

East Lancashire Club

Under 9's Club Coaching Plan

9'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 9 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 9's level, the majority of the cricket played is in softball format, where multiple clubs attend a festival and play numerous matches of pairs cricket. This is a fantastic way to provide children their first experience of match play. 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 replicate the fundamental movements and techniques which are then enhanced in later years.

WINTER session 1	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p><u>Warm Up:</u></p> <p>Traffic Lights</p>	<p>Cones (red, yellow, green x2)</p> <p>Cones to mark space utilised.</p>	<p>2 coned areas of 15 players in each space.</p> <p>Ensure spaces are big enough to ensure there is enough space to move.</p>	<p>The coach will be in the centre of the square, holding a red, yellow and green cone. Players can move at a jogging pace when green is shown, a catching position when yellow is shown and bouncing on the spot when red is shown.</p>	<p>Encourage changes of direction by adding in a new colour of cone.</p> <p>Change the colour frequently to develop reactions, quick changes of direction and the ability to move into a catching position quickly, relating to a game.</p>	<p>5-10 mins</p>	<p>Early Physical Page 1 Traffic Lights</p>
<p><u>Activity 1</u></p> <p>Close Catching Technique</p>	<p>'Bigger' balls (All Stars)</p> <p>Tennis Balls</p> <p>Cone for each player.</p>	<p>Each person is placed into a pair.</p> <p>Cones are set up so that each pair stands opposite each other, 3-4 yards apart at first.</p> <p>Place a ball on one cone for each pair, to remain organised.</p>	<p>Players must attempt to throw the ball underarm to each other and catch the ball.</p> <p>Make sure the emphasis is on a high amount of opportunities to catch the ball to promote self-learning.</p> <p>Begin to incorporate key catching principles: Strong position, maximal catching area, eyes on the ball.</p>	<p>Move to smaller ball.</p> <p>Challenges: First to 20/50 catches.</p> <p>Encourage players to vary the position of the throw, higher, lower, left and right.</p> <p>2 balls if some groups are in need of further progression.</p> <p>Moving back to bigger balls if necessary.</p>	<p>10-15 mins</p>	<p>Early Technical Fielding Start of Stage Development End of Stage</p>
<p><u>Activity 2</u></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).</p> <p>Rolling the ball along the floor to improve fielding technique.</p> <p>Allow an option to vary practice, catch or throw to enable reaction to unknown stimuli.</p>	<p>5-10 mins</p>	<p>Early Page 1</p>
<p><u>Activity 3</u></p> <p>Quick Runs, Safe Catches</p>	<p>10-12 bats Cones</p> <p>Tennis Balls Stumps x4</p>	<p>2 games to promote everybody being involved all the time. 4 teams of equal amount.</p> <p>Team of catchers have one cone each and are placed in a circle. Batters are split in two and are positioned behind stumps equally in a relay set up.</p> <p>Competition within all 4 teams (3 matches)</p>	<p>The object of the game is for the catchers to compete against the batters in a 1-minute challenge.</p> <p>Catchers aim to take as many catches as possible, where batters must attempt as many runs as possible as a team (1pt for each successful run/catch).</p> <p>Teams then swap over and a score is calculated.</p>	<p>Further distance for batters to run/catchers to throw.</p> <p>Bigger ball in play if catchers are struggling.</p> <p>Catches count as 2 points.</p>	<p>15-20 mins</p>	<p>Early Technical Fielding Page 1</p>

WINTER session 2	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Crossfire	'Bigger Ball' from All Stars. Cones Tennis Balls	2 pitches, 4 teams of equal amount. Pitches 20m long Line of cones at the end of the playing area, equal amount of tennis balls at each end. Big ball is the target in the middle of the area.	Players must stay behind the line of cones for safety. Aim of the game is to hit the bigger ball with the tennis ball via an overarm throw. The first team to knock the big ball past the line of cones is the winner.	Add more big balls to the game. Include a time limit. Increase throwing distance (playing area).	10 mins	Early Tactical Fielding Page 1
Activity 1 Front foot batting	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.	Batters await a countdown from the coach and can only strike the ball when instructed to do so.	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.	15 mins	Early Technical Batting Striking Vertical Development stages End of Stage
		A coned 'goal' is set up for each batter to aim for. Coned area behind the batter for non-striking batter within the pair.	A call of 'collect' will follow and balls are to be collected by the non- striker. Pairs then swap positions. Introduction to core principles. Grip, stance backswing most importantly.	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).		
Activity 2 Rapid Fire Batting	5 Bats 2 Stumps 10 Tees Tennis Balls Cones	10 tees are lined up an equal distance apart. A Line of cones are placed across the playing area at 10m from the bat. Stumps are placed behind the hitting zone. A coned 'pavilion' is set up for the batters awaiting their turn to bat.	Batters hit 2 front foot drives (5 batters x 2 balls). Countdown from the coach before striking commences. Fielders must stay behind the line of cones until the last ball has been struck. Batters than run around the stumps to attain points for their team. 1pt for each set of stumps passed. Batters stop when fielders return balls and tees to correct position. Teams switch once every batter has had 2 opportunities to bat.	Include a scoring zone for bonus points. In an area where a front foot drive is likely to go. 10 points for a success. 5 points for the fielding team if a catch is taken. Increase running distance between stumps.	15 mins	Early Technical Batting Beat the fielder
Activity 3 Continuous Cricket	2 stumps Tennis Ball Bats Cones	Stumps placed 10-15m apart. 2 cones placed next to the bowler's end set of stumps. Coned 'pavilion' set up for the batters awaiting their turn to bat. Fielders to be spread out. Coach is the bowler.	The aim of the game is for batters to score as many runs as possible by hitting a moving ball and then immediately running towards the bowler's end, through a gate and back to join their team. Batters must run every time, scoring 1pt for a hit and 0 for a miss. Batters are out if they are bowled, hit wicket, caught, or run out. Teams switch every 5 mins (2 innings).	Double runs for a well- executed drive. 5pts for a catch taken by a fielder. Scoring zones introduced to begin to think about tactical gameplay. Bobble feeds from coach is necessary, dependent upon skill level of player.	20 mins	Early Technical Physical Batting Game-based Page 1

