



# **CRICKET DEVELOPMENT PROGRAMME - BEGINNER**

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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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# GAMES

Speed cricket

Points pyramid - hit off a cone in teams,

Last person standing keep it up

Statue time- keep it up

Statue time- keep it moving

Statue time- one bounce hits

Statue time- dribble

Most clap catches

Most pairs catches

Most one-handed catches

Points pyramid – Overarm throw

Points pyramid – Under arm throw

How far can you throw

Cricket charades

Cone knockout

Whack and collect

*15 minutes*

*Concentrate on 1 game or  
do a couple if the players  
get distracted*



## SPEED CRICKET

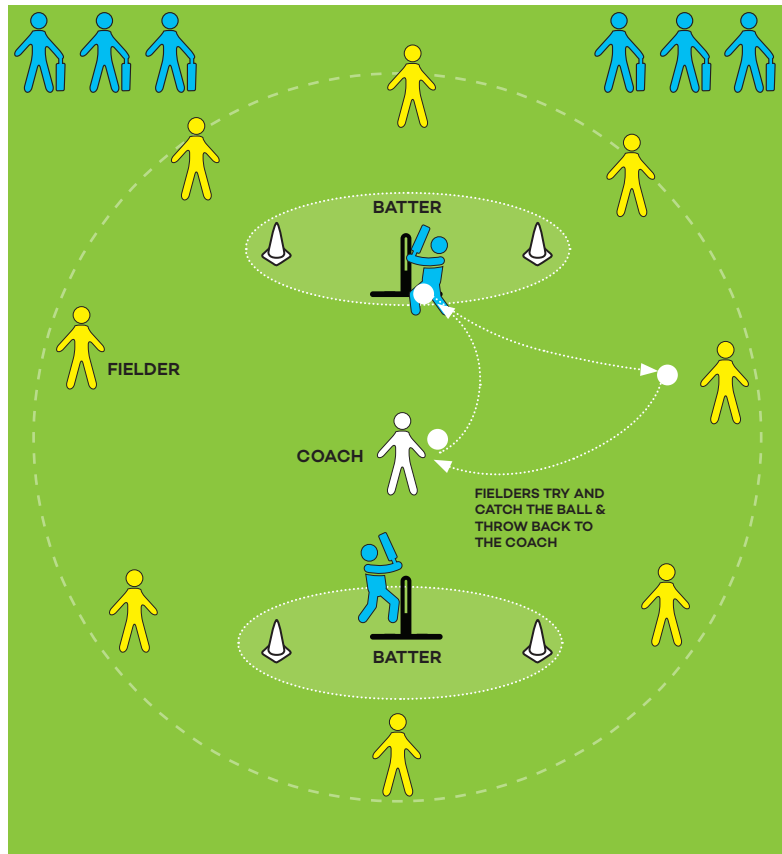
**Equipment:** Stumps, cones a ball and a bat.

**Set up:** Place two objects or stumps facing each other & two cones equal distance either side of the stumps.

**How to play:** The coach stands in the middle and under arms the ball to either batter, the fielders are spread out 360 degrees around the open area. The batters must run if they hit the ball or not. The coach can underarm the ball once the ball is back in their hand. After the batters have faced two balls each the next pair are in. Each player faces 4 balls each and then the fielding team and the batting team swap.

**Objectives:**

- Teamwork
- Hand eye coordination
- Communication
- Agility



## POINTS PYRAMID

Hit off cone in teams, points for long straight hits

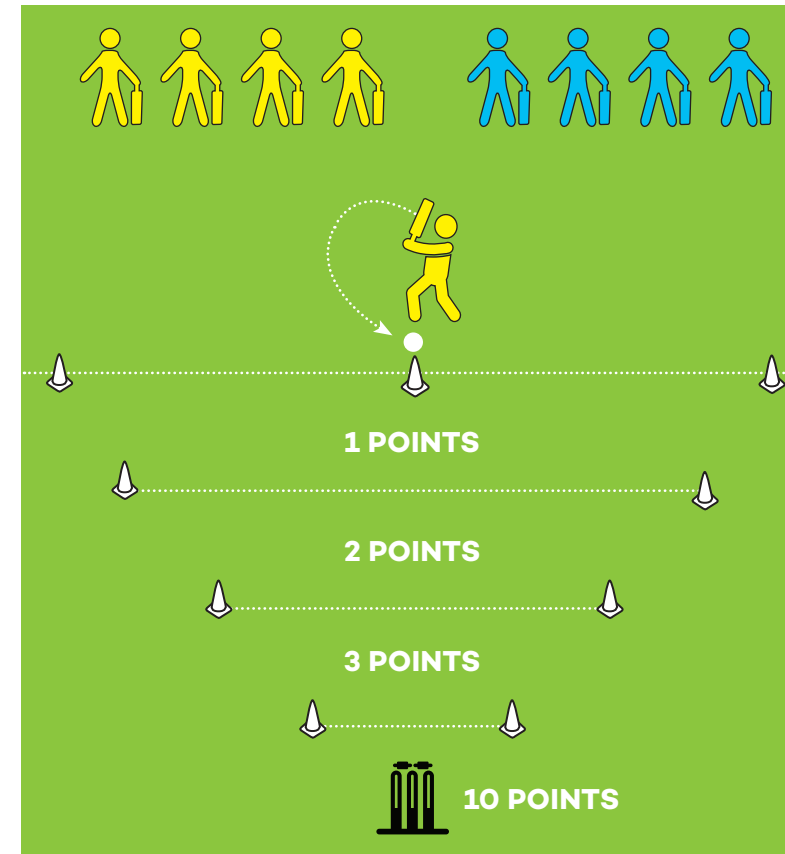
**Equipment:** Cones, ball and bat

**Set up:** Put the ball on a cone and place out two cones quite far apart, take a few steps forward and place out two more cones but make the gap slightly smaller until the cones are close

**How to play:** The coach stands in the middle. As a coach you can decide how hard or easy to make this game and how many points you award for each set of two cones. The players will take it in turns to hit the ball off the cone as straight as possible. The straighter and further they hit it the more points they get. This can be a fun game to play individually or as teams.

