

East Lancashire Club

Under 11's Club Coaching Plan

11's



Introduction: East Lancashire Club bases its coaching programme on the extensive advice produced by Warwickshire Cricket Board. The Warwickshire Cricket Board. has produced an 18-week coaching plan for clubs to help deliver high quality coaching to children across the county. The plan features 6 winter sessions and 12 summer sessions to replicate the approximate period of time spent coaching children at your club each year. This equates to 18 hours coaching time. The following explanation is taken from this plan:

The aim of the plan is for children in the under 11 age group to enjoy participating in cricket through engaging sessions, emphasising on fun, whilst learning the core skills of the game, using a range of practices and game-based scenarios to be able to implement player learning. The sessions are planned for a group of 20-30 children with 2 coaches; however, this can be adjusted for each individual club.

At under 11's level, the majority of the cricket played is in hardball format. The rules are designed to ensure every player is active during the game and this is reflected within the practices highlighted in the plan. Therefore, it is imperative that every child is batting, bowling, catching and throwing as much possible, in order to develop the fundamental movements and techniques which can be transferred into hard ball cricket.

WINTER session 1	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Bat Taps	Bats Tennis Balls Cones	Coned 20x20m area set up to indicate the size of the playing area.	Each player has one bat and one tennis ball. They have to continue bouncing the ball up and down on the bat whilst moving in the area for as long as possible.	Using sides/back of bat. Using varied body movements such as through the legs or 'round the world'. Swap balls on command. One ball between 2. Cricket tennis, continue a rally.	10 mins	Basic Physical Warm Up Page 1
Activity 1: Close Catching Technique	Cricket /Wind Balls Cone for each player.	Each person is placed into a pair. Cones are set up so that each pair stands opposite each other, 3-4 yards apart at first. Place a ball on one cone for each pair, to remain organised.	Players must attempt to throw the ball underarm to each other and catch the ball. Make sure the emphasis is on a high amount of opportunities to catch the ball to promote self- learning. Begin to incorporate key catching principles: Strong position, maximal catching area, eyes on the ball.	Challenges: First to 20/50 catches. Encourage players to vary the position of the throw, higher, lower, left and right. 2 balls if some groups are in need of further progression.	10 mins	Early Technical Fielding Start of Stage Development End of Stage
Activity 2: Close Catching – Further Practices	Cricket/Wind Balls 3 cones for each player.	Each pair now has 3 cones. One in the middle to indicate a start position and one 2-3 yards either side of the start position.	Feeds to the cone on receiver's right. Moving body across to ball, maintaining good technique. 2-3 mins and then change to the left side.	Vary feeds. Some straight, some right and others left to replicate game situation. Adjust pace and height of feeds. Competitions between pairs. Most catches etc.	15 mins	Early Technical Fielding Development 1 Development 2 End of Stage
Activity 3: Diamond Cricket	8 stumps 8 bats Tennis Balls cones	Stumps set up in a diamond formation, 10-15m apart. Bowler is a coach who stands in the middle. Batters split into teams of 4, and remaining batters are in a coned 'pavilion'. No fielders are allowed are allowed inside the diamond area for safety.	The bowler (coach) can bowl to any of the 4 batsmen. Every time a batsman hits a ball, all 4 batsmen must run in an anti-clockwise direction, to the next set of stumps. If they wish, they as many times as they would like. 1pt per run. If a batsman is out caught, hit wicket, run out or bowled then all 4 batsmen are out and replaced by the next group	Scoring zones acquire 5 bonus runs. 5 runs scored for a successful catch.	25 mins	Basic Practices General Games Page 1

WINTER session 2	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Catching Relay	Cones Tennis balls	6 stations (approx. 4 players per team) 2 cones opposite each other to indicate start position for relay. 5- 10m apart.	Teams throw and catch the ball, following their throw and joining the back of the line, before being back in action quickly.	Competition. Most catches per team. High catching. High catch followed by low catch. Increase/decrease distance between cones. Two balls.	5-10 mins	Basic Physical Warm Up Page 1
Activity 1: Front Foot Batting – Technical Practice	15 bats 15 tennis balls 15 batting tees Cones	Batting tees set up a safe distance apart (3- 4 paces). A bat is positioned next to the tee with a tennis ball on top. A coned ‘goal’ is set up for each batter to aim for. Coned area behind the batter for non-striking batter within the pair.	Batters await a countdown from the coach and can only strike the ball when instructed to do so. A call of ‘collect’ will follow and balls are to be collected by the non- striker. Pairs then swap positions. Reinforce core principles. Grip, stance backswing most importantly.	Scoring points for success of shot. 10 points through your goal, 5 points for either side or 2 points if the ball is in the air. 0 points for anything else. Move goals closer/further apart. Add in more balls to provide the non-striker with an additional job (*safety important with placing of balls on tees).	10 mins	Early Technical Batting Striking Vertical Development 1 Development 2 End of Stage
Activity 2: Lords Game- Front Foot Batting	Bats Tennis balls Cones	Stumps set up at batting end only. 2 ‘goals’ one behind the other as a target for the batters to strike the ball through. Coned ‘pavilion’ for the batsmen awaiting their turn. Coach has 5 balls ready and is in a drop feed position, to the side of the batter.	Each player has 5 attempts to drive the ball through the ‘goals’. These are fed via drop feeds from the coach and 1-2 bounces before connection. 5 runs awarded for the first goal and 10 for the furthest goal. 2 innings per team. If a there is a wicket, continue batting.	Increase/decrease size of the zones. Rewards for fielding team (i.e catch = 5 runs). Bobble feeds.	15 mins	Basic Practices Batting Page 1 Lords Game Front foot drive
Activity 3: Front Foot Batting – Tactical Game	Bats Tennis balls Cones	One set of stumps for the batting end is set out, along with 5 ‘goals’ for the batsmen to aim for, all of which close together replicating the positions from cover to mid-on. Coned ‘pavilion’ for waiting batters. 4 teams, 2 innings, 2 pitches.	Batsmen have 5 balls (bobble feeds) and aim to drive the ball through a goal. Each goal is protected by a player on the fielding team. 5 runs awarded for a good shot (coach discretion) and 10 if the ball beats a fielder and enters the goal.	Variable feeds (line). This will challenge the batter to play the ball drive into differing positions, which will develop player understanding of how to judge the line of the delivery. Smaller/larger goals.	20 mins	Basic Practices Batting *Look at ‘Finding the Gaps’. Will provide a good understanding. The couple of modifications outlined in ‘Judging a run’ will further challenge awareness.

