



Cricket
development
programme



CRICKET DEVELOPMENT PROGRAMME LEVEL 1

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.

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Home Challenges

1 minute keep it up

Round the world

All edges

1 leg hop in bowling action

French cricket

Soft hands defence with tennis ball

One stump 10 throws

Appeal and celebration most imaginative

Catches off a wall without dropping.

Most catches in a minute

Top of off challenge / Hit an object

Bowling line drill

Home challenges 1 minute keep it up.

Challenge the players to see how many times they can bounce the ball on their bat in a minute. If the players don't have a bat at home, ask them to use another item to try and keep the ball up. (get the parents' permission first)

Round the world

Challenge the players to see if they can bounce the ball on the face of their bat, then when the ball is mid-air rotate the bat around the ball before hitting the ball again to keep it on.

All edges

Challenge the players to see if they can keep the ball up using the edges of the bat rather than the face. If the players don't have a bat at home, ask them to get imaginative and use a broom or any other thin item. (get the parents' permission first)

1 leg hop in bowling action

Challenge the players to see how long they can hop on their dominant leg for. The correct position is the first image on page 131.

French cricket

French cricket is a fun game where the players stand and try and defend their legs with their bat. The "fielders" have to try and underarm a soft ball and hit the "batter's" legs. The batter cannot move their feet until they hit the ball, if the batter hits the ball they can reposition for the next shot. For more information google (how to play French cricket).

Soft hands defence with tennis ball

Challenge the players to use soft hands when defending the ball. The aim of this challenge is to see if the players can play defensive shots and make the ball stop under their eyes. This challenge is very tough with a tennis ball.



One stump 10 throws

Challenge the players to have 10 throws at a stump or object from different distances and record how many times they hit. See if they can repeat this later with more hits a few weeks later

Appeal and celebration most imaginative

An appeal is a way of asking the umpire if it is out or not by shouting "Howzat". Challenge your players to video the most creative appeal.

Catches off a wall without dropping

Challenge your players to see how many continuous catches they can do against a wall before dropping the ball. This is a great challenge to test concentration and help to improve hand eye coordination.

Most catches in a minute

Challenge your players to see how many catches they can do with a friend or against a wall in a minute.

Top of off challenge / Hit an object

Challenge your players to try and hit a small target that's near the stumps. Set up an area for the players to bowl and place an object for them to hit. The smaller the object the better.

Bowling line drill

Ask the players to practice the line drill on (page 135)

WARM UPS



Mountains and Valleys

Hand hockey

Cone touch with call-outs

Pairs call-outs to catch the ball

O's and X's

Endzone tag

Hand tennis

Caterpillar catch



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