








Cricket
development
programme

LETS PLAY CRICKET

www.cricketdevelopmentprogram.com

BOWLING CHECKLIST

VALIDATED BY TEACHER

<p>I can grip the ball correctly</p>	
<p>I can hit the stumps 1 out of 6 balls</p>	
<p>I can hit the stumps 2 out of 6 balls</p>	
<p>I can hit the stumps 3 out of 6 balls</p>	
<p>I can jump off the correct foot when bowling</p>	




BOWLING CHECKLIST

VALIDATED BY TEACHER

<p>I can use both arms correctly when bowling</p>	
<p>I can bowl with a straight seam</p>	
<p>I can bowl with a straight arm</p>	
<p>I can run up and bowl</p>	
<p>I can hit the top of off once in 6 balls</p>	






BOWLING CHECKLIST

VALIDATED BY TEACHER

<p>I have bowled at a batter</p>	
<p>I have bowled out a batter in quick cricket</p>	
<p>I have bowled 6 balls all on one side of the stumps</p>	


BATTING CHECKLIST

VALIDATED BY TEACHER

<p>I can grip the bat correctly</p>	
<p>I have a balanced stance at the crease</p>	
<p>I can move my head to the ball before my feet</p>	
<p>I can hit a straight drive</p>	
<p>I can hit a pull shot</p>	




BATTING CHECKLIST

VALIDATED BY TEACHER

<p>I can hit a cut shot</p>	
<p>I can hit a sweep shot</p>	
<p>I can hit a ball off a cone into 3 different zones 1 out of 6 balls</p>	
<p>I can hit a ball off a cone into 3 different zones 2 out of 6 balls</p>	
<p>I can hit a ball off a cone into 3 different zones 3 out of 6 balls</p>	






BATTING CHECKLIST

VALIDATED BY TEACHER

<p>I have batted against a bowler</p>	
<p>I have batted in quick cricket</p>	
<p>I have got 10+ runs in quick cricket</p>	

FIELDING CHECKLIST

VALIDATED BY TEACHER

<p>I can throw the ball correctly</p>	
<p>I can use both my arms when I throw the ball</p>	
<p>I use my whole body when I throw the ball</p>	
<p>I can hit 3 stumps from 10m away</p>	
<p>I can hit 2 stumps from 10m away</p>	

FIELDING CHECKLIST

VALIDATED BY TEACHER

<p>I can hit 1 stump from 10m away</p>	
<p>I can catch 1 flat catch out of 6 (ball hit/ thrown from 5m away)</p>	
<p>I can catch 2 flat catches out of 6 (ball hit/ thrown from 5m away)</p>	
<p>I can catch 3 flat catches out of 6 (ball hit/ thrown from 5m away)</p>	
<p>I can catch 4 flat catches out of 6 (ball hit/ thrown from 5m away)</p>	






FIELDING CHECKLIST

VALIDATED BY TEACHER

<p>I can catch 5 flat catches out of 6 (ball hit/ thrown from 5m away)</p>	
<p>I can catch 6 flat catches out of 6 (ball hit/ thrown from 5m away)</p>	
<p>I can catch 1 high catch out of 6 (ball hit/ thrown minimum of 5m in high)</p>	
<p>I can catch 2 high catches out of 6 (ball hit/ thrown minimum of 5m in high)</p>	
<p>I can catch 3 high catches out of 6 (ball hit/ thrown minimum of 5m in high)</p>	






FIELDING CHECKLIST

VALIDATED BY TEACHER

<p>I can catch 4 high catches out of 6 (ball hit/ thrown minimum of 5m in high)</p>	
<p>I can catch 5 high catches out of 6 (ball hit/ thrown minimum of 5m in high)</p>	
<p>I can catch 6 high catches out of 6 (ball hit/ thrown minimum of 5m in high)</p>	
<p>I can run and pick up the ball with 2 hands with a good technique</p>	
<p>I can run and pick up the ball with one hand with a good technique</p>	

CRICKET KNOWLEDGE

VALIDATED BY TEACHER

<p>I can name 10 fielding positions</p>	
<p>I can name name 5 pieces of cricket equipment</p>	
<p>I can name name 5 ways you can get someone out</p>	
<p>I can name 5 male and 5 female cricket stars</p>	
<p>I know what a wide is</p>	

CRICKET KNOWLEDGE

VALIDATED BY TEACHER

<p>I know how many balls are in 1 over</p>	
<p>I know how many players play in cricket</p>	
<p>I know what a T20 is</p>	
<p>I know what a Test Match is</p>	

CONGRATULATIONS

Well done for completing the CDP.

Once you have had every aspect of the checklist signed off by your teacher or coach you could be the next cricket SUPERSTAR.

Hand this into your teacher to receive your signed CDP certificate.

Good luck.



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