



Cricket
development
programme



CRICKET DEVELOPMENT PROGRAMME LEVEL 1

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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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Fielding 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








-  Throwing technique
-  Catching basics
-  Pick up
-  Decision making
-  Communication skills

FIELDING GAMES



FIELDING BASICS

- Cone / object hits
- Knock 'em down- fielding
- Tug of war -fielding
- Cone tap back to catch
- King of the castle
- Pick up and throw
- Deflection off a wall

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CONE / OBJECT HITS

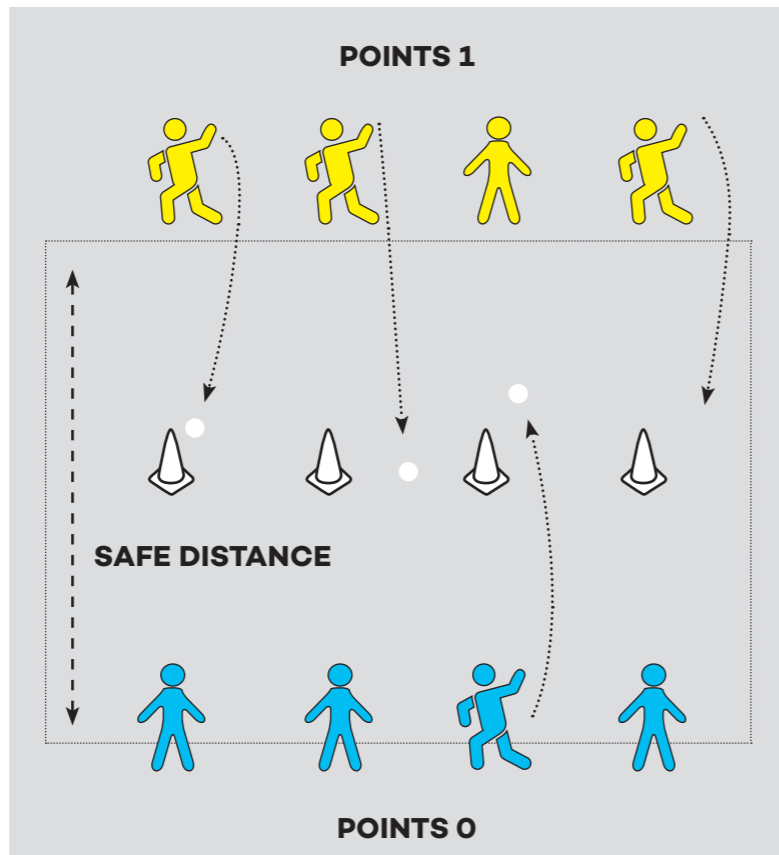
Description:

Players: 4+ in teams

Split into two teams and get each player facing someone else from the other team. Place a cone / object in the middle of both players (make a safe distance between players). Both players take it in turns to try and hit the cone and if one player does, they get a point for their team. Make it easier by making the cone / object bigger.

Objectives:

- To get the students to really focus on a specific target when throwing to help increase accuracy.



KNOCK 'EM DOWN - FIELDING

Description:

Players: 4+ in teams

Split into two teams and get each player facing someone else from the other team. Place two different coloured cones down the middle of both teams (make a safe distance between players). Both team take it in turns to try and hit the cone that represents their team and if one player does, they take that cone away. The team wins once all their cones are taken away. Make it easier by making the cone / object bigger.

Objectives:

- To get the students to really focus on a specific target when they are bowling to help improve accuracy.



