



Cricket
development
programme

A photograph of a cricket match in progress, overlaid with a blue tint. The scene shows a batsman in the middle ground, a bowler in the foreground, and several fielders scattered across the field. The background features a line of trees and a fence.

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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Bowling 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

-  Grip- Seam
-  Grip- Leg Spin
-  Grip- Off Spin
-  Front arm + Follow through
-  Take off and run up
-  Decision making
-  Communication skills

BOWLING GAMES



GAMES TO IMPROVE SKILLS

- LPS stump hit 
- LPS Line 
- LPS Length 
- MPW- Stump hit 
- MPW - Line accuracy 
- MPW - Length accuracy 
- Target practice 
- Knock em down- Bowling 
- Continuous cricket 



LAST PERSON STANDING STUMP HIT

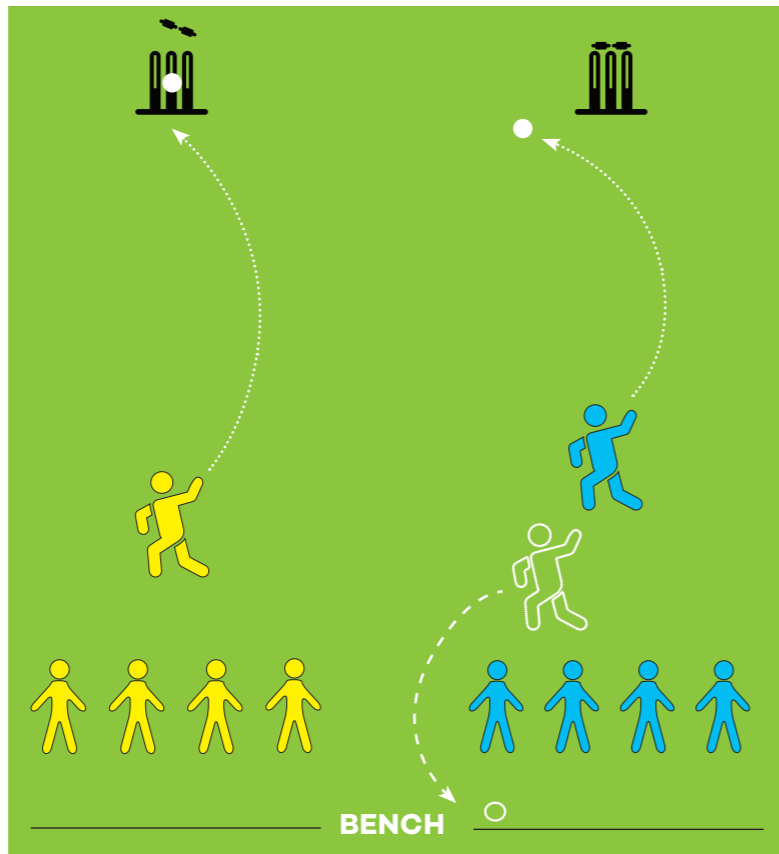
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets. If one player hits and the other doesn't the player that hits can stay standing. The one that didn't sits down. If they both miss or hit they stay in their team. Once the team has no players standing the other team wins.

Objectives:

- A great drill for volume bowling with a focus on accuracy.
- Use references from the drills for the students to focus on to improve.



