

6Cs of Positive Youth Development through Cricket.

A Coaching Handbook.





Cricket Unites is a global cricket initiative powered by the MCC Foundation, Cricket Without Boundaries and local delivery partners.

It puts social impact at the heart of cricket development, creating opportunities and pathways from the playground to the international stage.



Scan here for more information and to access videos of all the activities.

www.cricketunites.com

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Contents

About this Resource	4
What is Positive Youth Development in Cricket?	5
Three Tactics for Developing the 6Cs	7
Coach's Code of Conduct.....	8
Planning Your Sessions	9

ACTIVITIES

WARM UPS

Heads, Shoulders, Knees, Ball!	10
Relay Races.....	11
Team Catching	12
Team Targets	13

FIELDING

Close Catching	14
Cross-Fire Overarm Throwing	15
High Catching Badminton	16
Underarm Throwing.....	17
Wicket keeping.....	18

BATTING

Target Batting Straight.....	19
Reaction Batting.....	20
Batting Pull Shot.....	21

BOWLING

Basic Bowling.....	22
Circle Bowling	23
Target Bowling.....	24
Quick Bowling Carousel	25

GAMES

Rapid Fire Cricket.....	26
The Lords Game.....	27
Hurricane Cricket	28
Micro Cricket	29
Pairs Cricket	30

About this Resource

We are proud to present a comprehensive coaching handbook tailored for Positive Youth Development through the game of cricket.

This resource was developed as part of the Cricket Changemakers research project in Nepal. Working with adolescent girls as co-researchers, we found that for cricket to be a force for good in their community we needed to build both cricket skills and the life skills necessary to be agents for change.

The activities and illustrative photos used throughout this resource are the result of our collaborative approach to bring this to life for cricket coaches in Nepal and across the globe.

Key Features:



Inclusive Approach: Designed to engage and empower youth from diverse backgrounds, ensuring cricket is a sport for everyone.



Practical Guidance: Activities, drills, and coaching strategies to nurture both cricket skills and valuable life skills, fostering holistic development.



Youth Empowerment: Focus on instilling leadership qualities, teamwork, resilience, and positive values through cricket coaching.

Who Can Benefit:



Coaches, teachers, and mentors working with young people in cricket programmes.



Cricket enthusiasts and players seeking to make a positive impact in their communities.



Organisations and individuals interested in harnessing the power of cricket for social development.

What is Positive Youth Development in Cricket?

Did you play sport as a child? Think about what you learnt by playing – was it just the technical skills of the game, or did it go deeper? Is there anything you learnt from playing sport that you still use in your day-to-day life?

Welcome to the world of Positive Youth Development (PYD) through cricket. This approach helps young people grow not just in their sport, but as a whole person.

It's about creating a friendly and supportive environment, teaching life skills like teamwork and leadership, and encouraging positive values. As a coach, your goal is to help young people become not only better players but also better individuals, ready for success in sports and life.

The following “6 Cs” can help when promoting Positive Youth Development in Cricket:





Developing friendships with teammates.
Meeting new people.
Opportunities to talk and share different views.



Encouragement and praise.
Embrace new challenges.
Opportunities to lead and make decisions.



Skill development.
Correct level of challenge for each player.
Applying skills in games and matches.



Spirit of Cricket – respect, fairness, honesty.
Responsibility, punctuality.
“Doing the right thing”.



Problem solving.
Learning by doing.
Support learning with questions.



Consider the needs of teammates.
Inclusion of all people.
Support and kindness towards others.

Three tactics for developing the 6Cs



Use Simple Language and Stories:

Use simple language and relatable stories that illustrate the 6Cs in action.

For example, share tales of sportsmanship that highlight character or stories of teamwork to underline connection.

When you see your players demonstrating the 6Cs, take the opportunity to recognise and praise them.



Lead by Example:

To make the 6Cs memorable, you need to embody them as a coach.

Show **connection** by actively listening, demonstrate **character** by being fair, display **confidence** by taking on new challenges, encourage **creativity** with innovative drills, show **competence** by refining your coaching, and express **caring** by including everyone and showing kindness.

Remember you are a role model for your players.



Interactive Participation:

True understanding of the 6Cs comes from hands-on experience. Involve your players in activities that require them to use these skills.

Set up drills that necessitate teamwork, assign tasks that call for problem-solving, and create scenarios where players must show empathy and support for each other.

Encourage peer-to-peer learning to build competence and organise events to foster caring and connection.

Coach's Code of Conduct for Positive Youth Development in Cricket

1. Inclusivity and Enjoyable Sessions:

- Ensure all players feel respected and valued.
- Make sessions enjoyable, engaging, and inclusive for everyone.

2. Player Well-being and Safety:

- Prioritise the well-being of every player.
- Create a safe and respectful environment, following safeguarding principles.

3. Positive Behaviour and Role Modelling:

- Demonstrate good sportsmanship and ethical conduct.
- Be a positive role model, embodying honesty, integrity, and respect.

4. Growth and Team Unity:

- Recognise and celebrate each player's unique strengths.
- Foster teamwork, collaboration, and diversity.

5. Learning Environment and Communication:

- Create an atmosphere that encourages creativity and curiosity.
- Promote a culture of continuous improvement.
- Use clear and open communication, respect everyone's voice.

6. Realistic Goals and Acknowledgment:

- Set achievable goals for the team and individuals.
- Celebrate small (and big!) successes and acknowledge progress.

7. Non-Discrimination and Equal Opportunities:

- Ensure fair treatment regardless of gender, ethnicity, disability, health or socio-economic status.
- Provide equal opportunities for everyone.

8. Continuous Development:

- Stay informed about the latest coaching techniques.
- Seek professional development opportunities for an inclusive coaching approach.

I agree to follow this Code of Conduct

NAME: _____

SIGNATURE: _____

DATE: _____

Planning Your Sessions

The activities in this playbook each have ideas about how to emphasise the 6Cs in your sessions. They are divided into Warm Ups, Fielding, Batting, Bowling and Games.

If you are coaching in a school, there is a good chance this is the first time your players have had structured lessons in cricket – in fact, it may be the first time they have played cricket!

You want to make sure the sessions are lots of fun and very interactive. You will want to do a mix of different activities and skills in each session.

Apart from games, spend no more than 15 minutes on any activity, and use all the equipment and space you have available to help players have lots of goes.

Plan your session so you can set up as much of the equipment as possible before you start. This will save time when changing between activities.

Here are some suggestions for how to manage your session plan, depending on the time available:

Time Available	Session Plan
30 minutes	2 min introduction 5 min short warm up 20 min game or 2 x 10 min skills (fielding / batting / bowling) 3 min summary and feedback
1 hour	2 min introduction 10 min warm up 15 min skill (fielding / batting / bowling) 30 min game 3 min summary and feedback
90 minutes	2 min introduction 10 min warm up 2 x 15 min skills 10 min drinks break 5 min tactical discussion 30 min game 3 min summary and feedback

HEADS, SHOULDERS, KNEES, BALL!

Equipment

1 ball for every 2 players. If you have many players, you can use cones instead.

Instructions

The group is organised into pairs, who stand with a ball between them.

The leader calls out different body parts, which players touch, or actions, which players do.

When the leader calls out “ball” each player in the pair tries to be the first to grab the ball.

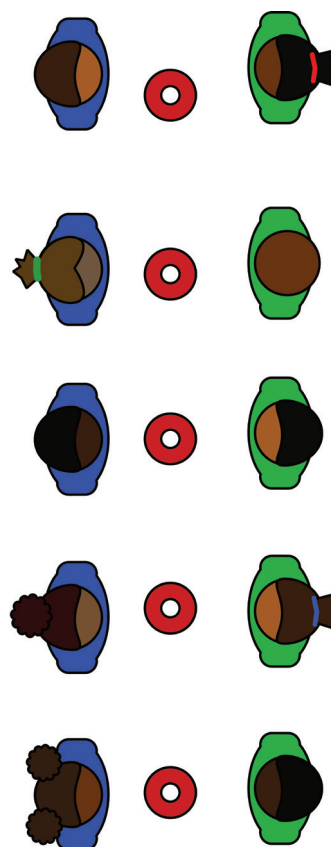
Score a point if you are the first to grab the ball. To make the game more competitive you can finish with an elimination game - players without a ball are eliminated until there is just one player standing!

