



***Special
Olympics***

CRICKET COACHING GUIDE

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Special Olympics Cricket Coaching Guide **Training and Activities**

8 Week Training Program

2 Session per week – 1 Hour per session

Week 1	
Session 1	Session 2
Introduction to equipment	Warm-up- ball skills
Introduction to ball skills	Catching skills – competitions
Basic catching technique	Modified game – Fielding Soccer
Week 2	
Session 1	Session 2
Batting basics- grip, stance	Warm-up
Front foot shots	Introduction to throwing – 5 stage approach
Modified game – Diamond Cricket	Target Throwing game
Week 3	
Session 1	Session 2
Back foot shots	Bowling basics – grip, delivery
Pull shot game	Target bowling
Modified game – Driving Cricket	Modified game – 4 bowler cricket (Continuous cricket)
Week 4	
Session 1	Session 2
Ground fielding – attacking and defensive fielding	Bowling variation – seeing and seam
Modified Game – Diamond Cricket	Target Length bowling
	Modified game – T Ball line Cricket
Week 5	
Session 1	Session 2
Wicketkeeping basics	Introduction to running between wickets
Modified game	‘run out’ game
Kanga Pairs	Modified Game – super 8’s

Special Olympics Cricket Coaching Guide

Training and Activities



Week 6		
Session 1	(under Special Olympic Rules)	Session 2
Trial Match 1 (Team A to bat)		Trial Match 1 (Team B to bat)
Week 7		
Session 1	Session 2	
Review of match	Preparation for Match 2	
Skills practice on weak areas	Review of field placing's	
	Catching/ground fielding practice	
Week 8		
Session 1	(under Special Olympic Rules)	Session 2
Trial Match 2 (Team A to bat)		Trial Match 2 (Team B to bat)



Cricket Activities for Athletes with Intellectual Disabilities

Introduction

The purpose of this booklet is to provide a series of drills and games that can be used to teach cricket to the athletes with intellectual disabilities. However, many of the activities can be used with cricketers of different abilities in an effort to improve skill levels in all areas. The key to all activities is VARIETY. Make them SHORT and SIMPLE and never be afraid to move on to something else. I hope that you find the information in this booklet to be of use.

David Townsend (NSWCA)

Warm Up Activities



Keep The Bucket Full

Players surround the leader who stands in the centre of a given area with a bucket full of balls. As quickly as possible the leader rolls and throws the balls in all directions. The players retrieve the balls (only permitted to bring back one ball at a time) with the aim of never letting the bucket become empty.

Control The Ball

Roll ball inside hoop without losing control. Repeat constantly changing hands. Stand inside hoop, roll ball around outside of hoop with 2 hands: 1 hand: change direction on whistle/command. Walk around outside hoop, rolling ball inside, change direction on whistle/command.



Ball Control

Using hand(s) roll ball up and down stomach up chest, around neck, down chest, up and down leg, body. Hold ball using different body parts, except hands:-crook of elbow, under chin, behind knee, between ankles, between knees. Hold/balance ball using finger tips of hands, 1 hand. Try to move while holding/balancing the ball.

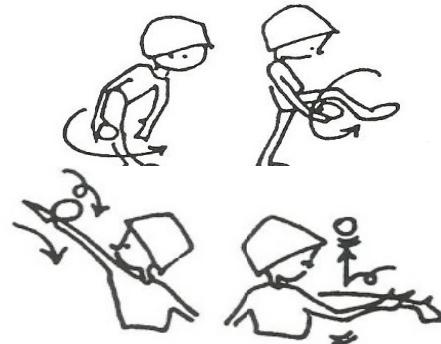




Individual

Pass the ball from hand around body (in both directions) at waist, head, knees, ankle levels. Pass ball in figure 8 around legs. Pass ball under and over 1 raised leg.

Place ball in raised hand; tip the ball from the hand so that it rolls down the arm to the elbow; to the shoulder. Try to roll the ball down the arm and straighten the arm when the ball reaches the elbow so that the ball is flung into the air.



Drop & Catch

(Right hand, left hand)

Alternate hands - increase speed.

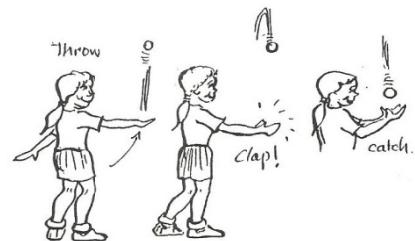
Drop *clap* and catch.



Throw, Clap & Catch

Throw, clap and catch. "How many claps?"

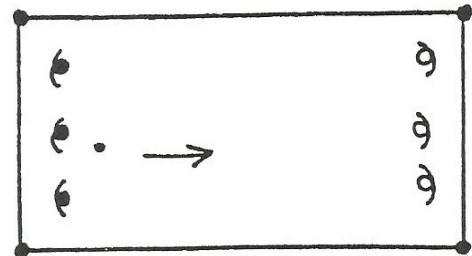
Claps only count if the catch is completed.



Forcing Back Fielding Soccer

Aim to roll ball underarm over opponent's goal.

No moving with ball; ball must be rolled below knee height.





Catching

Individual

Pass ball from hand to hand

- ◆ In front of body
- ◆ Behind body.

Repeat while walking.

Watch the ball or the mark on the ball.

