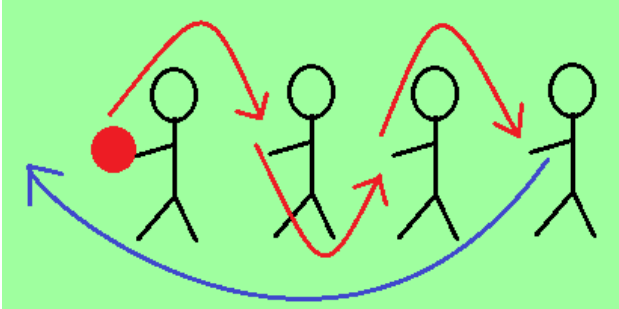
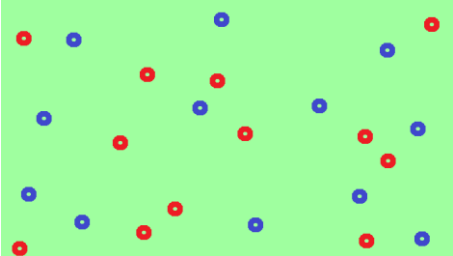


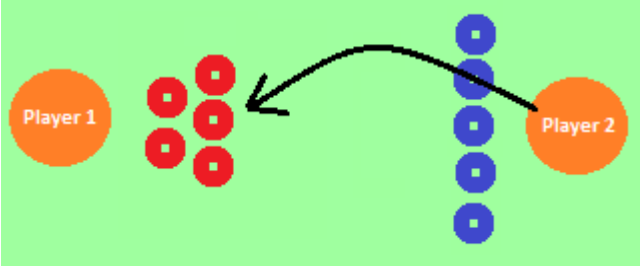


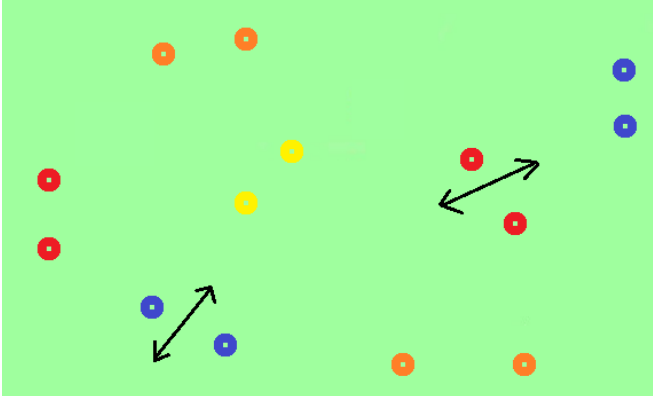
**Devon Cricket Board Coaching Resource for
Primary Schools/Junior Teams**



Warm Ups

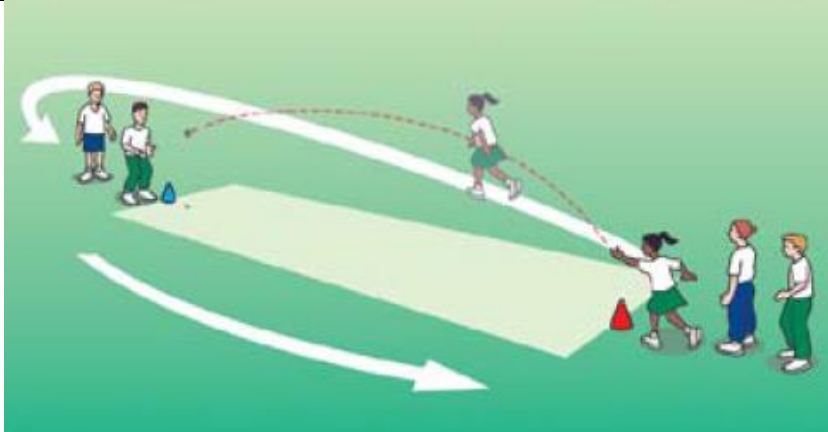
Over/Under		
<ul style="list-style-type: none"> • Split children into teams of 4-6 • Give each team a ball • The first person passes it over their head, that person then passes in under their legs and so on until the last person has it. They then run to the front and repeat • Continue until all children are back to where they started • Can then race each other 		
	<p>Adaptations:</p> <ul style="list-style-type: none"> • <i>More/less players</i> • <i>Allow players to choose different ways to pass the ball (what way is the quickest?)</i> 	
Cone Wars		
<ul style="list-style-type: none"> • Split children into 2 teams • Place lots of cones around the playground/hall (ideally 2 different colours) • The teams have to pick up their coloured cones as quick as they can (the first team to be stood all together with their cones are the winners) • Then give each team their opponents cones, they now have to place these around the hall/playground bearing in mind that they want it to take the other team a long time to pick them up. Once both teams are ready they then race to pick up their cones <p><i>*Tactics – spreading cones out as much as possible*</i></p>		
	<p>Adaptations:</p> <ul style="list-style-type: none"> • <i>More/less cones</i> • <i>Bigger/smaller area</i> • <i>Can have more than 2 teams</i> 	