LAST PERSON STANDING LINE ACCURACY

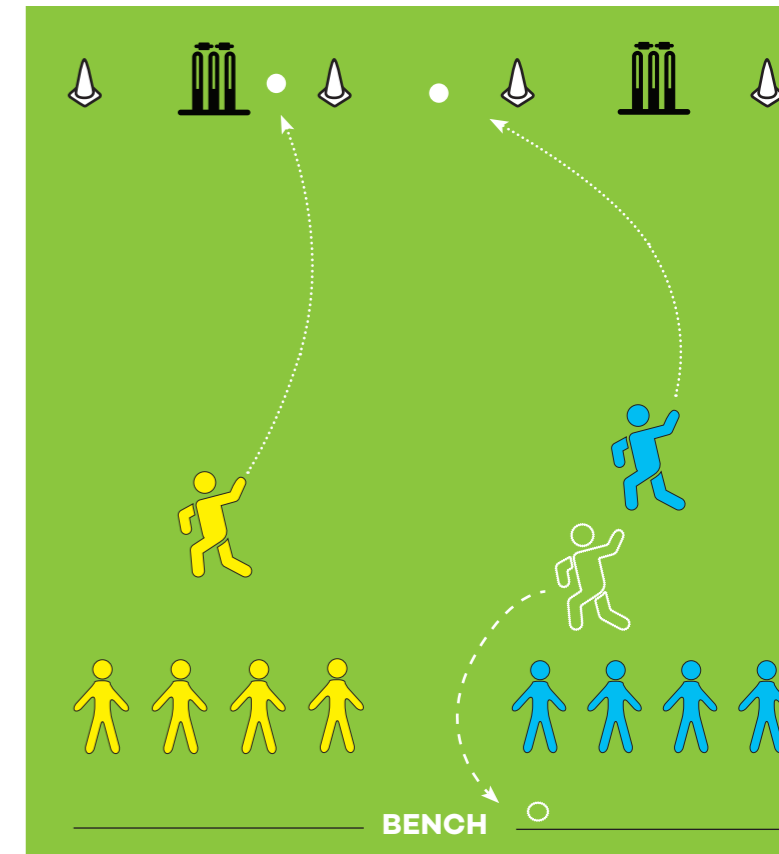
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with two cones equal distance either side of the stumps. If one player bowls in-between the cones and the other doesn't the player that bowls in-between the cones can stay standing. The one that didn't sits down. If they both miss or hit they stay in their team. Once the team has no players standing the other team wins.

Objectives:

- A great drill for volume bowling with a focus on the line of the ball when released.
- Use references from the drills for the students to focus on to improve.
- Hand eye co-ordination





LAST PERSON STANDING LENGTH ACCURACY

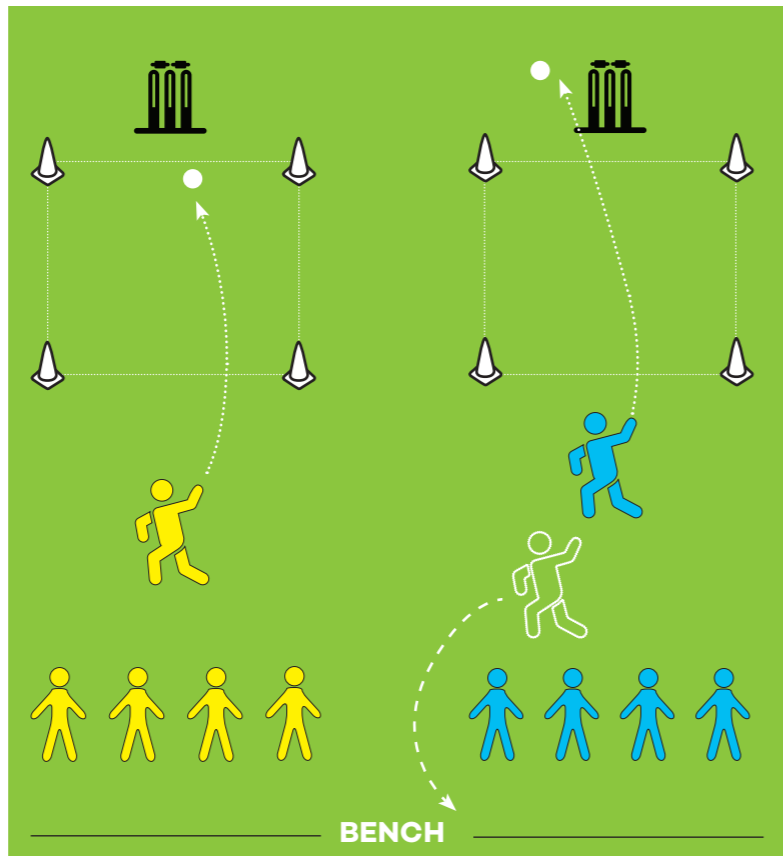
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with 4 cones creating a box on a "good length". If one player bowls into the area and the other player doesn't the player that gets it in the zone can stay standing. The one that didn't sits down. If they both miss or hit they stay in their team. Once the team has no players standing the other team wins.

Objectives:

- A great drill for volume bowling with a focus on the length of the ball they are bowling.
- Use references from the drills for the students to focus on to improve.