**Objectives:**

- Hand eye coordination
- Concentration
- Striking skills



**LAST PERSON STANDING****Keep it up**

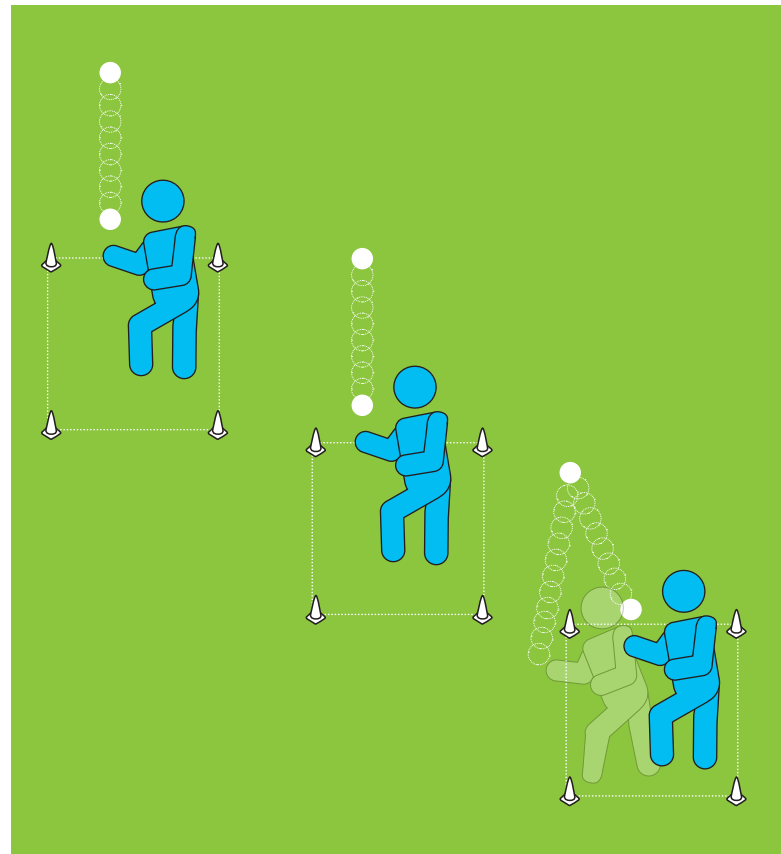
**Equipment:** Balls and cones (bat optional)

**Set up:** Create a small box around each player with 4 cones and each player must have a ball.

**How to play:** Players will try and keep the ball in the air by using their hands or bat to tap the ball. If the ball hits the ground, then the player should regain control of the ball and sit down. The last person standing wins.

**Objectives:**

- Hand eye coordination
- Concentration
- General movement

**STATUE TIME****Keep it up**

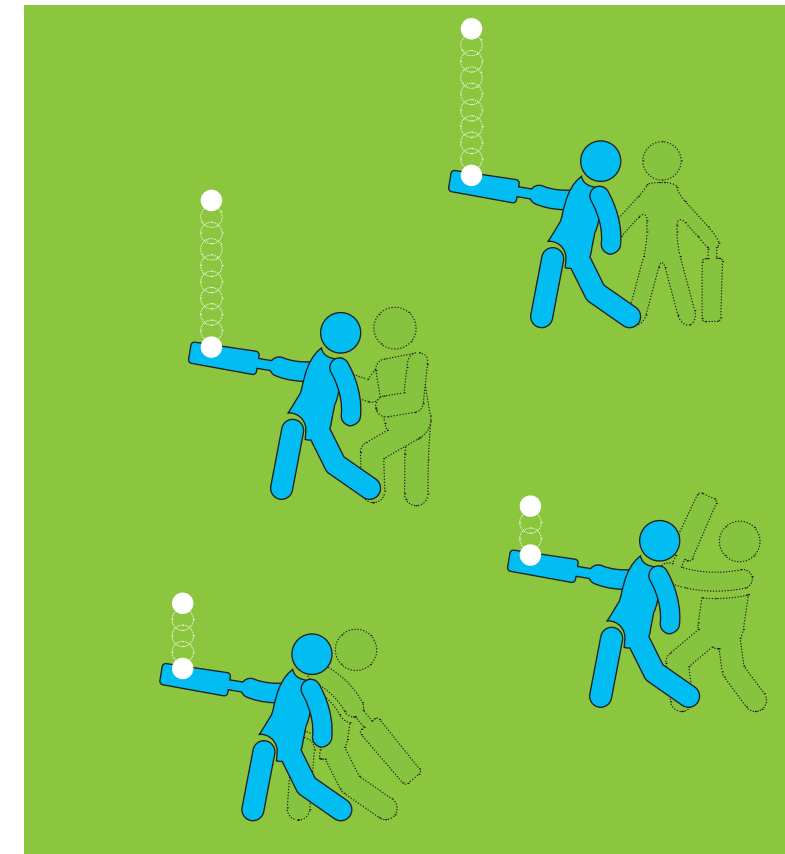
**Equipment:** Bat and ball

**Set up:** Give each player and bat and a ball, if you don't have enough bats then use other objects or players can use their hands.