WINTER session 3	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Catching Tennis</p>	<p>Cones Tennis balls 4 stumps</p>	<p>2 pitches set up, 10x10m pitches. Stumps used as a net, one set either side of the middle of the court.</p> <p>4 equal teams.</p>	<p>Players must throw underarm at all times and attempt to win a point. The ball is allowed to bounce once before being returned. Players are allowed to catch the ball before throwing it but must remain still (pivot allowed). Point awarded if there is a dropped catch, 2 bounces, or if the ball hits the net/is out of play on the first bounce.</p>	<p>Second ball introduced. Smaller/larger pitch.</p> <p>One handed catches only.</p> <p>Bigger ball.</p> <p>Players eliminated after a mistake.</p>	<p>10 mins</p>	<p>Basic Physical Warm Up Page 1</p>
<p>Activity 1:</p> <p>Bowling Technique – Full Action</p>	<p>Cones Incredi- Balls</p>	<p>Participants split into pairs and each have a cone, 19 yards apart (as per u11 guidelines).</p>	<p>Participants will then bowl to each other, using full action, including a run up.</p> <p>Aim is for the ball to land once before reaching their partner's hands.</p>	<p>Step by step technical interventions to improve bowling technique. Front arm, path of ball throughout delivery. Look at increasing energy towards the target (run up), adding a follow through. Can assist this by adding another cone beyond the point of release.</p>	<p>10 mins</p>	<p>Basic Technical Bowling Start of Stage (Full action)</p>
<p>Activity 2:</p> <p>Bowling – Target Practice</p>	<p>Incredi-balls 6xs stumps Cones</p>	<p>6 lanes of bowling organised.</p> <p>Cone for point of release and a further cone behind for start of run up (safety area for teammates).</p> <p>Coned square placed in front of stumps as a target area.</p>	<p>Bowlers take it in turns to bowl the ball, with one player as a keeper. After the keeper retrieves the ball, they join the team and the bowler takes the place of the keeper.</p>	<p>Point scoring challenge. 1 point for landing the ball inside the target box. 2 points if the ball misses the box, but hits the stumps. 3 points if the balls lands in the box and the ball hits the stumps.</p> <p>Make the target box smaller/bigger. Add a cone to the top of off stump as an extra target. Gain player understanding as to why the target is there and how hitting it can be achieved.</p>	<p>15 mins</p>	<p>Basic Technical Bowling Start of Stage (Full action)</p> <p>Development 3</p>
<p>Activity 3:</p> <p>3 Team Cricket</p>	<p>Stumps Bats Cones</p>	<p>A standard pairs cricket pitch is set up with 18 yard wicket and appropriate boundary to provide player satisfaction with scoring a 4/6.</p> <p>Group split into 3 teams. One team bats (in pairs) one team are the bowlers and take it in turns and one team fields.</p>	<p>Batting team bat for 2 overs with each bowler bowling 1 ball at a time in a relay to speed up the game.</p> <p>Batting team starts on 200 and can add to their score. 5 runs lost for a wicket, with bowlers scoring 5 runs for a wicket and fielders 5 runs for a catch/run out.</p>	<p>Introduce scoring zones to promote shots that have been looked at in detail. Front foot drive, in particular.</p> <p>Reward catches (5 runs) and dot balls for a good length delivery (2 runs).</p>	<p>20 mins</p>	<p>Basic Practices General Games</p> <p>*See Pairs Cricket and link to 3 team format for understanding.</p>

WINTER session 4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Run Them Out</p>	Cones Bats Stumps Tennis balls	6 teams assembled and each player given a number between 1-6. 6 teams are divided into 3 pitches, each pitch has a running area and a fielding area. 10-12m between the stumps. 1 fielder takes turns to become the keeper.	The batter's job is to run a 2 (in order of 1-6). The fielder also runs to the opposite end, before throwing the ball back to the keeper and attempting a run out before the batter returns to their crease. 1 point awarded to the team that wins each mini race. 10 races per innings before a switch. Both the fielder and the batter can only begin on the coach's command of 'go'.	Increase/decrease length of run or throw depending upon which team appears to be more successful. Maintain good technique when running with the bat; ensure there is understanding of the 'slide' at the end of the run.	10 mins	Basic Practices Fielding Page 1
<p>Activity 1:</p> <p>Fielding Technique – Pick Up and Throw (1 and 2 hand)</p>	Cones Stumps Wind balls	Players are paired up with a cone each, 20m apart. 1 ball for each pair. Each player will be numbered 1 or 2. 1's start as feeders and change to the partner every 3 attempts.	Feeder will roll the ball along the floor to approximately halfway between the cones. Players will pick up the ball two handed and return the partner with an overarm throw. Process is repeated for the second phase of the activity, with a 1 handed pick up and underarm throw.	Variable feeding, meaning the feeder can throw the ball wider, quicker and at different paces to challenge the receiver into making the appropriate movements to pick up the ball. Time limit for receivers to attack the ball.	10 mins	Basic Technical Fielding Page 1 Start of Stage
<p>Activity 2:</p> <p>Team Fielding Challenge</p>	Cones Stumps Wind Balls	Group divided into 6, small teams. Each team has one set of stumps and a cone positioned 20m from the stumps. The game works in a relay format with one wicket keeper always in position.	The game has 2 parts-same rules apply. 1 st game 2 handed pick up and 2 nd game, 1 handed pick up. Game works as a relay. Keeper rolls ball out and the first player to pick the ball up, return to the keeper who then touches the stumps, is the winning team and score a point. First team to 10 points in each game is the winner. Keeper changes with the previous thrower each ball.	Keeper can decide feed and therefore creates a variable practice for the fielder. Disqualified if there is a fumble/'poor' throw. Feed can be 'harder' to stop, with feeder adding bounce/speed/spin.	15 mins	Two handed: Basic Technical Fielding Page 1 Development 1 Development 2 One handed: Basic Technical Fielding Page 3 Start of stage Development 1 Development 2
<p>Activity 3:</p> <p>Pairs Cricket (Hit and Run)</p>	Stumps Incredi-balls Bats Cones	2 pairs cricket pitches set up. Stumps 16 yards apart, boundary a reasonably size, marked by cones in a circular shape around the pitch. 2 cones to mark the crease/wide lines at each end of the wicket. Coned 'pavilion' for the batsmen awaiting their turn.	Each batting pair is given a target of 20 runs from 12 balls and the fielding team a target of 3 wickets. Runs are scored as per pairs cricket rules, with 2 runs for a wide or no ball. Team who wins the most mini battles will win the game. Hit and run. Every time a player hits a ball the batters must attempt at least 1 run.	Increase/decrease wickets/runs required. Decrease/increase boundary size. 'Goals' set up for batsmen to aim for. Bonus 2 runs scored if the ball travels through.	20 mins	Basic Practices General Games Page 1