MOST POINTS WIN STUMP HIT

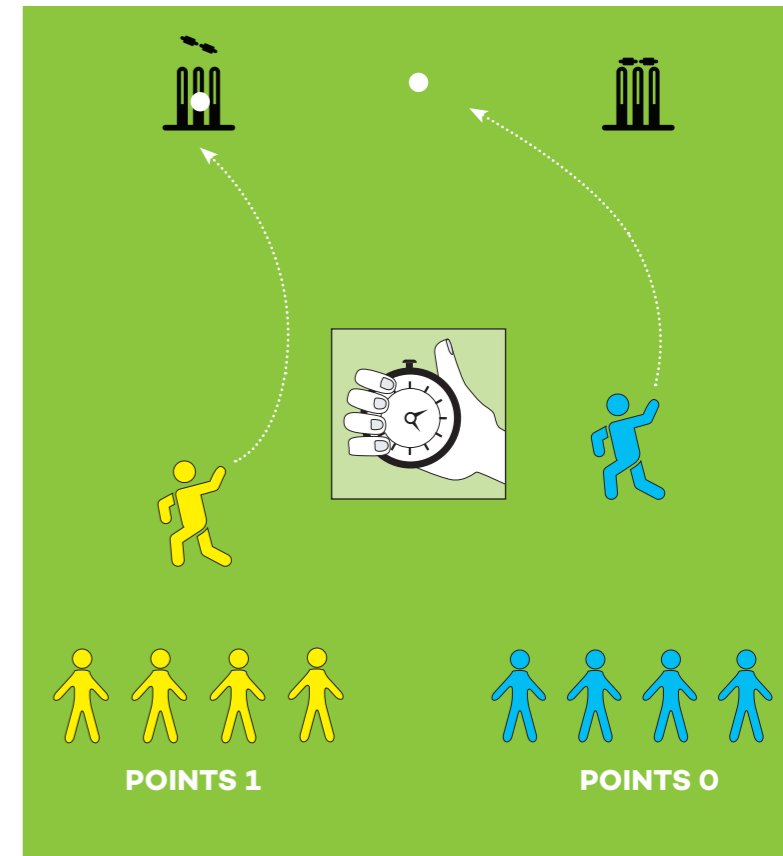
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets, if they hit the stumps they get their team 1 point. The team with the most points at the end of the time wins the game.

Objectives:

- A great drill for volume bowling with a focus on accuracy.
- Use references from the drills for the students to focus on to improve.





MOST POINTS WIN LINE ACCURACY

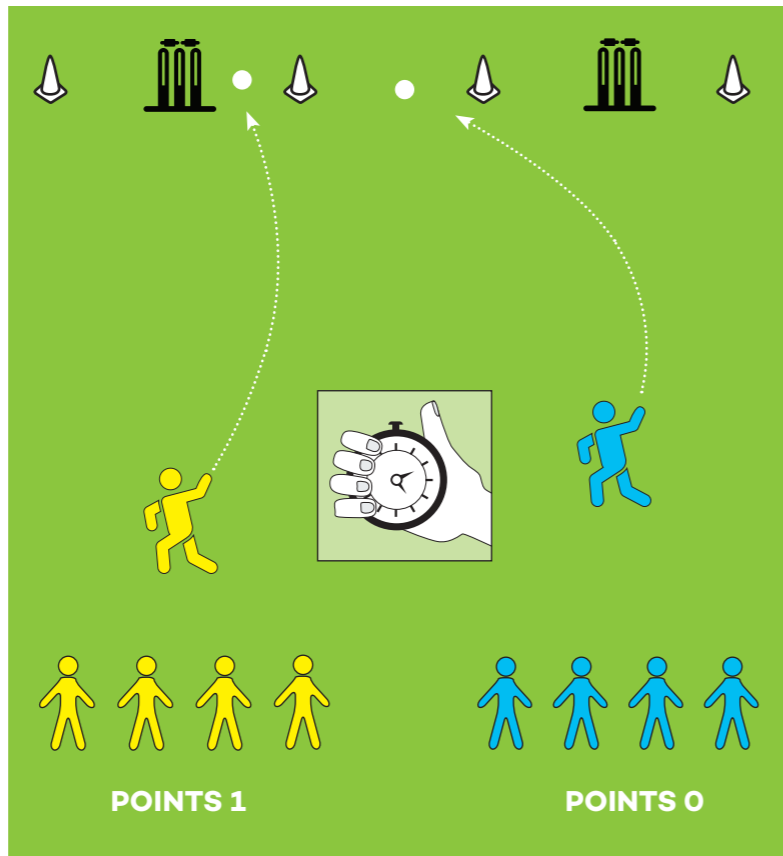
Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with two cones equal distance either side of the stumps. If a player bowls in-between the area that player gets their team 1 point. The team with the most points at the end of the time wins the game.

