



**Cricket**  
development  
programme



# **CRICKET DEVELOPMENT PROGRAMME LEVEL 1**

[cricketdevelopmentprogram.com](http://cricketdevelopmentprogram.com)



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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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## Batting basic objectives


























































NB: The teacher / coach can decide which skill to focus on during each of the games or ask the students what they want to focus on

-  Bat pick up & grip
-  Stance and balance
-  Straight drive swing
-  Improving top hand/ high elbow
-  Head to the ball.
-  Pull shot
-  Cut shot
-  Sweep shot
-  Decision making
-  Communication skills

# BATTING GAMES



## GAMES TO IMPROVE SKILLS

Yes No Maybe	      
Knocking	      
Keep it up around cones	      
Jack in the box	      
Spin Survival	      
Bat swing drill	      
Hit the gaps	      
Quick cricket	      
Cone hit and collect	      
Accuracy challenge	      



### YES NO MAYBE DRILL

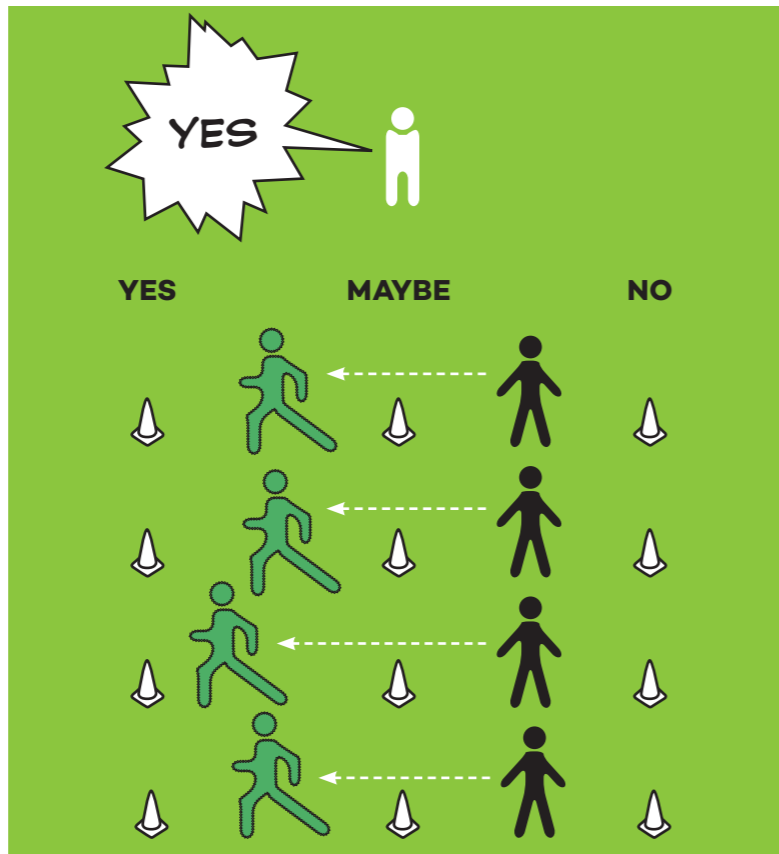
**Description:**  
Players: 4+

Arrange Individual players standing in a line at right angles to three separate lines of cones

The coach calls yes, no or maybe, on the call the players run to the cone in that line, the coach can make multiple calls to test the memory of the players and make the game harder.