WINTER session 5	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Partner Reactions</p>	Tennis Balls Cones	Players work in pairs and set up a 3x3m box.	Players take turns to become the feeder. The feeder will drop/bounce 2 balls (one at a time) and the retriever has to attempt to catch the ball before the second bounce. Feeders are encouraged to use the whole area to create as much movement as possible. Once the retriever has both balls they become the feeder.	Feeder is now still and holds both balls (one each hand) and stretches both arms out. They then choose to drop one of their choice and the receiver has to catch before the second bounce.	5-10 mins	Basic Physical Co-ordinated Page 1
<p>Activity 1:</p> <p>Pull Shot Technique</p>	Tennis balls Bats Cones	Players in groups of 3. Each group has a station, with one set of stumps, a bat and a cone to signify where the feeder should stand. 3 rd player acts as the fielder. Ensure all groups are hitting in the same direction for safety.	Players attempt 3 pull shots with feeds coming at waist height. After 3 attempts, the feeder becomes the batter, batter becomes the fielder and the fielder becomes the feeder. Aim is for the batter to cleanly strike the ball through the leg side. Introduce fundamental technical points to help players improve.	Variation of feeds. Higher/lower/quicker.	10 mins	Basic Technical Batting Page 1 Start of stage
<p>Activity 2:</p> <p>Pull Shot Lords Game</p>	Stumps Cones Tennis Balls	4 teams, 2 pitches. Stumps set up at batting end only. 2 'goals' one behind the other as a target for the batters to strike the ball through. Coned 'pavilion' for the batsmen awaiting their turn. Coach has 5 balls ready to underarm throw.	Each player has 5 attempts to pull the ball through the 'goals'. 5 runs awarded for the first goal and 10 for the furthest goal. 2 innings per team. If a there is a wicket, continue batting. 2 innings per team.	Increase/decrease size of the zones. Rewards for fielding team (i.e catch = 5 runs). Vary pace and direction of feeds.	15 mins	Basic Technical Batting Page 1 Start of stage Development 1 Development 2 Development 3
<p>Activity 3:</p> <p>Continuous Cricket – Decision Making Game</p>	2 stumps Tennis Ball Bats Cones	Stumps placed 10- 15m apart. 2 cones placed next to the bowlers end set of stumps. 10m wide coned 'goals' for front foot drive and pull shot. Coned 'pavilion' set up for the batters awaiting their turn to bat.	The aim of the game is for batters to think about when to make the right decision based on the delivery & play the ball to the appropriate area of the field. To score as many runs as possible batters hit a moving ball & then immediately running towards the bowlers end, through a gate & back to join their team. Batters must run every time, scoring 1pt for a hit, 10 for a goal and 0 for a miss. Batters are out if they are bowled, hit wicket, caught, or run out. Teams switch every 5 mins (2 inns).	Double runs for a well- executed drive/pull shot 5pts for a catch taken by a fielder.	20 mins	Early Technical Physical Batting Game-based

WINTER session 6	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Hand Hockey</p>	<p>4 stumps Tennis Balls Cones Bibs</p>	<p>2 pitches, 4 teams.</p> <p>Pitch 20m long approximately.</p> <p>Coned area around the stumps.</p>	<p>Teams are attacking opposite ends of the pitch. Players must move the ball round their team by throwing and catching. At any point, players can throw at the target to score a point for their team. If the ball touches the floor, possession is given to the opposing team.</p>	<p>5 catches before a throw at goal.</p> <p>Cannot throw the ball back to the same person who threw it to you.</p> <p>One handed only.</p> <p>Ball rolled along the floor for fielding based game</p>	<p>5 mins</p>	<p>Basic Physical Page 1</p>
<p>Activity 1:</p> <p>Scenario Nets (Game play)</p>	<p>Net Facilities Cricket Balls Batting Kit Stumps Cones</p>	<p>Players divided into 2 nets (use more if facilities allow).</p> <p>2 batters at one time maximum. 6 bowlers = max 8 in a net.</p> <p>Each bowler had a cone to mark their run up.</p>	<p>Batters play in pairs and receive 10 minutes each to bat. The first 5 minutes, players look to play 'sensibly' and avoid losing a wicket with batters running every 3 balls. The second 5 minutes, batters look to play more positively and begin to start calling and running between the wickets when they choose.</p>	<p>Bowlers compete for points:</p> <p>Dot ball 1pt Play and miss 2pts Wicket 3pts Wide -1pt No ball -1pt</p>	<p>45 mins per group.</p>	<p>Basic Tactical Dots vs Runs</p> <p>*Dots vs runs is in a game format, however the concept of the game can be transferred to the net scenario outlined in this video.</p>
<p>Activity 2:</p> <p>'Backing Up' - Fielding Game</p>	<p>Stumps Cones Bats Incredi-balls</p>	<p>2 games set up in pair's cricket layout with appropriate boundary.</p> <p>4 teams on 2 pitches. One team on each pitch will bat and one team will be the fielders.</p> <p>Batters will act as 'runners' only and won't strike the ball.</p>	<p>The coach will act as the wicket keeper and will roll the ball out, to simulate the batter hitting the ball. The batters will immediately call and decide whether there is a run or not.</p> <p>Fielders will pick up the ball and return to the end of their choice in an attempt to run out the batsman.</p> <p>It is the job of the fielding team to remain alert and 'back up' the ball. Batting pairs receive 6 balls before switching for the next pair.</p>	<p>Allow the players become the keepers.</p> <p>Rotate fielders' positions frequently so they can experience different situations.</p> <p>Begin to understand fielding positions (intervention).</p> <p>Recap calls (Yes, No, Wait).</p> <p>Allow players to bowl and batters to strike the ball, developing tactical knowledge.</p>	<p>45 mins per group</p>	<p>Basic Practices Fielding</p> <p>*Look at Run them out as an indication of how the game works.</p> <p>However, appreciate the nature of this game, where there is more of a game-based focus.</p>