**How to play:** When the coach shouts GO, all the players will try and keep the ball in the air whilst moving around the area. When the coach shouts statue players must regain control of the ball and stay still like a statue the last player to move loses a life. Each player has 3 lives.

**Objectives:**

- Hand eye coordination
- Concentration
- General movement





**STATUE TIME**

Keep it moving

**Equipment:** Bat and ball

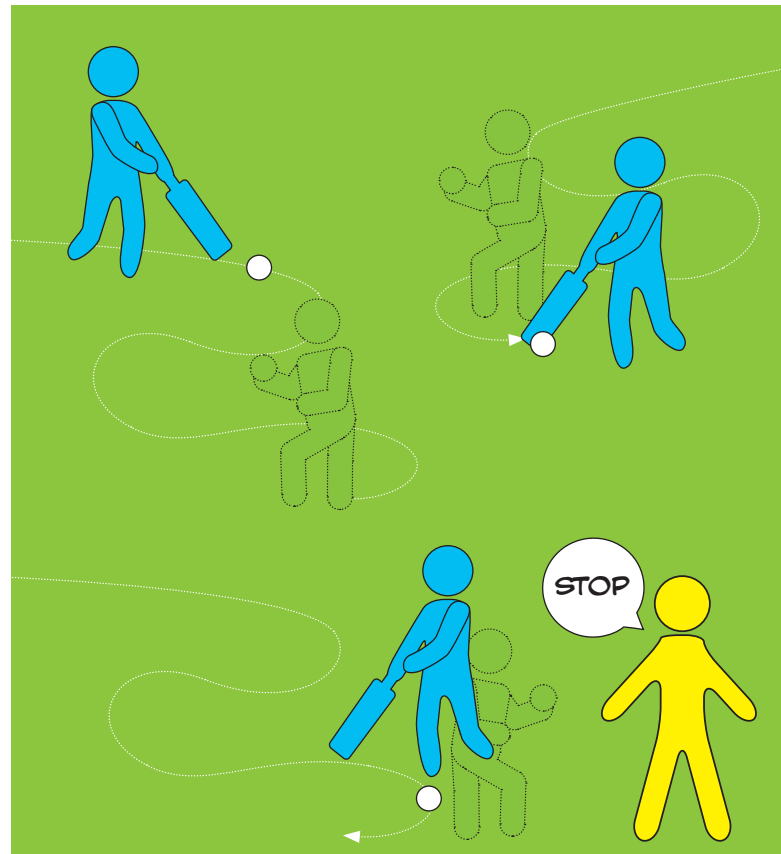
**Set up:** Give each player and bat and a ball, if you don't have enough bats then use other objects or players can use their hands.

**How to play:**

The players should move around the area tapping the ball along the floor, the aim is for the ball to not stop moving. The harder the players hit the ball the less control they will have so encourage them to keep the ball under their eyes. When the coach shouts STOP, each player will pick up their ball and stay still. The last player to move loses a life, each player has 3 lives.

**Objectives:**

- Hand eye coordination
- Concentration
- General movement



**STATUE TIME**

One bounce hits

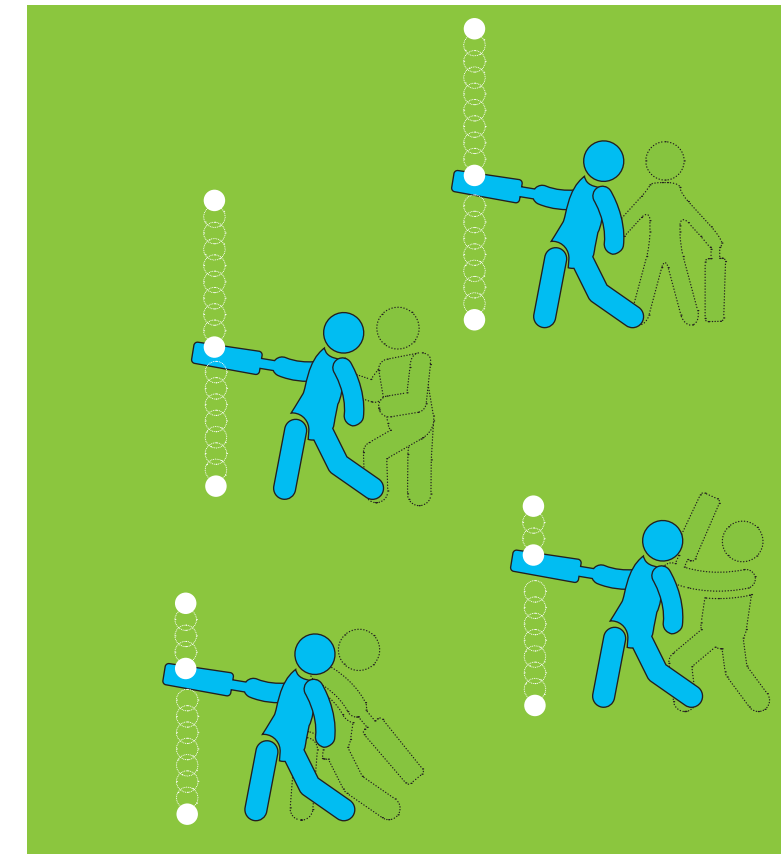
**Equipment:** Bat and ball

**Set up:** Give each player and bat and a ball, if you don't have enough bats then use other objects or players can use their hands.

