



**Cricket**  
development  
programme

# **CRICKET DEVELOPMENT PROGRAMME**

## **-BEGINNER-**

### **Lesson Plans**

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## LESSON PLAN INTRODUCTION

*This lesson plan is designed to the best of our ability to align with national curriculum objectives and address OFSTED criteria, ensuring a high-quality educational experience for students. The focus of this lesson is on developing fundamental cricket skills, including batting, bowling, and fielding, while fostering teamwork and sportsmanship.*

The learning objectives for this session are as follows:

**Skill Development:** Students will demonstrate basic cricket skills, with an emphasis on fun.

**Physical Development:** Activities will enhance students' physical fitness, coordination, and agility, contributing to their overall health and well-being.

**Social Development:** Through collaborative activities, students will develop communication, teamwork, and leadership skills, essential for their personal and social growth.

**Cognitive Development:** Students will learn to analyse their performance, understand game strategies, and apply critical thinking to improve their decision-making on the field.

Promoting an inclusive environment where all students can participate and thrive. Assessment for learning will be integrated throughout the session, providing opportunities for feedback and self-reflection to enhance student outcomes.

By the end of this lesson, students will not only have improved their cricketing skills but will also have gained valuable life skills that extend beyond the playing field.

**WEEK 1: INTRODUCTION TO BASIC SKILLS AND BATTING****Objectives:**

- Develop hand-eye coordination through simple batting techniques.
- Understand the basic cricket stance and grip.
- Learn how to effectively keep the ball in control.

**Learning Styles:**

- Visual: Demonstrate correct stance and swing technique.
- Kinaesthetic: Hands-on practice with bats and balls.
- Auditory: Verbal explanations and group discussions.

**Materials:**

- Cricket bats
- Tennis or soft balls
- Cones
- Stopwatch

**Assessment:**

- Observe students' stance, grip, and ball control during "Keep It Up."
- Assess coordination and form through observation and provide feedback.

<b>Warm-up game</b>	Hot Potato	Get the students to spread out and tap the ball using both hands, reacting to coach's "walk" or "stop" commands.
<b>Skill</b>	Batting Keep it up	Each student taps the ball continuously in the air using a bat. Focus on form and ball control.
<b>Game</b>	Points Pyramid	Hit the ball off a cone aiming between cones set up in a pyramid structure. This improves accuracy and control.
<b>Backup Materials</b>	Have foam bats or softer balls in case of equipment limitations or safety concerns.	
<b>Feedback</b>	Ask students how they felt about the "Keep It Up" drill—what was easy or difficult?	
<b>Collaboration</b>	Invite a PE teacher or teaching assistant to help with demonstrating proper techniques and providing one-on-one support for students needing extra help.	



## WEEK 2: BOWLING AND TARGET PRACTICE

### Objectives:

- Develop bowling skills with a straight arm.
- Build accuracy through target practice..

### Learning Styles:

- Visual: Video demonstrations of professional bowlers.
- Kinaesthetic: Practicing the bowling motion step by step.
- Auditory: Verbal instructions and peer-to-peer feedback.

### Materials:

- Cricket balls
- Cones
- Targets (e.g., wickets or makeshift targets)

### Assessment:

- Monitor progress on bowling technique, focusing on arm position and accuracy.

<b>Warm-up game</b>	Stop the Joker	Players pass the ball to try and catch the “Joker.” Emphasize communication and teamwork.
<b>Skill</b>	Bowling Straight Arm Technique	Gli studenti si concentrano sul mantenimento di un braccio teso quando lanciano verso un bersaglio.
<b>Game</b>	Speed cricket	Two batters must run between stumps while the coach underarms the ball. This enhances speed and coordination.
<b>Backup Materials</b>	Have foam balls available if students are struggling with control or safety becomes an issue.	
<b>Feedback</b>	Ask students to reflect on their bowling technique—what was challenging?	
<b>Collaboration</b>	Work with a teaching assistant to assist with individual coaching during the bowling practice.	

**WEEK 3: CATCHING AND FIELDING SKILLS****Objectives:**

- Improve catching skills through repetition.
- Learn proper throwing techniques and aim.

**Learning Styles:**

- Visual: Show slow-motion videos of catches and throws.
- Kinaesthetic: Focus on catching drills that emphasize hand-eye coordination.
- Auditory: Verbal instruction on technique adjustments.

**Materials:**

- Tennis balls
- Cones
- Markers for distances

**Assessment:**

- Track improvement in catch consistency (e.g., how many consecutive catches students can complete).

<b>Warm-up game</b>	Mountains and Valleys	Teams flip cones to match their assigned type (up/down). This encourages quick decision-making and agility.
<b>Skill</b>	Catching and Throwing Pairs Catching	In pairs, students stand 1 meter apart and throw to each other, taking a step back after every three successful catches.
<b>Game</b>	Whack and Collect	One team hits the ball while the other team collects cones. This builds teamwork, communication, and agility.
<b>Backup Materials</b>	Use softer balls or balloons for younger children or those struggling with hand-eye coordination.	
<b>Feedback</b>	Ask students to self-assess how they improved in catching and how they might get better.	
<b>Collaboration</b>	Coordinate with a teaching assistant for support with individual pairs who may struggle with catching.	



<b>WEEK:</b>	
<b>Objectives</b>	
<b>Learning Styles</b>	
<b>Materials</b>	
<b>Assessment</b>	

	Description
<b>Warm-up game</b>	
<b>Skill</b>	
<b>Game</b>	
<b>Backup Materials</b>	
<b>Feedback</b>	
<b>Collaboration</b>	



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