SUMMER session1	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Hand Hockey</p>	4 stumps Tennis Balls Cones Bibs	<p>2 pitches, 4 teams.</p> <p>Pitch 20m long approximately.</p> <p>Coned area around the stumps.</p> <p>Tournament – 3 games.</p>	<p>Teams are attacking opposite ends of the pitch. Players must move the ball round their team by throwing and catching. At any point, players can throw at the target to score a point for their team. If the ball touches the floor, possession is given to the opposing team.</p>	<p>5 catches before a throw at goal.</p> <p>Cannot throw the ball back to the same person who threw it to you.</p> <p>One handed only.</p> <p>Ball rolled along the floor for fielding based game</p>	5 mins	Basic Physical Page 1
<p>Activity 1:</p> <p>Front Foot Batting - Technical</p>	Bats Tennis balls Cones Stumps	<p>Batting stations set up a safe distance apart from one another. A coned 'goal' is set up for each batter to aim for (straight)</p> <p>4 players per station. One player is the feeder, who will deliver bobble feeds. Other players keep wicket/field.</p>	<p>Batters receive 3 balls each.</p> <p>Players then swap positions.</p> <p>Reinforce core principles. Grip, stance backswing most importantly.</p>	<p>Scoring points for success of shot. 10 points through your goal, 5 points for either side or 2 points if the ball is in the air. 0 points for anything else.</p> <p>Move goals closer/further apart. Add in more balls to provide the non-striker with an additional job (*safety important with placing of balls on tees).</p>	10 mins	Early Technical Batting Striking Vertical Development 1 Development 2 End of Stage
<p>Activity 2:</p> <p>'Find the Gaps'</p>	Bats Tennis balls Cones Stumps	<p>2 pitches, 4 teams.</p> <p>Stumps set up at opposite ends of the pitch.</p> <p>Coned 'pavilion' set up for the awaiting batters.</p> <p>'Gaps' marked as cones 2-3m apart at mid-off, mid-on, extra cover and cover.</p>	<p>Batters have 3 balls each per turn to score as many runs through the gaps as possible. 10 points for each score.</p> <p>Fielders are not allowed to block the gaps, however they can move once the ball has been struck.</p>	<p>Ensure players understand why these 4 fielding positions are important for hitting straight and which type of ball, based on line should be hit towards a particular goal.</p> <p>Smaller/larger goals. More variable feeds.</p>	15 mins	Basic Practices Batting Hitting the space
<p>Activity 3:</p> <p>Pairs Cricket</p>	Stumps Incrediballs Bats Cones	<p>2 pairs cricket pitches set up. Stumps 16 yards apart, boundary a reasonably size, marked by cones in a circular shape around the pitch.</p> <p>2 cones to mark the crease/wide lines at each end of the wicket.</p> <p>Coned 'pavilion' for the batsmen awaiting their turn.</p>	<p>Each batting pair receives 3 overs of bowling from 3 different bowlers..</p> <p>Runs are scored as per pairs cricket rules, with 2 runs for a wide or no ball.</p>	<p>Decrease/increase boundary size.</p> <p>'Goals' set up for batsmen to aim for. Bonus 2 runs scored if the ball travels through.</p>	20 mins	Basic Practices General Games Page 1

SUMMER session2	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: 'Mini Tennis'	Cones Tennis balls Bean Bags	Small 5x5m area set up with a line of cones in the middle acting as a net. Players paired up and play five, 2-minute matches.	All throws must be underarm. Only one bounce permitted. Ball is out if it touches a centre cone, bounces more than once, or bounces out of play. Players cannot move with the ball in their hands.	One handed catching only. Weaker hand only. Smaller/larger pitches. Higher net (use stumps for height).	10 mins	Basic Physical Co-ordinated Page 1
Activity 1: Throwing Technique	Cones Incredi-Balls	Players will be paired up and each player will be opposite their partner with a 20m distance between each player. There will also be a cone in the centre (10m) as a target to aim for.	Players take turns to throw the ball overarm at the cone in the centre. A successful hit scores 1 point.	Enhancement of technique question the players' technical knowledge of how to achieve a 'perfect' throw. Add more cones to the centre at varying distances. Increase the players' distance from the centre cone.	10 mins	Early Technical Fielding Throwing Overarm Start of stage Dev'ment stages End of Stage
Activity 2: Throwing Challenge	Stumps Tennis Balls Cones	8 small teams are required (3/4 per team max.) The 8 teams are divided into 2 pitches. Each pitch has 4 stations. The 4 stations have a different number of stumps to aim for, ranging from 6-1. Set up in a relay format, cones 15m from the target.	2 mins on each station, 8 mins per match. Swap with keeper each ball. Overarm throwing. 6 stumps – 2 points 3 stumps – 4 points 2 stumps – 6 points 1 stump – 10 points 4 top scoring teams qualify for final. Lowest scoring teams continue to play another game on 2 nd pitch.	Increase/decrease distance of throw. Increase reward for single stump hit. Reduce 9 and 6 stump target if necessary.	20 mins	This specific game is not shown on iCoach, however, you can view the start of stage, to look at the technical aspects of an overarm throw, by searching for 'throwing' in the search bar.
Activity 3: Diamond Cricket	8 stumps 8 bats Tennis Balls cones	Stumps set up in a diamond formation, 10-15m apart. Bowler is a coach who stands in the middle. Batters split into teams of 4, and remaining batters are in a coned 'pavilion'. No fielders are allowed are allowed inside the diamond area for safety.	The bowler (coach) can bowl to any of the 4 batsmen. Every time a batsman hits a ball, all 4 batsmen must run in an anti-clockwise direction, to the next set of stumps. If they wish, they as many times as they would like. 1pt per run. If a batsman is out caught, hit wicket, run out or bowled then all 4 batsmen are out and replaced by the next group	Scoring zones acquire 5 bonus runs. 5 runs scored for a successful catch.	25 mins	Basic Practices General Games Page 1

SUMMER session3	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Catching By Numbers</p>	Cones Tennis balls	<p>6 coned areas (ideally colour coordinated).</p> <p>Participants divided into equal groups, no more than 6.</p>	<p>Every player in each box has a number between 1-6. The ball starts with 1 and moves in sequence through to 6 and back to one via an underarm throw and catch.</p> <p>All players must be moving at all times.</p>	<p>Reverse the sequence order, so that 6 starts with the ball to challenge players' thinking.</p> <p>One handed catching only (right and left).</p> <p>2 balls per group.</p> <p>Players move to group on the right every time their number is called.</p> <p>Add a possession game, so the number called moves to next group and attempts to win the ball.</p>	5-10 mins	Early Page 1
<p>Activity 1:</p> <p>Bowling Technique</p>	Cones Incredi- Balls	Participants split into pairs and each have a cone, 19 yards apart (as per u11 guidelines).	<p>Participants will then bowl to each other, using full action, including a run up.</p> <p>Aim is for the ball to land once before reaching their partner's hands.</p>	Step by step technical interventions to improve bowling technique. Front arm, path of ball throughout delivery. Look at increasing energy towards the target (run up), adding a follow through. Can assist this by adding another cone beyond the point of release.	10 mins	Basic Technical Bowling Start of Stage (Full action) Development 1-3
<p>Activity 2:</p> <p>Advanced Bowling Challenge</p>	Cricket balls 6xs stumps Cones	<p>6 lanes of bowling organised.</p> <p>Cone for point of release and a further cone behind for start of run up (safety area for teammates).</p> <p>Coned square placed in front of stumps as a target area.</p> <p>Cones for straight run up laid out.</p>	<p>Bowlers take it in turns to bowl the ball, with one player as a keeper. After the keeper retrieves the ball, they join the team and the bowler takes the place of the keeper.</p> <p>The use of the hardball enables players to get used to the 'feel' when releasing a hard ball.</p>	<p>Point scoring challenge. 1 point for landing the ball inside the target box. 2 points if the ball misses the box, but hits the stumps. 3 points if the balls lands in the box and the ball hits the stumps.</p> <p>Make the target box smaller/bigger. Add a cone to the top of off stump as an extra target. Gain player understanding as to why the target is there and how hitting it can be achieved. Follow through trail added.</p>	15 mins	Basic Technical Bowling Start of Stage (Full action) Development 1-3
<p>Activity 3:</p> <p>3 Team Cricket</p>	Stumps Bats Cones	<p>A standard pairs cricket pitch is set up with 18 yard wicket and appropriate boundary to provide player satisfaction with scoring a 4/6.</p> <p>Group split into 3 teams. One team bats (in pairs) one team are the bowlers and take it in turns and one team fields.</p>	<p>Batting team bat for 2 overs with each bowler bowling 1 ball at a time in a relay to speed up the game. Batting team starts on 200 and can add to their score. 5 runs lost for a wicket, with bowlers scoring 5 runs for a wicket and fielders 5 runs for a catch/run out.</p>	<p>Introduce scoring zones to promote shots that have been looked at in detail. Front foot drive, in particular. Reward catches (5 runs) and dot balls for a good length delivery (2 runs). Top of off stump wicket (10 runs for the bowling team).</p>	20 mins	<p>Basic Practices General Games</p> <p>*See Pairs Cricket and link to 3 team format for understanding.</p>

