

Sessions

1. Ball handling skills
2. Target bowling, stage one
3. Batting, stage one
4. Tee ball cricket
5. French cricket
6. Underarm catching in pairs

Session One: Ball handling skills

Equipment: One ball between two

Instructions:

- Ball Toss and Catch: One player holds the ball in the palm of their hand at waist height. The player then tosses the ball into the air, approximately eye level, and catches in their hand not holding the ball.
- Throw Clap Catch: One player tosses the ball into the air and then claps before catching
- Throw Bounce, Clap and Catch: One player throws the ball into the ground and then claps before catching the ball. Best to do this on a flat surface, e.g. cricket pitch

Note: Players are in pairs, each player should repeat exercise three times and then swap.

Session Two: Target bowling, stage one

Equipment: Two set of wickets, one cone and two balls.

Instructions:

- Set out a pitch using the wickets and a cone, (approximately 10m apart, placing the wickets side by side at one end and the cone at the other).
- Get players in one line behind the cone.
- Choose one player to be wicket keeper.
- Players take turns bowling the ball at wickets.
- Provide points incentives for those players that hit the wickets, (e.g. 10 points for each time the wickets are hit).
- Once the ball has been bowled the wicket keeper underarms the ball back to the next player in line.

Note: Change the wicket keeper throughout the exercise so each player gets a turn at bowling and wicket keeping.

Session Three: Batting, stage one

Estimated time: 25 minutes

Equipment: Three batting tees, three balls and three bats.

Instructions:

- Make three stations with a ball on each tee and a bat.
- One player in each groups will be the batter, two will be fielders. (See diagram below)
- Each player will have three hits and then positions will be rotated, e.g. the batter become fielder and one of the fielders becomes batter.

Session Four: Tee ball cricket

Estimated time: 30 minutes

Equipment: One set of wickets, one batting tee, one cone and one ball

Instructions:

- Organize players into two even teams. One side will be batting and one side will be fielding. Place the batting tee in front of the wickets with ball on top. Place a cone 5m to the left of the wickets.
- Fielding side will spread in front of the wickets whilst one player from the batting side hits the ball from the batting tee out into the field.
- Fielding side collects the ball and returns it to the batting tee, whilst the batter is running around the adjacent cone.
- Once the ball is returned to the batting tee the next batter will have their turn.

Note: It is important to keep fielder far enough away so batters are able to get runs.

Session Five: French cricket

Estimated time: 10 to 15 minutes

Equipment: Three bats and three balls

Instructions:

- Organize players into three groups.
- One player in each group holds the bat the other players have a ball and attempt to through it at the legs of the batter.
- The batter deflects it away from his legs using his bat. When his legs are hit players swap places, i.e. batter becomes fielder and fielder becomes batter.

Session Six: Underarm catching in pairs

Estimated time: 10 to 15 minutes

Equipment: One ball between two

Instructions:

- Put players in pairs 1m apart. Players throw the ball to their partner under arm ten times.
- If one player drops a catch they must start again. Incentives can be provided for pairs that finish the exercise first.

Note: Repeat the exercise changing the skill to catching with one hand.