Cone Raider	
<ul style="list-style-type: none"> • Give each child some cones (the more the better but ideally somewhere between 3-5) • They then find another person to play against and they have to organise their cones in front of them in any pattern they want (all cones must be touching) about 2-5m away from the person they are playing against • They then take it in turns throwing the ball at their opponent's cones. If they hit a cone they take that cone and add it to theirs. After about a minute whoever has the most cones wins • They can then play again or against someone else 	
	<p>Adaptations:</p> <ul style="list-style-type: none"> • <i>More/less cones</i> • <i>Bigger/smaller ball</i> • <i>Bigger/smaller distance between cones</i>

4 Goal Fandango	
<ul style="list-style-type: none"> • Set up lots of 'mini goals' (2 cones about 1-2m apart) • Put children into pairs, they have to pass the ball to each other through one of the goals, then move to another goal and so on • They can roll, bounce or throw the balls to each other • Can turn into competition – how many goals can you pass the ball through in 1 min etc.) 	
	<p>Adaptations:</p> <ul style="list-style-type: none"> • <i>Catch with one hand</i> • <i>Bigger/smaller goals</i> • <i>Cannot move when holding the ball</i>

Catching Relay

- Have 2 cones 5m apart. In groups of 5 have 3 players behind 1 cone and 2 players behind another cone
- The first player throws the ball underarm to the person on the opposite cone and follows the ball across to the end of the line
- The player who caught the ball throws it back to the person on the other cone and follows it across and joins the end of the line. Players continue passing to and fro

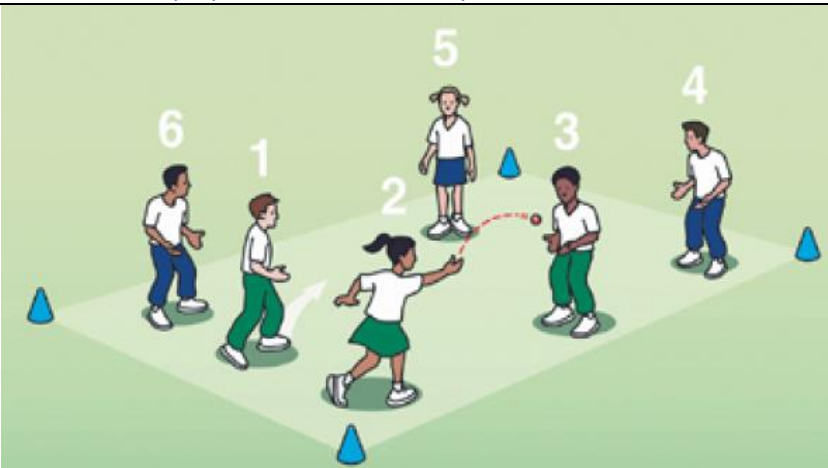


Adaptations:

- *catch with one hand*
- *bounce/roll ball across*
- *increase/decrease distance apart*

Catching by Numbers

- Players number themselves 1-6 and work in a square 6m x 6m
- Number 1 throws the ball to number 2 who throws to number 3 etc.
- After each player has thrown it they have to move somewhere else in the square

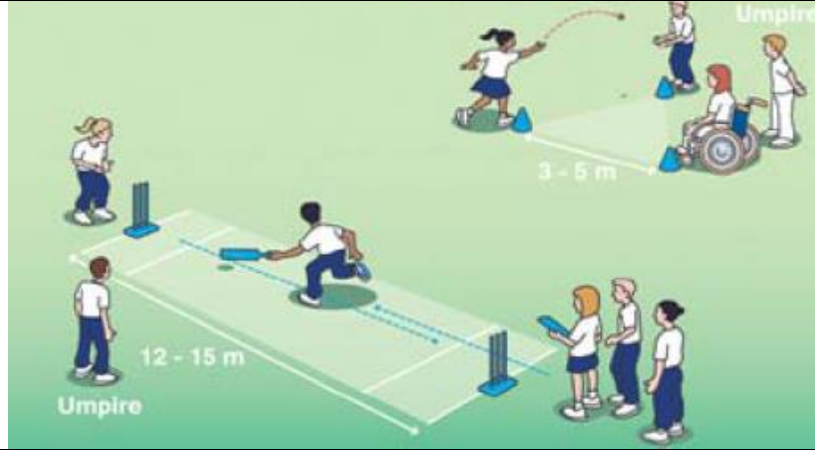


Adaptations:

- *catch with one hand*
- *bounce/roll ball to each other*

Runs v Catches

- Players are divided into 2 teams (catching team and running team)
- The catching team have to complete 25 catches whilst the batters take it in turns running
- As soon as the catches have done 25 catches they shout stop and however many the batters have run is how many they score
- The teams swap over and whichever team has the most runs at the end wins



Adaptations:

- *catch with one hand*
- *increase/decrease the distance to throw or run*
- *more or less catches*

Keep Ball

- Players are divided into 2 teams (4/5 a-side) and play in an area approx. 10m x 10m
- The aim of the game is to pass the ball in your team completing 4 catches in a row to score a point
- If you drop the ball or the other team intercept it they have the opportunity to pass the ball 4 times in a row



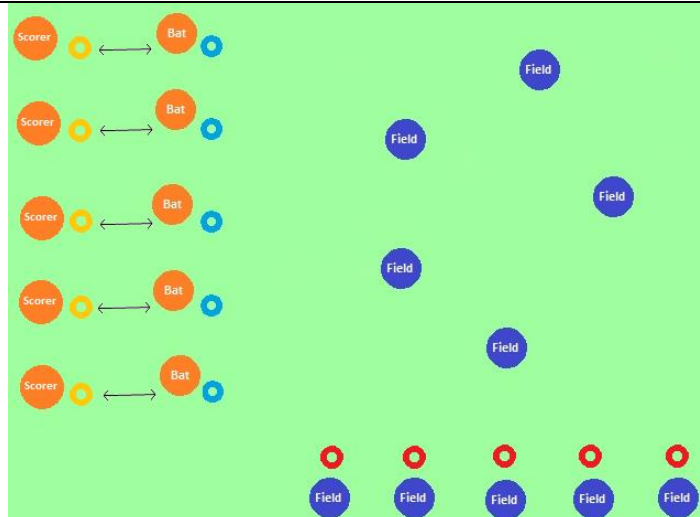
Adaptations:

- *catch with one hand*
- *more or less catches to score a point*

Games

Mayhem Cricket

- Split into 2 equal teams - one team becomes the batting team (batters and scorer) the other the fielding team (fielders)
- 5 batters will all hit a tennis ball off a blue cone at the same time, the fielders then have to retrieve all the balls and throw to the fielders behind the red cones as quickly as possible for them to place on the red cones
- As soon as all the batters have hit their ball they run to the yellow cone and back as many times as they can, whilst the scorers count how many times they do it. When all balls are placed on the red cones shout 'stop', and add up the batters score
- The fielders in the middle swap with the fielders behind the cones and the batters swap with the scorers. The same process is repeated. Teams then swap over
- At the end of the game the team with the most runs wins

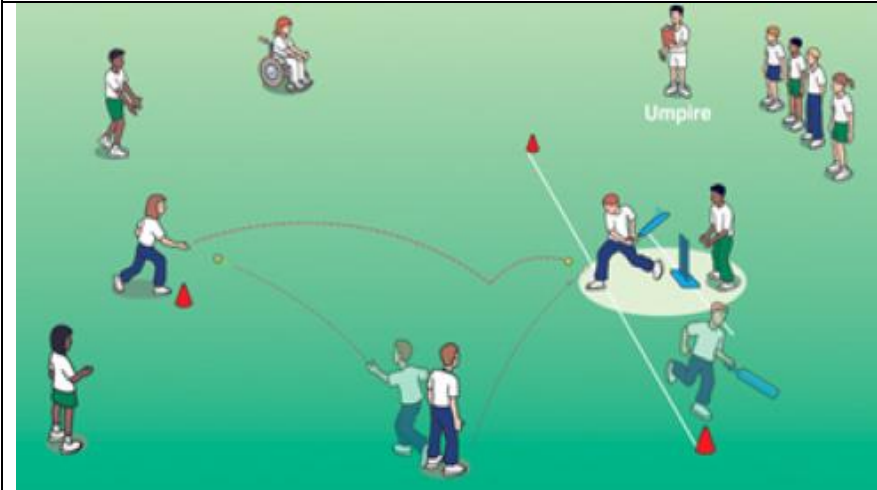


Adaptations:

- *More or less batters depending on numbers/space*

Continuous Cricket

- Divide group into 2 teams (max 6/7 a-side)
- Bowler bowls to batter who has to run (to either cone at the side and back) whether the ball is hit or not. They can run more than 1 if they want to
- The fielders have to return the ball to the bowler as quickly as possible who can bowl as soon as they have the ball
- If the batter is out (bowled, caught or hit wicket) then the next batter comes in
- As soon as all the batters are out the teams swap over



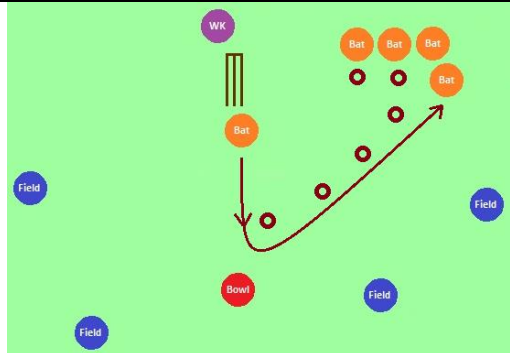
- Adaptations:**
- *limit batters to a maximum number of balls*
 - *batters could have a time limit, but they can come back in to bat if they have time, even if they have been out already*

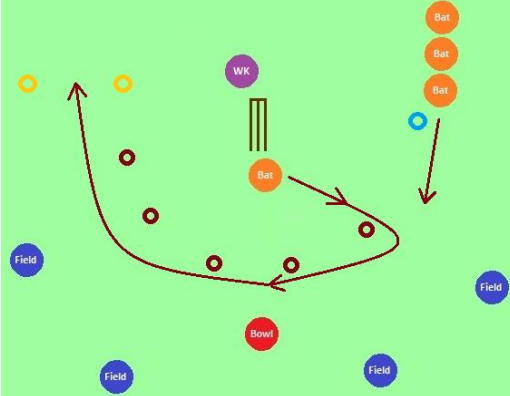
Diamond Cricket

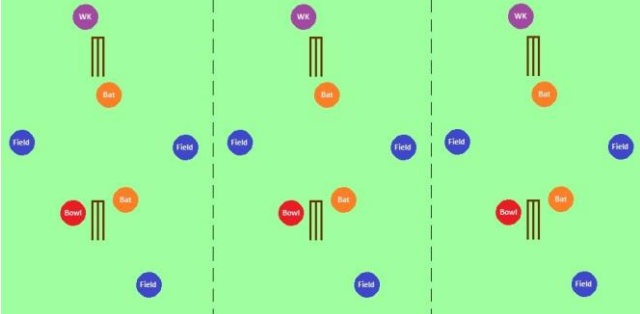
- Divide group into 2 teams (max 6/7 a-side)
- 4 batters (one in front of each set of stumps) and 1 bowler in the middle
- The bowler can bowl to any wicket
- If the batter hits the ball they all run anti-clockwise to the next set of stumps (1 run)
- The fielders return the ball to the bowler as quickly as possible, who can bowl as soon as they have the ball
- If a batter is out (bowled, caught or hit wicket) then they swap with the next batter
- As soon as all the batters are out the teams swap over



- Adaptations:**
- *batters could have a time limit, but they can come back in to bat if they have time, even if they have been out already*

Bats	
<ul style="list-style-type: none"> • Divide group into 2 teams - fielding team and batting team • Batting team starts with 5 team bats • Bowler bowls to batter who must run even if they don't hit it (they run around the cones and to the back of the queue passing the person at the end of the line their bat (1 run). The bat then gets passed through the line to every person • The next batter immediately (as soon as previous batter starts running) runs to stumps ready to face the bowler • Fielders have to return ball to bowler ASAP. Bowler can bowl as soon as they have the ball • Each time a batter is caught, bowled or a person is skipped when passing the bat along the line, the batter stays in but the team lose one of their bats (no longer allowed to be used). They keep going until they have lost all 5 of their bats 	
	<p>Adaptations:</p> <ul style="list-style-type: none"> • <i>less/more bats at start</i> • <i>target area where if they hit the ball they get 1 bat back</i>

Caterpillar Cricket	
<ul style="list-style-type: none"> • Divide into 2 teams – fielding/batting teams • Bowler/coach bowls underarm to batter. The batter must run (around the outside of the cones even if they miss it, are bowled or if they are caught all the way through the yellow gates) even if they miss it, are bowled or if they are caught • As soon as the batter goes around the first cone the rest of his/her teammates will follow them around (they are not allowed to overtake each other) • Whilst the batters are running the fielders have to throw the ball to 3 different players and then back to the bowler • As soon as the bowler has it they will shout stop. Each batter who has run through the yellow gates by this time counts as 1 point. The next batter has their go and so on. Each batter has 1 go then teams swap • If a batter is out, they still have to do all the above but their score is halved for that ball 	
	<p>Adaptations:</p> <ul style="list-style-type: none"> • <i>increase/decrease number of catches</i> • <i>increase running distance for batters</i>