SUMMER session4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>'Round the clock' Running with the bat</p>	Bats Cones	<p>Players paired up with 1 bat per pair.</p> <p>18 yard running area, with cones at the end of each run, to mark a 'crease'.</p> <p>Each team has their own crease.</p>	<p>Batters run a 2 and 'slide' their bat between the crease lines before returning and handing over to the next player.</p> <p>Ensure players understand the term 'slide' and how it can help running between the wickets.</p>	<p>Coach indicates which side of the field the ball has travelled to, to enable players to gain understanding of which way to turn at the end of the run.</p> <p>Introduce calling. 'Yes', 'Wait' and 'No'. Players react to each call.</p> <p>Team challenge: How many runs in 2 minutes.</p>	10 mins	Basic Physical Fast Page 1
<p>Activity 1:</p> <p>Back Foot Drive Technique</p>	Bats Tennis balls Cones Stumps	<p>Batting stations set up a safe distance apart from one another. A coned 'goal' is set up for each batter to aim for (straight)</p> <p>4 players per station. One player is the feeder. Other players keep wicket/field.</p>	<p>Batters receive 3 balls each.</p> <p>Players then swap positions.</p>	<p>Vary the pace, height and length of the ball to encourage the batter to think about defending or attacking the ball.</p> <p>Add scoring zones for both defend (near to bat) and attack (further away) to encourage decision making. 5 points for each zone the ball travels through.</p>	10 mins	Basic Technical Batting Back Foot *Search Back Foot
<p>Activity 2:</p> <p>Length Batting (Decision Making)</p>	Bats Tennis balls Cones Stumps	<p>2 pitches, 4 teams. Stumps set up at opposite ends of the pitch. Coned 'pavilion' set up for the awaiting batters. 'Gaps' marked as cones 2-3m apart at mid-off, mid-on, extra cover and cover.</p>	<p>Batters have 3 balls each per turn to score as many runs through the gaps as possible. 10 points for each score. Fielders are not allowed to block the gaps, however they can move once the ball has been struck. They can field between goals. Balls will be delivered variably. Some will be full (front foot) and others aimed at the hips (back foot).</p>	<p>Introduce pull shot 'goal' to further increase the amount of decisions made and test the player's ability to make the 'correct' decisions as often as possible.</p> <p>Move goals closer/further apart. Use chalk to give the batter a map, a visual clue as to where the ball will pitch (full or short).</p>	15 mins	Basic Practices Batting Page 1
<p>Activity 3:</p> <p>Cricket Rounder's</p>	5 Stumps Tennis ball Bats Cones	<p>Stumps set up in a traditional rounder's format. 4 'bases' and a set of stumps in the batting crease.</p> <p>Coned 'pavilion' for the batting team.</p>	<p>Batters have 1 ball. They must run whether they hit the ball or not. The batsman will drop the bat and run towards first base. They can run as far as they like. If they make it to second base, 5 runs are scored. A full rounder is 10 runs. Batters can be out bowled, caught, run out (inc. direct hit) and hit wicket. 5 minute innings x2.</p>	<p>Incorporate a boundary for bonus runs (4/6).</p> <p>Intervention. Thinking about where to throw the ball. Which base? Game related practice building on skill practice.</p> <p>5 runs for the fielders for a catch/run out.</p> <p>Variable throw, link to shots taught.</p>	20 mins	Basic Practices General Games Page 1

SUMMER session5	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>All Around Catching</p>	<p>Cones Tennis Balls</p>	<p>Players are in pairs.</p> <p>Pairs are 5m apart and there are 2 lines of partners along the playing area, with the central players 'back to back'</p> <p>Each pair has a tennis ball.</p>	<p>Each pair must complete as many close catches as possible.</p> <p>When the coach calls 'inside change', the 2 players on the inside of the catching area, must swap partners and continue catching. 'Outside change' is where the 2 players on the outside of the area swap.</p>	<p>'Ball change'. Where you must swap balls with any other pair as quickly as you can.</p> <p>'Team change'. The outside players must find a new partner to work with.</p> <p>Continue to mix up the commands. Use incredi-balls</p>	<p>10 mins</p>	<p>Basic Physical Warm Up Catching Relay.</p> <p>Use catching relay video for understanding, this game is a progression.</p>
<p>Activity 1:</p> <p>Scenario Nets</p>	<p>Net Facilities Cricket Balls Batting Kit Stumps Cones</p>	<p>Players divided into 2 nets (use more if facilities allow).</p> <p>2 batters at one time maximum. 6 bowlers = max 8 in a net.</p> <p>Each bowler had a cone to mark their run up.</p>	<p>Batters are in pairs and have 10 minutes each to bat. There are 3 'goal's marked by coloured cones within the net. These are placed 'straight', extra cover and between square leg and mid-wicket to encourage use of the shots that have been focussed on to this point.</p> <p>The batters receive 2 runs for every shot that successfully travels through the gate, with the coach's discretion used for 4 runs or 6 runs.</p>	<p>Bowlers compete for points: Dot ball 1pt Play and miss 2pts Wicket 3pts Wide -1pt No ball -1pt Boundary -4 points These points are added to the pair's team score and after the session an accumulation of points will reflect the team that has bowled the most accurately and played the most shots through the 'goals'. Make the 'goals' smaller/larger.</p>	<p>45 mins per group</p>	<p>Basic Tactical Dots vs Runs</p> <p>*Dots vs runs is in a game format, however the concept of the game can be transferred to the net scenario outlined in this video.</p>
<p>Activity 2:</p> <p>High Catching – Technique and Game</p>	<p>Incredi-balls Cones Stumps Fielding Bat Mit</p>	<p>Players in pairs and 15m apart, marked by a cone for each player. Players to underarm the ball into the air, to set up a high catch for the partner.</p> <p><u>Game:</u> Players divided into 2 teams, with a cone 20m away from stumps. Each team has a side, left or right.</p>	<p>Players must take as many catches as possible.</p> <p><u>Game:</u> The ball is struck into the air and players attempt to catch (2 points) and then throw the ball back into the mit, next to a set of stumps (bonus 1 point). Players and teams take turns and swap sides to change angle of catch and throw.</p>	<p>Increase/decrease distance between partners. Vary height of the throw for increased difficulty.</p> <p><u>Game:</u> Vary position of throw, bringing run and catch into play. Ensure player understanding of the technique required.</p>	<p>15 mins</p> <p>30 mins</p> <p>(45 mins per group)</p>	<p>Basic Technical Fielding Page 2</p>