WINTER session 3	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Warm Up Relays	Cones Tennis Balls	Participants divided into 6 relay teams. 5 cones per team in line 10-15m long. Teams split on each end of the relay line.	Players take it in turns to complete a task, with the emphasis on fun and completing tasks that occur on a cricket field.	Pick up and throw under arm from middle cone. Start with ball and leave it on middle cone. Next person retrieves. Catching relay. Batting slalom.	5-10 mins	Early Physical Warm Ups
Activity 1 Bowling Technique – paired practice	Cones Tennis Balls	Participants split into pairs and each have a cone, 16 yards apart (as per u9 festivals) participants will then bowl to each other, using a catching position to stop the ball.	Participants will then bowl to each other, using a catching position to stop the ball. Important that players ‘have a go’ and experience what bowling feels like. Basic technical points starting to be introduced but important to keep in mind each player’s individual method.	Place 2 cones to aim for (1 each) as an area to attempt to land the ball on the first bounce. Introduce run up and grip. Simplify technique for players if necessary.	15 mins	Early Technical Bowling Start of Stage Overarm Development End of Stage
Activity 2 Bowling Relay	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.	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. This is a good opportunity to allow the players to ‘have a go’ and experience the skill of bowling, before technical points are introduced in intervals to help the players develop.	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).	20 mins	Early Technical Bowling Development Practices 3
Activity 3 Mini Game	4 stumps 4 ball 4 bats Cones	Split group in 4 teams. There are 4 pitches and every player has a number, in which they take turns to bat, bowl, field and wicket keep. A game is set up using only 1 set of stumps. There is 1 batter, 1 bowler and the remainder are fielders.	Bowlers will bowl overarm, as practiced within the session and the batter will look to score runs. A batter scores runs by running up and down the wicket, which they can do at any time. They can also choose not to run to develop game awareness. A batter is out when bowled, caught or hit wicket and next batter takes their turn.	Develop fielding awareness with a cone to learn how close/far away you should stand. Use questions to test where players could move their cone to. 5 runs added to batting score for bowlers taking wickets or a catch from fielders.	20 mins	Early Tactical Mini Game

WINTER session 4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Running with the bat	Bats Cones	Players divided into teams of 3 and 1 bat between each group. Cones positioned 16 yards apart. On person on one side and 2 on the other.	Batters run with the bat to the opposite side where a changeover if complete and the next person begins to run. Introduce 'wait' call.	Include calling. Batters can only go when 'yes' is heard. A 'no' means stay still (game related) Sliding the bat in. Add a gate to each team before the end of the 16-yard area. This is where players learn how to slide their bat to gain an advantage. Running more than 1. Coach calls 'yes' and then a number.	10 mins	Activities Page 9 Technical Tactical
Activity 1 Throwing Challenge	Cones Tennis Balls Stumps	Players divided into 4 teams of equal size. Throwing competition (2 pitches). 4 sets of stumps arranged inside a coned area, with both teams 10m from the stumps. Players throw overarm only.	Aim of the game is to be the team that hits the stumps on the most occasions. There are 10 balls in play per pitch. When a stump is hit, the game is stopped by the coach. The player who hit the stump takes it out of the base and back to their team.	Increase/decrease distance from target. Less/more stumps to aim for. Begin to highlight importance of technique and player understanding of how throwing is important.	15 mins	Game not shown on iCoach, however, you can view the start of stage, by searching for 'throwing' in the search bar.
Activity 2 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 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.	15 mins	Basic Technical Tactical Search for 'Run them out'.
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 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 an example of good calling from the batting team (learning from warm up). 5 bonus runs scored for an example of good throwing technique (learning from main activity) and a run out.	20 mins	Basic Practices General Games Page 1

