



FOUNDATION COACH

PRACTICE SESSIONS



FOUNDATION CRICKET THE PRACTICE SESSIONS



There are six one-hour cricket practice sessions each focusing on batting, bowling and fielding. These sessions will help players improve their skills.

Examples of games which could be played during practices are included as well. Games are great to use to keep players motivated, learn some skills and also have fun.

Foundation cricketers can continue to practice in their own time in the backyard or school ground, if they would like. The three simple exercises at the end of the manual can be done by themselves or with some mates.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 1

INTRODUCTION AND WARM UP

10 MINUTES

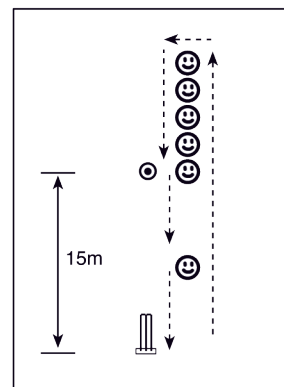
- Briefly outline the aims and requirements of the session

EQUIPMENT: 1 bat, 1 set of stumps and 1 cone per group of 6 players

ACTIVITY: SLIDE and TURN RELAY

- Set up the cone and stumps 15 metres apart. Get the 6 players to line up behind the cone.
- The first player in the line runs from the front of the group towards the stumps carrying the bat in his/her right hand. He/she must slide the toe of the bat along the ground passed the stumps and then turn and run back around the group before passing the bat [handle up] to the second player who repeats the activity.
- When all the players have had a turn they can repeat the activity but this time carrying the bat in the left hand.

NB: If the bat is not slid passed the cone or is carried in the wrong hand, the player must run again.



BATTING

15 MINUTES

- Briefly explain to all the players the 'Basics of Running Between Wickets' emphasizing readiness to run, calling, backing up, sliding the bat and turning correctly

EQUIPMENT: 2 bats, 2 sets of stumps, 3 batting tees, 3 tennis balls per group of 6 players

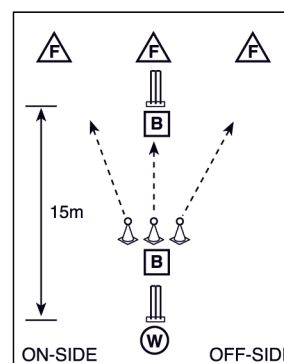
SKILL: RUNNING BETWEEN WICKETS

- Set up sets of stumps 15 metres apart with two batters, a wicketkeeper and three fielders – one on the on-side, one straight, one on the off-side.
- Place three tennis balls on batting tees in front of the striking batter who can off drive, straight drive or on drive as desired. The coach could also feed the balls to the batter with an underarm throw of appropriate height and speed for the ability of the batter.
- The striking batter hits, calls, turns correctly and calls; 'YES' or 'NO' for a second run.
- The fielder must either throw at the bowler's stumps or to the wicketkeeper to achieve a run out. The batter is out if he/she:

Does not vall

Uses a call other then 'YES' or 'NO'

Is run out



FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 1

BOWLING

15 MINUTES

- Briefly explain to all the players the 'Basics of Bowling' emphasising the grip and developing a bowling action

EQUIPMENT: 2 cones and 1 soft Cricket ball per pair

SKILL 1: BOWLING ACTION 1

- Set up two cones 10 metres apart with one player beside each cone.
- Player A stands side-on facing
- Player B with legs comfortably apart, front elbow tucked into the front hip, and the bowling arm gripping the ball correctly raised vertically above the head.
- Player A bowls the ball by swinging the bowling arm down and across the body giving the ball a flick with the wrist as it is released.
- Player B stops the ball, then adopts the above side-on position and bowls the ball back.
- Each player to have 12 attempts.



BOWLING ACTION 1



BOWLING ACTION 2

SKILL 2: BOWLING ACTION 2

- Player A stands side-on as above, but lowers the bowling arm back to the horizontal and bowls to player B by swinging the bowling arm over straight, brushing the ear, before bringing it down and across the body giving the ball a flick with the wrist as it is released.
- Player B stops the ball, then adopts the above side-on position and bowls the ball back to player A.
- Each player to have 12 attempts.

FIELDING

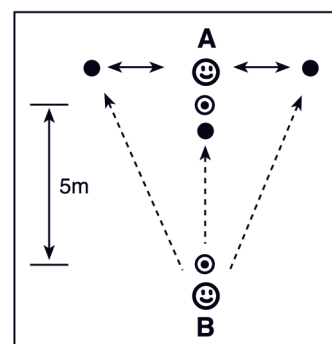
15 MINUTES

- Briefly explain to all the players the 'Basics of Wicketkeeping' emphasising the crouch, positioning, footwork and glovework

EQUIPMENT: 2 cones and 1 tennis ball or soft Cricket ball per pair

SKILL: WICKETKEEPING

- Set up two cones 5 metres apart with one player behind each cone.
- Player A assumes a comfortable crouched wicketkeeping position behind one cone with his/her hands open and touching the ground.
- Player B bounces the ball about waist high to player A who rises to take the ball with soft hands.
- Player A repeats the activity by bouncing the ball back to player B who adopts a crouched wicketkeeping position before receiving the ball.
- Each player to have 6 attempts counting the number of correct takes.
- Player B then bounces the ball about one metre to the right of player A who rises and steps sideways to take the ball with soft hands in line with the inside hip.
- Player A repeats the activity by bouncing the ball back to player B.
- Each player to have 6 attempts to his/her right, 6 to the left, and then 6 to alternate sides counting the number of correct takes.