Skills and movements

- Heads, shoulders, knees, toes, hips, back, ears, nose etc.
- Jumping! Dancing! Hopping!
- Turn around!
- High five!
- Pretend to be an animal (e.g. cow, monkey, bird).

WARM UP

This practice is an ideal fun warm up – you can introduce tough physical movements or keep it fun and silly!



Coaching points:

- The energy in this game is driven by the coach – make it loud, quick moving and dynamic.
- To keep the energy high, get a player to lead by calling the actions.



Use this game as a way for players to meet new people in the group, by changing partners every few rounds. You can ask players to shake hands and introduce themselves to each other.



Emphasise playing fair, keeping each other safe, and winning and losing with a good attitude.

If you are eliminated, encourage and cheer for others.

RELAY RACES

Equipment

1 ball, 1 bat and 3 cones for every set of stumps available. Try to match the cones by colour to make it easier for players to stick to their group.

Instructions

Divide the group into equal teams, at least 3 per team. Each team lines up behind a stump set.

Pick a skill or movement and show it to the group.

After shouting “go” the first person completes the skill or movement, going around the cone and tagging the next person to go.

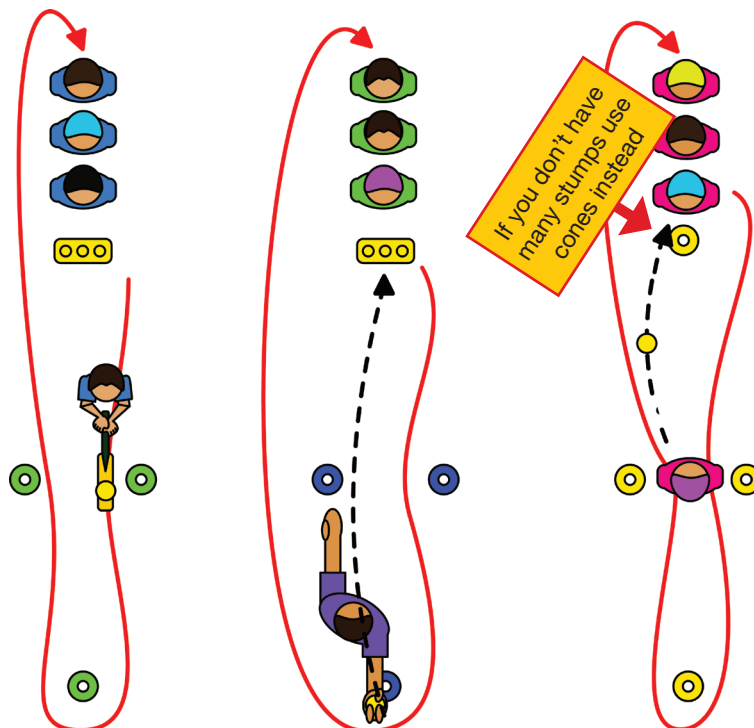
Once everyone in the team has gone the whole team cheers to show they have finished.

Skills and movements

- Balance the ball on the bat.
- Bounce the ball on the bat.
- Dribble the ball with the bat.
- Throw the ball to your team.
- Bowl the ball to your team.
- Throw the ball up to yourself.
- Run/Skip/Hop around the cone.

WARM UP

This game is a good warm up as it encourages teams to collaborate, is physically active, and can cover all the basic cricket skills.



Coaching points:

- Relays are a good way to practice lots of cricket skills and lots of different movement patterns.
- Make them into a race to introduce a competitive element.



This warm up is a great way to start developing teamwork and support of teammates – encourage players to cheer their team as they are racing.



Ask players for their own suggestions of skills to add to the warm up.

Be creative yourself to show players good examples of creativity!

TEAM CATCHING

Equipment

1 ball and 2 cones per group
(approximately 4 balls / 8 cones).

Instructions

Split into teams of 6-10 players.

Over/under

Teams race to pass the ball over their heads and under their legs down the line. When the ball reaches the last player in the line they run to the start.

The team with the first person back at the front of the line is the winner.

Caterpillar racing

Each team forms a caterpillar (bottom picture) with a tennis ball at the start.

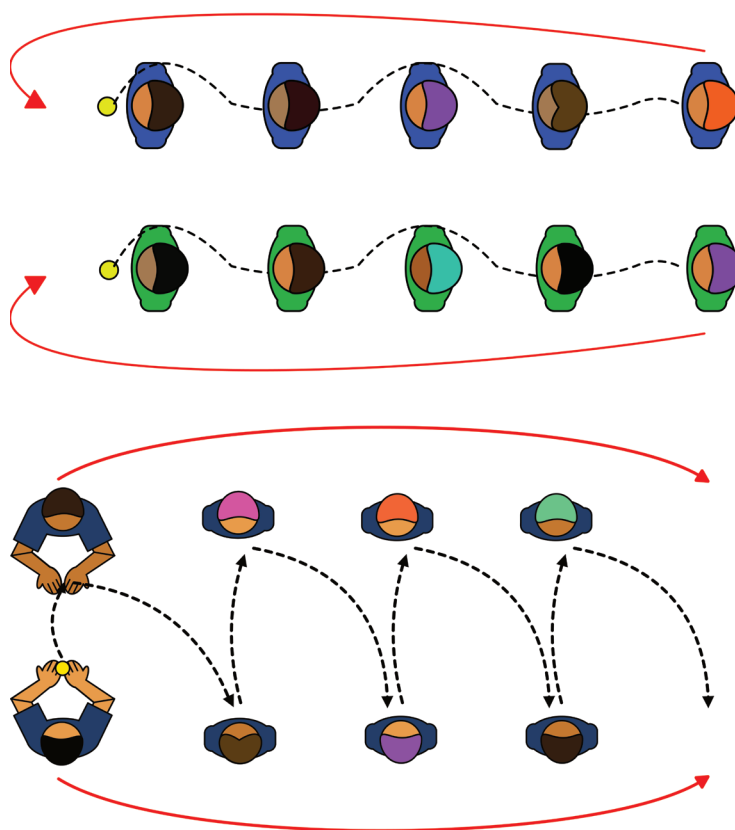
The ball is thrown zig-zag down the line. Once a player has thrown the ball they run to the end of the caterpillar, standing shoulder to shoulder with the end player.

The team with all players over the finish line first wins.

Change the challenge by introducing one handed catching, players clapping before catching, etc.

WARM UP

These practices are a great quick warm up and encourage players to communicate and work together as a team.



Coaching points:

- Catch the ball with your hands together.
- Stand with your feet a comfortable step apart.
- Watch the ball all the way into your hands.



Players need to show good sportsmanship, and plan strategies together some may take on a leadership role.



Players need to be kind and support members of their team who find the skill difficult.

TEAM TARGETS

Equipment

1 ball, 2 stump sets, 8 cones per group (approximately 12 players per group).

Instructions

Split each group into two teams.

The aim is to hit the stumps, which is the target. Players cannot move with the ball in their hand, and cannot go into either of the squares of cones.

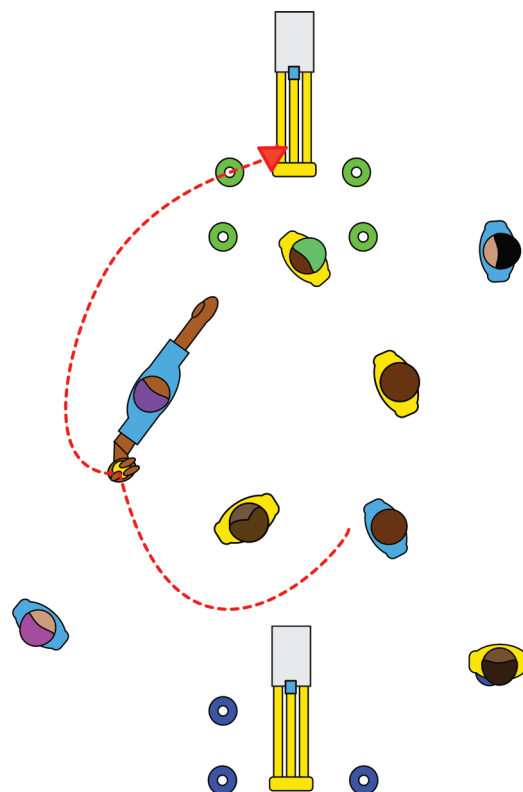
They must throw the ball with an underarm throw, passing amongst themselves to try to score. The team who hits their target the most times wins.

Change the rules of how the ball must be passed, e.g.