WINTER session 5	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.	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	Use toolbar to search for Hand Hockey Basic Physical Warm Up
Activity 1 Pull Shot Technique	15 bats 15 tennis balls 15 batting tees Cones Stumps	Batting tees set up a safe distance apart (3- 4 paces). A bat is positioned next to a setoff stumps, with one stump in and a tee with a tennis ball on top to replicate a 'suitable' pull shot height. 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.	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).	15 mins	Early Technical Batting Striking Horizontal Start of Stage Development Practices End of Stage
Activity 2 Pull Shot Lords Game	Bats Tennis Balls Cones Stumps Tee	2 pitches, 4 teams. 2 cones 'goals' set up behind one another, first goal 15m and second 20m from the bat (safety). Fielders simulate square leg/mid-wicket fielding positions. Coned 'pavilion' batting team.	Each batsman has 5 Pull Shot attempts. Their aim is to beat the fielders. If they score through the first goal, 5 runs are scored and 10 runs for the furthest goal. Coaches now feeding balls. If a batter is out, they continue until 5 balls have been bowled.	Smaller/larger goals. Balls thrown into a keeper once fielded (good game practice). Coach varies speed of throw dependent upon ability of the individual.	15 mins	Basic Practices Batting Technical Page 1
Activity 3 Shot Selection game	Bats Tennis Balls Windballs	2 pitches, 4 teams. Fielding teams split into off and leg side positions. Coned 'pavilion' for batting team.	Coach has orange windballs) and yellow (tennis balls) in his hand. If the coach feeds a yellow ball, then the batter must play a front foot drive. If an orange ball is fed, then a pull shot must be attempted. 5 points for the correct decision. 10 if the shot is executed perfectly.	Ensure the group understand what decisions they are making and why.	20 mins	Early Practices Batting Page 1 'Orange or Yellow' will give you a good understanding of the game.

WINTER session 6	Equipment	Set Up	Rules	Progressions	Time	iCoach Videos
Warm Up: Bat taps	Bats Tennis Balls Cones	Two 20x20m coned areas are set up and the participants are split into 2 groups. Each player has a bat and a tennis ball.	The aim is for players to keep the ball bouncing on the face of the bat whilst moving around the area. Bats must be held with two hands on the handle.	Introduce side/back of the bat to challenge skill level. Bat tap tennis with a partner. Include additional zones to move into. Bigger/smaller balls if appropriate.	10 mins	Basic Physical Warm Up Batting Page 1
Activity 1 High Catching	Tennis Balls Cones	Participants divided into pairs and each player has a cone, placed 10m away from each other.	Players are to throw the ball underarm at height, with the ball travelling upwards, and then downwards creating a high catch for the partner. After 5 attempts, players swap sides and repeat the process.	Link to close catching. What is the same/different with technique? Competition. How many catches in a minute? Close catch, high catch where it alternates every throw.	15 mins	Early Technical Fielding Start of Stage Development End of Stage *Adapt for height of catch.
Activity 2 Catching Tennis	Cones Tennis balls 4 stumps	2 pitches set up, 10x10m pitches. Stumps used as a net, one set either side of the middle of the court. 4 equal teams.	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.	Second ball introduced. Smaller/larger pitch. One handed catch only. Bigger ball. Players eliminated after a mistake.	10 mins	Basic Physical Search for 'Catching Tennis'
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.	Teams split into pairs and face 12 legal deliveries (2 overs). Runs are scored as per normal cricket rules. Teams start at 200 runs and attempt to add to their score. If a wicket falls (no LBW's) 5 runs are lost from the total. Each fielder must bowl at least 1 over. The team with the highest run total is the winner.	2 Powerplay overs (double runs for batting and 2 sets of stumps to aim for in bowling powerplay). Look to link in the skills learned in the previous sessions, use questioning to aid player development.	25 mins	Basic Practices General Games Pairs Cricket

SUMMER session 1	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Catching by Numbers	Cones Tennis Balls	6 coned areas (ideally colour coordinated). Participants divided into equal groups, no more than 6.	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. All players must be moving at all times.	Reverse the sequence order, so that 6 starts with the ball to challenge players' thinking. One handed catching only (right and left). Rolling the ball along the floor to improve fielding technique. Allow an option to vary practice, catch or throw to enable reaction to unknown stimuli.	5-10 mins	Early Page 1
Activity 1 Front Foot Batting	Bats Tees Tennis Balls 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. Introduction to 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).	15 mins	Early Technical Batting Striking Vertical Development Stages End of Stage
Activity 2 Front Foot Lords Game	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 quickly in succession with one bounce before the batter makes 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. Bigger ball. 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 Continuous Cricket	2 stumps Tennis Ball Bats Cones	Stumps placed 10- 15m apart. 2 cones placed next to the bowler's end set of stumps. Coned 'pavilion' set up for the batters awaiting their turn to bat. Fielders to be spread out. Coach is the bowler.	The aim of the game is for batters to score as many runs as possible by hitting a moving ball and then immediately running towards the bowler's end, through a gate and back to join their team. Batters must run every time, scoring 1pt for a hit and 0 for a miss. Batters are out if they are bowled, hit wicket, caught, or run out. Teams switch every 5 mins (2 innings).	Double runs for a well-executed drive. 5pts for a catch taken by a fielder. Scoring zones introduced to begin to think about tactical gameplay. Tee/Bobble/drop feeds from coach is necessary, dependent upon skill level of player.	20 mins	Early Technical Physical Batting Game-based