COOL DOWN AND CONCLUSION

5 MINUTES

- Light jog and stretch
- Relax and breathe deeply
- Summarise the main points of the session and remind the players about the time and venue of the next game and/or practice

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 2

INTRODUCTION AND WARM UP

10 MINUTES

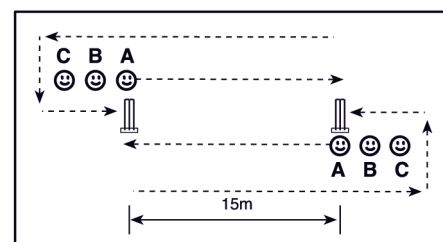
- Recall the main points of the previous session
- Briefly outline the aims and requirements of the session

EQUIPMENT: 2 bats and 2 sets of stumps per group of 6 players

ACTIVITY: RUN TWO RELAY

- Set up the two sets of stumps 15 metres apart. Divide the group in half so that 3 players are lined up behind each set of stumps. Label the players in each group A, B and C.
- The two players labelled A start. They each carry a bat in their right hand and run to the opposite set of stumps sliding the toe of the bat along the ground passed the stumps. They then turn and run back, sliding the bat passed the stumps at their own end, before running on around the group to pass the bat [handle up] to the next player in their group labelled B.
- They continue the activity before passing the bats to the two players labelled C.
- Repeat the activity twice.
- When all the players have had a turn add variation to the relay: by carrying the bat in the left hand, by running four runs, by carrying the bat in the right hand for the odd runs [eg. 1, 3] and changing it to the left hand for the even runs [eg. 2, 4], or by competing against another group of 6 players.

NB: If the bat is not slid passed the cone or is carried in the wrong hand, the player must run again. Batting



BATTING

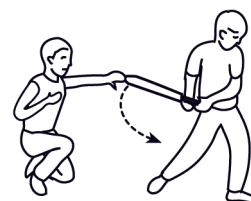
15 MINUTES

- Briefly explain to all the players the 'Basics of Batting' emphasising the grip, stance, taking guard, backswing and the front foot defence

EQUIPMENT: 1 bat, 2 cones, 1 tennis ball per pair

SKILL 1: GRIP and STANCE

- Player A places the bat on the ground with the handle pointing towards the feet, then picks it up with the correct grip and takes up his/her batting stance.
- Player B checks to see that the following are in the correct position:
Grip - the hands are close together around the middle of the handle.
Stance - the bat is resting behind the back foot, the feet are parallel and slightly apart and the head and eyes are level.
- Players then change over and repeat the activity.



SKILL 2: BACKSWING

- Player A takes up his/her batting stance.
- Player B kneels down behind player A with one arm outstretched, the palm of the hand facing the bat.
- Player A practises his/her front foot defence against an imaginary ball by swinging the bat back at the same time as stepping forward.
- During the backswing, the bat should touch player B's hand, which is held level directly behind the bat.
- After 6 attempts counting the number of times the backswing touches the hand, players change over and repeat the activity.

SKILL 3: FRONT FOOT DEFENCE

- Set up two cones 5 metres apart. Player A takes up his/her batting stance in front of one cone, player B stands behind the other cone.
- Player B rolls or lobs the ball underarm to player A who plays a soft front foot defensive shot so the ball does not roll beyond player B's cone.
- After 6 attempts counting 1 if the ball is blocked and 2 if it does not roll beyond player B's cone, players change over and repeat the activity.
- The player with the most points wins.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 2

BOWLING

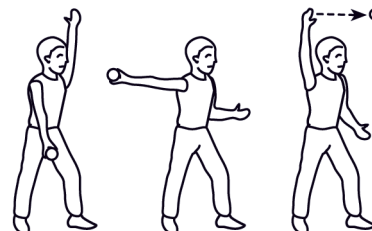
15 MINUTES

- Briefly explain to all the players the 'Basics of Bowling' emphasising the grip and developing a bowling action

EQUIPMENT: 2 cones and 1 soft Cricket ball per pair

SKILL 1: GRIP

- Player A picks up and grips the ball correctly
- Player B checks to see the following are in the correct position:
The first two fingers are on either side of the top of the seam and the thumb is on the seam underneath the ball.
- Players then change over and repeat the activity.



SKILL 2: BOWLING ACTION 3

- Set up two cones 10 metres apart with one player beside each cone.
- Player A stands side-on facing player B with legs comfortably apart, looking over the front shoulder, front arm up high, bowling arm gripping the ball correctly down by the back leg.
- Player A rotates the arms by pulling the elbow of the front arm down in to the front hip, and swinging the bowling arm over straight, releasing the ball next to the ear before bringing it across the body to finish alongside the hip of the front leg.
- Player B stops the ball, then adopts the above side-on position and bowls the ball back to player A.
- Each player to have 12 attempts.

FIELDING

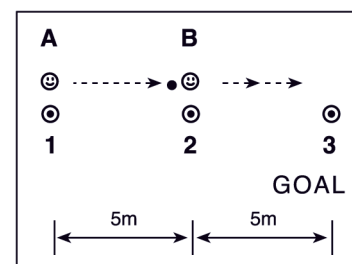
15 MINUTES

- Go through the 'Basics of Catching' emphasising watching the ball, cupping hands together with the fingers pointing down and taking the ball with soft hands

EQUIPMENT: 3 cones and 1 soft Cricket ball per pair

SKILL 1: PAIRS CATCHING 1

- Set up two cones 5 metres apart with one player beside each cone.
- Player A bounces or underarms the ball to player B so that he/she can catch it at waist level.
- Player B catches the ball and bounces or underarms it back to player A.
- Each player to have 12 attempts counting the number of catches.
- Add variation by either changing the height of the throws [eg. knee height, shoulder height] or by making the activity competitive [eg. first to 12 catches or if a catch is dropped go back to zero and start again] or by increasing the distance between the players.



SKILL 2: PAIRS CATCHING 2

- Set up the three cones in a line 5 metres apart with player A on cone 1, player B on cone 2, cone 3 is the goal.
- Player A underarms the ball to player B so that he/she can catch it at waist level.
- If player B catches the ball he/she takes a step back towards the goal, then throws the ball back to player A. This continues until a catch is dropped, in which case player B takes a step forward.
- Each player to have 12 attempts counting the number of catches to see who can get back to the goal first.