KNOCK 'EM DOWN - FIELDING

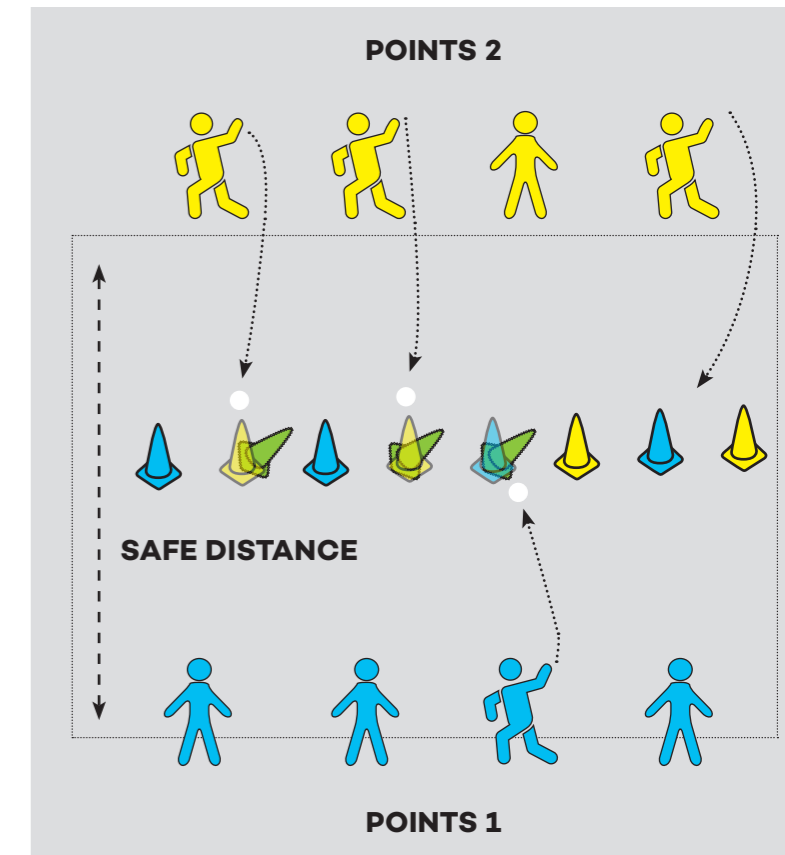
Description:

Players: 4+ in teams

Split into two teams and get each player facing someone else from the other team. Place two different coloured cones down the middle of both teams (make a safe distance between players). Both team take it in turns to try and hit the cone that represents their team and if one player does, they take that cone away. The team wins once all their cones are taken away. Make it easier by making the cone / object bigger.

Objectives:

- To get the students to really focus on a specific target when they are bowling to help improve accuracy.



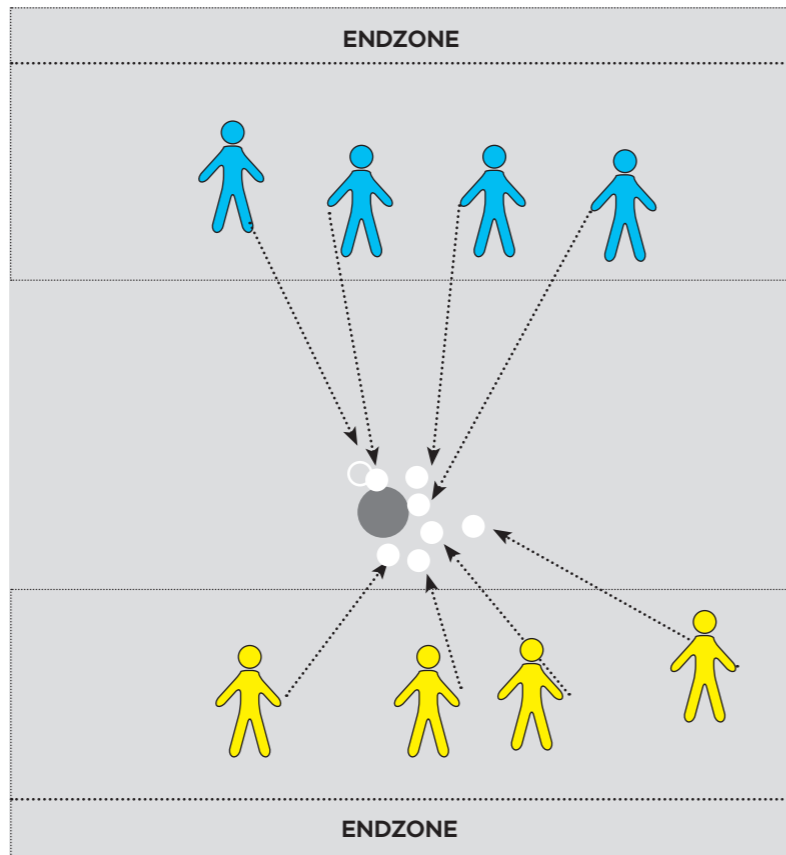
**TUG OF WAR - FIELDING****Description:**