**Objectives:**

- Verbal processing skills
- Loud simple language
- Quick speed and turning



### KNOCKING

**Description:**  
Players: 4+ in teams



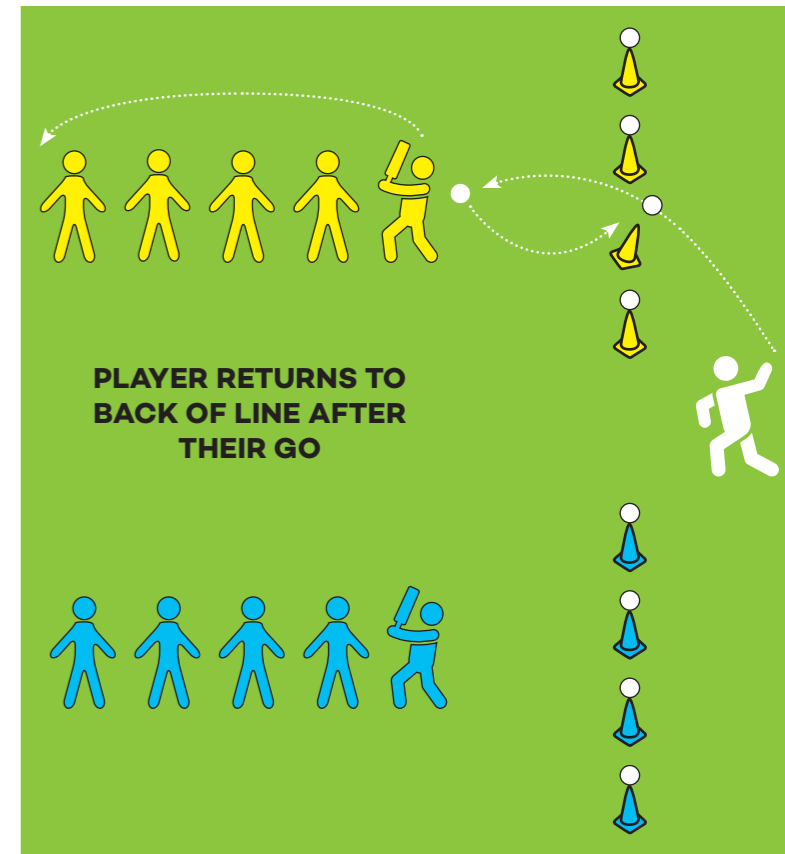
Organise players standing in a line opposite a number of cones with balls on. The coach either puts a ball on a cone for the players to hit off or they throw a ball to each line of players in turn who has to hit a tennis ball off a cone in front of them. The first team to knock the balls off all their cones wins

*Ensure that players return to the line before the next player starts aiming at the cones*

**Objectives:**

- Ball placing with a bat for players to improve accuracy
- Competition against each other to simulate pressure situations.

The easiest version of the drill is to allow the players to hit off a cone.





### KEEP IT UP AROUND CONES

**Description:**

Players: 4+ in 2 teams

Individual, players stand in a line in 2 teams in front of cones

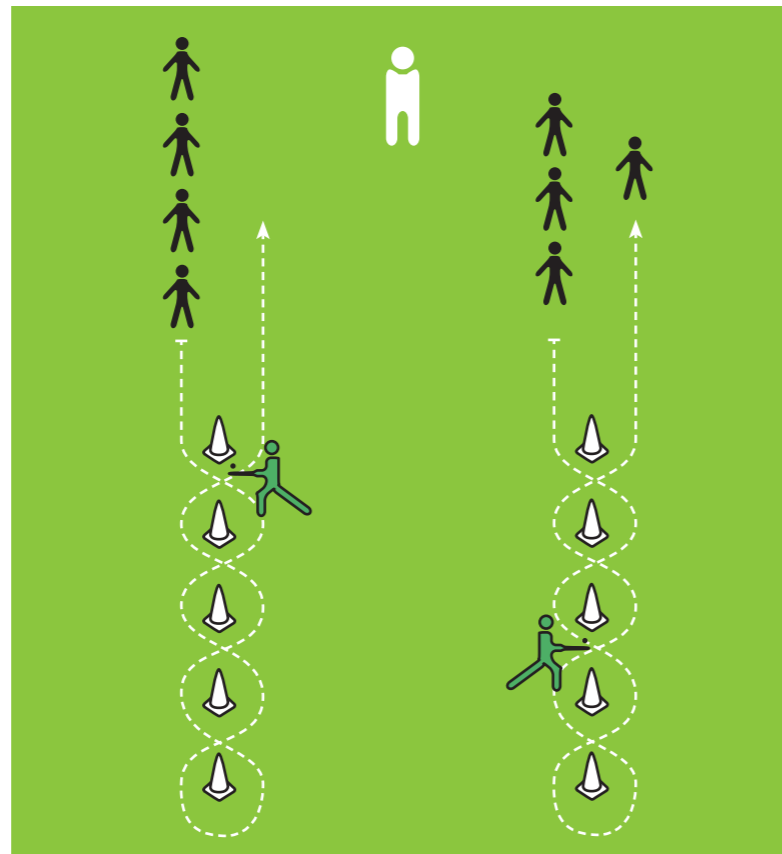
Each player has to negotiate the cones whilst keeping the ball up in the air by tapping it lightly with the bat. Encourage the players to experiment with which grip make the drill easier. The players should try and complete the circuit without the ball hitting the floor. Start with a number of cones and increase this as the players become more confident.