COOL DOWN AND CONCLUSION

5 MINUTES

- Light jog and stretch.
- Relax and breathe deeply.
- Summarise the main points of the session and remind the players about the time and venue of the next game and/or practice.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 3

INTRODUCTION AND WARM UP

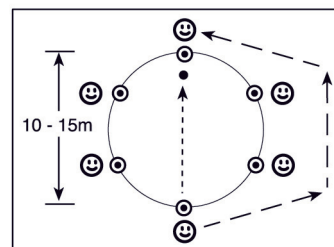
10 MINUTES

- Recall the main points of the previous session
- Briefly outline the aims and requirements of the session

EQUIPMENT: 6 cones and 1 tennis ball or soft Cricket ball per group of 6 players

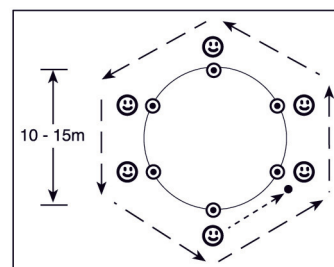
ACTIVITY 1: CATCHERS and RUNNERS 1

- Set up the six cones to form a circle 10 – 15 metres across with one player on each cone. Give the ball to one player.
- The player with the ball throws to any other player in the circle except to those on his/her immediate left or right, then runs clockwise around the outside of the circle to the catcher's position.
- The catcher then throws the ball to another player in the circle before the runner reaches his/her position and runs around the circle to the next catcher's position.
- Repeat the activity until every player has had 3 throws/catches.



ACTIVITY 2: CATCHERS and RUNNERS 2

- Set up the circle and players as above.
- The player with the ball throws it to the player on his/her right and then runs clockwise around the circle back to his/her place. If the first throw is dropped the runner starts again.
- The other players try to beat the runner around the circle by throwing the ball from one player to the next.
- Repeat the activity until every player has run around the circle twice.



BATTING

15 MINUTES

- Briefly explain to all the players the 'Basics of Batting' emphasising the grip, stance, taking guard, backswing and the front foot drive

EQUIPMENT: 1 bat, 1 set of stumps, 1 batting tee, 2 cones and 1 or more tennis balls per group of 4 players

SKILL 1: TAKING GUARD

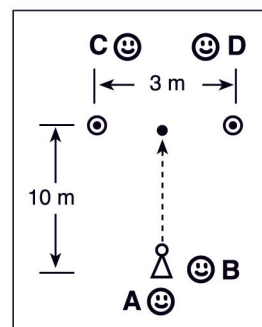
- Set up the stumps and a cone 10 metres apart with player A standing in front of the stumps facing player B who is behind the cone.
- Player A asks player B for 'centre', marks the guard, then takes up his/her stance.
- Players C and D check to see that the following are in the correct position:

The bat is held upright in front of the stumps so its front edge faces player B, the guard of middle stump is asked for and marked, the directions player B gives are correct, and player A stands with his/her toes up to the mark.

- Players change over and repeat the activity.

SKILL 2: FRONT FOOT DRIVE 1

- Set up the two cones 3 metres apart at a distance 10 metres in front of the batting tee.
- Player A takes up his/her stance with the bat behind the batting tee, player B stands on the off-side and places the ball on the batting tee, players C and D are behind the cones as fielders. The coach or a parent helper may feed the ball to the batter with an underarm throw at the appropriate height and speed for the batter.
- Player A steps forward and drives the ball between the two cones. The fielders stop the ball and return it to player B.
- After 6 attempts counting the number of times the ball is hit between the cones players change over and repeat the activity.



FOUNDATION CRICKET

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SESSION 3

BOWLING

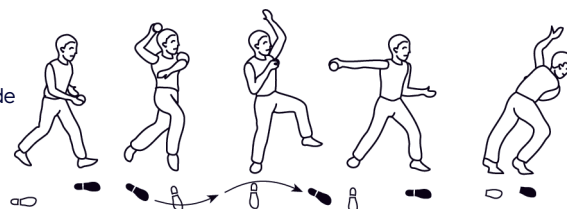
15 MINUTES

- Briefly explain to all the players the 'Basics of Bowling' emphasising the grip and developing a bowling action

EQUIPMENT: 1 soft Cricket ball and 2 cones per pair

SKILL: BOWLING ACTION – WALK UP and BOWL

- Set up two cones 14 metres apart with one player on each cone.
- Player A stands three paces behind his/her cone facing player B.
- Player A steps right, left, and right turning side-on and swinging the left or now front leg across the body to take up a side-on position with the left foot pointing down the pitch towards player B [The step sequence is reversed for a left arm bowler].
- In turning side-on player A also unfurls the arms, reaching high with the front arm, and bringing the bowling arm initially up under the chin, before pushing it down towards the hip of the back leg.
- Player A then rotates the arms, pulling the elbow of the front arm down into the front hip, and swinging the bowling arm over straight releasing the ball next to the ear before bringing it across the body to finish alongside the hip of the front leg.
- Player A steps through with the back leg to finish with the bowling arm shoulder pointing towards player B.
- Player B stops the ball and repeats the activity by bowling the ball back to player A.
- Each player to have 12 attempts.



FIELDING

15 MINUTES

- Briefly explain to all the players the 'Basics of Overarm Throwing' emphasising the grip and the importance of the fingers, wrist and elbow in the throwing action

EQUIPMENT: 2 cones and 1 soft Cricket ball per pair

SKILL 1: WRIST and FINGER FLICK

- Set up two cones 3 metres apart with one player sitting or kneeling behind each cone.
- Player A grips the ball correctly in his/her throwing hand, and holding the forearm of the throwing hand with the non-throwing hand, bounces the ball to player B by flicking the wrist and fingers down the back of the ball.
- Player B stops the ball, then adopts the above throwing position and bounces the ball back to player A.
- Each player to have 12 attempts.

SKILL 2: ELBOW THROW

- Set up two cones 5 metres apart with one player sitting or kneeling behind each cone.
- Player A grips the ball correctly in his/her throwing hand, and holding the upper arm under the muscle of the throwing arm with the non-throwing hand, bounces the ball to player B by using the elbow and flicking the wrist and fingers down the back of the ball.
- Player B stops the ball, then adopts the above throwing position and bounces the ball back to player A. Each player to have 12 attempts.