Objectives:

- A great drill for volume bowling with a focus on the line of the ball when released.
- Use references from the drills for the students to focus on to improve.



MOST POINTS WIN LENGTH ACCURACY

Description:

Players: 4+ in teams

Split into two teams. 1 player from each team will bowl at the wickets with 4 cones creating a box on a "good length". If a player bowls into the area that player gets their team 1 point. The team with the most points at the end of the time wins the game.

Objectives:

- A great drill for volume bowling with a focus on the length of the ball they are bowling.
- Use references from the drills for the students to focus on to improve.





TARGET PRACTICE

Description:

Players: 4+ in teams

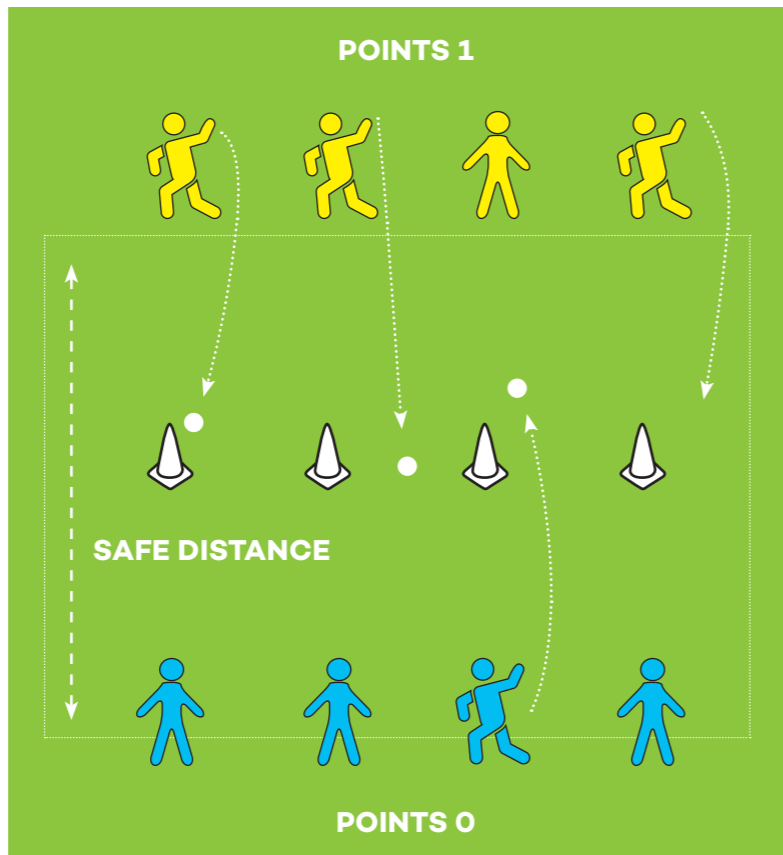
Split into two teams and get each player facing someone else from the other team. Place a cone/object in the middle of both players (making a safe distance between players).

Both players take it in turns to bowl towards their partner and try to hit the cone. Each player hitting a cone gets 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 they are bowling to help improve accuracy.