- Catch one handed.
- Roll the ball.
- Ball must bounce once in a pass.
- Alternate throws boy-girl-boy-girl.
- Everyone must catch the ball before trying to score.

WARM UP

This game is a good warm up to understand more about your players, as you can discuss different targets, such as for life or school.



Coaching points:

- Take a break to have a discussion about what the team's targets are (in the game or in life), you can write these on paper, card or whiteboards.
- Introduce 1 point for hitting the stumps, three for hitting the target itself.



This game can start to introduce concepts such as planning and goal setting, which are useful skills for young people outside of sport – explain why this is important!



Give positive feedback about the goals defined by the teams.

Encourage the players to start planning on how to achieve these goals.

CLOSE CATCHING

Equipment

2 cones and 1 ball per pair.

Instructions

Organise players into pairs and stand opposite each other. Throw the ball underarm to your partner to catch, they throw it back.

Close catching challenges

- Put one hand behind your back, practice catching 1-handed.
- How many catches in 1 minute?
- Which pair is quickest to take 30 catches?
- Take 5 catches with your partner, then switch places, then 4 catches and switch, then 3, 2, 1. Which pair can complete it fastest?

Play a competition where players can score points by “hitting” different parts of their partner with the ball.

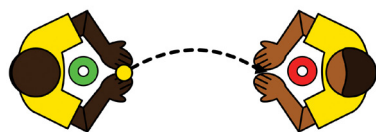
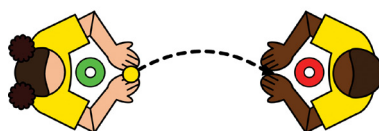
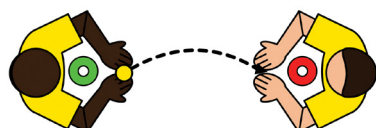
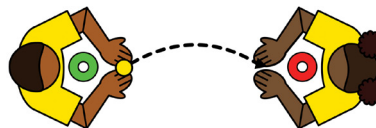
Level 1: One point for hitting your partner on the knees.

Level 2: One point for hitting your partner on the knees or on the toes.

Level 3: One point for hitting your partner on the knees, on the toes, or on the shoulder (maximum one throw at the shoulder every 6 balls!)

FIELDING

These practices promote the development of a variety of catching skills, while emphasising the importance of working well with others.



Coaching points:

- Catch the ball with your hands together.
- Stand with your feet a comfortable step apart.
- Watch the ball all the way into your hands.
- Create a fun and relaxed environment by regularly changing the activity.



Give 1:1 support and feedback to players by moving around the group, giving lots of encouragements and quick tips to help improve their catching.



Ask players how they can change their hands and body position to catch high and low balls. Players learn by being challenged, so they should be dropping a few catches in the session!

CROSS-FIRE OVERARM THROWING

Equipment

2 or more stump sets, 6 or more balls, 10 or more cones. The bigger the group, the more cones / balls.

Instructions

Divide the group into 2 equal teams.

Place the targets 12m from each group, with a line for each to stand behind.

Each team starts with at least 3 tennis balls. On the shout of “go”, the players start throwing at the targets.

The teams aim and throw overarm at the targets, the coach removes stumps and balls that are hit and puts them next to the team that hit them.

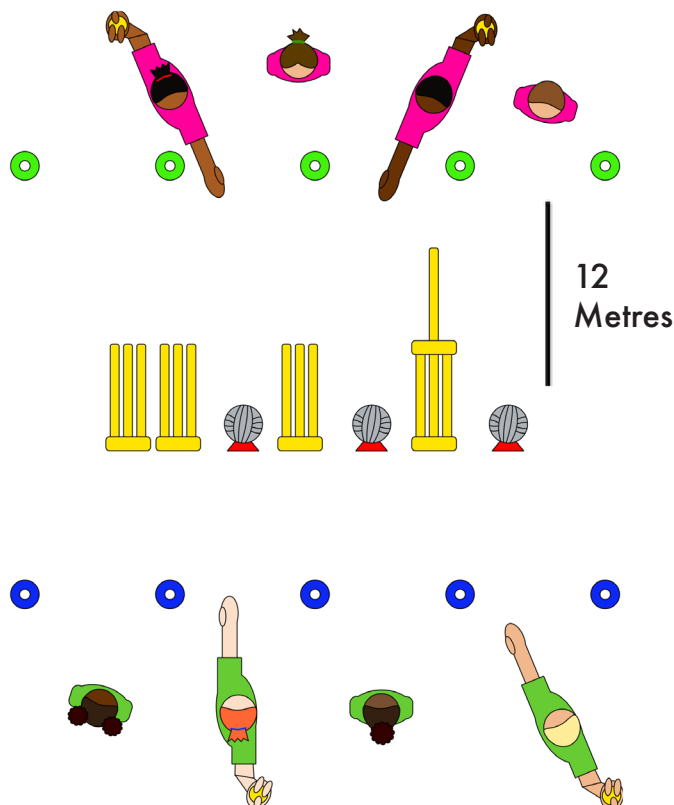
Fielders cannot cross the line of cones, coaches should throw balls back to the players that get stuck in the middle.

The winner is the team that hits the most targets.

This game can be used to discuss team challenges in cricket or in life. Write the challenges on paper, card, or whiteboards and then add them to the targets to “knock over”.

FIELDING

This practice introduces overarm throwing at a target and encourages players to work together to hit the target.



Coaching points:

- Stand side-on to the target to throw.
- Aim with your non-throwing arm raised towards the target.
- Throw the ball finishing across the body and step towards the target.



This game is all about team effort, encourage players to celebrate the teams success.

It can build collective power to believe in knocking down challenges together.



Where there are fewer balls than players, encourage players to share opportunities fairly by passing the ball to each other.

HIGH CATCHING BADMINTON

Equipment

1 ball and 8 cones per group. A maximum of 12 people per group – play more games if you have more players.

Instructions

Create at least 2 teams. With a big group, you can have 4, 6 or even 8 teams playing lots of smaller games.

Teams throw the ball high in the air, to land into other teams' box.

If the ball lands inside the box, the team who threw it gets a point. If a player misses the box with their throw, the other team gets a point.

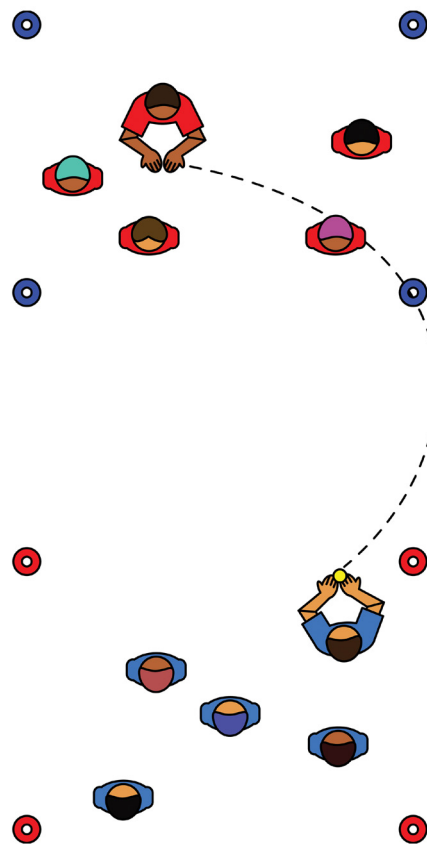
Encourage players to share the task of catching and throwing, for example:

- If you catch/throw the ball, you cannot catch/throw it on the next go.
- Set an order for each player in the team to throw the ball in turn.

You can finish with a game of elimination, where players are eliminated if they drop the ball or throw outside the box. Play until one team has lost all its players.

FIELDING

This practice develops the technique for high catching while playing a fun game that develops communication skills.



Coaching points:

- Create a big area with your hands, fingers pointing away from you.
- Get balanced underneath the ball.
- Catch the ball near your eyes.



Encourage players to call out their name when they will catch the ball.

Be fair, and share opportunities to play.



Sometimes a player will drop the ball, encourage players to be sympathetic and encouraging rather than criticising them.

UNDERARM THROWING

Equipment

1 stump set, 1 ball, 1 bat and 5 cones per group (8-12 players per group).

Instructions

Split the group into 2 teams. The fielding team have one wicketkeeper while the rest line up behind a cone.

The batting team lines up with the first batter holding a bat.

Coach shouts “Yes” and the wicketkeeper rolls the ball towards their team and the batter starts running.