SUMMER session 2	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Dodgeball	Big balls Tennis Balls	Group divided into 3 teams. Each player given a number. Each team has a 5x5m area to work in and one person is in the middle as the 'dodger'.	The 'dodgers' job is to ensure that the ball doesn't touch them below the waist. The fielders on the outside are trying to throw the ball (underarm only) at the dodger. When there is a hit, the next numbered player is the 'dodger'.	Use smaller ball. Add an extra ball. Increase size of the area. 2 'dodgers' at a time.	5-10 mins	Early Physical Warm Up and Cool Down
Activity 1 Bowling Technique	Cones Tennis Balls	Participants split into pairs and each have a cone, 16 yards apart (as per u9 festivals) participants will then bowl to each other, using a catching position to stop the ball.	Participants will then bowl to each other, using a catching position to stop the ball. Important that players 'have a go' and experience what bowling feels like. Basic technical points starting to be introduced but important to keep in mind each player's individual method.	Begin to 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 Bigger Ball..	10 mins	Early Technical Bowling Overarm Start of stage Development Practices End of Stage
Activity 2 Conestrike	Cones Incredi-balls Stumps	Group divided into 6 teams. Each team has a bowling lane (16 yards), with one set of stumps and a cone at the bowlers end to mark the point of release, with a further cone for run ups. 10 cones are laid out in front of each set of stumps in a 5x2 vertical formation. Each team has one keeper that rotates.	Teams aim to hit the cones in front of the stumps on the first bounce. If a cone is successfully hit, it is picked up by the bowler and placed behind the stumps. The bowler then takes the keeper's place, with the keeper returning to the team with the ball. 1 point is scored for every hit. The first team to bowl the ball at all 10 cones if the winner.	Bigger ball. Allow teams to place the cones where they think is deemed the 'best' place to bowl (length/line). Time limit. Bonus 5 points if the stumps are hit as well as the cone.	15 mins.	Early Practices Bowling Page 1
Activity 3 3 Team Cricket	Stumps Bats Cones	A standard pairs cricket pitch is set up with 16 yard wicket and appropriate boundary to provide player satisfaction with scoring a 4/6. Group split into 3 teams. One team bats (in pairs) one team are the bowlers and take it in turns and one team fields.	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.	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 session 3	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Throwing Accuracy	Cones Tennis Balls	Group divided into pairs and each player has 5 cones, which are set out in a straight line. Players to be 10m apart. One ball for each pair.	Throws must be underarm. Every time a cone is struck, the player who hit steals the cone and brings it back to their line of cones. The aim is to eliminate your partner by hitting all of their cones and obtaining all 10 cones.	Time limit. Increase/decrease distance. Alter the formation of the cones. Choice of player. Extra ball in play.	5-10 mins	See All Stars Cricket icon Additional activities Comet Cone Raider
Activity 1 Fielding Relays	6 Stumps Tennis Balls Cones	6 stumps are set up in a line across the playing area, a safe distance apart from one another. A cone, 10-15m from the stumps indicates where each team should await their turn to field. Each team requires a keeper who will act as a feeder. Skills practiced: One hand pick-up, two hand pick up and long barrier.	First skill is one-handed pick up. Keepers feed the ball halfway between themselves and the team. Players attack ball, pick up & throw 1-handed, back to keeper. 2 handed pick-up requires faster feed & an overarm throw, (+long barrier). The keeper leaves the ball and returns to the team in all drills.	Discuss why there are different styles. Why does our technique change based on the speed of the ball? Include a round where the feed is unknown, so the player has to react to the feed (game specific).	15 mins	Early Technical Fielding
Activity 2 Fielding Challenge 'Hit the Stumps'	6 Stumps Tennis Balls Cones	6 stumps are set up in a line across the playing area, a safe distance apart from one another. A cone, 10- 15m from the stumps indicates where each team should await their turn to field. Each team requires a keeper who will act as a feeder. Skills practiced: One hand pick up, two hand pick up and long barrier.	The aim is to be the first team to touch the stumps with the ball. All 6 teams compete against each other and score 1 point for every relay won. Coach will say '3,2,1 GO' and at this point, the keepers release the ball. Keepers change every ball. Direct hits not allowed, must be the keeper who makes contact with the stumps to encourage good throwing under pressure. The game is split into the 3 techniques.	Increase/decrease throwing distance. Talk about the throw, where should it be aiming for?	15mins	Early Practices Fielding Page 1 *Hit the stumps shows the closest resemblance to the game explained here. The change is the level of difficulty varies from station to station.
Activity 3 Cricket Rounder's	5 Stumps Tennis ball Bats Cones	Stumps set up in a traditional rounder's format. 4 'bases' and a set of stumps in the batting crease. Coned 'pavilion' for the batting team.	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.	Bigger ball. Incorporate a boundary for bonus runs (4/6). Intervention. Thinking about where to throw the ball. Which base? Game related practice building on skill practice. 5 runs for the fielders for a catch/run out.	20 mins	Basic Practices General Games Page 1