**Objectives:**

- Hand eye co-ordination
- Batting control



To make it more difficult try hitting the ball with the handle instead of the bat face



### JACK IN THE BOX

**Description:**

Players: 4+ in 2 teams

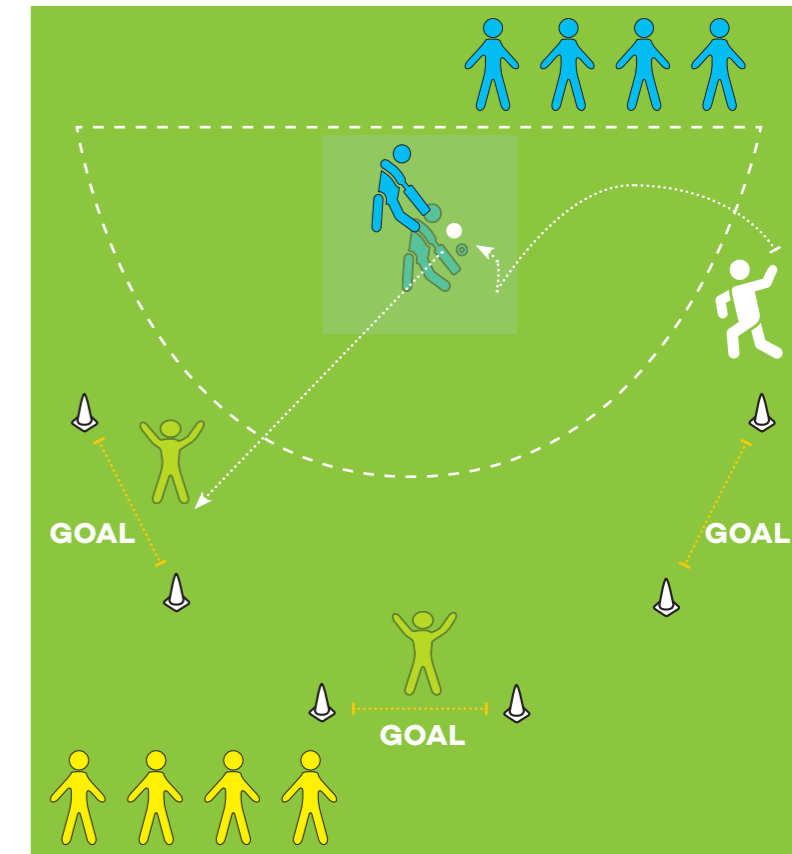
Lay the area out with a batting area and three goals.

Arrange the players in two teams, one batting team and one fielding team. The coach throws a ball into the defined area, the batter gets into position and attempts to hit the ball into one of the goals.

The fielding team can have two players to try and defend the goals, its up to the batter to try and outwit the fielders.