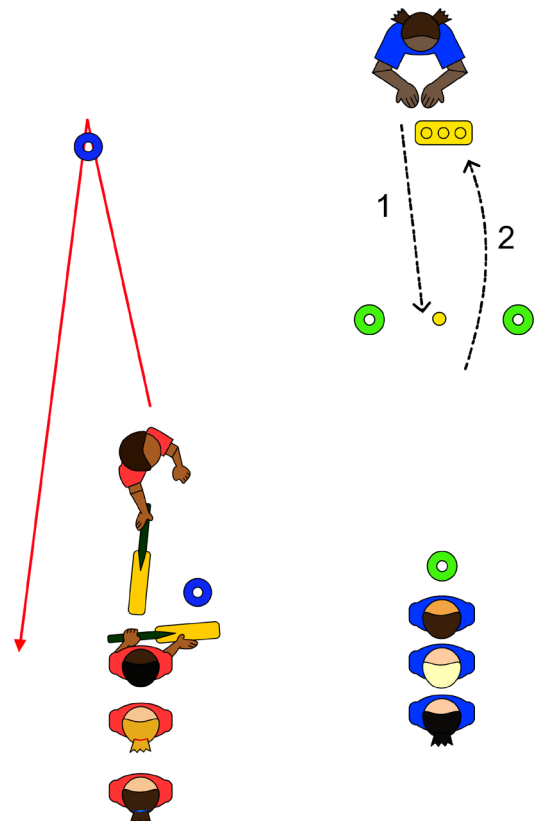
The fielder attacks the ball and throws underarm at the stumps. If the fielder misses then the wicketkeeper collects the ball and brings it to the stumps.

The batter must get their bat on the floor past the cone. If they get past the cone before the ball hits the stumps they are in and earn a point.

If the fielding team gets the ball to the stumps before the batter crosses the cone the batter is out and a point is awarded to the fielding team.

FIELDING

This practice introduces ground fielding, focusing on returning the ball to stop the batter scoring runs and running them out.



Coaching points:

- Move quickly to the ball, getting into a low and balanced position.
- Pick the ball up with one hand, fingers pointing down and palm facing the ball.
- Throw the ball underarm at the stumps and keep your body moving towards the target.



Make it easier for the fielders by starting with the ball stationary on the ground.

Vary the distance players have to run or throw the ball to make an even match between teams.



If you have a large group, split into many smaller games and appoint a player as an umpire to fairly judge which team is the winner.

WICKET KEEPING

Equipment

1 stump set, 1 ball, 1 bat and 2 cones per group (3-4 players per group).

Instructions

Split the group into small teams.

1 player should be the wicket keeper, they should crouch behind the stumps in a low position ready to move side to side.

Another player throws the ball in different areas between the cones on both sides of the stumps.

The wicket keeper should catch the ball and return it to the stumps to practice making stumpings.

After 6 catches the players rotate.

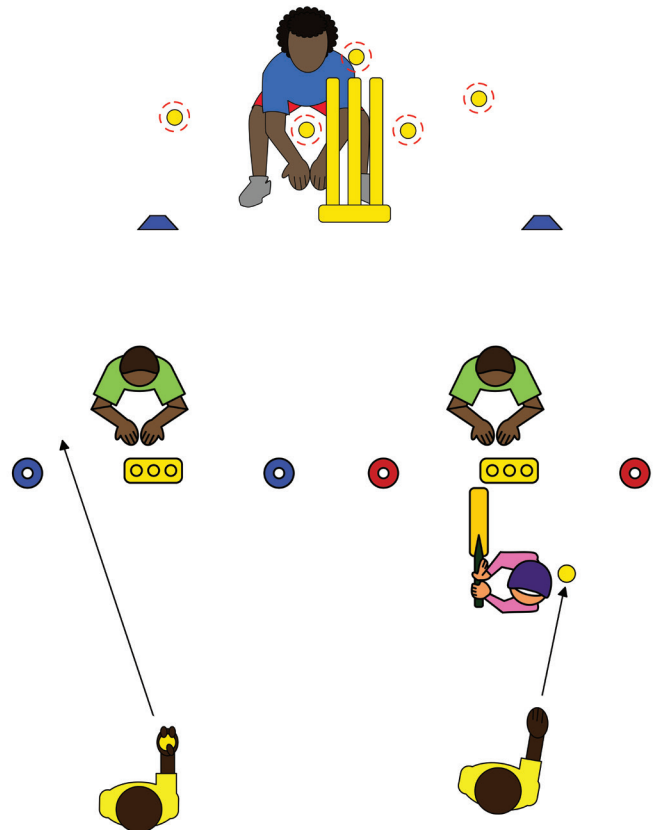
To increase the difficulty the thrower can start to bounce the ball.

Once players are comfortable catching the ball, a batter can be introduced, their job is not to hit the ball but to try and distract the wicket keeper.

Create competitions by counting how many clean catches each player takes.

FIELDING

This practice introduces wicket keeping, focusing on catching the ball on both sides of the stumps.



Coaching points:

- Encourage the wicket keepers to maintain a strong starting 'Z' position, and to stay low.
- The wicket keeper should aim to rise with the ball after it bounces.



Increase the difficulty for the wicket keepers by increasing the speed of the ball thrown, as an extra test see if they can catch the ball with just one hand.



Encourage each group to work hard as a team and support each other by creating the correct level of challenge when throwing the ball.

TARGET BATTING STRAIGHT

Equipment

1 stump set, 1 tee, 1 ball, 1 bat, 2 cones per group (3-6 players per group).

Instructions

Divide into small groups, one group per bat. In each group one player bats whilst the others field.

The batter hits the ball from a tee, aiming to hit the ball through a goal of cones at least 6m in front of them.

Fielders stop the ball and return it to the batter who puts it back on the cone. They have a set number of goes before changing places.

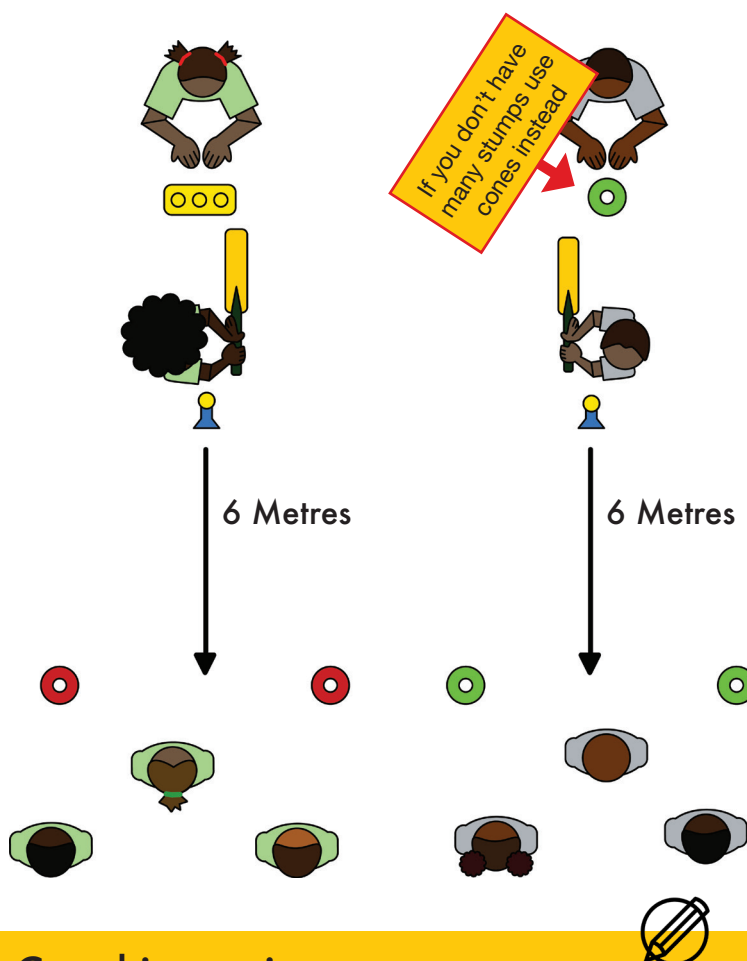
Have 6 hits each – how many times can each batter get the ball through the goal? Who does the best in your group?

Have 3 hits per person in your group – how many times can your group get the ball through the goal? Can you do better than the other groups?