SUMMER session 4	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Caterpillar Catching	Cones Tennis Balls	Cones to indicate the start and end of the race. Teams arrange themselves into a 'zig zag' formation.	Teams will throw and catch the ball in a 'zig zag' direction. The person who threw the ball will join the end of the line, so the team progress down the area, towards the finish line. The first team to finish will be the winners.	2 balls. Further distance to achieve victory.	5-10 mins	
Activity 1 Fielders vs Runners (incorporating backing up and calling).	Stumps Cones Tennis 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).	10-15 mins	Basic Practices Fielding *Look at Run them out as an indication of how the game works. However, appreciate the nature of this game, where there is more of a game-based focus.
Activity 2 Judging a run	Stumps Cones Tennis Balls	2 games set up in pair's cricket layout, however, there is no boundary to promote running between the wickets. 4 teams on 2 pitches. One team on each pitch will bat and one team will field. Coach will bowl, and now batters are permitted to hit the ball, looking for runs.	The aim is for the batting team to accumulate as many runs as they possibly can, by judging whether there is a run or not. Runs are scored as per how many times they cross. Fielders must attempt to run the batters out and 'back up' the ball when necessary. A run out takes 5 runs away from the batting team 12 balls per batting pair	After 2 dot balls, batters must run on the 3rd ball Scoring zones (4 runs) for the batters to aim for as a visual guide for finding the gaps.	15 mins	Basic Practices Batting Look at 'Finding the Gaps' which will provide a good understanding of what the game is aiming to achieve.
Activity 3 Pairs Cricket	Stumps Incredi-balls Bats Cones	2 pairs cricket pitches set up. Stumps 16 yards apart, boundary a reasonable 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.	Teams split into pairs and face 12 legal deliveries (2 overs). Runs are scored as per normal cricket rules. Teams start at 200 runs and attempt to add to their score. If a wicket falls (no LBW's) 5 runs are lost from the total. Each fielder must bowl at least 1 over. The team with the highest run total is the winner.	2 Powerplay overs (double runs for batting and 2 sets of stumps to aim for in bowling powerplay. Look to link in the skills learned in the previous sessions, use questioning to aid player development. Ensure players understand importance of fielding in the game.	20 mins	Basic Practices General Games Pairs Cricket

SUMMER session 5	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.	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	15 mins	iCoach Video: Basic Physical Page 1

Monitoring Progress: Players will be divided into 8 groups. There are 8 activities that will be completed in a circuit format. Each station will last 2 minutes, before moving onto the next station.

Close/High Catching: (2 separate stations): Players will underarm a ball to each other and take close/high catches. They are to count how many successful catches have been taken in that time. Progression: increase distance of throw.

Fielding: One- and Two-handed pickups: (2 separate stations): In groups, one person shall act as the feeder, next to a set of stumps. Once the ball is rolled out, players have to pick the ball up with one hand, or two depending on the station they are on. The ball is then returned to the stumps with an appropriate throw (underarm for 1 hand and overarm for 2 handed pick up).

Progression: [Combine the skills and feeds variable to relate to game situation.](#)

Bowling Relay: Players will attempt to bowl the ball towards the stumps, in overarm action. There will be a target area for the players to aim the first bounce to land. After the bowler has completed their delivery, it is then their turn as wicket keeper and the previous keeper returns to the team.

Progression: [Add competition to the drill with points scoring for target area and for hitting the stumps.](#)

Front foot batting challenge: Batting tees set up a safe distance apart (3-4 paces). A coned 'goal' is set up for each batter to aim for by playing a straight drive.

Progression: [Scoring points for success of shot. 10 points through your goal, 5 points for either side.](#)

Throwing Challenge: There are cones set up in a line within 5 yards of each other. Each cone has a ball on top. A set of stumps are approximately 10m away from the final cone. Players must attack the ball and throw overarm at the stumps in quick succession. 1 point is scored for every hit. Players awaiting their turn reset the balls on top of the cones.

Progression: [Increase distance and angle of throw to incorporate game related performance. Alternatively, increase/decrease the size of the target.](#)