Scotch Cricket	
<ul style="list-style-type: none"> Split into groups of 5 or 6 (includes 1 wicket keeper, 1 bowler, 2/3 fielders, 1/2 batters) Players maintain their role for set amount of time (eg. 5 mins). After that time they all rotate places Score 5 for every run they complete. If they are out they lose 5 and the person that got them out (bowler or fielder) adds 5 to their score Players can get batters on other pitches out (eg. caught or run out) Game overlaps all pitches and players can score points in any position 	
	<p>Adaptations:</p> <ul style="list-style-type: none"> <i>batter continues until they are out and then players all rotate (no time limit)</i> <i>hit and run</i>

Pairs Cricket	
<ul style="list-style-type: none"> In teams of 6-8 players Wicket set up with stumps approx. 15m apart Batting pair bat for 2 overs (12 balls) – 6 balls from one bowler, then 6 balls from another bowler Batters can score runs by running (every time they swap ends counts as 1 run) , or if a bowler bowls a wide (2 runs) If they are out they lose 3 runs from their total Once they have had their 2 overs the next batting pair come in and a new bowler bowls Once all batters have batted and all bowlers have bowled the two teams swap over Ways of being out: bowled, hit wicket, caught, run out 	
	<p>Adaptations:</p> <ul style="list-style-type: none"> <i>If one batter gets out that is the end of that pairs batting</i>

5 Week Example Lesson/Session Plans

LESSON 1

Possible Session Aims/Learning Outcomes:

- SOCIAL:** working together as a team (*showing excellent teamwork*)
TECHNICAL: batting - stepping forward and striking
TACTICAL: hitting the ball away from fielders (*into gaps*)

Equipment Needed:

- bats, cones, tennis balls and stumps

Warm up: (10 mins)

'Individual Catching'

- Each player has a tennis ball. Start off by walking around bouncing and catching ball
- Increase to a jog (moving in different directions)
- On 'coaches call' stop or swap balls with another player

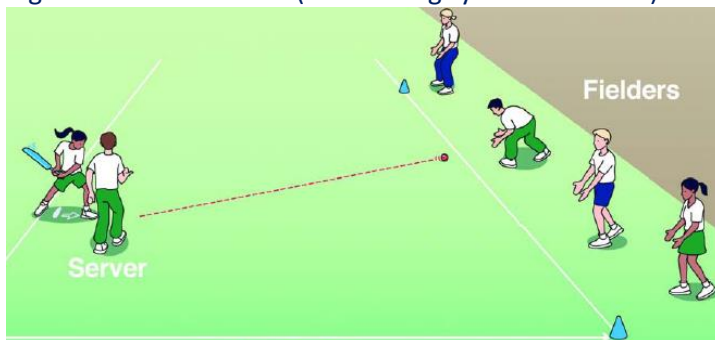
Progressions:

- catch with one hand
- bounce from one hand to the other
- throw/bounce ball to player to swap

Main theme: (30 mins)

Batting (set up multiple groups)

- Batter hits the ball off a 'tee' or cone aiming to hit past fielders
- Fielders return to 'server' who places ball on 'tee'
- 3 goes each then rotate (add scoring system if desired)



Coaching points:

- Step towards side of ball
- Keep eyes on ball

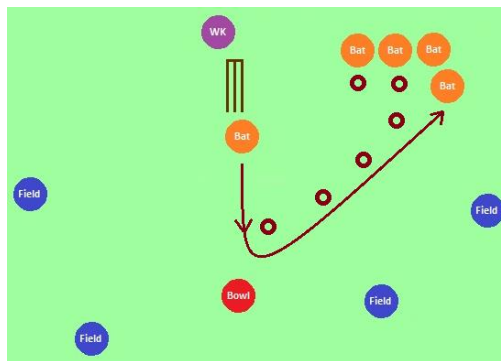
Adaptations:

- more/less fielders
- bigger/smaller target area
- underarm bobble feed

Game: (20 mins)

'Bats'

- 2 teams - fielding team and batting team
- Batting team starts with 5 team bats
- Bowler bowls to batter who must run even if they don't hit it (they run around the cones and to the back of the queue passing the person at the end of the line their bat (1 run). The bat then gets passed through the line to every person
- The next batter immediately (as soon as previous batter starts running) runs to stumps ready to face the bowler
- Fielders have to return ball to bowler ASAP. Bowler can bowl as soon as they have the ball
- Each time a batter is caught, bowled or a person is skipped when passing the bat along the line, the batter stays in but the team lose one of their bats (no longer allowed to be used). They keep going until they have lost all 5 of their bats