If hitting off a cones comes easily, batters can hit a ball dropped in front of them, and then progress to a ball thrown underarm (and then overarm) towards them.

BATTING

This practice introduces hitting the ball straight back towards the bowler, and requires groups to work together to make sure everyone gets a go.



Coaching points:

- Grip the bat with two hands together in the middle of the handle.
- Stand side-on to the ball, feet a comfortable distance apart, knees bent.
- Step with your front foot towards the ball as you swing the bat to hit the ball.



Give players a choice in how they receive the ball, and encourage them to challenge themselves.



Hitting a moving ball is an important skill in cricket, encourage players to test themselves to progress to a thrown ball and emphasise that it is ok to make mistake while learning.

REACTION BATTING

Equipment

1 ball, 1 bat, 5 cones per group (5-6 players per group).

Instructions

Divide into small groups, one group per bat. In each group one player bats while the others field.

Have one player throw the ball gently underarm to the batter.

Call out the colour of the target the batter should aim for, the batter moves their feet to adjust to hit the ball to the target.

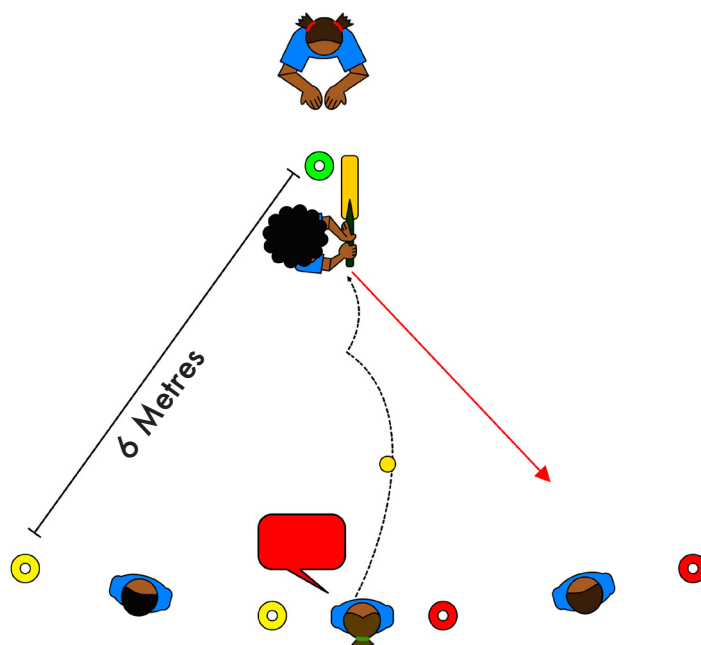
To make it easier, the person throwing the ball can call the colour of the target before throwing the ball.

After 6 hits (1 over) change the person who is batting.

Have a competition – how many can the batter hit to the correct target out of 6 goes?

BATTING

This practice introduces hitting the ball to different targets, and requires players to think about how they can hit balls into gaps in games.



Coaching points:

- As the ball is released, adjust your feet to align your body to the target.
- Finish the shot with the bat pointing through the target.



Ask players questions about how they will get the ball to the targets. Encourage them to explore different ways of moving their feet and using the bat face to aim where they hit the ball.



If you have different coloured balls, ask players to hit one ball to one target, and the other ball to the other target.

Try changing the size of the target to make it easier or harder.

BATTING PULL SHOT

Equipment

1 stump set, 1 tee, 3 balls, 1 bat, 6 cones per group (12 players per group).

Instructions

Split the group into 2 teams, 1 team bats while the other fields.

Each batter has three goes. The batter uses the pull shot to hit the ball from a tee balanced on top of a stump, aiming to hit the ball through the cones.

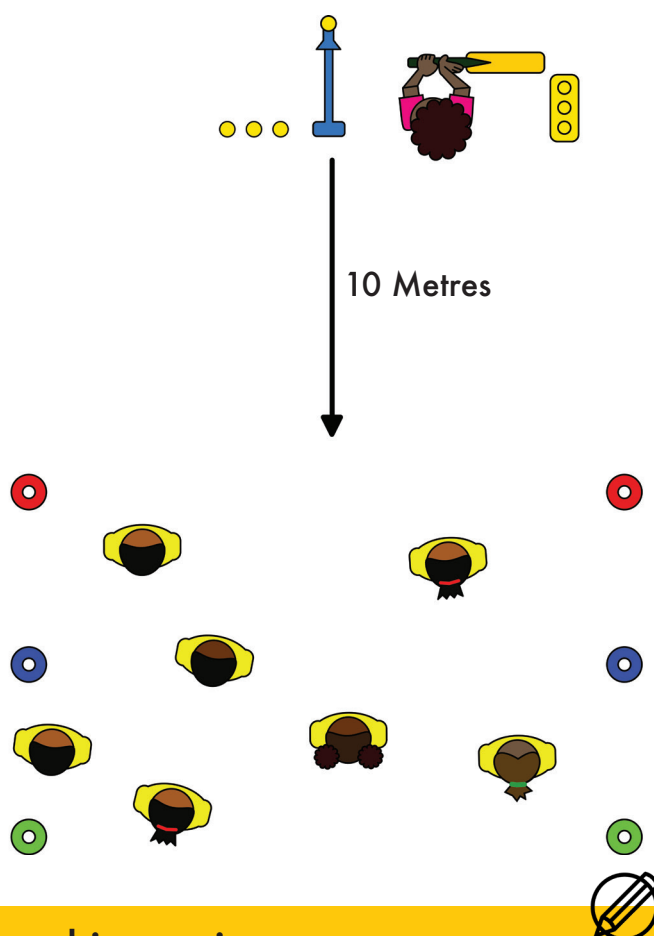
1 run is scored if ball is hit past the first line of cones, 2 past the second and 4 if hit past the final line. If the batter is caught then they are out.

Once all batters have gone teams switch. The team who scores the most runs is the winner.



BATTING

This practice introduces hitting the ball with power using a horizontal bat.



Coaching points:

- Step with the front foot so your chest is facing the bowler.
- Swing the bat across your body, aiming to hit the ball along the ground.
- Progress to throwing the ball underarm at the player for them to hit.



Emphasise the importance of honesty with the fielders – did the ball go through the target?



Encourage players to use different strategies for moving their feet to hit the ball.

Ask questions of batters to explore how and why they might hit the ball along the ground or in the air.

BASIC BOWLING

Equipment

1 ball, 2 cones per pair.

Instructions

Start in pairs, and practice bowling back and forward in your pair – stand around 16 metres apart.

Encourage players to keep their arm straight as they bowl the ball.

Encourage players to get the ball to bounce once before their partner.

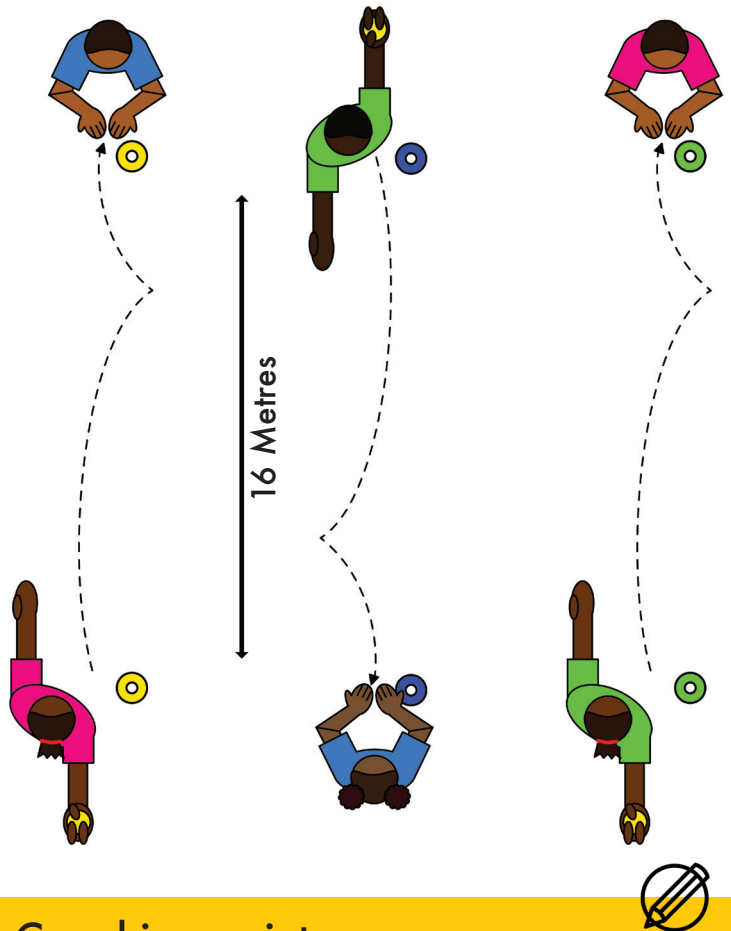
Introduce challenges, e.g.:

- Bowl without your partner having to move to collect the ball.