COOL DOWN AND CONCLUSION

5 MINUTES

- Light jog and stretch.
- Relax and breathe deeply.
- Summarise the main points of the session and remind the players about the time and venue of the next game and/or practice.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 4

INTRODUCTION AND WARM UP

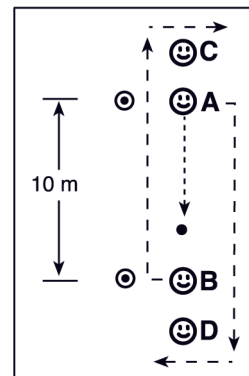
10 MINUTES

- Recall the main points of the previous session
- Briefly outline the aims and requirements of the session

EQUIPMENT: 2 cones and 1 tennis ball or soft Cricket ball per group of 4 players

ACTIVITY: THROW and RUN RELAYS

- Set up two cones 10 metres apart with players A and C behind one cone and players B and D behind the other cone.
- Player A throws the ball overarm to player B, then follows the ball running to the other cone to stand behind player D.
- Player B catches the ball and repeats the activity by throwing the ball to player C and running to stand behind player C.
- When all the players have had 6 throws/runs/catches they can repeat the activity with the following variations which require all the players to line up behind one cone.



VARIATION 1:

Player A has the ball, runs to the other cone, turns and throws the ball overarm to player B, then runs back to the end of the line. Player B catches the ball and repeats the activity by running to the other cone and throwing the ball to player C.

VARIATION 2:

Player A has the ball, runs to the other cone, places the ball beside it, then turns and runs back to the end of the line. Player B runs to the cone, picks up the ball, turns and throws it overarm to player C before running back to the end of the line. Players C and D repeat the activity with C placing the ball by the cone and D picking it up and throwing it.

- Repeat each activity until each player has had 6 throws/runs in variation 1 and 3 throws/runs in variation 2.

BATTING

15 MINUTES

- Briefly explain to all the players the 'Basics of Batting' emphasising the grip, stance, backswing and the front foot drive

EQUIPMENT: 1 bat, 1 set of stumps, 2 cones, chalk or a 30 cm diameter target of plastic, cardboard or plywood, and 1 or more tennis balls per group of 4 players

SKILL: FRONT FOOT DRIVE 2

- Set up the two cones 3 metres apart at a distance 10 metres in front of the stumps.
- Player A takes up his/her stance with the bat in front of the stumps holding the bat with the top hand only and a tennis ball in the bottom hand.
- Players B, C and D to stand behind the cones and act as fielders.
- Player A to drop the tennis ball in front of him/her, replace the bottom hand on the bat and swing it back, at the same time step forward and attempt to drive the ball on the second bounce between the two cones.
- The fielders stop the ball and return it to player A.
- After 6 attempts counting the number of times the ball is hit between the cones players change over and repeat the activity.
- When all the players have rotated positions and had a turn with the dropped ball they can repeat the activity with the following variation:



Player B moves to stand between the two cones which are set up 3 metres apart, and either rolls, or lobs the ball underarm into a target zone [30 cm in diameter either drawn with chalk or placed on the ground] so that it bounces about knee high for player A to drive between the two cones. After 6 attempts counting the number of times the ball is hit between the cones players change over and repeat the activity.

BOWLING

15 MINUTES

- Briefly explain to all the players the 'Basics of Bowling' emphasising the grip and developing a bowling action

EQUIPMENT: 2 cones and 1 soft Cricket ball per pair

SKILL: BOWLING ACTION - RUN UP and FOLLOW THROUGH

- Set up two cones 14 metres apart with one player behind each cone.

THE RUN UP: Player A walks back, then jogs in towards his/her cone and when it feels right jumps into the side-on position.

THE DELIVERY: Player A unfurls and rotates the arms bowling the ball.

THE FOLLOW THROUGH: Player A continues forward with the back leg stepping through and across the body to finish with the bowling arm shoulder pointing towards player B.

- Player B stops the ball and repeats the activity by bowling the ball back to player A. Each player to have 12 attempts.

MEASURING THE RUN UP: When each player feels comfortable with the run up, delivery and follow through he/she can measure his/her run up. Player B needs to place a cone beside player A to mark the start of his/her run up.

Player A runs away from the cone and when it feels right jumps and bowls. Player B notes where player A's front foot lands and marks the place with the other cone. Player A paces out the distance between the cones. This is the length of his/her run up.



FIELDING

15 MINUTES

- Briefly explain to all the players the 'Basics of Overarm Throwing' emphasising the grip and the importance of the shoulders in the throwing action

EQUIPMENT: 3 cones and 1 soft Cricket ball per pair

SKILL: SHOULDER THROW

- Set up two cones 10 metres apart with one player kneeling on his/her back knee behind each cone.
- Player A starts with the throwing hand back, fully extended, gripping the ball correctly, the front shoulder facing player B and the hand of the non-throwing arm resting on the bent front knee.
- Player A then swings the throwing arm through led by the elbow to bounce the ball to player B, before bringing the throwing arm down and across the body to finish with the throwing arm shoulder facing player B.
- Player B stops the ball, then adopts the above throwing position and bounces the ball back to player A.
- Each player to have 12 attempts.
- Add variation by moving the two cones 15 metres apart and placing a third cone as a target midway between them.
- Repeat the above activity, but this time throw the ball to hit the target counting the number of hits.
- Each player to have 12 attempts.



COOL DOWN AND CONCLUSION

5 MINUTES

- Light jog and stretch.
- Relax and breathe deeply.
- Summarise the main points of the session and remind the players about the time and venue of the next game and/or practice.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 5

INTRODUCTION AND WARM UP

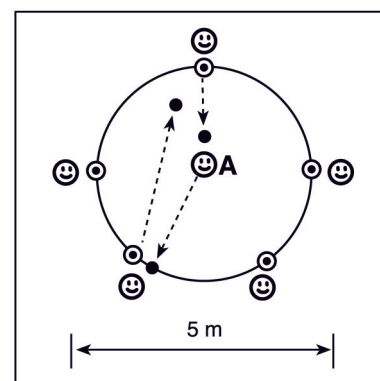
10 MINUTES

- Recall the main points of the previous session
- Briefly outline the aims and requirements of the session

EQUIPMENT: 6 cones and 1 tennis ball or soft Cricket ball per group of 6-12 players

ACTIVITY 1: PLAYER IN THE MIDDLE

- Set up five cones to form a circle 5 metres across with one player behind each cone and player A in the middle of the circle.
- One player in the circle has the ball. The players in the circle throw underarm catches of varying height, pace and direction to player A.
- Player A catches the ball and returns it quickly to a different player in the circle. The players in the circle make player A work hard. After player A has caught 12 catches, players rotate positions and repeat the activity so that each player has a turn in the middle.