**How to play:** The players should walk around the area tapping the ball in the air, letting it bounce once and then tapping it in the air again. (If players find this difficult they can use their hands instead of a bat). When the coach shouts STOP, each player will pick up their ball and stay still. The last player to move loses a life, each player has 3 lives

**Objectives:**

- Hand eye coordination
- Concentration
- General movement





### STATUE TIME

#### Dribble

**Equipment:** Balls

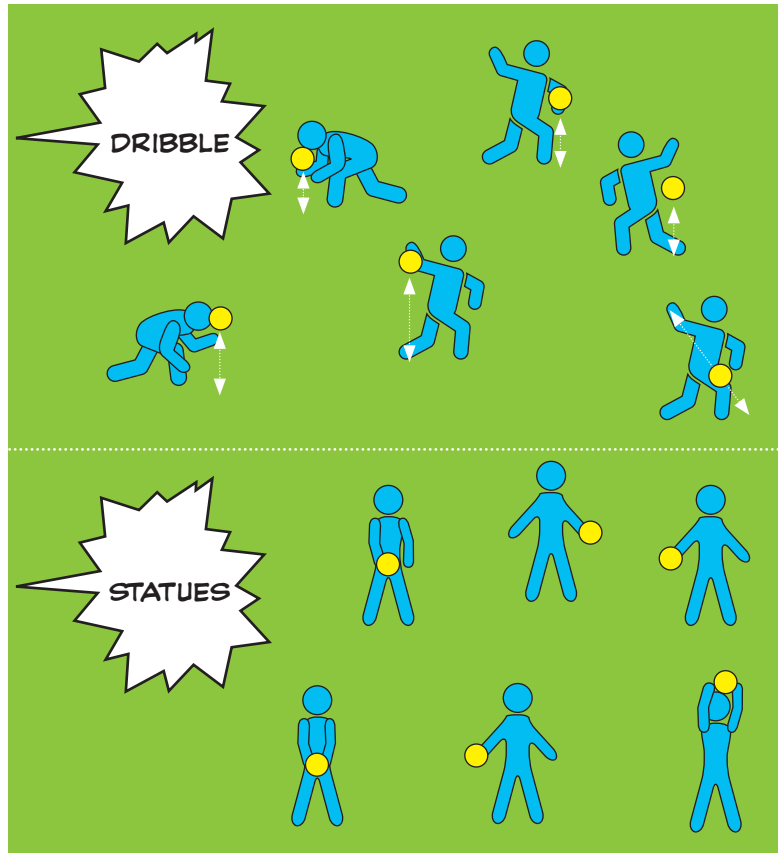
**Set up:** Give each player a ball and spread them out in an open space with a hard floor

#### How to play:

Each player will try and dribble the ball by bouncing it off the floor (like a basketballer) If they bounce the ball too high or low it will be hard to control so they players should try and keep the ball at hip height. When the coach shouts STOP, each player will pick up their ball and stay still. The last player to move loses a life, each player has 3 lives.

#### Objectives:

- Hand eye coordination
- Concentration
- General movement



### MOST CLAP CATCHES

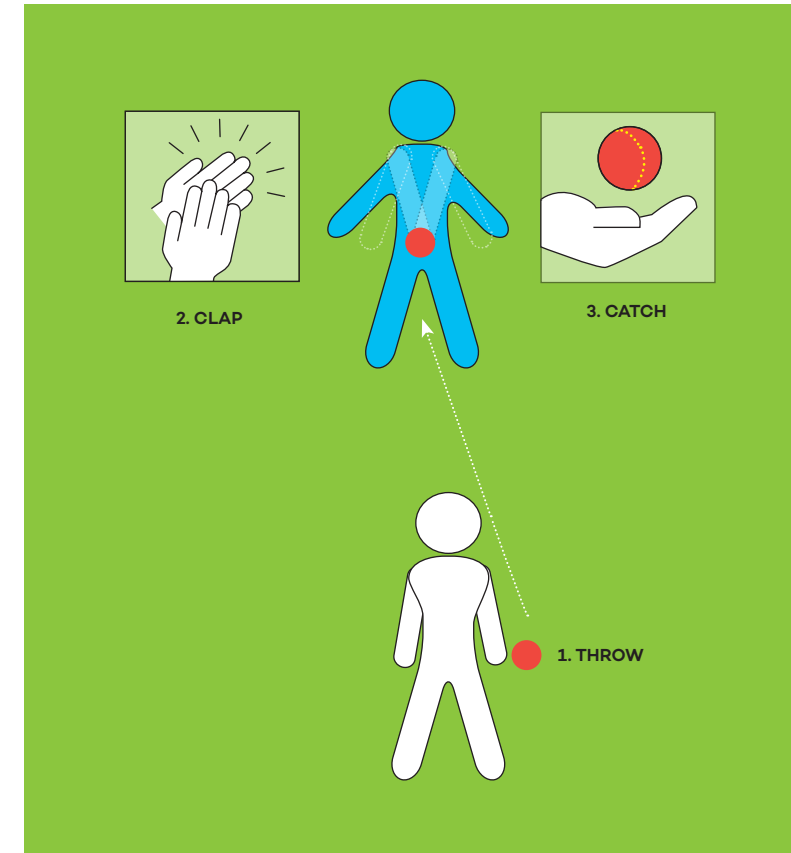
**Equipment:** Balls

**Set up:** Give a ball to each player and spread them out with plenty of space between each person.

**How to play:** When the coach shouts GO all the players should throw the ball in the air and clap before they catch the ball again. The coach can set a time limit and see who can do the most clap catches or set a target number of catches for the players to get to.