BOWLING

This practice introduces a key skill in cricket – bowling. Bowling is how the ball is pitched in cricket, and requires a straight arm.



Coaching points:

- Grip the ball with the first two fingers on the top of the ball, the thumb underneath.
- Stretch the bowling arm straight behind you and raise the non-bowling arm up.
- Keeping the bowling arm straight, swing it over your shoulder and finish across your body (pocket, ear, pocket).



Bowling is a challenging skill, encourage each pair to support each other to develop a correct action with a straight arm.



Recognise progress with lots of praise and encouragement, with a particular focus on keeping a straight arm.

CIRCLE BOWLING

Equipment

1 ball per person, 8+ cones, 1+ stumps.

Instructions

Collect the stumps and pile them together to form a big target.

Ask the group to make a big circle around the target, around 10 metres back, putting a cone down at their feet. This will be where they will bowl from and is the safety forcefield – players shouldn't run into the circle until everyone has bowled!

Shout "1 – 2 – 3 – BOWL!"

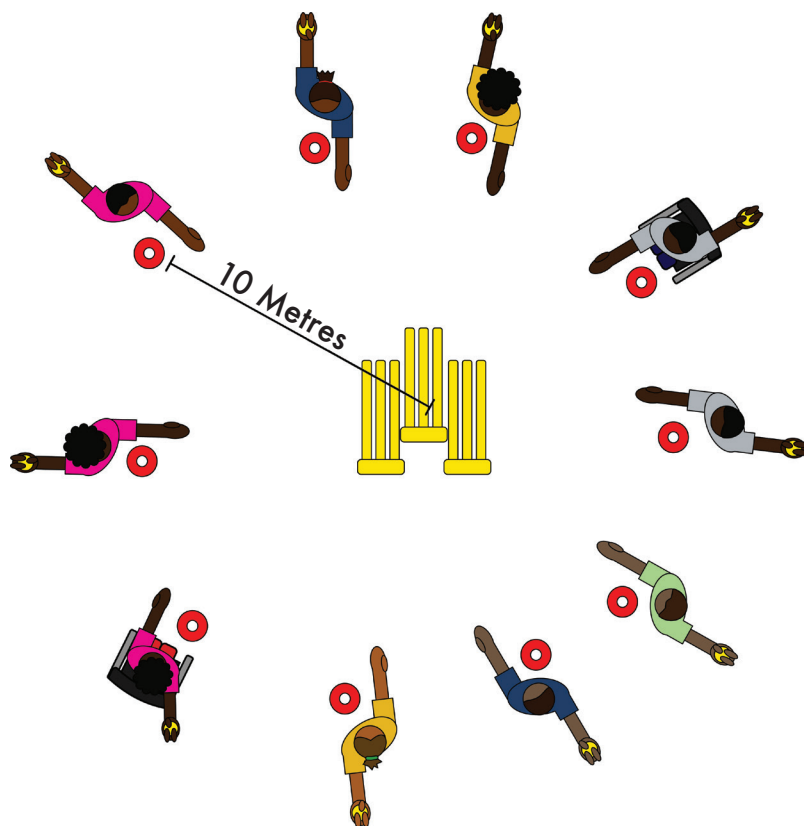
When you shout "BOWL!" everyone should bowl the ball together at the targets.

The aim is to knock down all of the targets. Wait for everyone to collect their balls and return to their cones before another round of bowling.

Make it competitive! Ask the team how many goes they think it will take for them to knock down all the targets – can they clear all the targets in that number of goes or less?

BOWLING

This game introduces lining up the body towards a target when bowling, and working together for success.



Coaching points:

- Encourage players to be aligned to the target, with their bowling arm outside the circle and the aiming arm inside the circle.
- One foot should be inside the circle and one foot outside the circle.
- Complete the bowling action by stepping through towards the target.



Encourage players to bowl without fear of failure, emphasising bowling with a straight arm without worrying about direction.



Develop teamwork by emphasising that this game is about collective effort and "beating the game" rather than competing with another team or with each other.

TARGET BOWLING

Equipment

1 stump set, 4 cones, 1 ball per team.

Instructions

Divide the group into equal teams, 3-8 per team. One member of the team stands behind the stumps as the wicket keeper.

The person at the front of the line bowls the ball at the stumps, and then becomes the wicket keeper.

The wicket keeper collects the ball and runs to the back of the line, passing the ball to the next bowler.

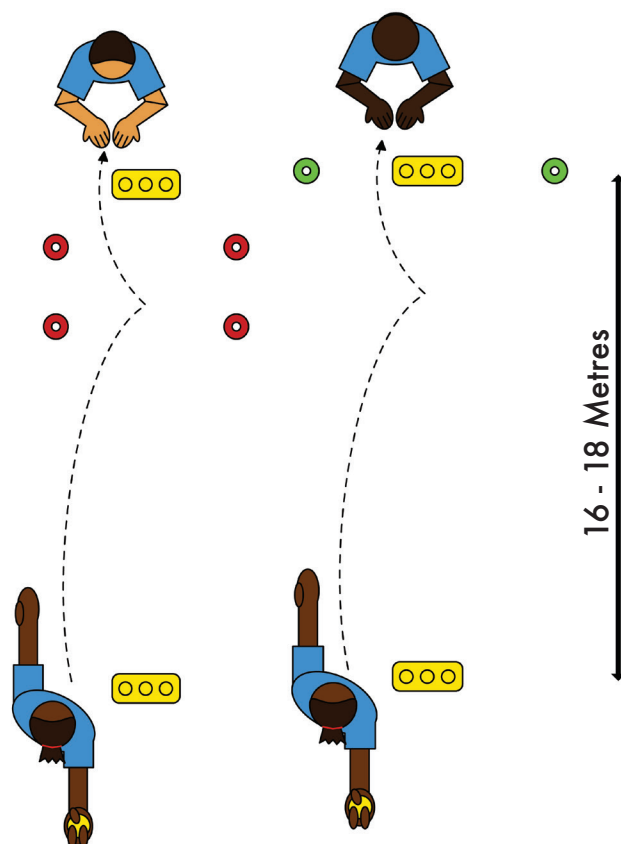
As well as scoring points for hitting the stumps, offer points for achieving other targets. The illustration shows 2 different types of target:

1. The ball must bounce in the box (1 point) and/or hit the stumps (2 points).
2. The ball must pass through the gate of cones (1 point) and/or hit the stumps (2 points).

Remind players to keep their arm straight when they are bowling.

BOWLING

This practice tests a key skill in cricket – bowling. It introduces players to where the ball should bounce before hitting the stumps.



Coaching points:

- To improve accuracy, players should keep their eyes on the target throughout the bowling action, with their head up.
- Bowlers should pull their aiming arm straight down towards the target.



Give players the opportunity to change the size of their targets, add different targets and invent new rules for the game.



Encourage players to stay focused while learning this difficult skill, and emphasise the importance of practice to learn a new skill.

QUICK BOWLING CAROUSEL

Equipment

3 stump sets, 24 cones, 5 balls.

Instructions

Divide the group into three. Show the groups all three stations of the carousel and then send each group to a different station. After 3-4 minutes practicing, ask the players to rotate.

Station 1: Run Up

Encourage players to increase their pace as they run in along the “runway”.

Station 2: Follow through

Encourage players to complete their action across their body, and keep their head and body moving towards the stumps.