Players: 4+ in teams

Split into two teams and make an "END ZONE" for each team. Place an object in the middle of both teams (football, basketball etc.) Each team have an equal number of balls, the aim is to move the object from the middle over the oppositions END ZONE. Teams will continuously throw until one team wins.

Objectives:

- FUN
- Overall throwing and fielding skills
- Communication with team mates.

**CONE TAP BACK TO CATCH****Description:**

Players: 4+ in teams

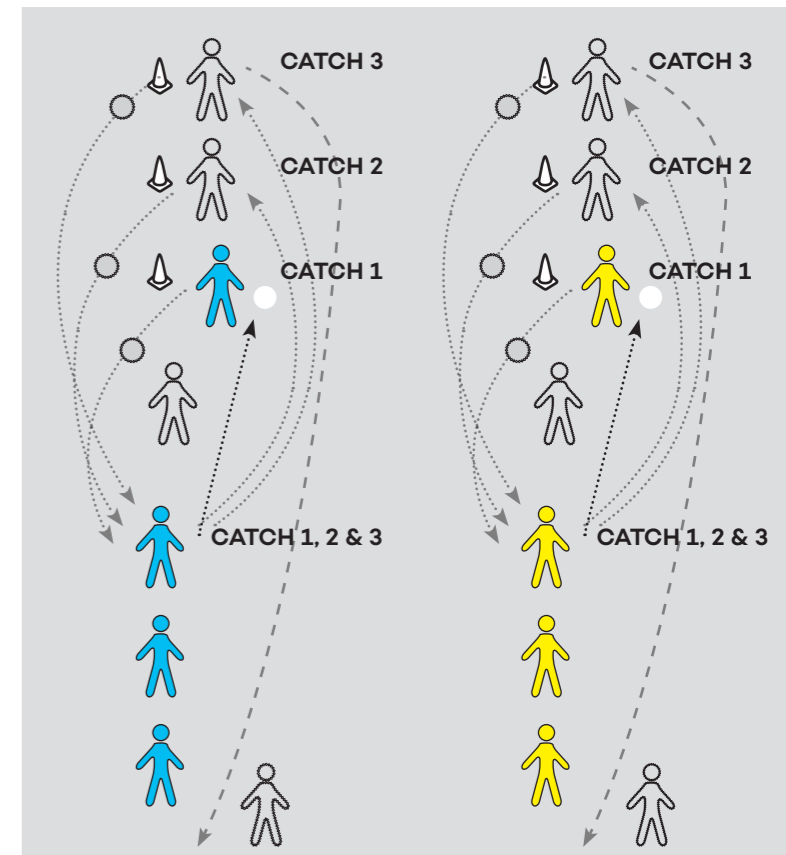


Split into two teams. Each player has to take a catch at each coned station and throw the ball back to the next player once they have completed their catches at each cone, they can sit down behind their teammates. First team to be seated wins.