SUMMER session6	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Catching Relay	Cones Tennis balls	6 stations (approx. 4 players per team) 2 cones opposite each other to indicate start position for relay. 5-10m apart.	Teams throw and catch the ball, following their throw and joining the back of the line, before being back in action quickly.	Competition. Most catches per team. High catching. High catch, followed by low catch. Increase/decrease distance between cones. Two balls for increased speed and more catches taken.	5-10 mins	Basic Physical Warm Up Page 1
Activity 1: Pull Shot Technique	Tennis balls Bats Cones Bats	Players in groups of 3. Each group has a station, with one set of stumps, a bat and a cone to signify where the feeder should stand. 3 rd player acts as the fielder. Ensure all groups are hitting in the same direction for safety.	Players attempt 3 pull shots with feeds coming at waist height. After 3 attempts, the feeder becomes the batter, batter becomes the fielder and the fielder becomes the feeder. Aim is for the batter to cleanly strike the ball through the leg side. Introduce fundamental technical points to help players improve.	Variation of feeds. Higher/lower/quicker. Decision making: Player can defend a ball they don't think they can pull.	10 mins	Basic Technical Batting Page 1 Start of stage
Activity 2: Decision Making Game	Stumps Balls Cones Bats	4 teams, 2 pitches. Pitches have 2 sets of stumps each, to replicate a pitch, and there are coned 'goals' between square leg and mid-wicket and also through the off side between mid-on and extra cover.	Each batsman has 3 balls as they look to score runs through the 'goals'. 4 runs are scored for each 'goal', with the emphasis on the batter either looking to play a pull shot, or a back foot drive/defensive, based on the line of the ball (full toss feed). Teams have 2 innings and the 'goals' can be blocked by the fielding team who score 4 runs for a catch.	Include 'running' for a bonus 2 points for the batting team with each shot played. A cone can indicate where to run to and from, with fielders attempting a run out at the keepers end (2 points if successful). Continue to vary feeds to increase decision making within the batters.	15 mins	Basic Practices Batting Page 1
Activity 3: Pairs Cricket	Stumps Incredi-balls Bats Cones	2 pairs cricket pitches set up. Stumps 16 yards apart, boundary a reasonably size, marked by cones in a circular shape around the pitch. 2 cones to mark the crease/wide lines at each end of the wicket. Coned 'pavilion' for the batsmen awaiting their turn.	Each batting pair receives 3 overs of bowling from 3 different bowlers.. Runs are scored as per pairs cricket rules, with 2 runs for a wide or no ball.	Decrease/increase boundary size. No 'goals' included for this game to start to develop self-learning and understanding of tactics.	20 mins	Basic Practices General Games Page 1

SUMMER session7	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: 4 Pod Drill	Cones Incredi-balls	<p>Each pair has 4 cones, each representing a different colour.</p> <p>The cones are set out in a diamond shape (1-2m to each cone) and the player starts in the middle of the diamond.</p>	<p>Player are moving in a lateral direction, firstly to the cone in front of them, then back to the middle, before moving to the cone to the right, behind and left, returning to the centre point every time. Players take turns to complete the task.</p>	<p>The partner who is not active becomes an instructor and can call out any colour, to which the player has to respond and return to the middle.</p> <p>Addition of a ball, every time a player returns to the centre, a catch is taken. Progress to hard ball.</p>	5 mins	Basic Physical Fast Page 1
Activity 1: Fitness Circuit	Ladders Hurdles Cones	<p>Players work in small groups (3-4) and complete 8 different fitness tasks, to work on the physical side of the game.</p> <p>2 minutes per station, before moving on.</p>	<p>Ladders – Two feet Ladders – 1 foot Sit Ups Sprinting with the bat (10m) Accelerate and turn Up tall and fall partner chase. Mirror hurdle challenge. Run and split</p>	<p>Increase time period per station.</p> <p>Rest period every 2 drills.</p> <p>Help players understand why fitness is important.</p>	20 mins	All drills are on iCoach, under Basic and Physical headings.
Activity 2: Skills Circuit	Cones	<p>Players work in small groups (3-4) and complete 8 different fitness tasks, to work on the physical side of the game.</p> <p>2 minutes per station, before moving on.</p>	<p>Diving catching Round the clock ball game. Partner Reaction 3 Mini catching tennis. One-hand pick up. Two-hand pick up. Bowling relay. Bat taps</p>	<p>Increase time period per station.</p> <p>Rest period every 2 drills.</p> <p>Help players understand why skills circuits are important.</p>	20 mins	All drills are on iCoach, under Basic and Physical headings or under Basic, technical and then the discipline of the game.
Activity 3: Diamond Cricket	8 stumps 8 bats Tennis Balls cones	<p>Stumps set up in a diamond formation, 10-15m apart.</p> <p>Bowler is a coach who stands in the middle. Batters split into teams of 4, and remaining batters are in a coned 'pavilion. No fielders are allowed are allowed inside the diamond area for safety.</p>	<p>The bowler (coach) can bowl to any of the 4 batsmen. Every time a batsman hits a ball, all 4 batsmen must run in an anti- clockwise direction, to the next set of stumps. If they wish, they as many times as they would like. 1pt per run. If a batsman is out caught, hit wicket, run out or bowled then all 4 batsmen are out and replaced by the next group</p>	<p>Scoring zones acquire 5 bonus runs.</p> <p>5 runs scored for a successful catch.</p>	15mins	Basic Practices General Games Page 1