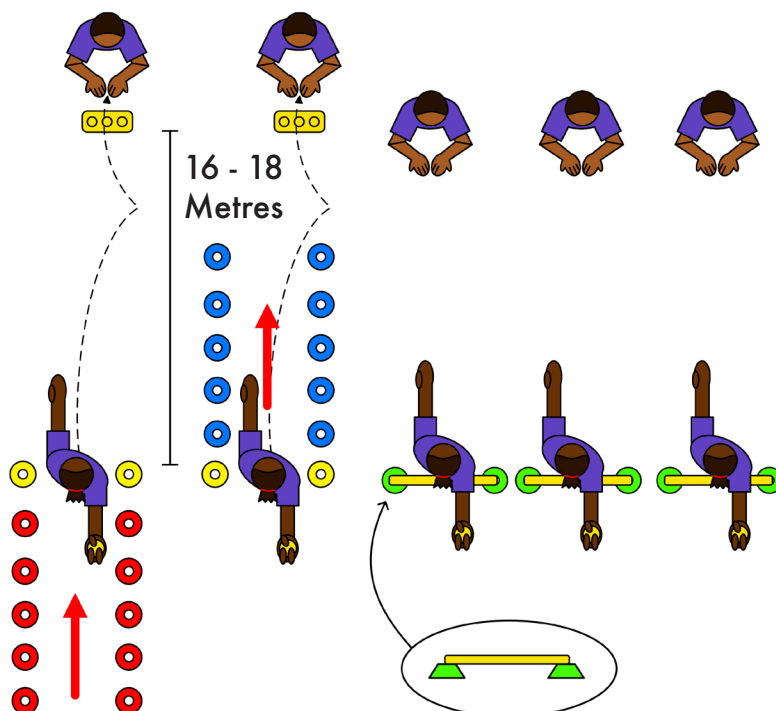
Station 3: Bound

Players bound over a low hurdle, focusing on coordination of foot movements with gathering the arms close to the body, before bowling to a partner.



BOWLING

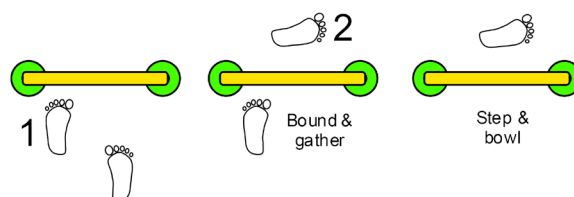
This practice helps develop the full bowling action in new bowlers, focusing on bowling fast.



Coaching points:

- The run up should be smooth, natural and rhythmical.
- On the bound, the bowler takes off from the leg opposite to the bowling arm, and lands on the same leg as the bowling arm. (example for right hander below).

3



Encourage players to work together to develop this skill, and support each other to manage their emotions if they find it difficult.



Ask players to design a competition to test their new skills.

RAPID FIRE CRICKET

Equipment

2 stump sets, 1 bat, 3 balls, 15 cones.

Instructions

Divide the group into two teams.

The batter hits the three balls off the cones towards the fielders, then starts to run around the stumps.

The fielders cannot cross the safety line until the last ball has been hit. The fielders work together to return the balls to the cones.

The batter stops running when the balls are returned.

The number of times they have run around the stumps is added to the team score.

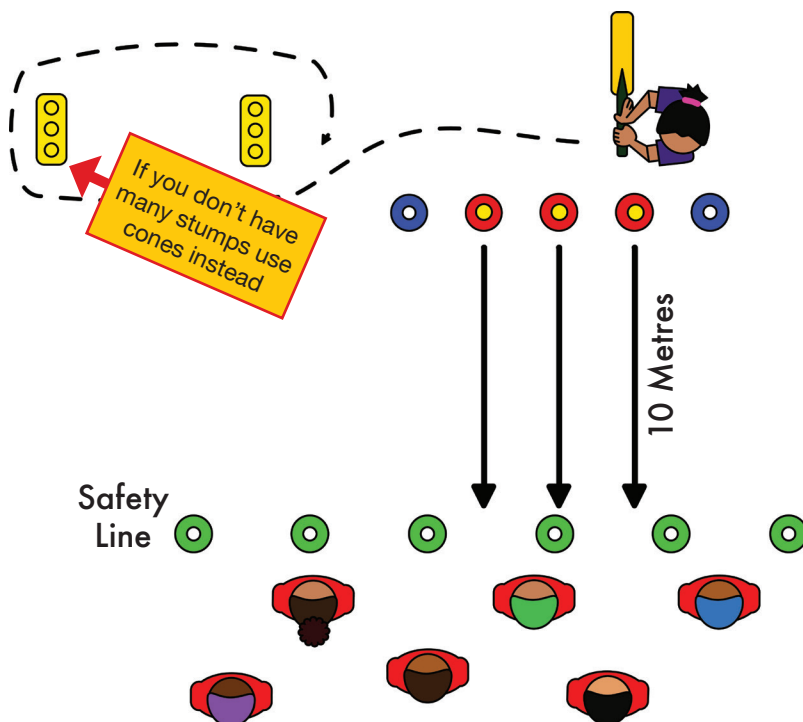
Every batter in the team bats, then the teams switch.

The team with the most runs is the winner.

If you have enough space, consider playing 2 games at the same time to increase participation.

GAME

This is an entry-level competitive game that can be used in tournaments, and requires communication and basic cricket skills.



Coaching points:

- Increase participation by adding rules, for example only some players may cross the safety line each go.
- Challenge communication by adding rules: only one person in the fielding team can speak, no one in the team can speak.



Change the rules so that players have to work together more effectively as a team to collect the balls, e.g. players cannot move with the ball.



Encourage players to thank each other for the game at the end, no matter if they win or they lose.

THE LORDS GAME

Equipment

1 stump set, 1 bat, 1 ball, 11 cones.

Instructions

Split the group into 3 teams, 1 team bats, 1 team lines up as wicket keepers, while the other team fields

Each batter has a set number of goes, fewer goes per batter in larger groups.

The batter hits the ball straight off the cone (or a drop feed/underarm throw), aiming to hit the ball through the cones.

1 run is scored if the ball is hit past the first line of cones, 2 past the second and 4 if hit past the final line.

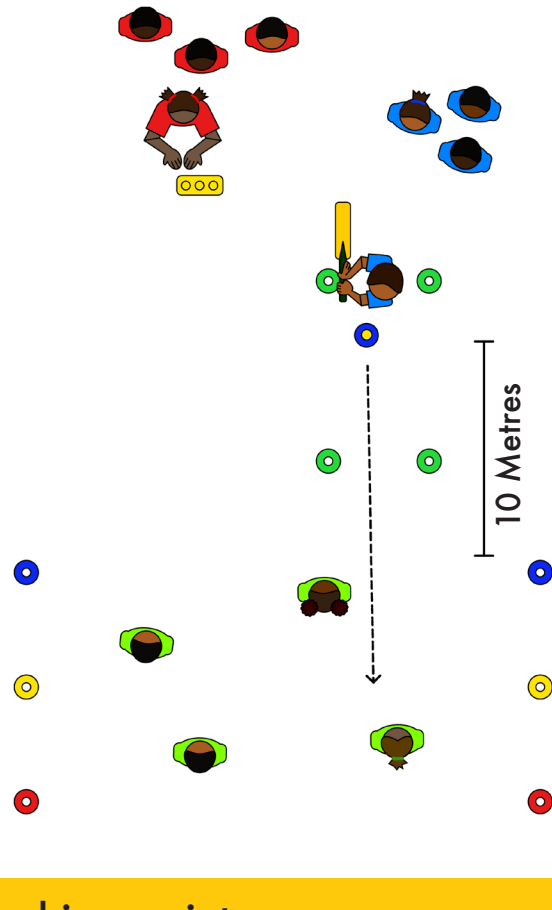
Batters score an extra run for each time they run to the green cones and back before the ball is returned to the wicket keepers.

If the batter is caught then they are out and score zero. If they aren't back safely when the ball is returned to the wicket keeper they are out and score zero.

Once all batters have gone teams rotate.

GAME

This game practices hitting straight, while also developing fielders, encouraging communication and working together.



Coaching points:

- Aim to hit the ball into the gaps, using the bat face to control where the ball goes.
- Ask players to discuss the positives and negatives of hitting the ball along the ground (safer, but easier to stop) or in the air (can be caught, but might score more runs).



Encourage the fielding team to design strategies for setting the field to be more effective and win the game.



Encourage teams to recognise and cheer all contributions when batting, regardless of how hard the ball was hit.

HURRICANE CRICKET

Equipment

2 stump sets, 1 bat, 3 balls, 7 cones per group, 8-12 per group.

Instructions

Divide the group into two teams. The fielding team cover the space. One member of the fielding team is the bowler, they bowl three balls in turn towards the batter.

The batter hits the three balls, the fielders cannot move until the last ball had been hit.

The batter starts to run between the stumps, while the fielders work together to return the balls to the cones places next to the stumps at the bowlers end.