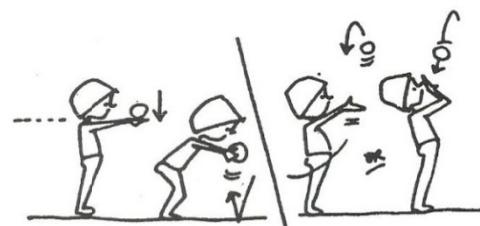


Hand Catch

Drop ball from chest level-catch after bounce. Lob ball vertically to about head heights, catch on full. "Who can take 10 consecutive catches?" Try to throw the ball higher and take the catch. "How should you hold your hands to take a high catch?"

Watch the mark on the ball. Let the ball settle in the hands.

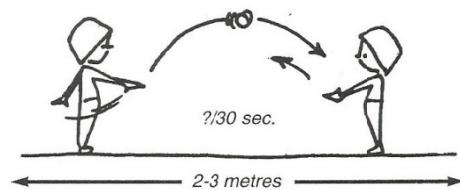
Orthodox and inverted hand position.



Close Catches

Underarm lob the ball to partner on full or bounce. Try to catch 20 consecutive catches together. If successful, see which pair can take the most consecutive catches in a given time period (e.g. 30 seconds)

Watch the ball or the mark on the ball.



Other Activities

Turn And Catch

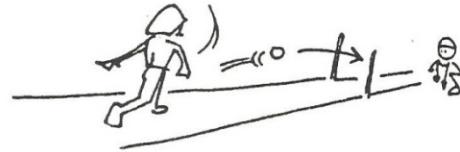
In Pairs-Balls Across The Circle



Throwing

The '5'stage Approach (Basic Technique) Target Throw

Throw ball at the target on wall or ground, retrieve and repeat.

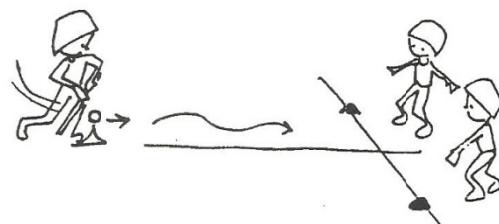


Batting

Stationary T-Ball Drive –Straight

Stand behind the ball in line with the target. Step forward and hit the ball with vertical bat at target. *If no Batting T place ball on ground for stationary Ball Drive*

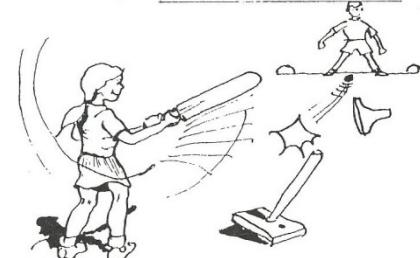
Place ball so mark provides hitting target.



Pull Shot To Target

In pairs or 4s aiming to hit ball from tee (on top of a single stump between 2 markers (goals). Score 10 points after each successful hit and change places after 6 hits. The 'hitter' should have her/his back to the goals in the starting position, i.e. not side-on to the goals.

Formation



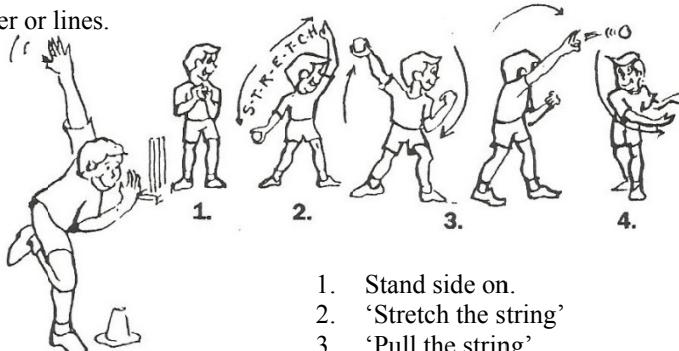


Bowling

Basic Bowling

Equipment: 1 Ball per pair, marker or lines.

In pairs or fours.



1. Stand side on.
2. 'Stretch the string'
3. 'Pull the string'
4. Follow through-bowling arm finishes past hip on opposite side of body.

Target Bowling

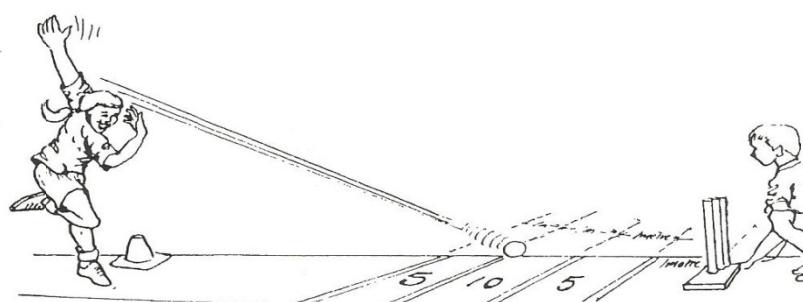
Bowler either end.



Target in middle.

Target Length Bowling

Equipment: 1 Set of stumps, ball, markers, lines/strips of material. Best on asphalt area or across a cricket pitch. In pairs or small groups, players can take turns, e.g. 5-6 bowls each in bowling target areas. Each line a 1 meter distance from the next.

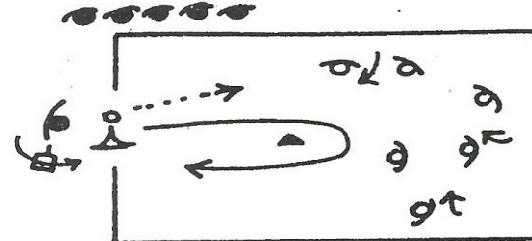




Modified Games

Hit And Run

Batters take turns. Batter hits stationary ball or Batting T (or the ground), runs around marker and back. Fielders gather ball and return it to line to beat the batter. If batter beats ball, score a run. Team change after all batted.