ACTIVITY 2: PLAYERS IN THE MIDDLE

- Divide the players into two groups of six.
- Set up six cones to form a circle 10 metres across with one group having a player behind each cone and the other group in the middle of the circle.
- One player in the circle has the ball. The players in the circle throw catches of varying height, pace and direction to players on the other side of the circle.
- The players in the middle try to intercept and catch the ball. If a player does he/she joins the circle. If a player in the circle drops a catch or throws the ball so it is caught by a player in the middle then he/she joins the middle.
- Continue the activity until all players have had a turn in the circle and in the middle.

BATTING

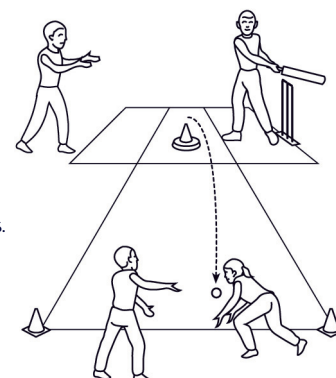
15 MINUTES

- Briefly explain to all the players the 'Basics of Batting' emphasising the grip, stance, backswing and the pull shot

EQUIPMENT: 1 bat, 1 stump, 1 batting tee, 2 cones, and 1 or more tennis balls per group of 4 players

SKILL: PULL SHOT 1

- Set up the batting tee and then 15 metres away set up the two cones 3 metres apart.
- Player A takes up his/her stance with the bat behind the batting tee so that the cones are at right angles on his/her leg side, player B places the ball on the batting tee, players C and D are behind the cones as fielders.
- Player A steps back and across and hits the ball off the tee with the arms fully extended between the two cones. The fielders stop the ball and return it to player B.
- After 6 attempts counting the number of times the ball is hit between the cones players change over and repeat the activity
- Another variation of this activity is to place the batting tee on top of a cricket stump. This allows the batter to play the pull shot from a waist high position between the two cones.



FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 5

BOWLING

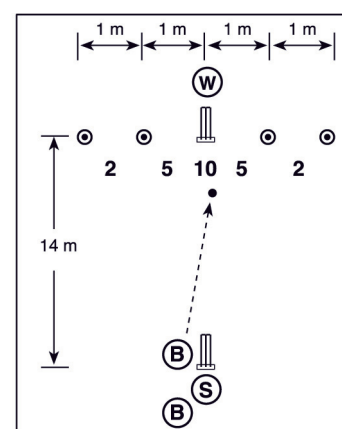
15 MINUTES

- Briefly explain to all the players the 'Basics of Bowling' emphasising the grip and the bowling action especially the run up and follow through

EQUIPMENT: 4 cones, 2 sets of stumps, and 2 soft Cricket balls per group of 4 players

SKILL: BOWLING FOR DIRECTION

- Set up two sets of stumps 14 metres apart, then on each side of one set of stumps place two cones to create intervals at 1 and 2 metres.
- The aim of the activity is for bowlers to bowl the ball to hit the stumps. If they hit the stumps they score 10 points, if they miss but the ball passes on either side of the stumps inside the 1 metre cones they score 5 points, between the 1 and 2 metre cones 2 points, outside the 2 metre cones 0 points.
- One player acts as the wicketkeeper [w] and stands behind the stumps with the interval cones, the other three players go to the other stumps where one player is the umpire/scorer and the other two players are bowlers.
- The bowlers, each with a ball, measures out his/her run up back from the stumps and then bowls. Each bowler has 6 attempts to hit the stumps.
- The player who is umpire/scorer counts the number of attempts and after each ball is bowled tells the bowler the number of points he/she has scored. Each bowler keeps his/her own total of points scored.
- After the first two bowlers have finished, the players change over and repeat the activity.
- The player with the highest number of points wins.



FIELDING

15 MINUTES

- Briefly explain to all the players the 'Basics of Overarm Throwing' emphasising the grip and the importance of the hips in the throwing action

EQUIPMENT: 2 cones, 1 batting tee and 1 soft Cricket ball per pair

SKILL: FULL BODY THROW

- Set up two cones 15 metres apart with one player standing behind each cone.
- Player A starts by standing side-on with the arms fully extended, the throwing hand back gripping the ball correctly, and the front arm, shoulder, hip and foot pointing towards player B.
- Player A then swings the throwing arm through led by the elbow to bounce the ball to player B, before bringing the throwing arm down and across the body to finish with the throwing arm shoulder, hip and foot facing player B.
- Player B stops the ball, then adopts the above throwing position and bounces the ball back to player A.
- Each player to have 12 attempts.
- Move the two cones 30 metres apart and place the batting tee as a target midway between them.
- Repeat the above activity, but this time throw the ball to hit the target counting the number of hits.
- Each player to have 12 attempts.
- The player with the highest number of hits wins.