**Objectives:**

- Improving footwork & shot placement
- Decision making
- Hand eye co-ordination





### SPIN SURVIVAL

**Description:**

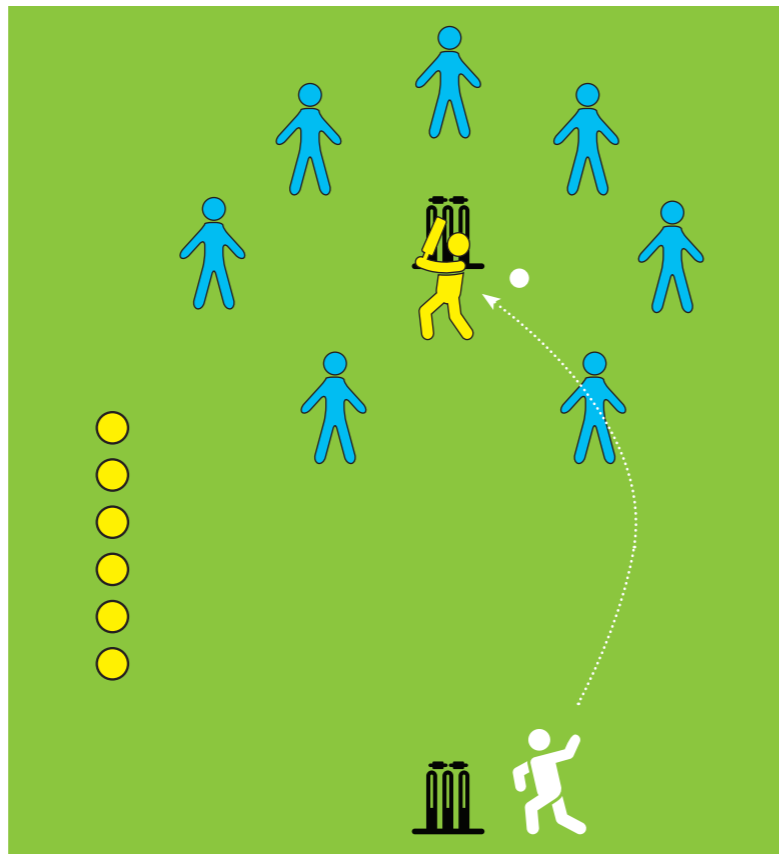
Players: 4+ in 2 teams

Organise players so one team is on the bench with the other team fielding. The coach throws spin tennis balls to a batsman and they try and score as many points without being caught out (maximum 5 balls). Every ball they survive they get 1 point.

This continues until all team members are out. The team with the most points wins. Add in a one hand one bounce rule if the batters are doing well to make it harder.