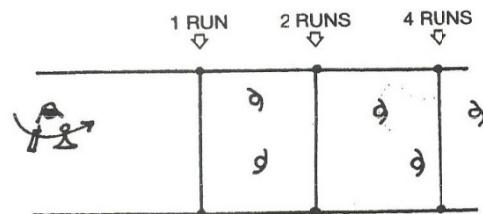


Next Stage

Introduce stumps and batters run up and down.

T-Ball Line Cricket

Players bat in turn. Score runs for hitting ball over lines/past markers. Fielders attempt to stop ball. Use T Ball/Stationary Ball Drive. 4-6 shots each.



Diamond Cricket (4 Stump)

Driving Cricket

(Fielders one side of wicket).

Four Bowler Cricket

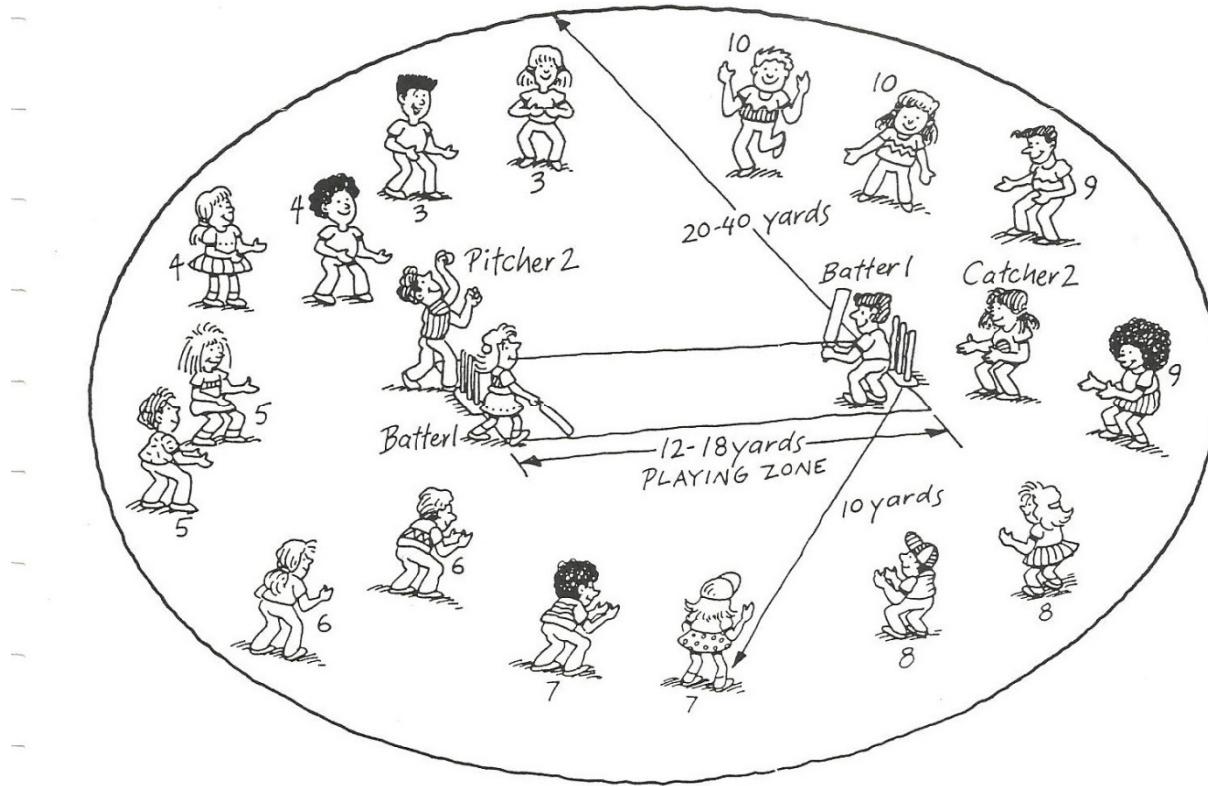
Kanga Pairs

Duel Pitch Cricket



How Kanga Ball Is Played

The most popular version of the game is Kanga Ball pairs. Separate a class of say into 2 equal groups of 20 children. Each group of 20 can then play its own game of Kanga Ball simultaneously. Divide each group of 20 into 10 pairs. The ideal number of pairs to play a game is 10. Also suitable are 8 or 12. To begin, pair 1 will be batters, as partners. Pair 2 will take turns to pitch and catch. Pairs 3 through 10 will field. As the game moves on all pairs will be rotated so that every player will have the opportunity to bat, pitch, field and run. The playing zone can be any reasonably flat surface. The length of the zone should suit the age of the children: 12-14 yards for under 10's; 14-16 yards for the under 12's 16-18 yards for under 14's. A set of wickets is placed at each end of the playing zone. The only other equipment needed is 2 Kanga bats and a Kanga ball. No gloves, padding, helmets, or masks. Perimeter of playing area should be no less than 20 yards from the wickets. Fielders should stand at least 10 yards from the batters.



The game can be played competitively or just for fun. If you wish to keep score, a kanga score sheet is provided with this manual.