#### Objectives:

- Hand eye coordination
- Teamwork





### MOST PAIRS CATCHES

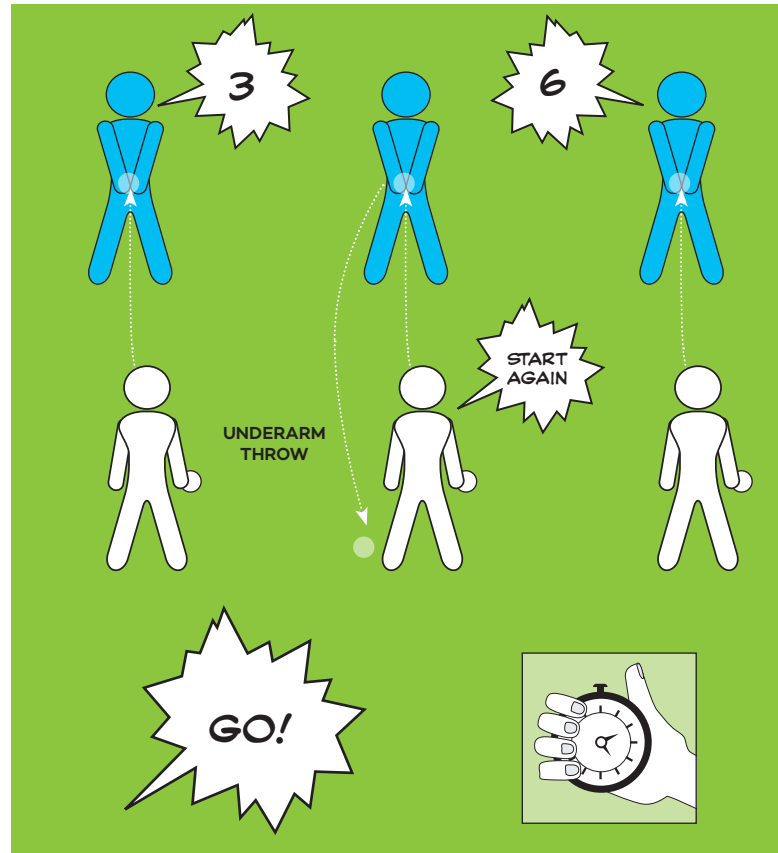
**Equipment:** Balls

**Set up:** Get the players into pairs and spread them out with a safe space between them.

**How to play:** When the coach shouts GO the players should underarm a ball to each other and take as many catches as possible. The coach can set a time limit and see which team can make the most catches or set a target number of catches for the players to get to.

**Objectives:**

- Hand eye coordination
- Improve catching skills
- Teamwork
- Communication



### MOST ONE HANDED CATCHES

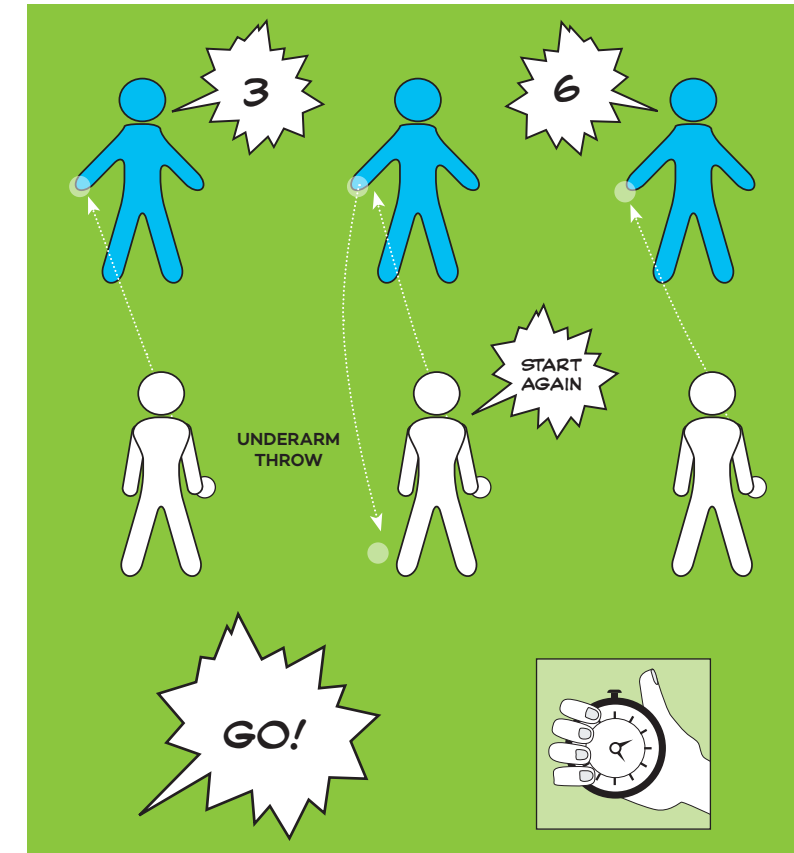
**Equipment:** Balls

**Set up:** Get the players into pairs and spread them out with a safe space between them.

**How to play:** When the coach shouts GO the players should underarm a ball to each other and take as many catches as possible using only one hand. The coach can set a time limit and see which team can make the most catches or set a target number of catches for the players to get to.