COOL DOWN AND CONCLUSION

5 MINUTES

- Light jog and stretch.
- Relax and breathe deeply.
- Summarise the main points of the session and remind the players about the time and venue of the next game and/or practice.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 6

INTRODUCTION AND WARM UP

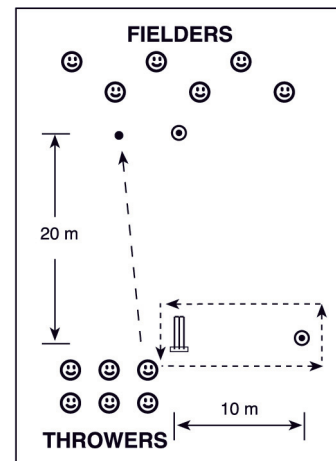
10 MINUTES

- Recall the main points of the previous session
- Briefly outline the aims and requirements of the session

EQUIPMENT: 2 cones, 1 set of stumps and 1 tennis ball or soft Cricket ball per group of 12 players

ACTIVITY: FIVE CATCHES RELAY

- Divide the players into two groups of six.
- Set up the stumps and cones to form an 'L' shape with one cone 15-20 metres in front of the stumps, and the other cone 10 metres to the side of the stumps.
- One group lines up behind the stumps, the other group spreads out as fielders behind the cone that is 15-20 metres in front of the stumps
- The first player in the group behind the stumps throws the ball towards the fielding group and runs around the cone placed 10 metres to the side of the stumps and then back around the stumps. This is counted as one run. The player runs as many times as he/she can until 'stop' is called.
- One of the players in the fielding group stops the ball and throws a catch to another player in the group and then bobs down. This continues until all the players in the fielding group have caught a catch and bobbed down. The last player to catch the ball bobs down and calls 'stop'.
- After the runs for player A are counted, the other players in the group behind the stumps each have their turn to throw and run. The two groups then change over and repeat the activity. The group with the highest number of runs wins.
- Another variation of this activity is for each player in the throwing group to run with a bat sliding it passed the cone and then run back sliding it passed the stumps to score one run.



BATTING

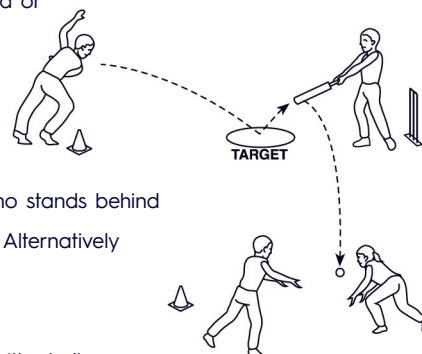
15 MINUTES

- Briefly explain to all the players the 'Basics of Batting' emphasising the grip, stance, backswing and the pull shot

EQUIPMENT: 1 bat, 1 set of stumps, chalk or a 30 cm diameter target of plastic, cardboard or plywood, 3 cones, and 1 or more tennis balls per group of 4 players

SKILL: PULL SHOT 2

- Set up the stumps and one cone 8 metres apart and then at right angles 15 metres away set up the two cones 3 metres apart.
- Player A takes up his/her stance with the bat in front of the stumps facing player B who stands behind the cone 8 metres away, players C and D are behind the other two cones as fielders. Alternatively player C can act as the wicketkeeper in case the batter fails to make contact, leaving player D to do the fielding.
- Player B throws the ball overarm into a target zone [30 cm in diameter either drawn with chalk or placed on the ground] so that it bounces waist high, player A steps back and across and hits the ball with the arms fully extended between the two cones. The fielders stop the ball and return it to player B.
- After 6 attempts counting the number of times the ball is hit between the cones players change over and repeat the activity.
- Another variation of this activity is for player C from a kneeling position to lob the ball on the full between knee and waist high for player A to play the pull shot and hit the ball between the cones.



FOUNDATION CRICKET

THE PRACTICE SESSIONS

SESSION 6

BOWLING

15 MINUTES

- Go through the 'Basics of Bowling' emphasising the grip and the bowling action especially the run up and delivery of the ball

EQUIPMENT: 4 cones, 2 sets of stumps, 2 soft Cricket balls and a 4 metre length of rope per group of 4 players

SKILL: BOWLING FOR DIRECTION and DISTANCE

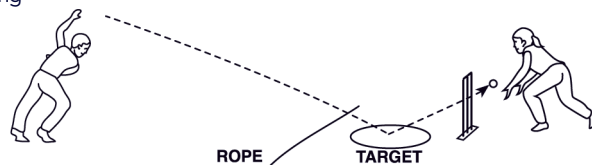
- Repeat the activity from session 5. Set up the stumps and cones in the same manner, but in addition place a length of rope across the pitch about 4 metres back from the stumps the bowlers are trying to hit.
- The aim of the activity is not only to hit the stumps, but also bowl the ball on a good length. So only those balls bowled that land over the rope and then hit the stumps or pass inside the cones score points.
- There are many variations to this activity. As the bowlers get more accurate the size, type and positioning of targets can be changed. The bowlers can aim at:

One or more stumps scoring 10 points for each hit.

All three stumps scoring 2 points for the first stump knocked over, 5 for the second and 10 for the third, or 2 for the leg stump, 5 for the middle stump and 10 for the off stump.

A target placed on the pitch about 3 metres in front of the stumps, such as a 50cm x 100cm rectangle of cardboard, carpet or plywood, scoring 5 points for hitting the target or the stumps and 15 for hitting both.

- Each bowler to have 6 attempts [1 over] to score.
- Another variation of this activity is to divide the players into several groups of 4 with each group bowling at their own set of stumps/target. The group scoring the most hits in a given time wins.



FIELDING

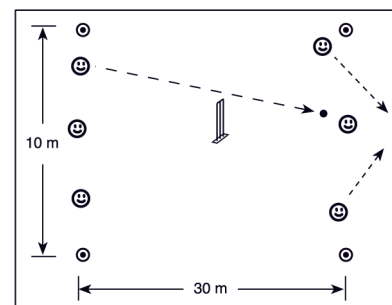
15 MINUTES

- Go through the 'Basics of Defensive Fielding' emphasising moving to the ball, the long barrier stop and backing up

EQUIPMENT: 4 cones, 1 set of stumps, 1 soft Cricket ball per group of 6 players

SKILL: TARGET THROWING and DEFENCE

- Divide the players into two groups of three - groups 1 and 2. Make the stumps the target, then 15 metres on each side of the stumps set up two cones 10 metres apart to form two defence zones. The three players in each group spread out in their defence zone between the cones and face each other.
- Player A in group 1 throws the ball overarm to hit the stumps [target], the players in group 2 move within their zone to block the ball - one player stops it using the long barrier, the other two back up.
- One player in group 2 then repeats the activity by throwing the ball to hit the stumps, the players in group 1 then have to move to stop the ball and back up.
- Groups score 10 points for hitting the stumps [target] and 5 points if the opposing group fails to stop the ball going through their defence zone.
- The first group to 50 points or with the most points after a specified time wins. The activity can be varied by increasing the width of the defence zones, by moving the defence zones further away from the stumps and/or by having just one stump as the target.