**To Help Explain Kanga Ball, Let's Make Some Comparisons With Baseball****Baseball Pitcher**

The pitcher stands on the mound

The pitcher throws the ball to the batter

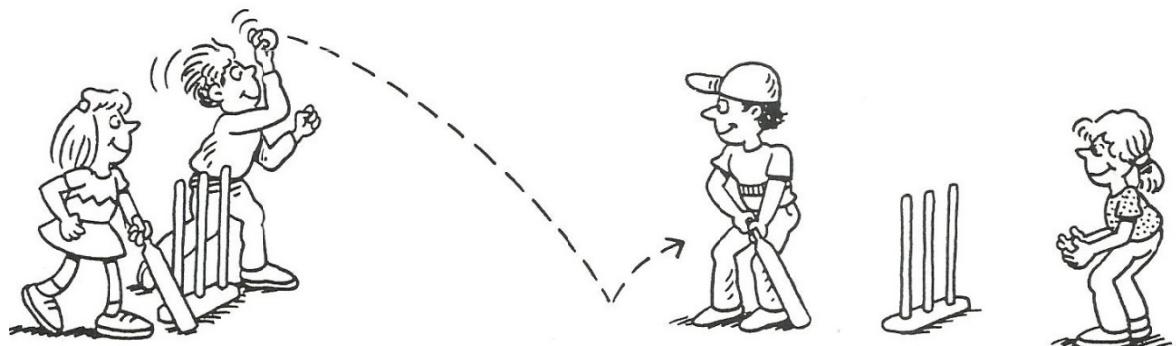
Kanga Ball Pitcher

The pitcher stand “even” with the wicket, on either side

The pitcher can either bowl the ball with a straight elbow as they do in Australia, or pitch the ball



But whether it's bowled or pitched try to make the Kanga Ball Bounce once before it reaches the batter. You can pitch underarm or overarm. Pitch the ball so it lobs in front of the batter.



There is no penalty if the ball does not bounce, but any pitch that cannot be reached by the batter, or passes above the batter's shoulder is called a “wide” and counts as one run

A team may use the one pitcher for the whole game

Every player bowls or pitches. 6 consecutive pitches is called an “over”. Overs can be pitched from the one end. Each pair pitches 2 overs (6 pitches per partner)



Special Olympics Cricket Coaching Guide

How Kanga Ball is played

Baseball Batter

The batter bats alone against the pitcher.

The batter must retire when "out"

The batter stands near the home plate



Batter stands with bat raised.

The batter must run when the bat strikes the ball unless the ball is hit into the "foul" area outside the 90 diamond

The batter tosses the bat away before running

Kanga Ball Batter

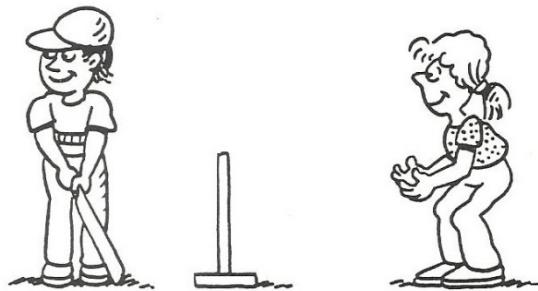
Batters bat in pairs. Each pair bats for two over's (12 pitches). Partners change ends after each out, and also change ends after one batter has faced three consecutive pitches.

After 2 over's another pair bats.

The batters are not retired no matter how many outs until the pair has received 12 pitches.

The batter stands at least a bat's length ahead of the wicket because if the wicket is hit with the bat—that's out.

The batter's partner stands "even" with the wicket at the pitcher's end, but on the opposite side to the pitcher.



Batter stands with bat resting on ground. Prepare to hit taking the bat back as the ball is pitched.

The batter can run—or stay at home—when the ball is hit. That's part of the game-deciding whether to risk running. There is no "foul" area. Batters can hit the ball in any direction. (360°).



The batter carries the bat while running. To make home safely be sure to ground the bat "even" with the wicket.



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How Kanga Ball is played

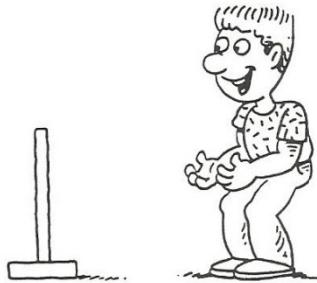


Baseball Catcher

The catcher stands behind home base and wears protective mask and padding.

Kanga Ball Catcher

No protective gear is needed. Stand a safe distance behind the wicket, but close enough to stop any pitch which gets past the batter. If the catcher misses the ball, the batters may run and if the pitch rolls to the perimeter that's four runs.

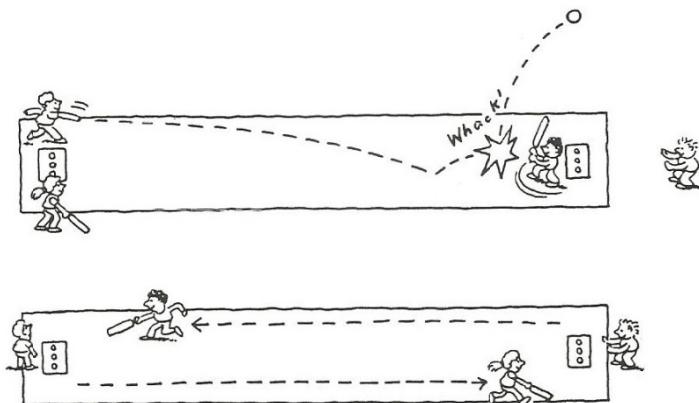


Baseball Runs

The batter must complete a circuit of 4 bases to score one run.