SUMMER session8 T20 skills	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<u>Warm Up:</u> Run Them Out	Cones Bats Stumps Tennis balls	6 teams assembled and each player given a number between 1-6. 6 teams are divided into 3 pitches, each pitch has a running area and a fielding area. 10-12m between the stumps. 1 fielder takes turns to become the keeper.	The batter's job is to run a 2 (in order of 1-6). The fielder also runs to the opposite end, before throwing the ball back to the keeper and attempting a run out before the batter returns to their crease. 1 pt awarded to the team that wins each mini race. 10 races per innings before a switch. Both the fielder and the batter can only begin on the coach's command of 'go'.	Increase/decrease length of run or throw depending upon which team appears to be more successful. Maintain good technique when running with the bat; ensure there is understanding of the 'slide' at the end of the run.	10 mins	Basic Practices Fielding Page 1
<u>Activity 1:</u> Sweep Shot Technique	Tees Cones Bats Tennis Ball	Players in groups of 3. Each group has a station, with one set of stumps, a bat and a cone to signify where the feeder should stand. 3 rd player acts as the fielder. Ensure all groups are hitting in the same direction for safety.	Players attempt 3 sweep shots with feeds coming at waist height. After 3 attempts, feeder becomes the batter, batter becomes the fielder & the fielder becomes the feeder. Aim is for the batter to cleanly strike the ball through the leg side. Introduce fundamental technical points to help players improve.	Scoring points for success of shot. 10 points through your goal, 5 points for either side or 2 points if the ball is in the air. 0 points for anything else. Try reverse sweep. Place into a lord's game format, where bobble feeds are most appropriate. Can mix up the games to incorporate both sweep options.	15 mins	Enhanced Technical Batting Page 3 Sweep Shot Dev'ment practices.
<u>Activity 2:</u> T20 Bowling - Yorkers	Incredi-balls 6xs stumps Cones	6 lanes of bowling organised. Cone for point of release and a further cone behind for start of run up (safety area for teammates). Coned square placed in front of stumps as a target area (Yorker length).	Bowlers take it in turns to bowl the ball-one player as a keeper. After the keeper retrieves the ball, they join the team and the bowler takes the place of the keeper. Players to understand the term Yorker & how it can be delivered successfully (release point/tactical awareness).	Point scoring challenge. 1 point for landing the ball inside the target box. 2 points if the ball misses the box, but hits the stumps. 3 points if the balls lands in the box and the ball hits the stumps. Make the target box smaller/bigger. Increase stump size to 6 (2 sets of stumps).	15 mins	Use bowling videos to help with coaching a 'yorker'.
<u>Activity 3:</u> Pairs Game 10/10 Format	Stumps Incredi-balls Bats Cones	2 pairs cricket pitches set up. Stumps 18 yards apart, boundary a reasonably size, marked by cones in a circular shape around the pitch. 2 cones to mark the crease/wide lines at each end of the wicket. Coned 'pavilion' for the batsmen awaiting their turn.	Each batting pair receives 2 overs of bowling from 2 different bowlers. Runs are scored as per pair's cricket rules, with 2 runs for a wide or no ball.	2 points awarded for every attempted sweep or Yorker. Great opportunity to watch how players think in match play and how well they apply the coaching given to them. Add a powerplay over (double runs).	20 mins	Basic Practices General Games Page 1

SUMMER session9	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Hand Hockey	4 stumps Tennis Balls Cones Bibs	2 pitches, 4 teams. Pitch 20m long approximately. Coned area around the stumps. Tournament – 3 games.	Teams are attacking opposite ends of the pitch. Players must move the ball round their team by throwing and catching. At any point, players can throw at the target to score a point for their team. If the ball touches the floor, possession is given to the opposing team.	5 catches before a throw at goal. Cannot throw the ball back to the same person who threw it to you. One handed only. Ball rolled along the floor for fielding based game	10 mins	Basic Physical Page 1
Activity 2: 'Backing Up' - Fielding Game	Stumps Cones Bats Incredi-balls	2 games set up in pair's cricket layout with appropriate boundary. 4 teams on 2 pitches. One team on each pitch will bat and one team will be the fielders. Batters will act as 'runners' only and won't strike the ball.	The coach will act as the wicket keeper and will roll the ball out, to simulate the batter hitting the ball. The batters will immediately call and decide whether there is a run or not. Fielders will pick up the ball and return to the end of their choice in an attempt to run out the batsman. It is the job of the fielding team to remain alert and 'back up' the ball. Batting pairs receive 6 balls before switching for the next pair.	Allow the players become the keepers. Rotate fielders' positions frequently so they can experience different situations. Begin to understand fielding positions (intervention). Recap calls (Yes, No, Wait). Allow players to bowl and batters to strike the ball, developing tactical knowledge.	15 mins	Basic Practices Fielding *Look at Run them out as an indication of how the game works..
Activity 2: Diamond Cricket	8 stumps 8 bats Tennis Balls cones	Stumps set up in a diamond formation, 10- 15m apart. Bowler is a coach who stands in the middle. Batters split into teams of 4, and remaining batters are in a coned 'pavilion. No fielders are allowed inside the diamond area for safety.	The bowler (coach) can bowl to any of the 4 batsmen. Every time a batsman hits a ball, all 4 batsmen must run in an anti- clockwise direction, to the next set of stumps. If they wish, they as many times as they would like. 1pt per run. If a batsman is out caught, hit wicket, run out or bowled then all 4 batsmen are out and replaced by the next group	Scoring zones acquire 5 bonus runs. 5 runs scored for a successful catch.	20 mins	Basic Practices General Games Page 1
Activity 3: Boundary Fielding Challenge	Cones Boundary Rope Fielding bat	2 pitches, 4 teams. Players divided into 2 teams, with a cone 20m away from stumps. Each team has a side, left or right. Boundary rope (or cones).	Coach to hit the ball out and the aim of this fun game is to stop the ball going for a boundary. The fielder will then throw the ball back in to the wicket keeper.	Point scoring: 4 points for the other team if there is a boundary (mis-field). Incorporate high catching.	15 mins	Enhanced Technical Fielding