SUMMER session 6	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Running with the bat	Bats Cones	Players divided into teams of 3 and 1 bat between each group. Cones positioned 16 yards apart. On person on one side and 2 on the other	Batters run with the bat to the opposite side where a changeover if complete and the next person begin to run.	Include calling. Batters can only go when 'yes' is heard. A 'no' means stay still (game related) Sliding the bat in. Add a gate to each team before the end of the 16 yard area. This is where players learn how to slide their bat to gain an advantage. Running more than 1. Coach calls 'yes' and then a number to simulate a game situation. Introduce 'wait' call.	5-10 mins	Basic Physical Page 1
Activity 1 Wicket keeping technique (relay)	Stumps Tennis Balls Cones	6 teams will be assembled across the playing area, with a 16 yard gap to the where the bowlers end would be. The focus is on the wicket keeping, however, a good opportunity for players to practice their bowling/throwing skills.	The format is very similar to a bowling relay, players will bowl the ball towards the stumps, and the keeper will attempt to 'take' the ball before re-joining the team. Introduction to basic core principles of wicket keeping, relate to catching technique where necessary.	1 point awarded for a successful 'take' Players to throw the ball or bowl the ball to add variation. Ball delivered to both off and leg side. Add a batsman/distraction.	10 mins	Basic Technical Wicket-Keeping Start of Stage Dev'ment practices End of stage
Activity 2 Wicket Keeping – Variable practice	Stumps Tennis Balls Cones	6 teams will be assembled across the playing area, with a 16-yard gap to the where the bowlers end would be. The focus is on the wicket keeping, however, a good opportunity for players to practice their bowling/throwing skills	There is a batsman now in play, who will not be active in terms of striking the ball, but is there as a distraction, that is present in a game. No bat in hand. Aim of the game is for teams to 'take' as many catches as wicket keeper as possible. Batsman rotates every 6 balls.	Provide 'batsman' with a cone to be able to touch the ball with to simulate an edge. Ball delivered to both sides of the wicket. Increase/decrease speed of throw/bowl.	15 mins	Basic Technical Wicket-Keeping Start of Stage Dev'ment practices End of stage Off side take (P2) Leg side take (P3)
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 inside the diamond area for safety.	The bowler 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 can attempt as many runs 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 of 4 batters.	Scoring zones acquire 5 bonus runs. 5 runs scored for an example of good calling from the batting team (learning from warm up). 5 bonus runs scored for an example of good throwing technique (learning from main activity) and a run out. Regular change of keepers to practice skill in a game based situation.	20 mins	Basic Practices General Games Page 1

SUMMER session 7	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
Warm Up: Powerball	'Bigger Ball' from All Stars. Cones Tennis Balls	2 pitches, 4 teams of equal amount. Pitches 20mlong Line of cones at the end of the playing area, equal amount of tennis balls at each end. Big ball is the target in the middle of the area.	Players must stay behind the line of cones for safety. Aim of the game is to hit the bigger ball with the tennis ball via an overarm throw. The first team to knock the big ball past the line of cones is the winner	Add more big balls to the game (more targets). Include a time limit. Increase throwing distance (playing area).	10 mins	Early Tactical Fielding Page 1
Activity 1 Sweep Shot/ Reverse Sweep Shot	Tees Cones Bats Tennis Balls	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. Introduction to sweep technique.	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. 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. *Please note that the videos show players who are in the enhanced stage of development
Activity 2 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).	Bowler stake 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. Players to understand the term Yorker and 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	There are no specific videos on the Yorker delivery, however, revisit the technical bowling videos and explain how an earlier release can result in a yorker being bowled.
Activity 3 Pairs Cricket (Game Scenario)	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 session 8	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<u>Warm Up:</u> Catching By Numbers	Cones Tennis balls	6 coned areas (ideally colour coordinated). Participants divided into equal groups, no more than 6.	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. All players must be moving at all times.	Reverse the sequence order, so that 6 starts with the ball to challenge players' thinking. One handed catching only (right and left). Rolling the ball along the floor to improve fielding technique. Allow an option to vary practice, catch or throw to enable reaction to unknown stimuli. Players to switch to the team to their right if their number is called.	5-10 mins	Early Page 1
<u>Activity 1</u> Throwing technique	Cones Tennis 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
<u>Activity 2</u> Throwing Relay Challenge	Stumps Cones Tennis Balls	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 9-1. Setup 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. 9 stumps – 2 points 6 stumps – 4 points 3 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. Size of ball. 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.
<u>Activity 3</u> Continuous Cricket	2 stumps Tennis Ball Bats Cones	Stumps placed 10-15m apart. 2 cones placed next to the bowlers end set of stumps. Coned 'pavilion' set up for the batters awaiting their turn to bat. Fielders to be spread out. Coach is the bowler.	The aim of the game is for batters to score as many runs as possible by hitting a moving ball and then immediately running towards the bowlers end, through a gate and back to join their team. Batters must run every time, scoring 1pt for a hit and 0 for a miss. Batters are out if they are bowled, hit wicket, caught, or run out. Teams switch every 5 mins (2 innings).	Double runs for a well- executed drive. 5pts for a catch taken by a fielder. Scoring zones introduced to begin to think about tactical gameplay. Drop/bobble feeds from coach if necessary, dependent upon skill level of player. Bonus 5 runs for direct hit throw.	20 mins	Early Technical Physical Batting Game-based Page 1