**Objectives:**

- Hand eye co-ordination
- Defensive skills
- Soft hands
- Decision making



### BAT SWING DRILL

**Description:**

Players: 4+ in 2 teams

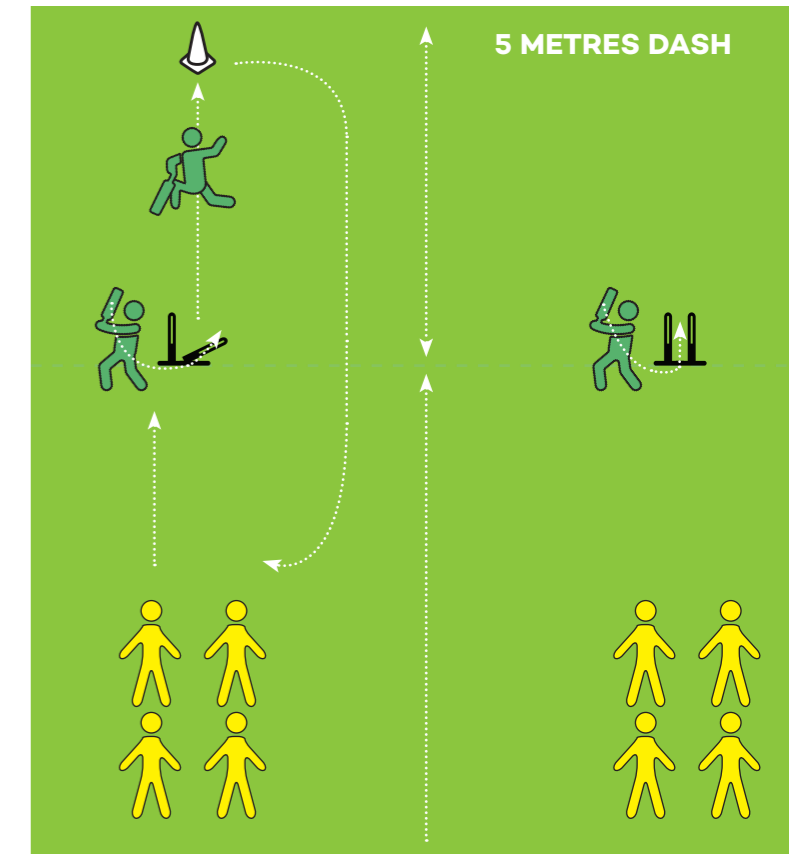


Divide the players into two teams. A player from each team runs towards the stumps swinging through the gap where the middle stump has been removed. If their bat hits one of the two remaining stumps they must run and touch a cone 5m away. If they swing through cleanly, they can just run back to their team tagging the next player to take their go. The first team to finish wins

**Objectives:**

- Improving movement, co-ordination and weight distribution skills.
- Improved swing path
- Improve bat control

Use 2 cones instead of stumps to make the drill easier





### HIT THE GAPS

**Description:**

Players: 1+ in teams

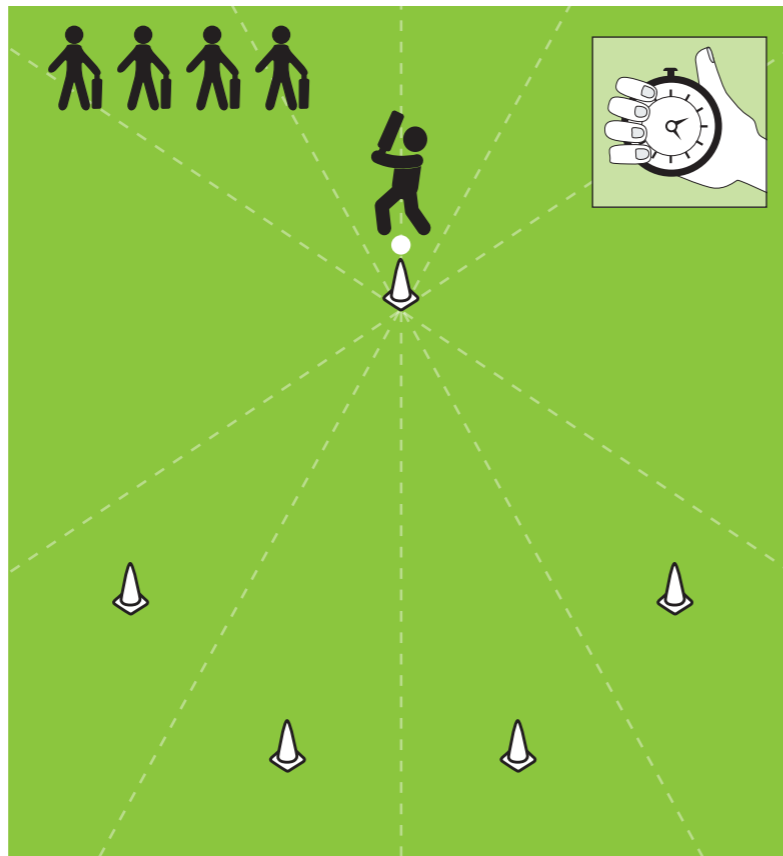
When playing individually the player needs to hit a ball off a cone, aiming towards scoring areas to gain as many points as possible in a given time.

When playing this with more players split into teams and allow the opposition to change where the scoring zones are to make it more difficult.