SUMMER session10	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Partner Reactions</p>	Tennis Balls Cones	Players work in pairs and set up a 3x3m box.	Players take turns to become the feeder. The feeder will drop/bounce 2 balls (one at a time) and the retriever has to attempt to catch the ball before the second bounce. Feeders are encouraged to use the whole area to create as much movement as possible. Once the retriever has both balls they become the feeder.	Feeder is now still and holds both balls (one each hand) and stretches both arms out. They then choose to drop one of their choice and the receiver has to catch before the second bounce.	5-10 mins	Basic Physical Co-ordinated Page 1
<p>Activity 1:</p> <p>Bowling Technique – Full Action</p>	Cones Incredi- Balls	Participants split into pairs and each have a cone, 19 yards apart (as per u11 guidelines).	<p>Participants will then bowl to each other, using full action, including a run up.</p> <p>Aim is for the ball to land once before reaching their partner's hands.</p>	<p>Step by step technical interventions to improve bowling technique. Front arm, path of ball throughout delivery.</p> <p>Look at increasing energy towards the target (run up), adding a follow through. Can assist this by adding another cone beyond the point of release.</p>	10 mins	Basic Technical Bowling Start of Stage (Full action)
<p>Activity 2:</p> <p>Bowling – Target Practice (length)</p>	Incredi-balls 6xs stumps Cones	<p>6 lanes of bowling organised.</p> <p>Cone for point of release and a further cone behind for start of run up (safety area for teammates).</p> <p>Coned square placed in front of stumps as a target area.</p>	Bowlers take it in turns to bowl the ball, with one player as a keeper. After the keeper retrieves the ball, they join the team and the bowler takes the place of the keeper. Point scoring challenge. 1 point for landing the ball inside the target box. 2 points if the ball misses the box, but hits the stumps. 3 points if the balls lands in the box and the ball hits the stumps.	Make the target box smaller/bigger. Add a cone to the top of off stump as an extra target. Gain player understanding as to why the target is there and how hitting it can be achieved. Add length variable. Good, full and Yorker. Smaller box marks each area and a teammate calls which ball to bowl just before delivery..	15 mins	Basic Technical Bowling Start of Stage (Full action) Development 3
<p>Activity 3:</p> <p>3 Team Cricket</p>	Stumps Bats Cones	A standard pairs cricket pitch is set up with 16 yard wicket and appropriate boundary. Group split into 3 teams. One team bats (in pairs) one team are the bowlers and take it in turns and one team fields.	<p>Batting team bat for 2 overs with each bowler bowling 1 ball at a time in a relay to speed up the game.</p> <p>Batting team starts on 200 and can add to their score. 5 runs lost for a wicket, with bowlers scoring 5 runs for a wicket and fielders 5 runs for a catch/run out.</p>	Introduce scoring zones to promote shots that have been looked at in detail. Front foot drive and pull shot in particular.	20 mins	Basic Practices General Games *See Pairs Cricket and link to 3 team format for understanding

SUMMER session11	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: 'Mini Tennis'	Cones Tennis balls Bean Bags	Small 5x5m area set up with a line of cones in the middle acting as a net. Players paired up and play five, 2-minute matches.	All throws must be underarm. Only one bounce permitted. Ball is out if it touches a centre cone, bounces more than once, or bounces out of play. Players cannot move with the ball in their hands.	One handed catching only. Weaker hand only. Smaller/larger pitches. Higher net (use stumps for height).	10 mins	Basic Physical Co-ordinated Page 1
Activity 1: Throwing Challenge	Cones Stumps Wind Balls	Group divided into 6, small teams. Each team has one set of stumps and a cone positioned 20m from the stumps. The game works in a relay format with one wicket keeper always in position.	The game has two parts, but the same rules apply. First game 2 handed pick up and second game, 1 handed pick up. Game works as a relay format. Keeper rolls ball out and the first player to pick the ball up, return to the keeper who then touches the stumps, is the winning team and score a point. First team to 10 points in each game is the winner. Keeper changes with the previous thrower each ball.	Keeper can decide feed and therefore creates a variable practice for the fielder. Disqualified if there is a fumble/'poor' throw. Feed can be 'harder' to stop, with feeder adding bounce/speed/spin.	15 mins	<u>Two handed:</u> Basic Technical Fielding Page 1 Development 1 Development 2 <u>One handed:</u> Basic Technical Fielding Page 3 Start of stage Development 1 Development 2
Activity 2: All Around Fielding	Stumps Cones Incredi-balls	Group split into 3 small groups and placed into 1 of 3 groups, with the drill set up in a relay format. The coach is acting as the keeper and feeder and has 2 stations 10-15m to the left and right, with a 3 rd station 25m in front. Stumps placed by keeper and in the centre of the triangle.	The coach will feed the ball to the left, the player will attack the ball and attempt a one hand pick up and throw at the stumps, backed up by the player to the right of the coach, who will 2 hand pick up and throw overarm at the centre target, backed up by station 3, who will 2 hand pick up and throw the ball to the coach overarm. Players always follow their throw.	Increase size of the triangle. Add a 4 th station, which runs to stumps when ball travels to station 3. They catch and return to coach. Variable feed. (i.e.) High catch. Include ladders for players to complete when they move onto next station.	15 mins	Enhanced Practices Fielding Page 1
Activity 3: Pairs Cricket	Stumps Incredi-balls Bats Cones	2 pairs cricket pitches set up. Stumps 16 yards apart, boundary a reasonably size, marked by cones in a circular shape around the pitch. 2 cones to mark the crease/wide lines at each end of the wicket. Coned 'pavilion' for the batsmen awaiting their turn.	Each batting pair is given a target of 20 runs from 12 balls and the fielding team a target of 3 wickets. Runs are scored as per pairs cricket rules, with 2 runs for a wide or no ball. Team who wins the most 'mini battles' will win the game.	5 bonus runs awarded for a successful Yorker/sweep/reverse sweep. Increase/decrease wickets/runs required. Decrease/increase boundary size.	20 mins	Basic Practices General Games Pairs Cricket 'Dots vs Runs'

SUMMER session12	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up:</p> <p>Catching By Numbers</p>	<p>Cones Tennis balls</p>	<p>6 coned areas (ideally colour coordinated).</p> <p>Participants divided into equal groups, no more than 6.</p>	<p>Every player in each box has a number between 1-6. The ball starts with 1 and moves in sequence through to 6 and back to one via an underarm throw and catch.</p> <p>All players must be moving at all times.</p>	<p>Reverse the sequence order, so that 6 starts with the ball to challenge players' thinking.</p> <p>One handed catching only (right and left). 2 balls per group. Players move to group on the right every time their number is called. Add a possession game, so the number called moves to next group and attempts to win the ball.</p>	<p>5-10 mins</p>	<p>Early Page 1</p>
<p>Activity 1:</p> <p>Hardball Game</p>	<p>Grass/Astro Wicket</p> <p>Batting equipment</p> <p>Cricket balls</p> <p>Stumps</p> <p>Scoresheet</p> <p>Cones/ Boundary</p>	<p>Pitch length 19 yards, boundary approx. 30m around the pitch.</p> <p>2 teams, 10 per side.</p>	<p>5 batting pairs face 3 overs each.</p> <p>Each bowler can bowl maximum of 2 overs.</p> <p>Team score starts on 200. Runs scored as per pair's cricket rules, loss of 5 runs per wicket.</p>	<p>Include 'goals'.</p> <p>Bonus runs for good play.</p> <p>Great opportunity to watch how players think in match play and how well they apply the coaching given to them. Enables coach to monitor progress.</p>	<p>60-90 mins</p>	<p>Basic Practices</p> <p>General Games</p> <p>Page 1</p>

For further activities and session plans, please visit Chance Shine's new resource pack by clicking the link below:

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