SUMMER session 9	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p><u>Warm Up:</u> Quick Runs, Safe Catches</p>	<p>10-12 bats Cones Tennis Balls Stumps x4</p>	<p>2 games to promote everybody being involved all the time. 4 teams of equal amount. Team of catchers have one cone each and are placed in a circle. Batters are split in two and are positioned behind stumps equally in a relay set up. Competition within all 4 teams (3 matches)</p>	<p>The object of the game is for the catchers to compete against the batters in a 1-minute challenge. Catchers aim to take as many catches as possible, where batters must attempt as many runs as possible as a team (1pt for each successful run/catch). Teams then swap over, and a score is calculated.</p>	<p>Further distance for batters to run/catchers to throw. Bigger ball in play if catchers are struggling. Catches count as 2 points.</p>	<p>10 mins</p>	<p>Early Technical Fielding Page 1</p>
<p><u>Activity 1</u> Rapid Fire Batting</p>	<p>5 Bats 2 Stumps 10 Tees Tennis Balls Cones</p>	<p>10 tees are lined up an equal distance apart. A line of cones are placed across the playing area at 10m from the bat. Stumps are placed behind the hitting zone. A coned 'pavilion' is set up for the batters awaiting their turn to bat.</p>	<p>Batters hit 2 front foot drives/sweeps/pulls each (5 batters x 2 balls). Fielders must stay behind the line of cones until the last ball has been struck. Batters then run around the stumps to attain points for their team. 1pt for each set of stumps passed. Batters stop when fielders return balls and tees to correct position. Teams switch once every batter has had 2 opportunities to bat.</p>	<p>3 rounds of games, working on each of the 3 shots and highlighting technical points where necessary in an intervention. Include a scoring zone for bonus points. In an area where a front foot drive is likely to go. 10 points for a success. 5 points for the fielding team if a catch is taken. Increase running distance between stumps.</p>		<p>Early Technical Batting Beat the fielder</p>
<p><u>Activity 2</u> Lords Game Tactical Batting</p>	<p>Bats Tennis balls Cones</p>	<p>Stumps set up at batting end only. 2 'goals' one behind the other as a target for the batters to strike the ball through, both straight and leg side, encouraging sweep and pull. Coned 'pavilion' for the batsmen awaiting their turn. Coach has 5 balls ready and is positioned where the bowler would stand</p>	<p>Each player has 5 attempts to play the ball through the 'goals'. These are fed quickly in succession with one bounce before the batter makes 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.</p>	<p>Increase/decrease size of the zones. Bigger ball. Rewards for fielding team (i.e catch = 5 runs). Variable feeds, batters having to identify length and line of ball and play appropriate shot. Drop feeds if necessary.</p>	<p>15 mins</p>	<p>Basic Practices Batting Page 1 Finding the Gaps 1 Finding the Gaps 2</p>
<p><u>Activity 3</u> Scenario Game Dots vs Runs</p>	<p>Stumps Cones Incredible ball</p>	<p>2 standard pairs cricket pitches marked out (16 yards between stumps). Appropriate sized boundary and a coned 'pavilion' for the batters waiting their turn. Group split into 4 teams and play 1 game.</p>	<p>The aim of the game is to encourage batters to score runs and for bowlers to bowl as many dot balls as possible. 1 point is awarded to the bowlers if a dot ball is bowled and 1 run is scored by the batting team if a scoring shot is played. Each pair face 16 balls with 2 bowlers ready (2 balls in play) to speed up the game. Each bowler 4 balls per spell. Highest total runs scored is the winner (batting + bowling).</p>	<p>Deduction of runs if there is not a run scored in a 3-ball spell (could change to additional runs for bowling team). Bonus runs for the batters for showing good calling and running with the bat technique. Bonus runs for batters playing a good drive/sweep/pull shot. Ensure players understand importance of fielding in the game.</p>	<p>20 mins</p>	<p>Basic Tactical Dots vs Runs This game is aimed at a more advanced stage of the PDM (player Development Model), however, the format of the game is transferable to Under 9's cricket if progressions are used effectively.</p>