For the pull and cut shot use someone to feed the ball instead of a ball on a cone

**Objectives:**

- Hand eye co-ordination
- Improved swing path
- Improve bat control
- Improve head position



### QUICK CRICKET

**Description:**

Players: 4+ in 2 teams

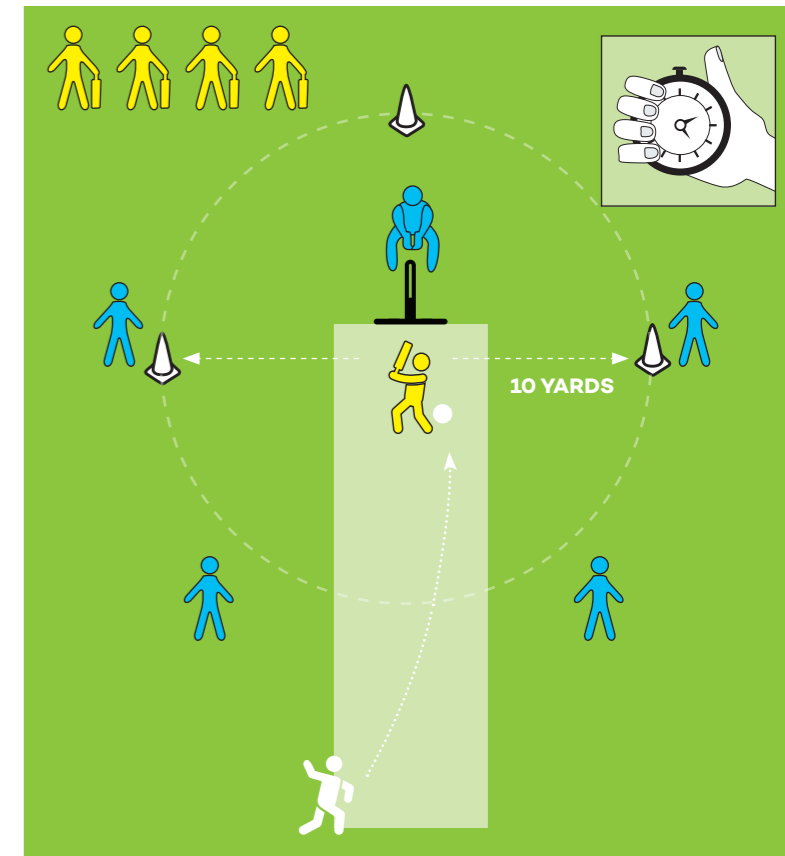


Divide the players into 2 teams. Each team bats for a given time and starts at 20 points. Every time a batter is out (caught, bowled, stumped, run out or hit their own wicket) they lose 5 points and the batters swap places. The winning team is the one with the most points. Fielders can rotate who bowls each over or the coach bowls/throws).

**Objectives:**

- Introduction to the sport. This can be done to focus on almost any part of the game

No fielders are allowed within 10 yards of the batsman - except the wicket-keeper for safety reasons.





