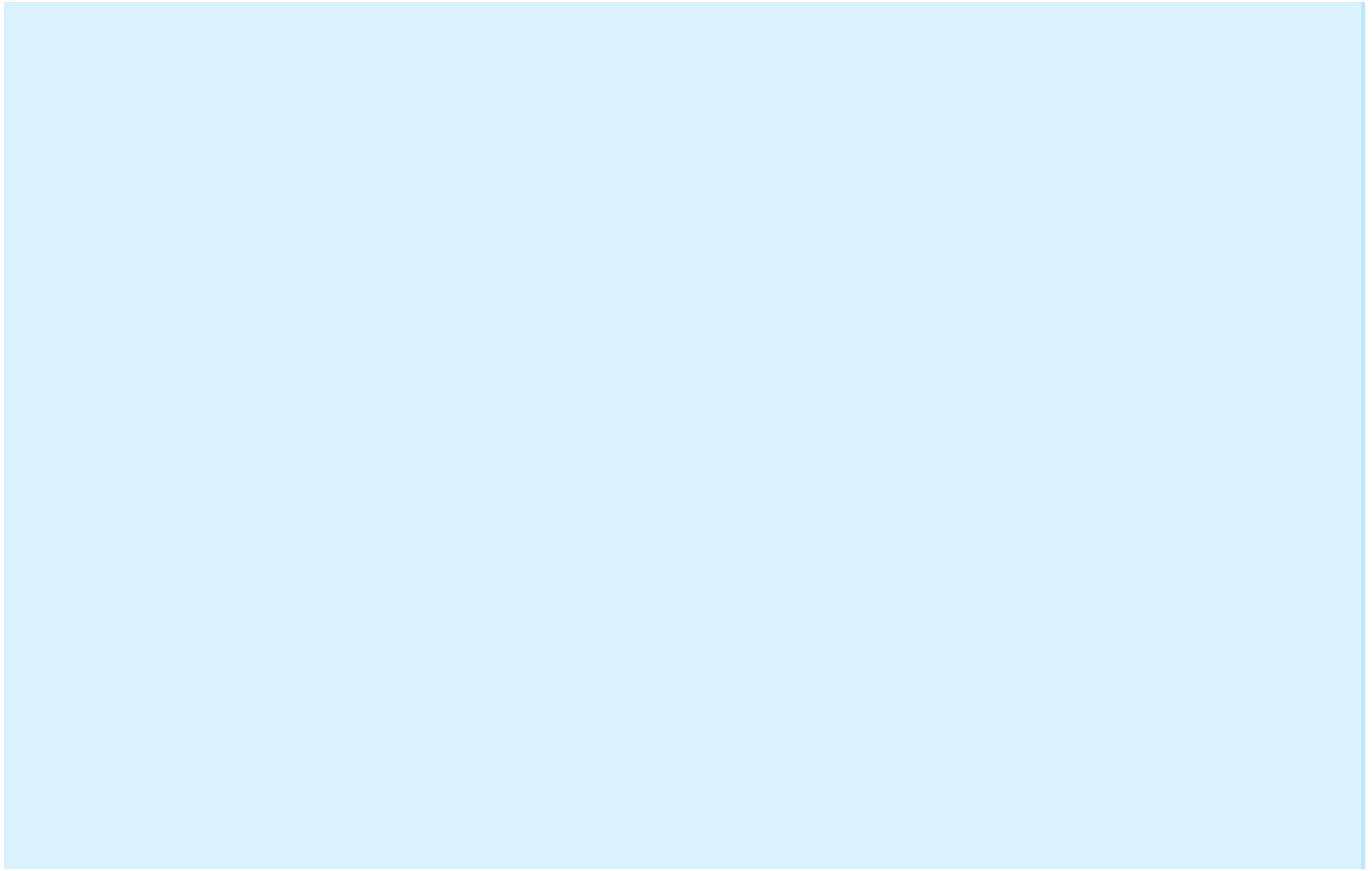
Bowlers practice using a wider grip on the ball, with their first two fingers further apart than usual.

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.





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 against 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+

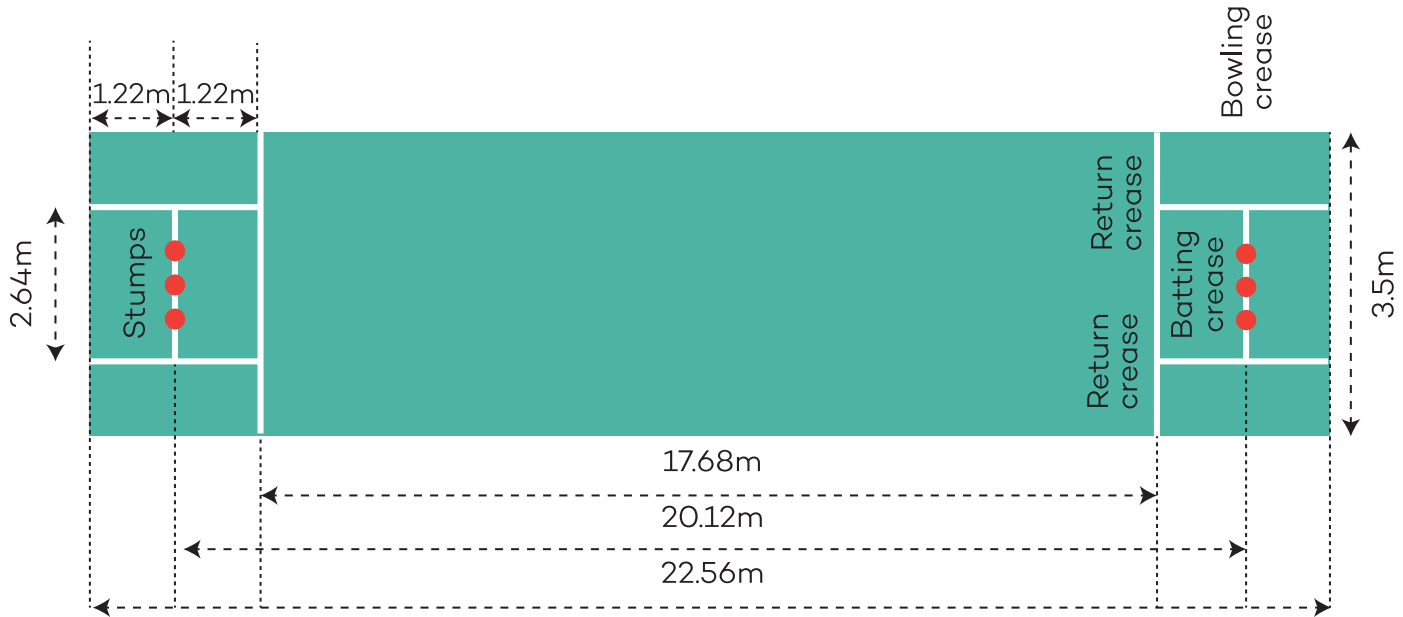
5 ¹/₂ oz for male players from 14+ through into men's cricket

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



Support us

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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