Adaptations:

- less/more bats at start
- target area where if they hit the ball they get 1 bat back

Challenge/s for players:

- where to hit ball
- where to field

Cool Down:

- In pairs jogging around area throwing and catching ball, slow down to a walk
- Pick up all kit
- Reflect on session

LESSON 2

Possible Session Aims/Learning Outcomes:

- SOCIAL:** communicating with team mates to ensure ball travels in right order
- TECHNICAL:** throwing form a side on position or hands together and ready to catch
- TACTICAL:** positioning fielders to make it harder for batters to find gaps

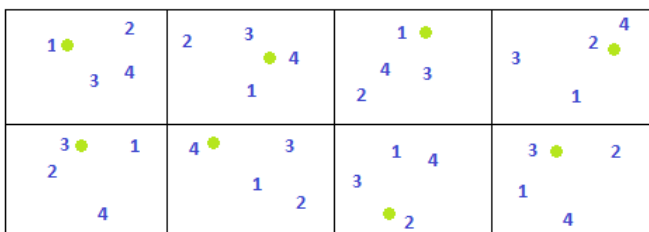
Equipment Needed:

- bats, cones, tennis balls and stumps

Warm up: (10 mins)

'Catching Grid'

- Split players into groups of 3, 4 or 5 (depending on numbers)
- Each group has an area and all players are numbered 1-4 (or 1-3/1-5)
- No. 1 starts with the ball. They throw it to No. 2 who throws it to No. 3 and so on



Adaptations:

- Move around
- catch with one hand
- send and receive balls in different ways

Main theme: (25 mins)

Throwing

- Split into pairs and players one bounce throw to each other (10-15m apart)
- After numerous goes split into 2 teams around 20-30m apart
- Set up numerous sets of stumps in the middle of both teams
- Teams take it in turns all throwing a ball at the stumps (points for hitting)
- Can have different challenges (1 stump to aim at, stack stumps on top of each other to make a tower etc.)

Coaching points:

- Side on
- Keep throwing arm high
- Aim at target
- Follow through

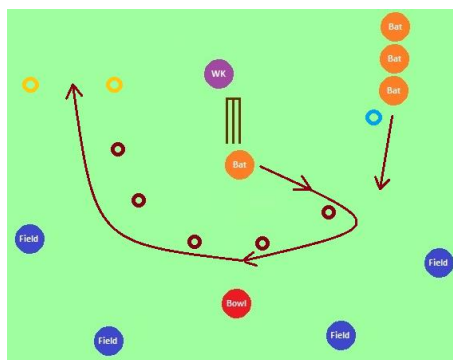
Adaptations:

- More/less stumps

Game: (25 mins)

'Caterpillar Cricket'

- 2 teams – fielding/batting teams
- Bowler/coach bowls underarm to batter. The batter must run (around the outside of the cones all the way through the yellow gates) even if they miss it, are bowled or if they are caught
- As soon as the batter goes around the first cone the rest of his/her teammates will follow them around (they are not allowed to overtake each other)
- Whilst the batters are running the fielders have to throw the ball to 3 different players and then back to the bowler
- As soon as the bowler has it they will shout stop. Each batter who has run through the yellow gates by this time counts as 1 point. The next batter has their go and so on. Each batter has 1 go then teams swap
- If a batter is out, they still have to do all the above but their score is halved for that ball



Adaptations:

- increase/decrease number of catches
- increase running distance for batters

Challenge/s for players:

- where to place fielders
- what to do when ball is fielded
- where to hit ball

Cool Down:

- In groups of three jog around area throwing and catching ball, slow down to a walk
- Reflect on session

LESSON 3

Possible Session Aims/Learning Outcomes:

- SOCIAL:** problem solving to ensure people are in the right square
- TECHNICAL:** bowling from a side on position with a straight arm
- TACTICAL:** when to run and when not to run as batters

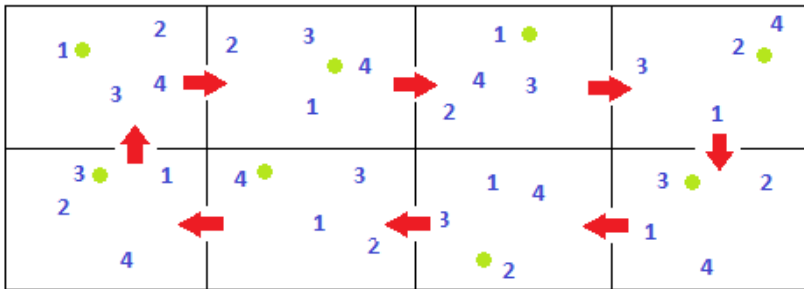
Equipment Needed:

- bats, cones, tennis balls and stumps

Warm up: (10 mins)

'Catching Grid'

- Continue from previous week
- Coach calls out a number – that player then has to move to the next group clockwise and continue



Adaptations:

- Move around
- catch with one hand
- send and receive balls in different ways

Key Learning:

*communication between players

Main theme: (25 mins)

Bowling

- Split into pairs and players bowl to each other (10-15m apart)
- After numerous goes split into teams of 4, set up stumps for each team and a 1m² target area 2m in front of the stumps (bowl from 10-15m)
- Players take it in turns to bowl at the target area and stumps (5 points for bouncing inside target area and 5 points for hitting stumps)
- After bowling that player becomes the new wicket keeper, and continually rotate

Coaching points:

- Side on
- Straight bowling arm
- Follow through towards stumps

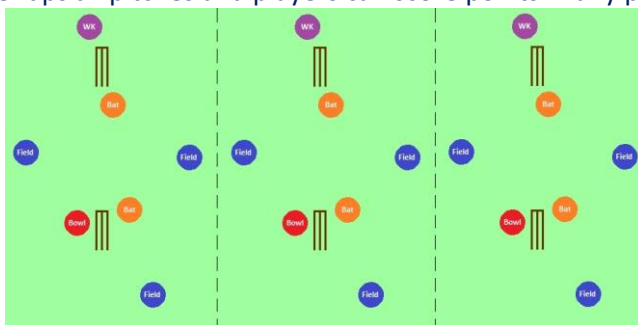
Adaptations:

- Bigger/smaller target area

Game: (25 mins)

'Scotch Cricket'

- Split into groups of 5 or 6 (includes 1 wicket keeper, 1 bowler, 2/3 fielders, 1/2 batters)
- Players maintain their role for set amount of time (eg. 5 mins). After that time they all rotate places
- Score 5 for every run they complete. If they are out they lose 5 and the person that got them out (bowler or fielder) adds 5 to their score
- Players can get batters on other pitches out (eg. caught or run out)
- Game overlaps all pitches and players can score points in any position



Adaptations:

- batter continues until they are out and then players all rotate (no time limit)
- hit and run

Challenge/s for players:

- when to run
- where to place fielders
- where to bowl to batter
- which end to throw ball
- awareness of other game

Cool Down:

- In groups of 4 throw/bounce/roll ball to each other gradually decreasing speed of movement
- Pick up all kit
- Reflect on session

LESSON 4

Possible Session Aims/Learning Outcomes:

SOCIAL: working with other groups to ensure 'extra' ball stays in the air

RULES: learning the rules of pairs cricket

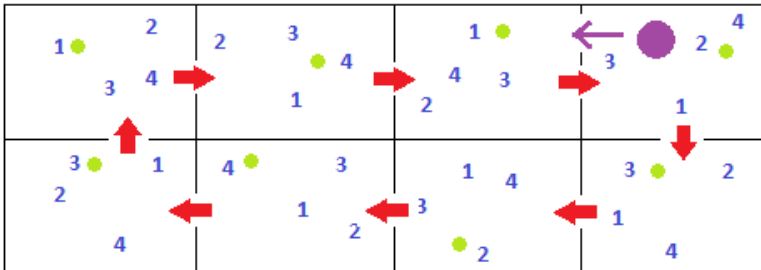
Equipment Needed:

bats, cones, tennis balls and stumps

Warm up: (10 mins)

'Catching Grid'

- Continue from previous week
- Introduce another ball which moves from group to group anti-clockwise



Adaptations:

- *Keep the ball that moves from group to group off the ground*

Key Learning:

- **communication between groups*
- **awareness of other ball*

Game: (50 mins)

'Pairs Cricket'

