

# Cricket

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**Where:** \_\_\_\_\_

**What time:** \_\_\_\_\_

**Duration:** 75 minutes

**Group:** Blue / Red - \_\_\_\_\_

**Student numbers:** \_\_\_\_\_

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**What you need:**

1. Cricket stumps x6 ( or large cones for wickets)
  2. Cricket bats x2 (4 to practice batting)
  3. Windballs/incrediballs/tennis balls (one between 2)
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**Stage 1. Fielding and warm up.**

In pairs (one ball per pair): Short catching (2m apart) and short catching (one-handed). Underarm lob and high catching (10m apart). Overarm throw and catch (15-20m apart).

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**Stage 2. Learn to bowl.**

In pairs (one ball per pair): Demonstrate the bowling action. Pairs bowl the ball to each other. Emphasize the following points;

- Grip the ball with 2 fingers on top and thumb underneath (not in the palm).
  - From a stationery position, draw an imaginary figure '6' with the bowling arm before releasing the ball at the highest point.
  - Non bowling arm should be pointing toward the target
  - Follow-through across the body towards target.
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**Stage 3. Batting/bowling/fielding drill.**

In groups of 5 or 6, set up a with one bowler, one batter, one wicket-keeper and the rest are fielder.

Get the batter to hit the ball towards the fielders (use cones for a target) Check the batter's stance (sideways and how they swing the bat. Batters don't run. Change roles after 6 balls.

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**Stage 4. Full game.** This will be roughly 6 – 10 a-side.

- Explain the rules of the game (briefly!) Stick to bowled / caught / run out / and hit wicket as ways of being out.
  - Batter can't be out first ball.
  - Bowlers bowl 4 balls and then the whole team moves around one position clockwise (use cones to show fielding positions).
  - Let each team bat for a certain period of time (eg 15 minutes) to see how many runs they can score. If one player is dominating the batting, retire them but let them bat later on when the rest of the team are out.
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**Activity leader, remember!**

1. Keep language simple. Some students may not understand complex instructions. If it's important use concept questions and repeat it.
  2. Your job is to motivate and organize. Make sure that you are proactive and encouraging.
  3. Keep calm, don't lose your patience (with students or group leaders) and have fun.
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