COOL DOWN AND CONCLUSION

5 MINUTES

- Light jog and stretch.
- Relax and breathe deeply.
- Summarise the main points of the session and remind the players about the time and venue of the next game and/or practice.

FOUNDATION CRICKET

THE PRACTICE SESSIONS

CRICKET GAMES

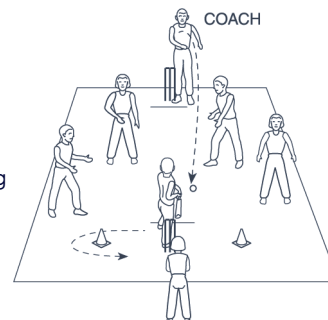
GAME ONE

30 MINUTES

EQUIPMENT: 2 sets of stumps, 1 bat, 2 cones, 1 ball

GAME: NON-STOP CRICKET

- This game is best played by 8-12 players
- Set up the two sets of stumps 12 metres apart with a cone 6 metres away on either side of one set of stumps - this is the batter's end
- Divide the players into two even teams and decide which group is batting and which is fielding
- One of the fielders acts as a wicketkeeper the rest spread out at a safe distance facing the batter
- The coach acts as the bowler and bowls underarm from beside the stumps to the batter
- The batter tries to hit the ball and must run if it is hit or missed
- Batters run around either marker cone and then run back to face the bowler as quickly as possible. Each circuit scores a run
- Fielders stop and return the ball to the coach/bowler, who bowls again whether the batter is ready or not
- Batters are out if bowled, caught or they hit the stumps when trying to hit the ball. An incoming batter may be bowled before reaching the wicket. Batters can take more than one run
- Each group bats until each player has batted or for an allotted 15 minutes
- Each group starts with 50 runs and adds on runs scored and deduces 5 runs every time a batter is dismissed
- The group with the most runs wins



**MAINTAIN
SAFE
DISTANCE**

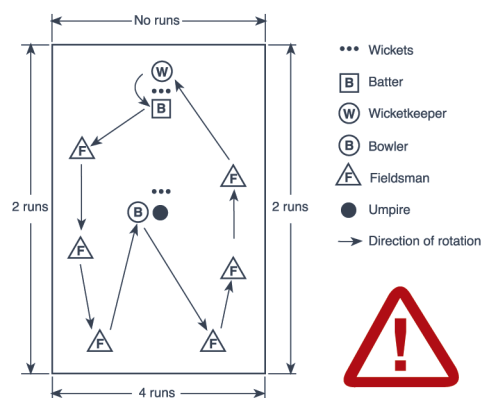
GAME TWO

30 MINUTES

EQUIPMENT: 2 sets of stumps, 1 bat, 4 cones, 1 ball

GAME: SINGLE WICKET CRICKET

- This game is best played with 8-10 players - one player bats, one player bowls, one player acts as wicketkeeper, all the others field, the coach is the umpire
- Use four cones to set up a rectangular area 25x40 metres. Down the middle of the area set up the two sets of stumps 12 metres apart with the wicketkeeper behind one set of stumps near the back of the rectangle and the bowler and umpire behind the other set of stumps
- The fielders spread out inside the rectangle at least 10 metres from the batter
- Each player bowls six balls [an over], then changes over with the players rotating around Each batter faces six balls and counts his/her own number of runs Runs are scored as follows:
 - 1 run for hitting the ball
 - 2 runs for hitting the ball across a side boundary
 - 4 runs for hitting the ball across the bowler's end boundary
 - No runs are scored off a ball that gets a batter out
- Batters can get out bowled, caught, hit wicket or hitting the ball over any boundary on the full. If batters get out they do not score but continue to bat for their six balls
- The player with the highest number of runs wins



**MAINTAIN
SAFE
DISTANCE**

FOUNDATION CRICKET

THE PRACTICE SESSIONS

CRICKET GAMES

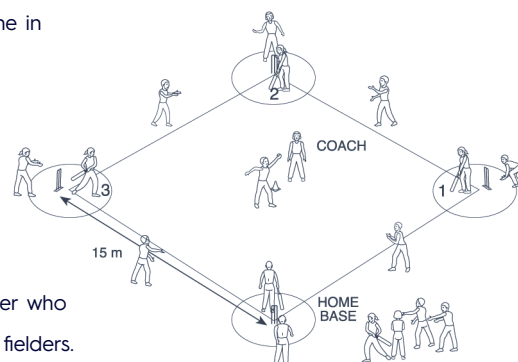
GAME THREE

30 MINUTES

EQUIPMENT: 4 sets of stumps, 4 bats, 1 cone, 1 ball

GAME: DIAMOND CRICKET

- This game is best played with 16-24 players
- Use the four sets of stumps to set up a diamond 15x15 metres and place the cone in the middle
- Divide the players into two even teams and decide which group is batting and which is fielding
- The batting team starts with four batters, one in front of each set of stumps or on each 'base'. The rest of the batters line up and await their turn near the stumps designated 'home base'
- The fielding team has four wicketkeepers one behind each set of stumps, a bowler who bowls from beside the central cone, the rest spread out around the diamond as fielders. The coach is the umpire and stands behind the central cone
- Each bowler bowls six balls [an over] to the batter on 'home base', then the fielding team [bowler, wicketkeepers and fielders] rotate positions
- Whenever a batter hits the ball and decides to run all four batters must run anticlockwise to the next base. Batters may run more than one base at a time. A run is scored each time all batters advance safely to the next base
- If a batter gets out, the new batter must start at 'home base' which may require all the not out batters to advance to the next vacant base
- Each team bats for 15 minutes with players continuing to bat in order until the end of the allotted time. The team that scores the most runs wins