Kanga Ball Runs

Runs are scored by batters running between bases, called "wickets." Both batters must run and make their ground safely for a run to be scored. Batters can attempt as many runs as possible from each ball.



When the perimeter of the playing field is marked with flags, or lines, or fences, hits along the ground reaching the perimeter automatically score 4 runs. Hits over the perimeter-like a home run in baseball-automatically score 6 runs. Each time a batter is "out," one run is subtracted from the pair's score.

**Baseball Umpires**

The main umpire stands behind the catcher. There are base line umpires too, to call run-outs.

Kanga Ball Umpires

The main umpiring decision needed is “run out” (see next page under “Kanga Ball outs”). Fielders at right angle to wickets can give these decisions otherwise the teacher in charge.

Baseball Scoring

The team with the greater number of runs after an agreed number of innings wins the game.

Kanga Ball Scoring

The pair with the greater number of runs after each pair has batted for 2 overs (12 pitches), wins the game. Remember that 1 run is deducted for each “out.”

Special Olympics Cricket Coaching Guide

How Kanga Ball is played

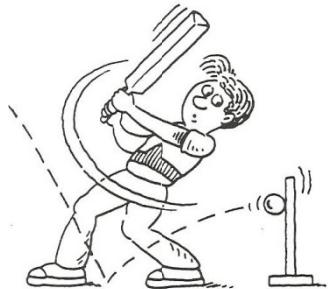


Baseball “Outs”

A batter may be struck out (3 strikes) or caught out from a fly ball...

Kanga Ball “Outs”

A batter is out “bowled” when the pitch hits the wicket. Out when caught from a fly ball...

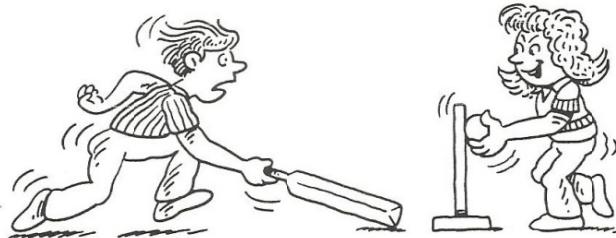


Or throw out if the fielder throws to a base before the batter reaches it.

... run out when a fielder’s throw scores a direct hit on the wicket and the batter running to that wicket is not home, with the bat on the ground, even with the wicket.



... run out when failing to be safe before a fielder throws to the pitcher or catcher who successfully catches the ball and strikes the wicket.



In these run out plays only one batter may be out—the one running to the danger end. There are no double plays in Kanga Ball. Out “hit wicket” if the bat strikes the wicket in the action of swinging at the ball. When a batter is out the umpire signals this to the batter and then to the scorers. Batters change ends after each out.

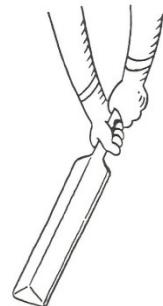


Basic Coaching Instruction

Batting

Grip

To hold the bat correctly, place it flat on the ground and then pick it up with both hands close together. The V's made by the thumbs and forefingers should line up with the raised centre of the back of the bat. Always hit with the flat surface of the bat.



Batting Position

When facing the pitcher, the batter should stand at least one bat length ahead of the wicket. In the ready position the bat rests on the ground. Prepare to hit taking the bat back as the ball is pitched. The batter's partner stands "even" with the wicket at the pitcher's end, on the opposite side to the pitcher.

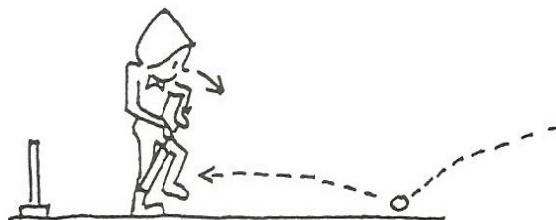
Vertical Bat Hits



a) Front Foot

Mostly used when the ball is pitched close to the batting position, in line with the wicket.

Step forward and hit ball with vertical bat.
Place front foot near spot where you think the pitch will bounce.



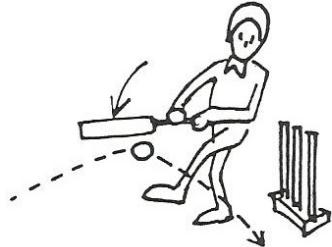
b) Back Foot

Mostly used when the ball bounces short of the batting position, in line with the wicket.

When the ball bounces short, batter should step back with back foot to have more time to judge bounce and direction of pitch.



Horizontal Bat Hits (Right-handed batter)



a) Hits to the batter are left

Mostly used when the ball bounces to the left of the batter.

Batter steps back and across with right foot and hits ball to left any direction.

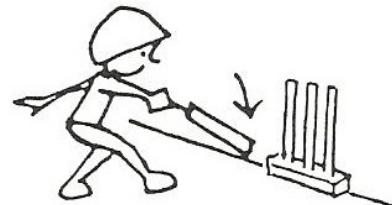
b) Hits to the batter's right

Mostly used when the ball bounces to the right of the batter.

Batter moves forward and across with left foot and hits ball to right in any direction.