The batter stops running when the balls are returned.

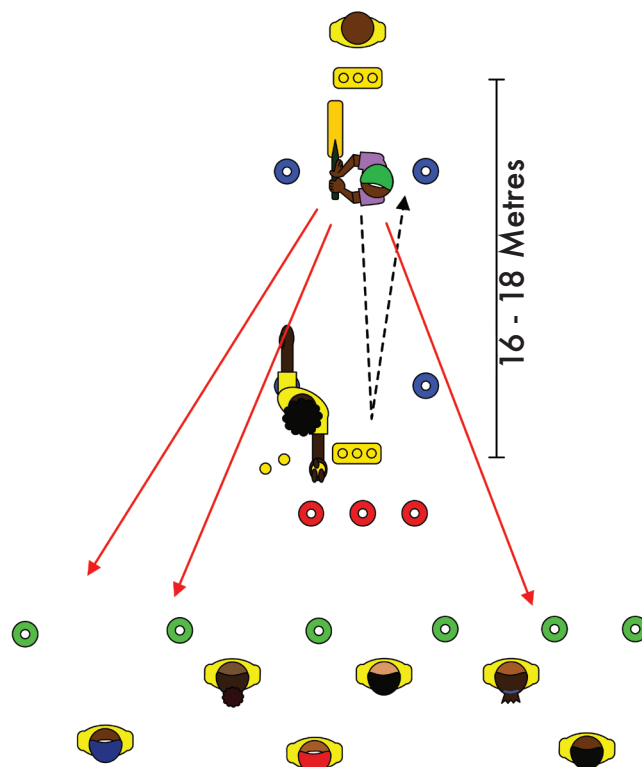
The number of times they have run between the stumps is added to the team score.

Change the bowler and the batter.

Once everyone has batted / bowled, the teams switch.

GAME

This is a progression of Rapid Fire Cricket, which includes players bowling and batting against each other.



Coaching points:

- Increase participation by adding rules: you cannot move with the ball, 3 people must catch each ball or everyone must touch each ball before returning it.
- Ask the batters how they can hit the ball to different parts of the field to help them score runs.



Encourage players to hit the ball hard, and celebrate all successful hits and good bowling with praise and positive feedback.



This game begins to look more like conventional cricket - encourage bowlers to focus on bowling straight and with a straight arm, and batters to use shots they have learnt in practice.

MICRO CRICKET

Equipment

1 stump set, 1 bat, 1 ball, 2 cones per group.

Instructions

Split the team into groups, one group per bat/set of stumps.

Players take it in turns to be the bowler, the batter, the wicket keeper, and the fielder(s).

Each batter faces 6 balls from the bowler. If they hit the ball, they can run to the halfway marker and back to score a run. The fielders should return the ball to the wicket keeper to try to run the batter out!

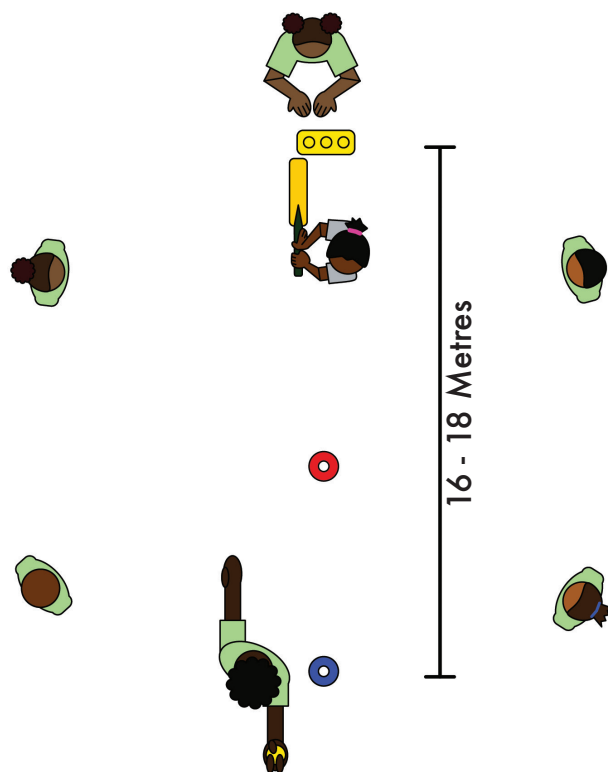
If they are out (haven't got back to the stumps by the time the ball is returned to them), they score zero.

They also score zero if they are caught (ball caught without bouncing) or bowled out (ball hits their stumps while batting!).

After 6 balls, change the roles so there is a new batter, bowler, and wicket keeper.

GAME

This is a quick pick-up game that combines batting and fielding skills and requires fielders to work together to put pressure on the batter.



Coaching points:

- Fielders should spread out so the whole field is covered, but adjust to cover areas the batter prefers hitting to.
- Discuss with players how to decide how many times they can safely run before the ball is returned.



Show organisation, planning and respect by following the rules without an umpire or coach.



Emphasise that everyone should get a fair go, and encourage players to practice in a way which makes the game run smoothly.

PAIRS CRICKET

Equipment

2 stump sets, 2 bats, 1 ball, 18 cones per game (16 players per game).

Instructions

Split the group into 2 teams. Pairs cricket is an adapted format of conventional cricket. Key rules are:

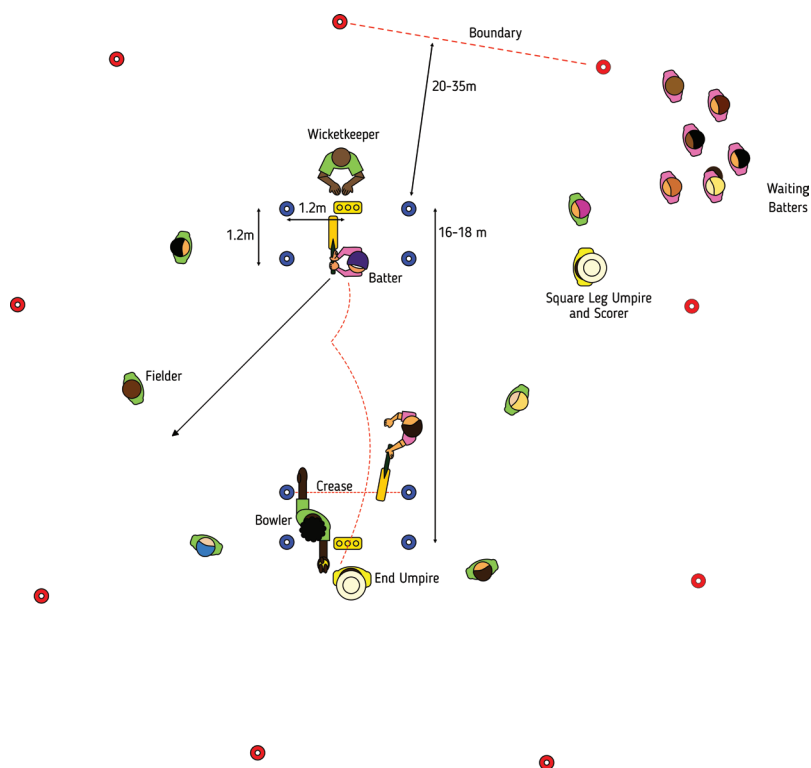
- Batters bat in pairs.
- They score runs in the normal way (running between the wickets, from wides/no balls, hitting boundaries).
- If a batter is out, 5 runs are deducted from the score but the batter is not out.
- Each pair bats for 2 overs, and then a new pair comes into bat.
- Bowlers each bowl one over.
- 2 runs are awarded for a wide or a no-ball, and the bowler doesn't have to re-bowl the wide/no ball except in the final over of the innings.

You should encourage players to rotate fielding positions every over to keep everyone engaged.

The team with the most runs wins!

GAME

Pairs cricket is a fun and inclusive format of cricket that allows everyone to bat, bowl and field while learning how to play the game.



Coaching points:

Focus on game craft to help the game flow smoothly, for example:

- Batters backing up at the non-strikers end and sliding the bat over the crease.
- Fielders walking in and backing up.
- Fielders moving quickly between balls and overs.
- Batting pairs being ready to come in.



Develop players understanding of the Spirit of Cricket, and its role in making cricket a sport where everyone is respected and plays in a positive way.



Use discussions after games to set goals for future sessions. Ask players what went well and what they want to improve.



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