**MAINTAIN
SAFE
DISTANCE**

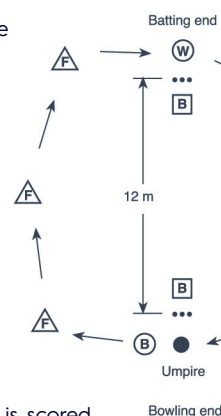
GAME FOUR

30 MINUTES

EQUIPMENT: 2 sets of stumps, 2 bats, 6 cones, 1 ball

GAME: ROTATION CRICKET

- This game is best played with 16 players
- Set up the two sets of stumps 12 metres apart
- Divide the players into two even teams and decide which group is batting and which is fielding
- One of the fielders acts as the wicketkeeper, one is the bowler, the rest spread out at a safe distance facing the batter at the batting end and stand beside a cone placed by the coach to locate each of the fielding positions
- The wicketkeeper and bowler each position themselves behind a set of stumps, the coach is the umpire and stands at the bowler's end
- Each bowler bowls six balls [an over] from the same end [bowling end], then changes over, with the fielders rotating clockwise
- The batting team is divided into pairs - each pair bats for 12 balls [two overs] - six balls each
- Batters can be out bowled, caught, hit wicket or run out. If batters get out they simply change ends and continue to bat, but count the number of dismissals
- Batters do not have to run, but the idea is to score as many runs as possible [a run is scored by the batters running to opposite ends]. If the ball is missed the batters may still run
- After 8 overs, the teams change over
- At the end of the game add up each team's total runs and deduce 3 runs for each of their dismissals
- The team with the most runs wins



**MAINTAIN
SAFE
DISTANCE**

- ... Wickets
- [B] Batter
- [W] Wicketkeeper
- [B] Bowler
- [F] Fieldsman
- [U] Umpire
- Direction of rotation

FOUNDATION CRICKET

THE PRACTICE SESSIONS

HOMEWORK

- Encourage junior cricketers to continue the practice drills in their own time in the backyard or the school ground in order to develop their cricket skills, improve their performance and have fun.

Many of the skills drills included in the sessions can be practised in pairs or small groups. Below are three further simple skills drills that players can do by themselves.

BATTING

Stocking cricket or ball in a sock

- One way for junior cricketers to practise their vertical batting drills is to play stocking cricket

What do you need?

An old stocking or sock, a tennis or cricket ball, a piece of string, a clothesline or a tree branch

How do you play?

- Place a ball in an old stocking or sock and tie it with a long piece of string
- Securely attach the string to a clothesline or a tree branch
- The ball should hang about 10cm above the ground
- Take up a batting stance
- Hit the ball by playing with a straight or vertical bat
- When the ball swings back, try to hit the ball again
- The aim is to set a record for the number of hits in succession



BOWLING

Bowling target practice

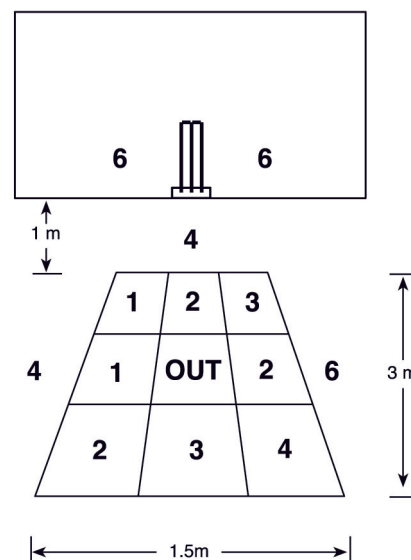
- One way that junior cricketers can improve their bowling accuracy in terms of line [DIRECTION] and length [DISTANCE] is to bowl at a numbered grid target

What do you need?

A wall, 1 set of stumps or a rubbish bin, 1 tennis ball or soft Cricket ball, chalk

How do you play?

- Place the set of stumps in front of a wall and mark a target grid on the ground using chalk as shown in the adjacent diagram. Alternatively set up a permanent target grid on a sheet of plastic, canvas, carpet or artificial grass by using masking tape
- The numbers on the target grid represent what an imaginary batter might score off a delivery if the ball bounces in that part of the grid, or if it bounces off the grid or hits the wall on the full
- The batter's score then depends upon where the ball first bounces
- The bowler takes a wicket by landing the ball in the square marked 'out' or by hitting the stumps
- The aim of the game is to take 10 wickets and dismiss the opposition team for the lowest possible score
- Variation can be added by imagining the opposition batters are members of one of the current test teams, or by competing against one or more other bowlers, or by changing the size and/or shape of the target grid



FIELDING

One way for junior cricketers to improve their throwing and catching is to play wall target rebound cricket

What do you need?

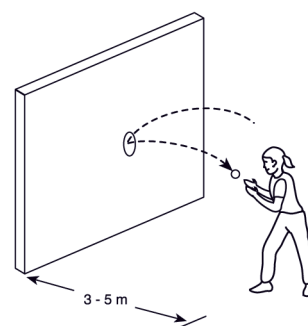
A wall, 1 tennis ball, chalk

How do you play?

- Use the chalk to draw two 30cm circles - one on the wall at head height and one on the ground 2 metres in front of the wall

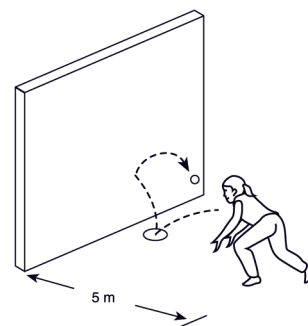
SKILL 1: REBOUND CATCHING 1

- Stand 3-5 metres from the wall. Throw the ball to try and hit the circle target on the wall. Catch the ball when it rebounds off the wall



SKILL 2: REBOUND CATCHING 2

- Stand 5 metres from the wall. Throw the ball to try and hit the circle target on the ground by bouncing it into the wall. Catch the ball when it rebounds off the wall



SKILL 3: REBOUND THROWING

- Stand 10-15 metres from the wall, throw the ball to try and hit the target circle on the wall. Stop the ball when it rebounds off the wall
- Add variation by changing the distance from the wall, and the direction, height and speed of the throws
- The aim is to set a record for the number of catches and/or target hits in succession