Running between Wickets

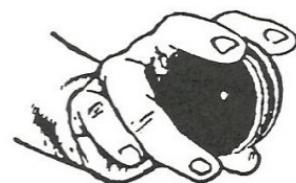
To complete a run, batters must place bat on the ground “even” with the wicket. Batters can attempt as many runs as possible from each ball, but can be “run out” if any run is not completed.



Pitching

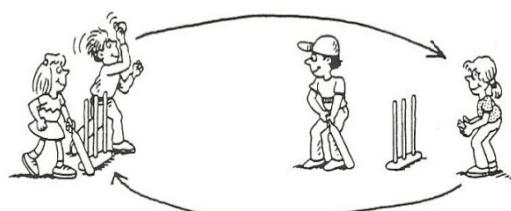
Grip

Encourage children to grip the ball with the first 2 fingers either side of the seam and the thumb on the seam, under the ball.



Position

Remember that each pair’s catcher changes places with the pitcher after 6 pitches.

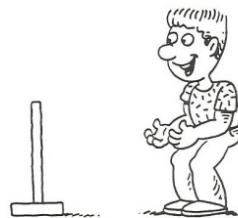




Catching

Position

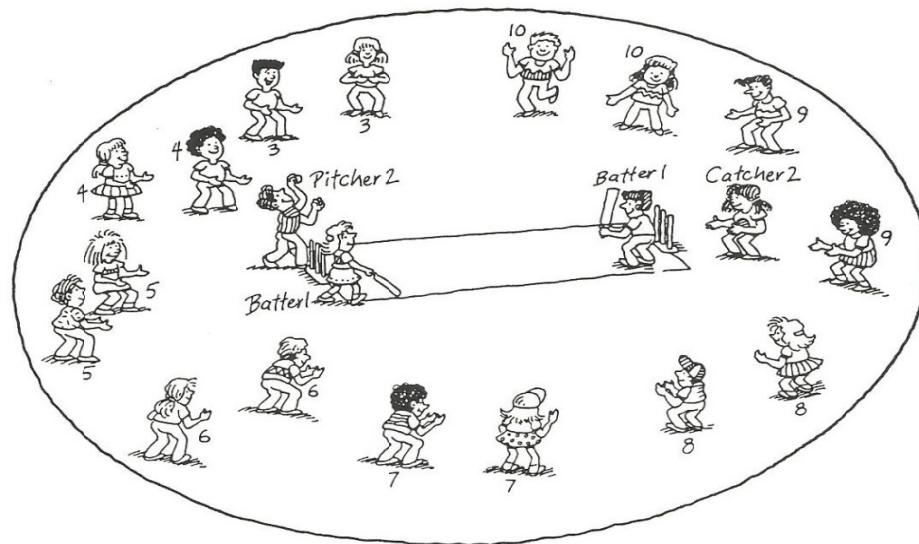
Stand a safe distance behind the wicket to avoid the swinging bat. But stand close enough to stop any pitch that passes the wicket. Try to catch the ball with both hands. Hands should “give” on contact with ball. Catching gloves are not required for Kanga Ball.



Fielding

Position

Because Kanga Ball batters can hit the ball in any direction, fielders are spaced evenly around the playing zone in a circle. Ground balls and fly balls are fielded without a glove. Catches are usually taken with both hands.

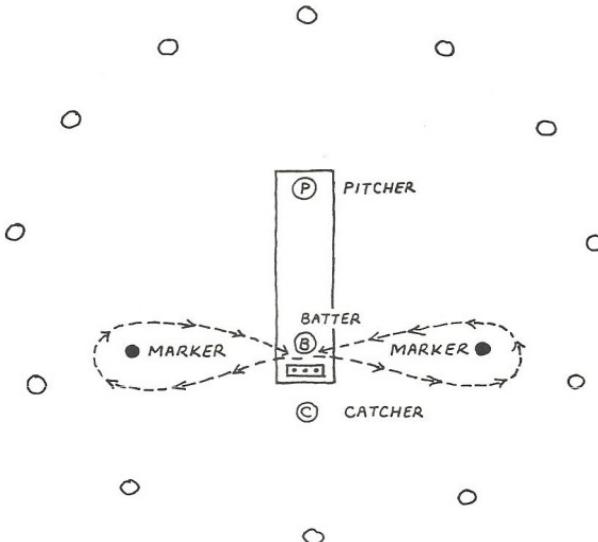


**Game Variations****Team Kanga Ball**

Each team should have an equal number of players-usually 10 or 12. While Team "A" is in the field, each player has 6 pitches in turn. The catcher's position and fielders positions also rotate after each 6 pitches. While Team "B" is batting, each pair bats (as partners) for 12 pitches while the remainder of the team are off the field waiting their turn to bat. The team with the higher number of runs is the winner. Don't forget to deduct one run for each out.

Continuous Kanga Ball

Place one set of wickets in the centre of a circle of fielders. Then set out 2 markers, either side of the wicket, about 20 yards from the wicket. Left-handed batters run to the left around the marker. Right-handed batters run to the right. In continuous kanga the batter must run when the ball is hit. The pitcher does not wait for the batter to get back to the batting position, but just pitches whenever a fielder has returned the ball. The only outs are caught, bowled or hit wicket. No run outs. After 6 pitches the catcher takes over as batter, the batter takes over as pitcher and the fielders rotate. (Alternatively, the teacher may control activity by pitching to all children.) As in Kanga pairs, subtract one run for every "out". A player running when caught does not score a run. The batter scoring the most runs from 6 pitches is the winner.