Objectives:

- FUN
- Improve overall catching, throwing and concentration

To make this harder make the players use their non-dominant hand





KING OF THE CASTLE

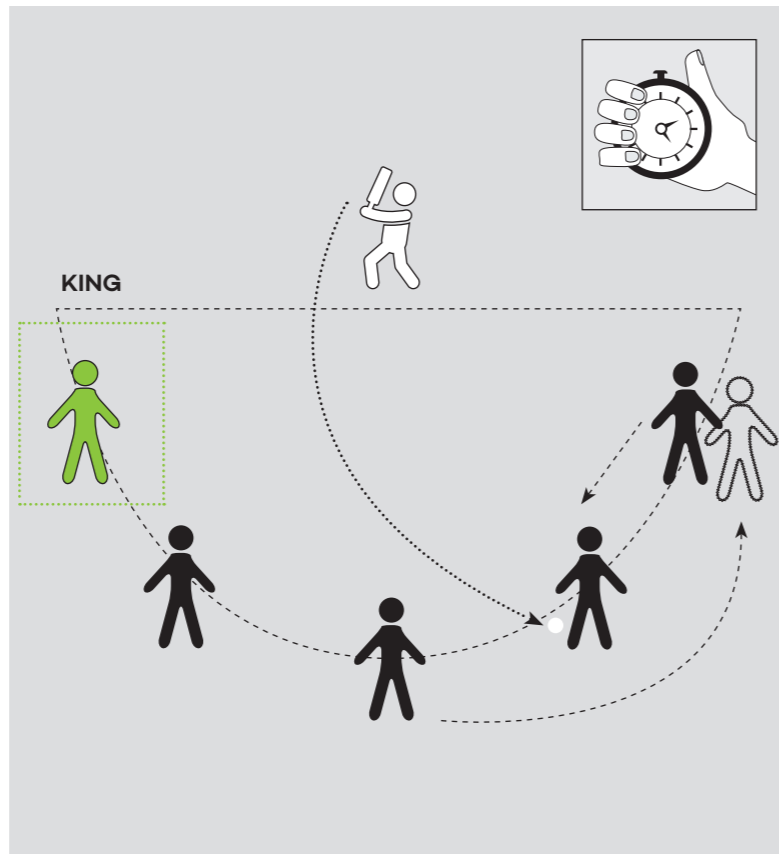
Description:

Players: 4+ in teams

All players stand in a semi-circle around the coach. The coach will hit catches towards the players, if they drop a catch they must go to the opposite end from the King. Whoever is standing in the Kings spot at the end wins.

Objectives:

- FUN
- Overall catching skills



PICK UP AND THROW

Description:

Players: 4+ in teams

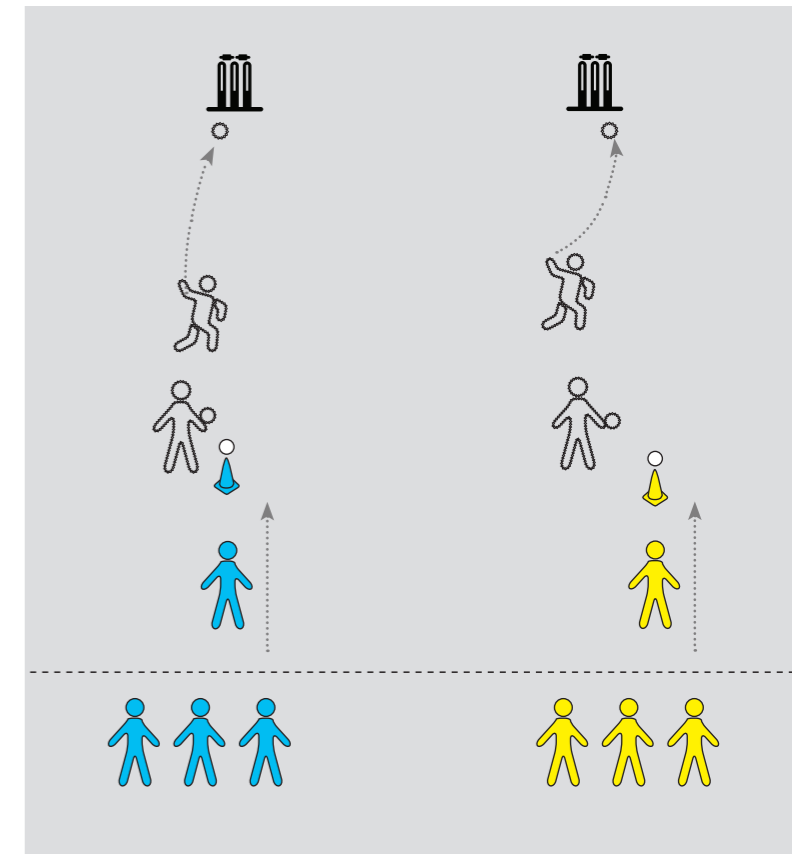
Split your players into two teams, place a cone on the floor with a set of stumps 10-20 meters away from the ball.