**Objectives:**

- Hand eye coordination
- Teamwork



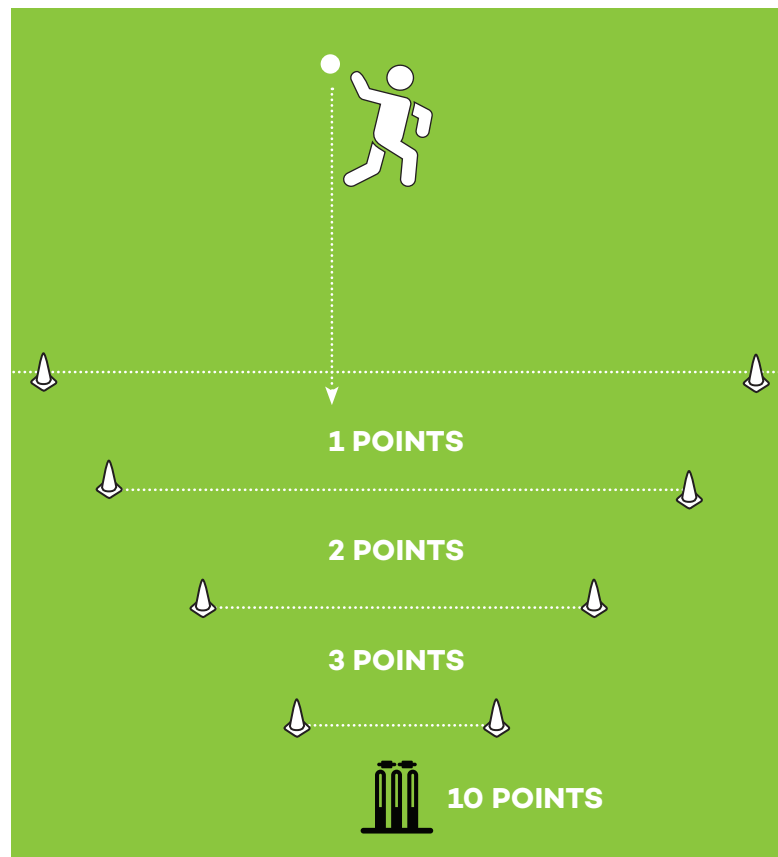


**POINTS PYRAMID**

Throw far and straight (over arm)

**Equipment:** Balls and cones**Set up:** Use your cones to create a pyramid with an object at the end.**How to play:** Each player will take it in turns to throw the ball overarm at the object in the distance. The straighter their throw is the more points they get. If you have enough space and cones you can set up more than one of these games.**Objectives:**

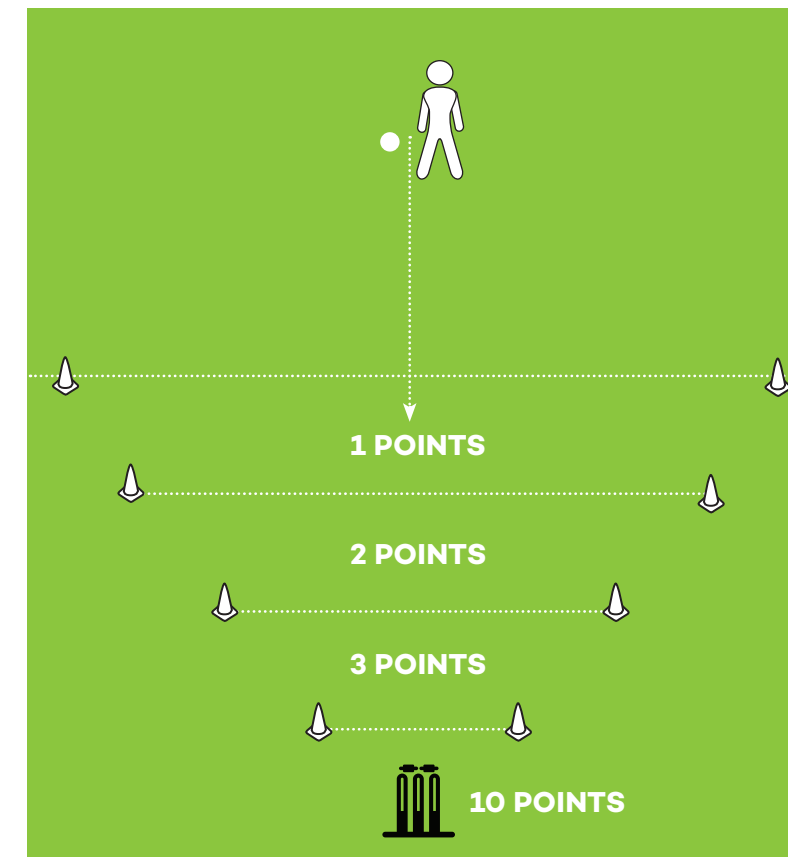
- Communication
- Teamwork
- Concentration
- Building fundamental
- Throwing skills.

**POINTS PYRAMID**

Throw far and straight (under arm)

**Equipment:** Balls and cones**Set up:** Use your cones to create a pyramid with an object at the end.**How to play:** Each player will take it in turns to throw the ball underarm at the object in the distance. The straighter their throw is the more points they get. If you have enough space and cones you can set up more than one of these games.**Objectives:**

- Communication
- Teamwork
- Concentration
- Building throwing skills.