KNOCK EM DOWN- BOWLING

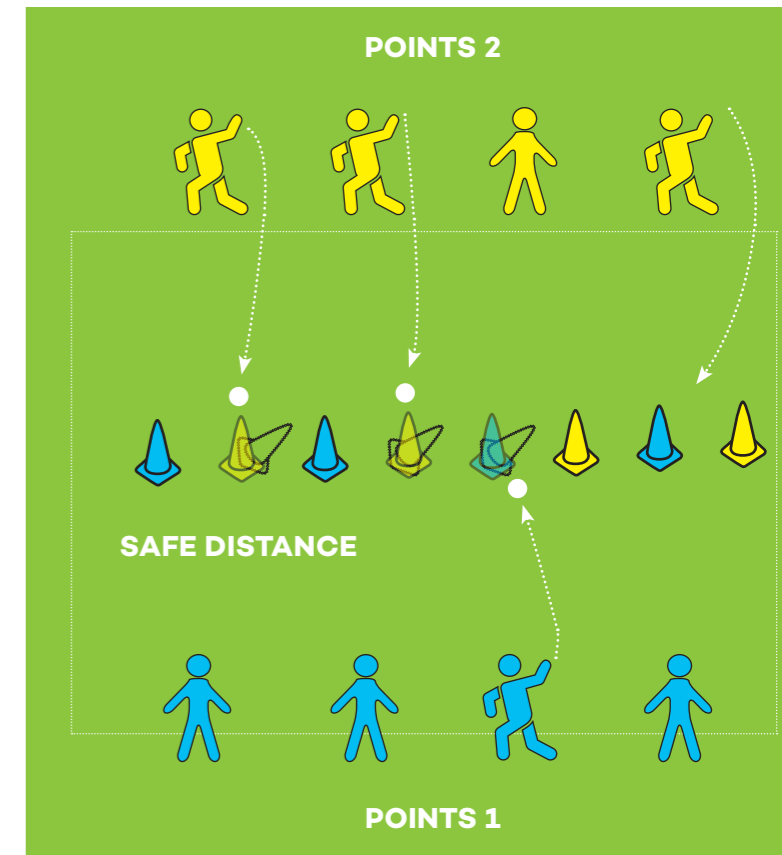
Description:

Players: 4+ in teams

Split into two different coloured teams and get each player facing someone else from the other team. Place two different coloured cones down the middle of both players (make a safe distance between players). Both players take it in turns to try and hit the cone that represents the colour of 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.
- Use references from the drills for the students to focus on to improve.