SUMMER session10	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p>Warm Up: Mark your territory</p>	<p>Cones (2 colours) Tennis Balls</p>	<p>Two 20x20m areas set up with 30 cones inside the box, 15 cones in one colour and 15 cones in another colour. 16 tennis balls are placed on top of cones. Two, equal teams.</p>	<p>Teams are given a colour each. Their aim is to ensure a majority of the balls on their coloured cones. After 2-3 minutes the game finishes.</p>	<p>Incorporate one hand pick up technique. Add 'bigger' balls for 2 points. Before placing a ball down, find a teammate and complete 4 catches.</p>	<p>10 mins</p>	<p>All Stars Cricket Wk 1 Volcanos and Craters This is an extension of the All Stars game. The video will help you understand the layout</p>
<p>Monitoring Progress: Players will be divided into 8 groups. There are 8 activities that will be completed in a circuit format. Each station will last 2 minutes, before moving onto the next station.</p> <p>Close/High Catching: (2 separate stations): Players will underarm a ball to each other and take close catches. They are to count how many successful catches have been taken in that time. <i>Progression: increase distance of throw.</i></p> <p>Fielding: One- and Two-handed pickups: (2 separate stations): In groups, one person shall act as the feeder, next to a set of stumps. Once the ball is rolled out, players have to pick the ball up with one hand, or two depending on the station they are on. The ball is then returned to the stumps with an appropriate throw (underarm for 1 hand and overarm for 2 handed pick up). <i>Progression: Combine the skills and feeds variable to relate to game situation.</i></p> <p>Bowling Relay: Players will attempt to bowl the ball towards the stumps, in overarm action. There will be a target area for the players to aim the first bounce to land. After the bowler has completed their delivery, it is then their turn as wicket keeper and the previous keeper returns to the team. <i>Progression: Add competition to the drill with points scoring for target area and for hitting the stumps.</i></p> <p>Pull shot batting challenge: Batting tees set up a safe distance apart (3-4 paces). A coned 'goal' is set up for each batter to aim for by playing a pull shot. <i>Progression: Scoring points for success of shot. 10 points through your goal, 5 points for either side.</i></p> <p>Throwing Challenge: There are cones set up in a line within 5 yards of each other. Each cone has a ball on top. A set of stumps are approximately 10m away from the final cone. Players must attack the ball and throw overarm at the stumps in quick succession. 1 point is scored for every hit. Players awaiting their turn reset the balls on top of the cones. <i>Progression: Increase distance and angle of throw to incorporate game related performance. Alternatively, increase/decrease the size of the target.</i></p> <p>Pairs Cricket: 2 games of pair's cricket set up (4 teams) and teams play a full U9's standard rules as an indicator as to how well players can use the skills learned in the activities within the sessions up to this point.</p>						

SUMMER session11	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p><u>Warm Up:</u> 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. One handed catches only. Bigger ball. Players eliminated after a mistake.</p>	<p>10 mins</p>	<p>Basic Physical Warm Up and Cool Down Page 1</p>
<p><u>Activity 1</u> Bowling Technique Recap</p>	<p>Cones Tennis Balls</p>	<p>Participants split into pairs and each have a cone, 16 yards apart (as per u9 festivals).</p>	<p>Participants will then bowl to each other, using a catching position to stop the ball.</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>Early Technical Bowling Start of Stage Overarm Development End of Stage</p>
<p><u>Activity 2</u> Bowling Pitch Map</p>	<p>Incredi-balls 6x 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. Each team has a box of 16 white cones (4x4) close together to resemble a target area to land the ball. Each player resembles a different coloured cone.</p> <p>After each hit, the bowler replaces a white cone for their coloured cone. The colour dominating the box after 16 hits will win.</p>	<p>Make the target box smaller/bigger. 2 points for a double cone hit (2 cones replaced).</p>	<p>20 mins</p>	<p>Early Practices Bowling Page 1</p>
<p><u>Activity 3</u> Diamond Cricket</p>	<p>8 stumps 8 bats Tennis Balls cones</p>	<p>Stumps set up in a diamond formation, 10-15m apart.</p> <p>Bowler is a coach who stands in the middle.</p> <p>Batters split into teams of 4, and remaining batters are in a coned 'pavilion.'</p> <p>No fielders are allowed inside the diamond area for safety.</p>	<p>The bowler 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 an example of good calling from the batting team (learning from warm up).</p> <p>5 bonus runs scored for an example of good throwing technique (learning from main activity) and a run out.</p>	<p>20 mins</p>	<p>Basic Practices General Games Page 1</p>

SUMMER session12	Equipment	Set Up	Rules	Progressions	Time	iCoach Video
<p><u>Warm Up:</u></p> <p>Hand Hockey</p>	<p>4 stumps Tennis Balls Cones Bibs</p>	<p>2 pitches, 4 teams. Pitch 20m long approximately. 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. 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.</p>	<p>5 mins</p>	<p>Basic Physical Warm Up and Cool Down Page 1</p>
<p><u>Activity:</u></p> <p>Pairs Cricket Tournament</p>	<p>Stumps Incredi-balls Bats Cones</p>	<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. 2 cones to mark the crease/wide lines at each end of the wicket. Coned 'pavilion' for the batsmen awaiting their turn. Each fixture lasts 15 minutes. Games may have to be reduces if time is limited.</p>	<p>4 equal teams play a round robin format (2- 3 fixtures). The winning team receives 3 points, 2 points for a tie, and 1 point for losing the game. Teams split into pairs and face 12 legal deliveries (2 overs). Runs are scored as per normal cricket rules. Teams start at 200 runs and attempt to add to their score. If a wicket falls (no LBW's) 5 runs are lost from the total. Each fielder must bowl 6 balls. 2 bowlers ready bowling at one time to increase intensity. The team with the highest run total is the winner.</p>	<p>2 Powerplay overs (double runs for batting and 2 sets of stumps to aim for in bowling powerplay. Scoring zones for pull/sweep/drive. Increase/decrease size accordingly. 5 runs to the bowling team if a Yorker is perfected. Look to link in the skills learned in the previous sessions, use questioning to aid player development.</p>	<p>50 mins</p>	<p>Basic Practices General Games Page 1</p>

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

<https://teachers.chancetoshine.org/s/login/?startURL=%2Fs%2F&ec=302>