When the coach shouts 'go' the players will take it in turns to run, pick up the ball and try to hit the stumps. Every time they hit the stumps they get a point, the team with the most points at the end of the allotted time wins.

You can make it harder by getting the players to pick the ball with one hand or even with their non dominant hand.

Objectives:

- Work on your pickup and throwing techniques





DEFLECTION OFF A WALL

Description:

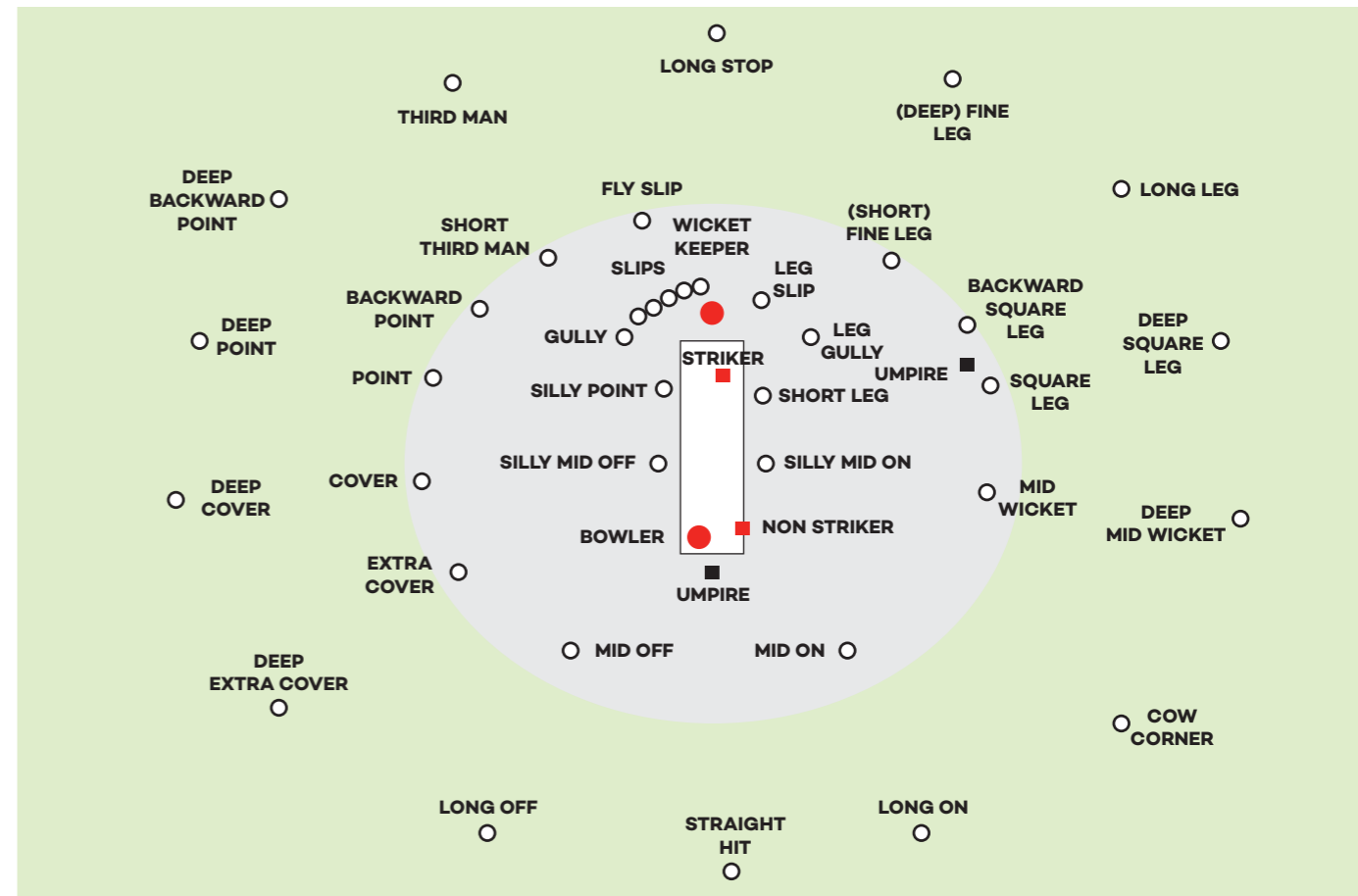
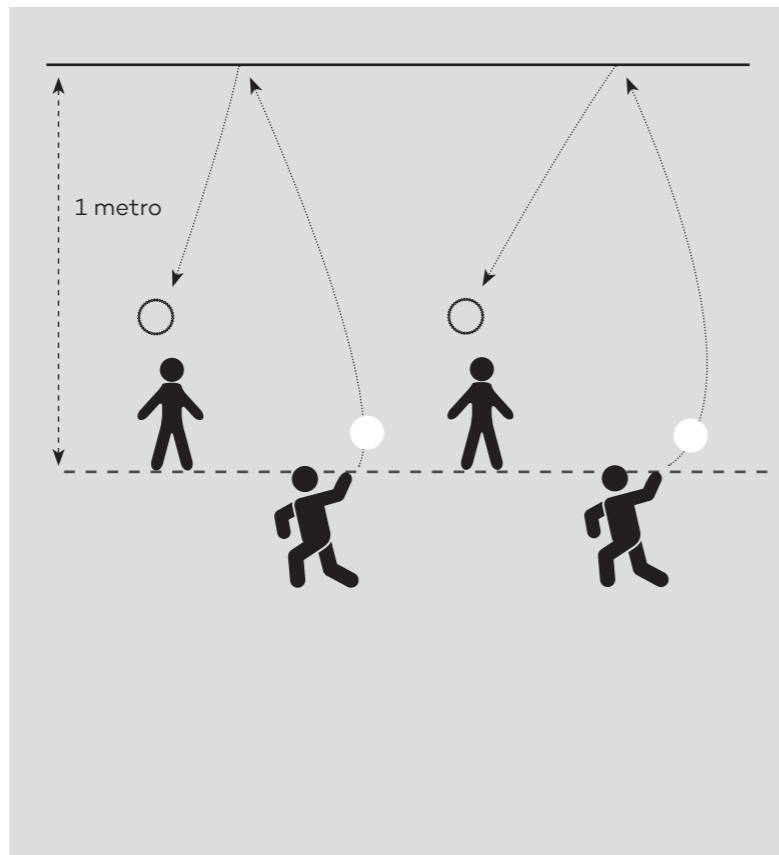
Players: 2+in pairs

Split into pairs, One stands facing the wall about 1 or 2m away. Their partner throws the ball against the wall from any side of the player and they have to catch the rebound. The coach sets a target of catches to make.

Once the players reach this amount of catches they sit down. They then swap over to let the next player have a go. (You can make this harder by adding in rules such as, only one hand, eyes closed until the ball hits the wall etc.)

Objectives:

- FUN, Reaction catching





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