CONTINUOUS CRICKET

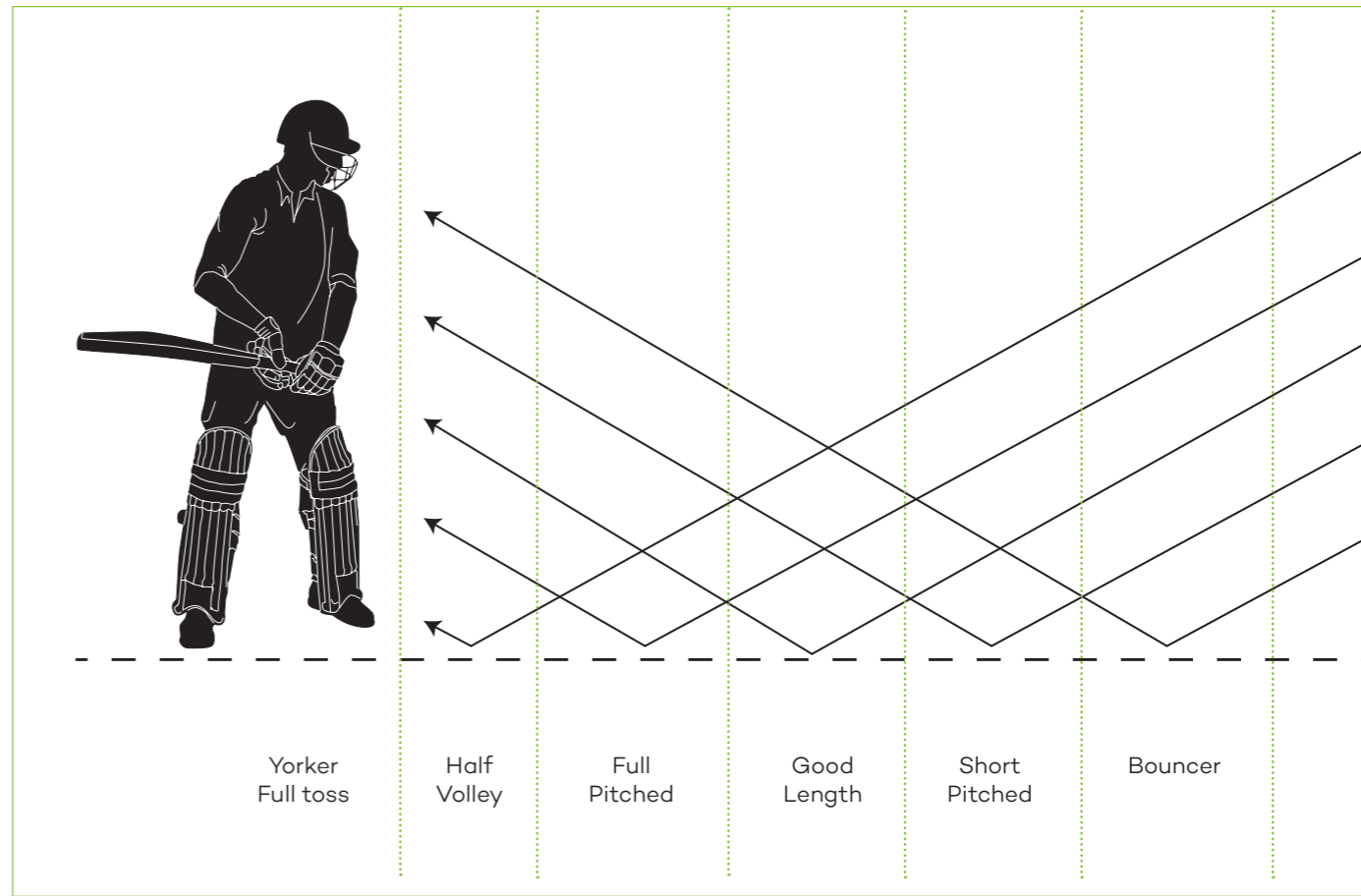
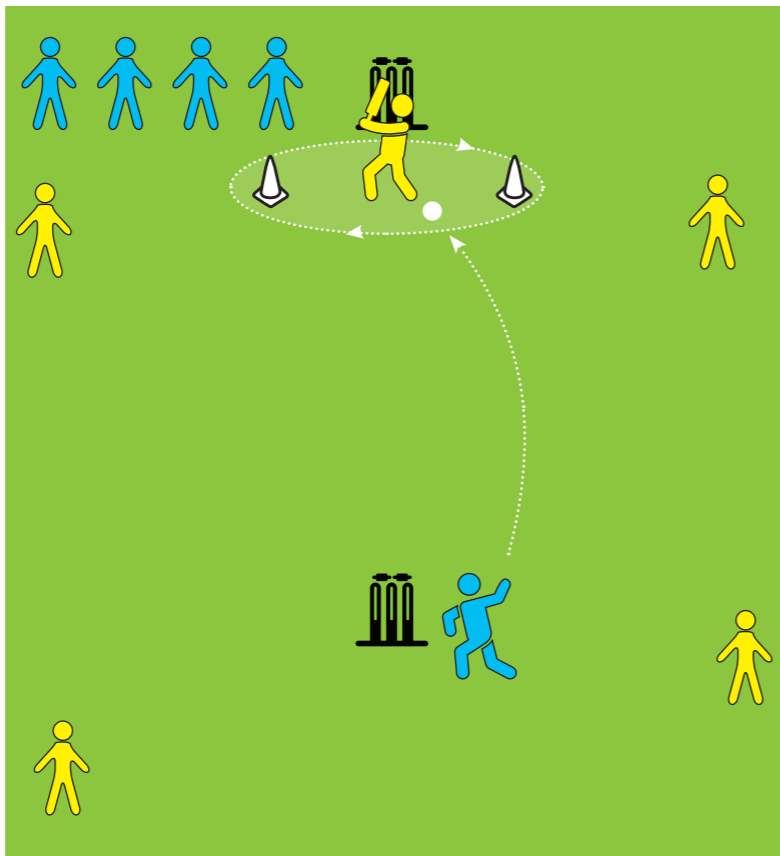
Description:

Players: 4+ in teams

Split into two teams to play a game of cricket. Each player takes it in turns to bowl an over (6 balls) at the batter. The bowler can bowl again when the ball is fielded and returned to their hands. When the batter hits the ball they can run as many times around the cones to gain points but if they try and run too many they may get bowled out because they didn't make it back to face the next ball. (If the students aren't bowling accurately enough allow them to practice the wrist position drill releasing from near their ear.)

Objectives:

- FUN
- Enables the coach to focus on any aspect of the game that needs improving





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