

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, while the bowler is in the middle of a delivery. Other fielders are positioned around the pitch. The background shows a line of trees under a clear sky.

# CRICKET DEVELOPMENT PROGRAMME LEVEL 2

[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.

# HOME CHALLENGES



Keep it up

One handed through the gate

Bat/ball balance

Tape ball alternate swing

Top of off

Hit the yorker

10 object throwing hit

Moving ball hit

Wall catch



## KEEP IT UP

### Description:

Use a bat to keep a tennis ball bouncing in the air without letting it hit the ground. Try to maintain as many consecutive bounces as possible. Make sure you have a timer in the video so that you can track how long you were keeping it up for.

## ONE HANDED THROUGH THE GATE

### Description:

Set up two cones or any objects to create a small gate (around bat width) 2m away. Using one hand, try to push or hit a ball through the gate. This improves hand-eye coordination and precision. How many times can you get it through the gate in a row

## BAT/BALL BALANCE

### Description:

Place a ball on the flat face of the bat and walk around a designated area, keeping the ball balanced on the bat as long as possible. It helps develop wrist control, balance, and bat handling skills. Make sure you have a timer in the video so that you can track how long you were keeping it up for.

## TAPE BALL ALTERNATE SWING

### Description:

Use a tennis ball wrapped with tape (half-covered) to create swing. Go to your local cricket club with nets and a set of stumps. Try and hit the stumps with the ball swinging one way, when you hit the stumps swap the ball around and try and hit the stumps with the ball swinging the other way. How many times can you hit the stumps in a row?

## TOP OF OFF

### Description:

Go to your local cricket club with nets and a set of stumps. On the top off stump place a coloured piece of tape 2 inches long. You have two minutes to hit the piece of tape as many times as possible. Make sure you record with a timer in shot if you are videoing yourself.

## HIT THE YORKER

### Description:

Place 3 cones on the crease line, you have 10 balls to try and hit the cones as many times as possible. If you hit the cones all 10 times keep going until you miss.

## 10 OBJECT THROWING HIT

### Description:

Place out 10 objects a minimum of 5m away from where you are standing. Standing in the same spot see how many objects you can hit. When you hit an object, you can take that away. How many throws does it take to remove all 10.

## MOVING BALL HIT

### Description:

Standing 10m away ask a friend to roll a football along the floor. With 10 attempts see how many times you can hit that ball. If you hit the ball all 10 times then keep going.

## WALL CATCH

### Description:

You have 1 minute to see how many catches you can do in a row without dropping the ball. If you drop the ball your number resets to 0.

The first 20 seconds you are catching with 2 hands, the second 20 seconds you are only catching with your dominant hand and the last 20 seconds you are only catching with your non dominant hand.



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