## HOW FAR CAN YOU THROW

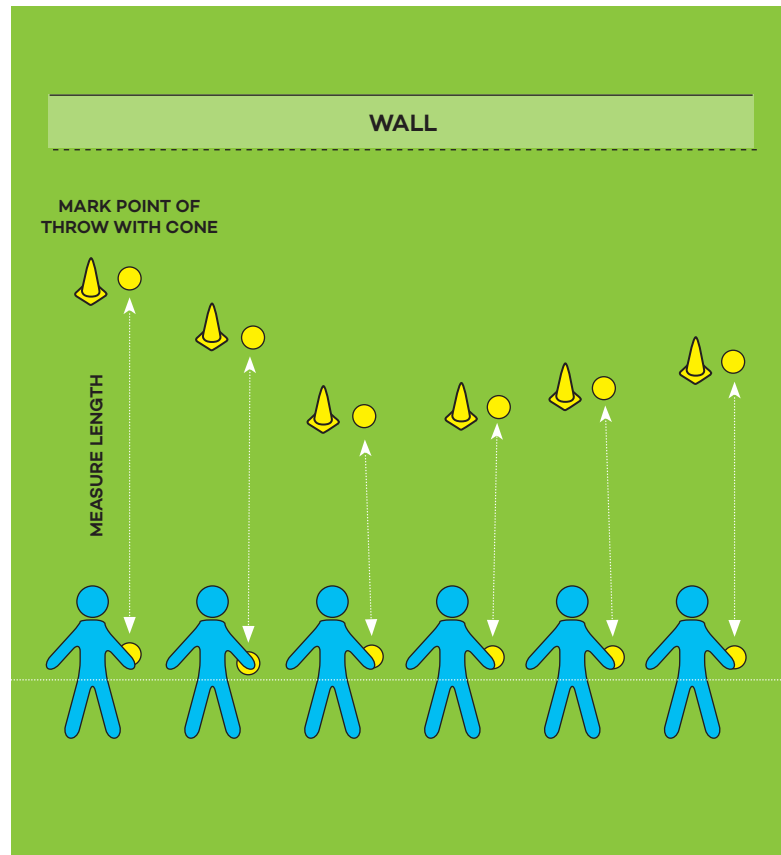
**Equipment:** Balls and cones

**Set up:** Give each player a ball and a cone.

**How to play:** Line all the players up so that they are facing to throw in the same direction. When the coach shouts GO, every player will throw the ball as far as they can and keep an eye on where their ball finishes. The coach can then allow all the players to run and place a cone down where their ball finished.

**Objectives:**

- Building throwing skills
- Competitive spirit
- Concentration



## CRICKET CHARADES

**Equipment:** Stumps/object to aim at

**Set up:** Paper and a pen

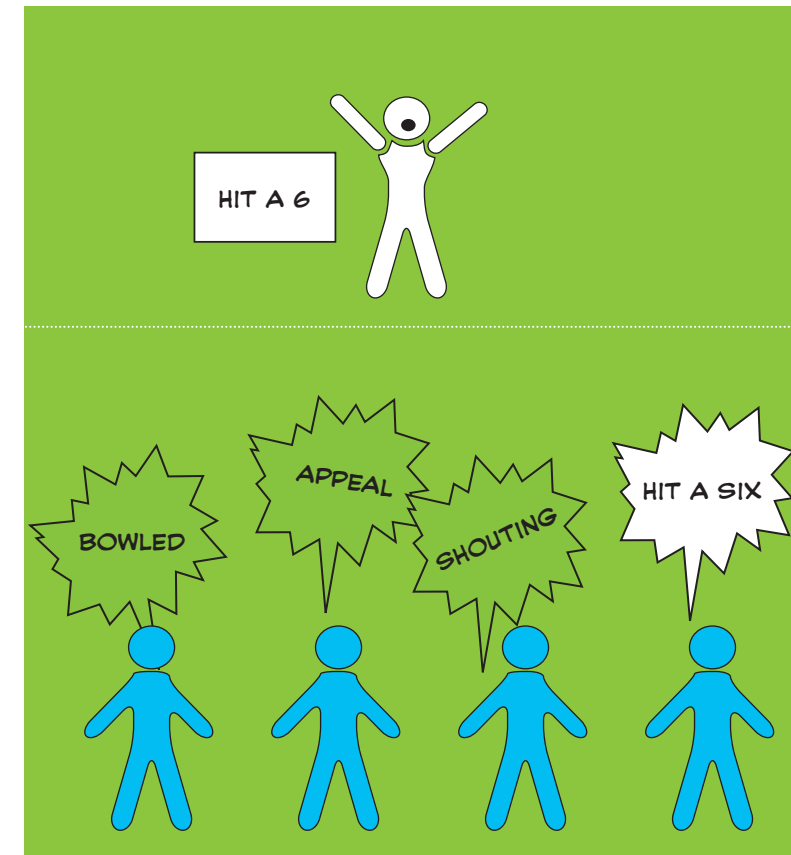
**How to play:** On a piece of paper write down various cricket terminology, equipment or situations. eg

Hitting a 6, appealing, bowling someone out, catching someone out, LBW, wide, no ball, cricket pads, cricket gloves, cricket bat etc.

One player will pick from a hat and try and get the players to guess what they are acting.