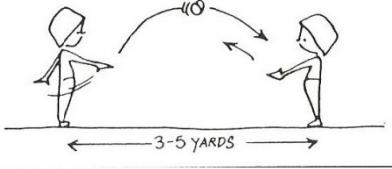
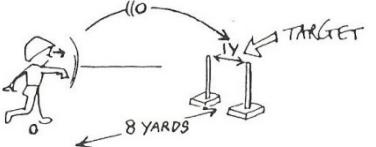
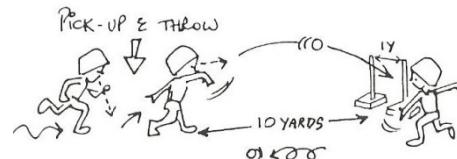
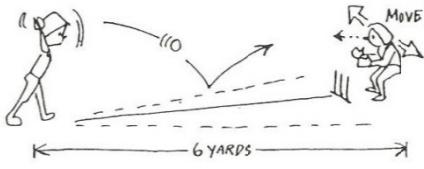
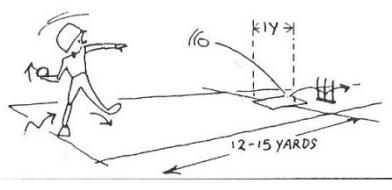
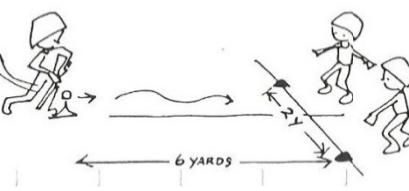




Special Olympics Cricket Coaching Guide

How Kanga Ball is played

Kanga Ball Drills And Skills

1. Fielding (Catching)	Underarm lob ball for partner to catch. Start about 3 yards apart then gradually increase distance. Who can make the most catches in a row?	
2. Fielding (Throwing)	Leave just one stump in each wicket base. Move bases a yard apart. From 8 yards away, throws must pass between the targets on full or bounce.	
3. Fielding (Gather and Throw)	Leave one stump in each wicket base. Move bases a yard apart. Fielder must gather ball at first try and throw ball from 10 yards to pass between targets on full on or bounce.	
4. Catching	Catch ball bounced to either side of the wicket. Move to catch ball with both hands	
5. Pitching	Place a flat target on the playing zone 12-15 yards in front of pitcher. Pitcher aims to land ball on target	
6. Batting Stationary T-Ball Drive (Straight)	Stand with toes level with batting T. step forward to drive ball at target. (Alternative-place ball on ground if batting T not available.)	

Special Olympics Cricket Coaching Guide
Cricket Introductory Activities



Scoresheet



School _____ Class _____ Date _____

PAIRS	RUNS SCORED FROM EACH PITCH Show each out with an X												TOTAL RUNS	MINUS OUTS	= SCORE
	1	2	3	4	5	6	7	8	9	10	11	12			
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															



Cricket Introduction Activities

Introductory Activities

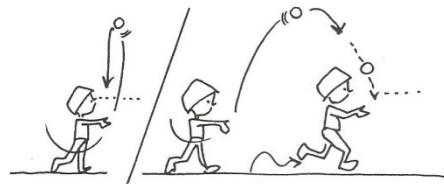
Try to commence each lesson with a brief warm-up which prepares children for the Skill Practices and Games.

Activities should be simple and vigorous and should involve balls.

Select warm-up activities which are easy to organize, enjoyable and within the skill range of all children.

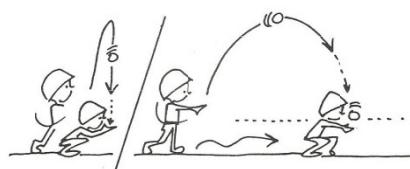
Ball per Child

Standing – lob ball to catch at eye level repeat, lob ball away, and run to catch the ball.



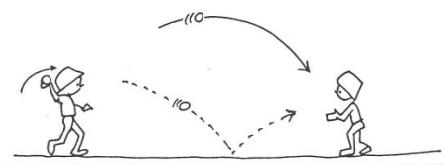
Ball per Child

Standing-lob to catch ball at eye level; stomach level; knee level; ankle level. Repeat, lob ball away-run to catch the ball at different levels.



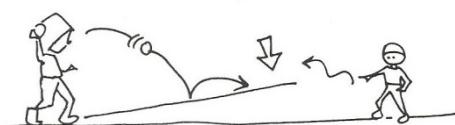
Ball per Pair.

Throw ball to partner on bounce or on full (Depending on catching skills). Move further apart until throwing extended. Try to make partner move to side to catch/gather ball.



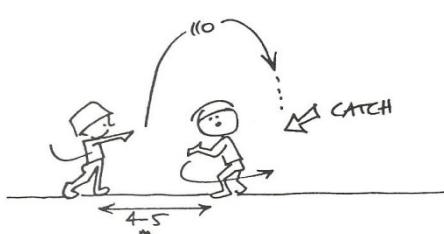
Ball per Pair.

Standing approx. 20 – 30m. Apart, throw ball to bounce to partner so that partner has to move to side to catch/receive ball.



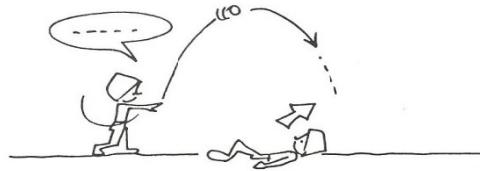
♦ **Ball per Pair.**

Partners approx. 4 – 5m. Apart. Lob ball high for partner to catch. If ball lobbed overhead, partner turn to move to catch ball. Exchange roles after each catch.