### CONE HIT & COLLECT

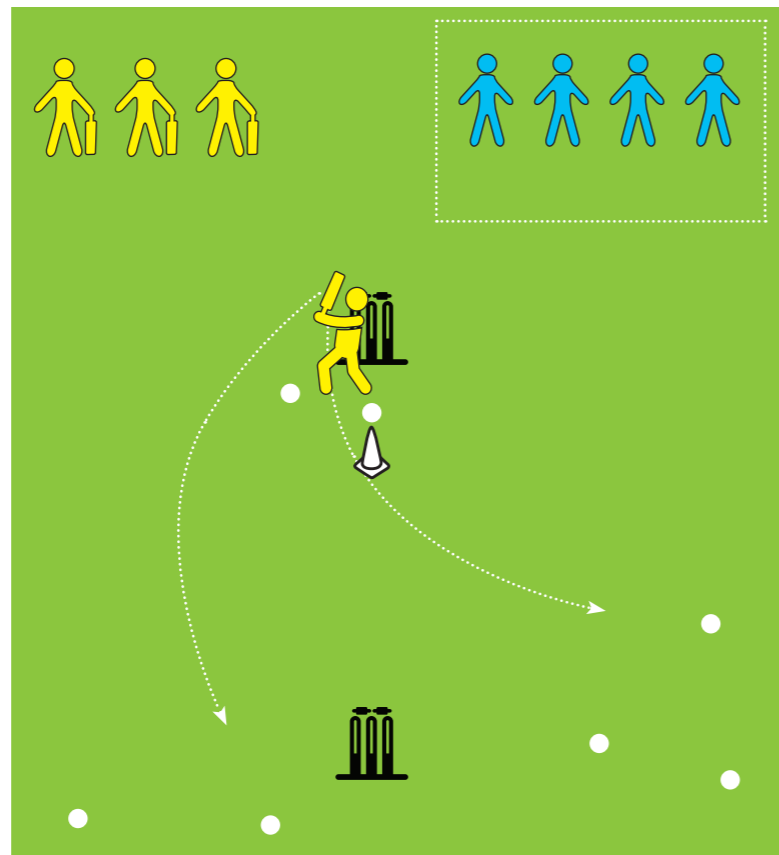
**Description:**

Players: 4+ in 2 teams

Split into two teams - batters and fielders. each batter hits 2 balls off a cone anywhere. After all batters have taken their shots the fielding side collect the balls one by one and one ball at a time and return them to their area. The batters try and make as many runs as possible before all balls are collected, each batter running once between the wickets before returning and tagging the next batter to do the same.

**Objectives:**

- Communication
- Decision making
- Improve basic batting skills
- Improved fitness



### ACCURACY CHALLENGE

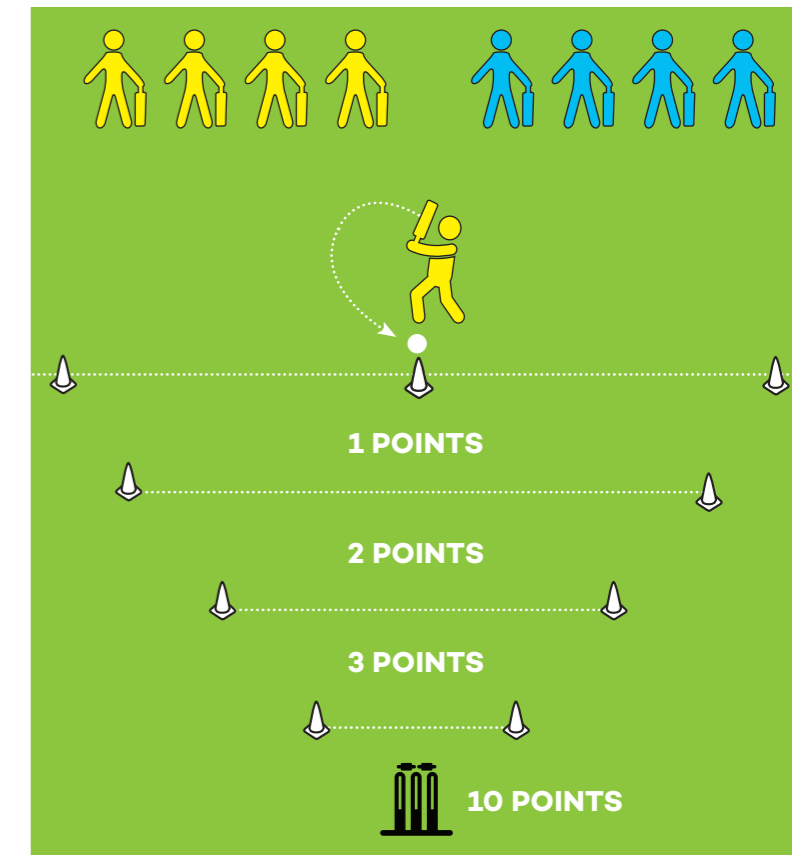
**Description:**

Players: 4+ in 2 teams

Each batter takes it in turn to hit a ball off a cone and aim the ball into a scoring area. The aim is to hit the wickets (for 10 points). The team with the highest score wins.

**Objectives:**

- Communication
- Decision making
- Improve accuracy







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