**Objectives:**

- Creativity
- Imagination
- Communication
- Teamwork





## CONE KNOCKOUT

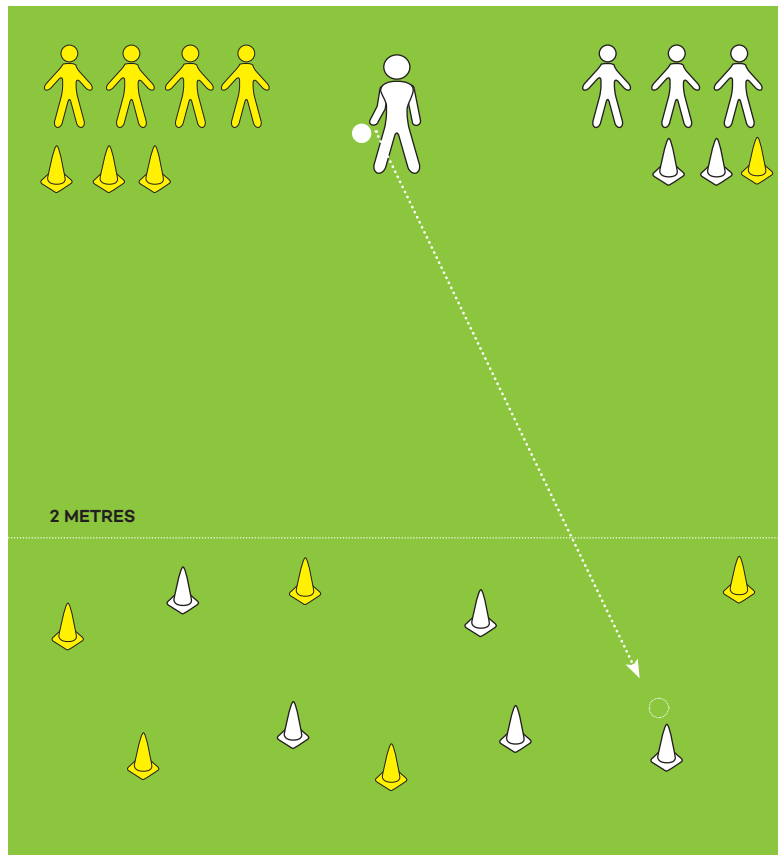
**Equipment:** Balls and cones

**Set up:** Get an even number of cones in two colours and place them out randomly at least 2 metres away from the players. Assign each team to a specific-coloured cone.

**How to play:** One player from each team should take it in turns to try and hit their own cone. If they hit their cone, they can take it away however if they hit the opponents cone, they can take their cone away too. This is a great way for the team to work together and get creating to try and collect all their cones.

**Objectives:**

- Communication



## WHACK AND COLLECT

**One person whacks the ball everyone else collects cones for their teams**



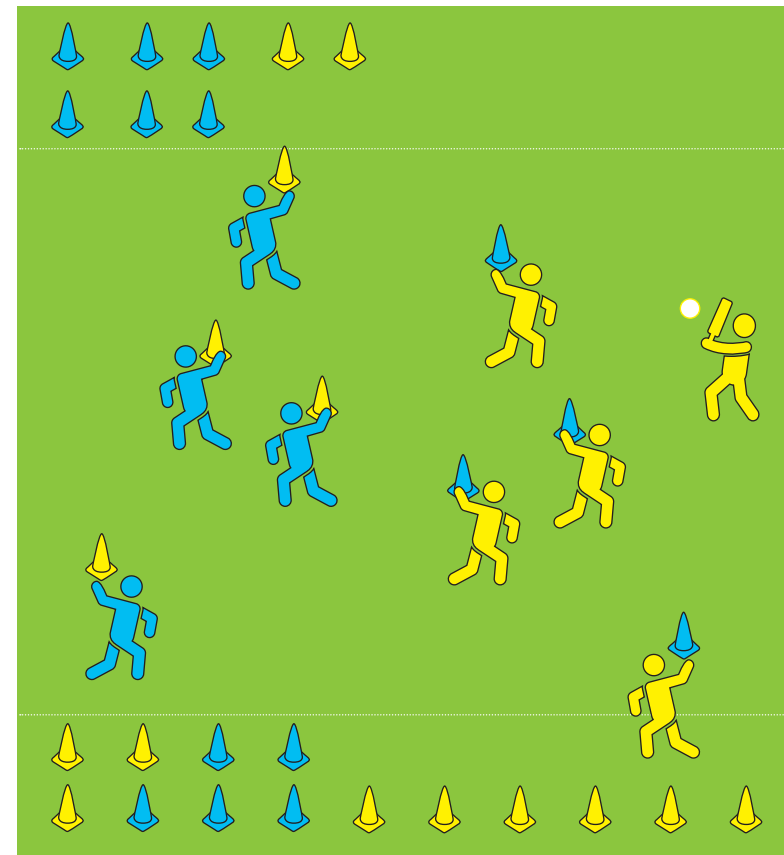
**Equipment:** Bat, ball and cones

**Set up:** Split your group into two teams. Get an even number of cones in two different colours and randomly distribute the cones out by throwing them around the playing area. Create an endzone for the collecting team.

**How to play:** One team will bat and the other will be collecting. Every player from the batting team will take it in turns to hit the ball as far as they can away from the opposition. Once they hit the ball all the collecting team will run out and try and collect as many cones as possible (they can only pick one cone up at a time and must return it to an endzone. Most number of cones wins

**Objectives:**

- Hand eye coordination
- Communication
- Agility, teamwork and general fitness.





**Cricket**  
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