




Activity Plan for Cricket

Week 1			
Activity	How many or how long	How many days	Instructions
Cricket batting 	10 mins	3 days/wk	Practice hitting a ball with a cricket bat. If you don't have a cricket bat, you can use any that is long and flat (e.g., piece of wood). Have someone throw the ball towards you and see if you can hit it with the bat. The ball should be thrown underhand and usually in cricket it will bounce once before it gets to the batsman.

Week 2			
Activity	How many or how long	How many days	Instructions
Cricket Bowling 	10 mins	3 days/wk	This week practice your bowling for cricket. Set up the wicket (which is your target). If you don't have a cricket wicket you can use an upside-down chair or anything that has a fairly solid surface to aim at. When you "bowl" in cricket, the ball doesn't go along the ground but it can bounce before it hits the wicket. The overhand throw/pitch is very similar to baseball. Practice trying to hit the target, first just by throwing the ball straight at the wicket, then try throw the ball in a manner that it will bounce right before the wicket. Getting the bounce right will take some practice!
Cricket batting 	10 mins	3 days/wk	Practice hitting a ball with a cricket bat again this week. If you don't have a cricket bat, you can use any that is long and flat (e.g., piece of wood). Have someone throw the ball towards you and see if you can hit it with the bat.

Activity Plan for Cricket

Week 3			
Activity	How many or how long	How many days	Instructions
Cricket	10 mins	3 days/wk	This week, play a game of cricket with your friends. If they don't know how to play, you can teach them. Set up a wicket as a target. The person batting stands in front of the wicket and tries to bat the ball away. Another play on the batsman's team stands near the bowler (who is throwing the ball). The bowler tries to hit the wicket with the ball. If the batsman hits the ball away he runs to where his teammate is standing near the bowler and the teammate runs back beside the wicket (they change places). Each time the teammates change places, one run is scored. If the bowler hits the wicket with the ball, the batsman is out.

Week 4			
Activity	How many or how long	How many days	Instructions
Cricket	20 minutes	3 days/wk	This week, play another game of cricket with your friends. If they don't know how to play, you can teach them. Set up a wicket as a target. The person batting stands in front of the wicket and tries to bat the ball away. Another play on the batsman's team stands near the bowler (who is throwing the ball). The bowler tries to hit the wicket with the ball. If the batsman hits the ball away he runs to where his teammate is standing near the bowler and the teammate runs back beside the wicket (they change places). Each time the teammates change places, one run is scored. If the bowler hits the wicket with the ball, the batsman is out.