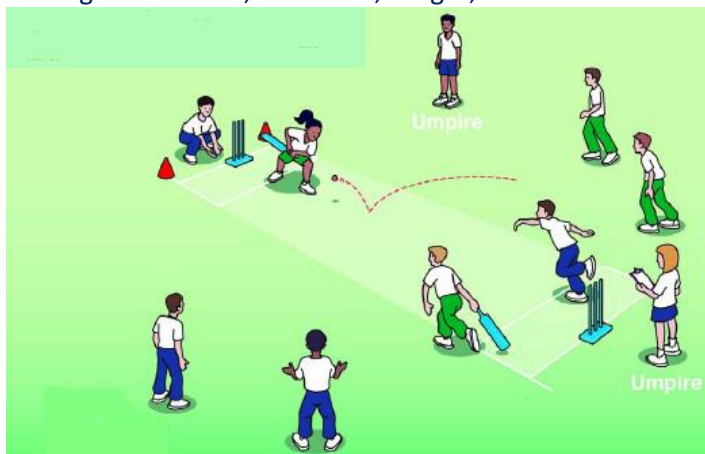
- In teams of 6-8 players
- Wicket set up with stumps approx. 15m apart
- Batting pair bat for 2 overs (12 balls) – 6 balls from one bowler, then 6 balls from another bowler
- Batters can score runs by running (every time they swap ends counts as 1 run) , or if a bowler bowls a wide (2 runs)
- If they are out they lose 3 runs from their total
- Once they have had their 2 overs the next batting pair come in and a new bowler bowls
- Once all batters have batted and all bowlers have bowled the two teams swap over
- Ways of being out: bowled, hit wicket, caught, run out

Adaptations:

- *If one batter gets out that is the end of that pairs batting*

Challenge/s for players:

- *when to run*
- *where to hit the ball*
- *where to field*
- *which end to throw ball*
- *where to bowl to batter*



Cool Down:

- In pairs jogging around area throwing, catching and rolling ball to each other, slow down to a walk
- Pick up all kit
- Reflect on session

LESSON 5

Possible Session Aims/Learning Outcomes:

SOCIAL: supporting each other as a team

SPIRIT of CRICKET: playing fairly, shaking hands after and congratulating each other

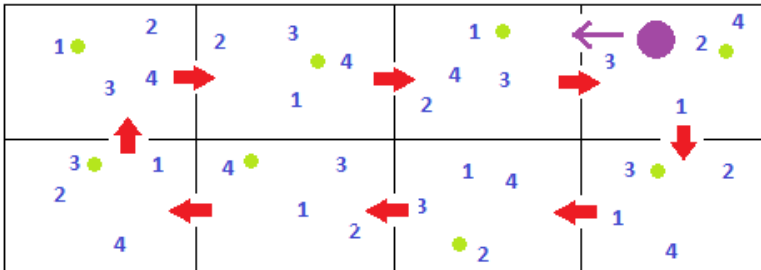
Equipment Needed:

bats, cones, tennis balls and stumps

Warm up: (10 mins)

'Catching Grid'

- Continue from previous week
- This time when a player moves square they become a defender and have to try and intercept the ball



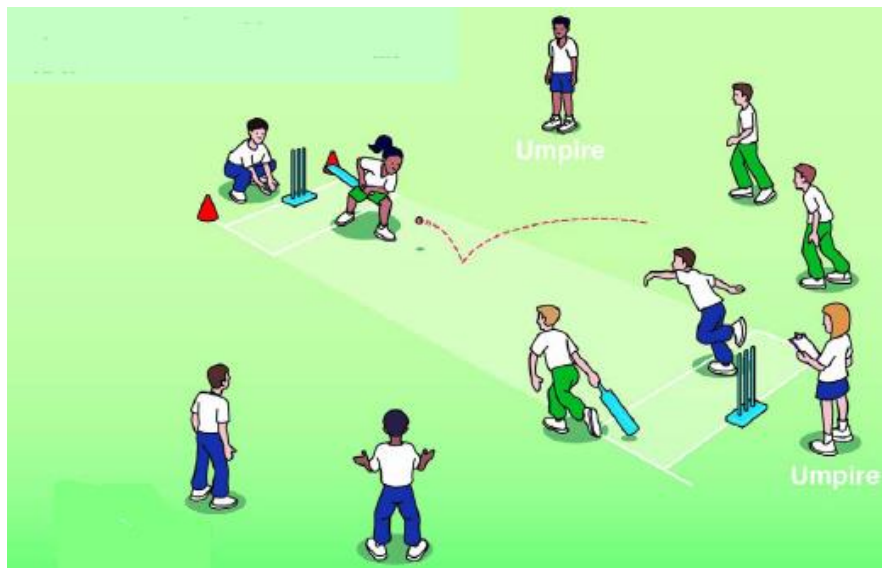
Adaptations:

- *How many times can the defender intercept the ball in 20 seconds*

Mini World Cup: (50 mins)

'Pairs Cricket'

- Split into teams of 6 or 8 (number of teams depends on number of players)
- Same rules as the previous week
- Have two semi-finals then a final and third place play-off game



Cool Down:

- One ball each jogging around area throwing and catching ball, slow down to a walk
- Pick up all kit
- Reflect on session