**Ball per Pair.**

Child lies on ground (or squats in wet conditions). Partner lobs ball into air and calls Christian name (e.g. 'Sue')-child stands, moves to ball to catch Repeat then change roles.





Cricket Skill Practices

Watch the Ball

In order to encourage children to develop the skill of Watching the Ball and learning how to judge the flight of the ball, MARKED BALLS may be used to focus attention.

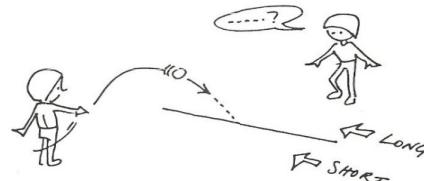
Marked Balls

- ◆ Neutral Tone Balls with different color marks. – Use permanent ink marking pen – children identify color of marking.
- ◆ Balls with different symbols, shapes e.g. X.O – use permanent ink marking pen, or biro Ink on Kanga Balls – Children identify shape.
- ◆ Colored Kanga Logo Color Kanga Log with Blue, Red, Green biro which impregnates the material. -identify color of marking
- ◆ Tennis Balls -2 Tone Nominates the color which is most visible in flight.
- ◆ Balls with different color hemispheres. Nominate color most visible as in (d) above. OR Number of times ball spins across equator in flight. (Impossible in most cases but does encourage focus on ball).

Presented below are activities to develop the ability to watch the ball. Additional activities of this nature are to be found in other skill sections. Always encourage children to watch a specific mark on the ball.

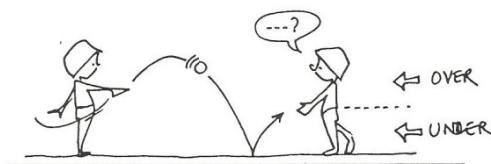
Long and Short" (Depth Judgment)

Partner lobs ball at line-child nominates “long” of the ball will land over the line or “short” in the ball will land short of the line.



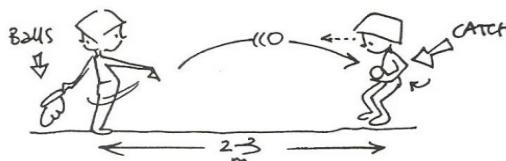
Ball Bounce -Judgment

Throw/lob ball to partner to catch after 1 bounce. Catcher nominates whether ball will bounce above waist or below waist. (Navel level) i.e. over/under or high/low.



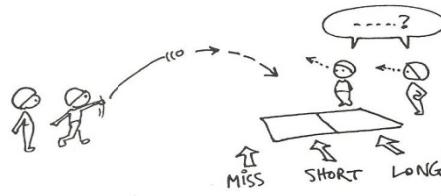
Identify Ball Markings

Child holds at least 3 balls with different markings, masked from view (in bag or box). Underarm lob a ball to partner who identifies marking before catching ball against body with hands. Count number of correct calls of 10 attempts.

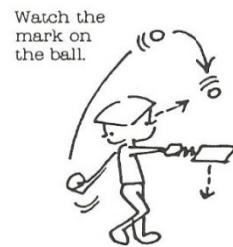


**Throw for Depth/Direction Plus Choice
Judgment (Depth/Direction)**

Children take turns to throw ball at double ground target. Two children try to call the part of target into which ball will land (short, long or miss). Call as early as possible. Rotate positions.

**Paddle Bat Catch**

Individual –balance ball on riddle bat. With other hand, gently lob ball and catch with paddle bat in 2 hands; preferred hand; preferred hand; then non-preferred hand. After 10 consecutive catches, perform partner catch.
Partner-Gently underarm ball from approx. 1 meter for partner to catch and control on paddle bat. If successful move further apart.

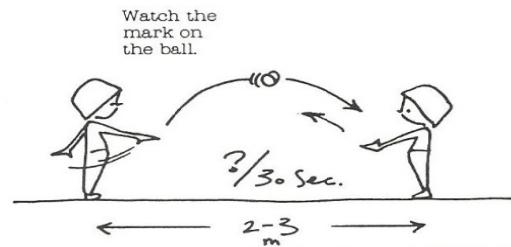




Close Catching

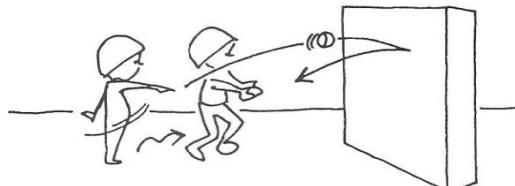
Close Catches

Underarm lob the ball to partner on full or bounce. Try to catch 20 consecutive catches together. If successful try to catch 30 individual catches in succession. If successful, see which pair can take the most consecutive catches in a given time period (e.g. 30 seconds).



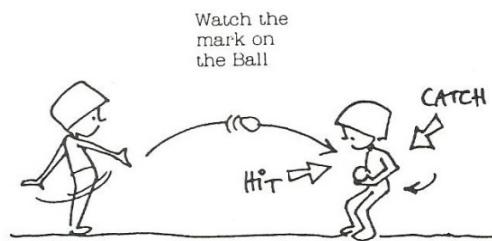
Rebound Catch (from wall or rebound net)

Underarm the ball to rebound on full to partner. (Less skilled may throw the ball over arm to strike ground first to produce a "softer" rebound from wall.



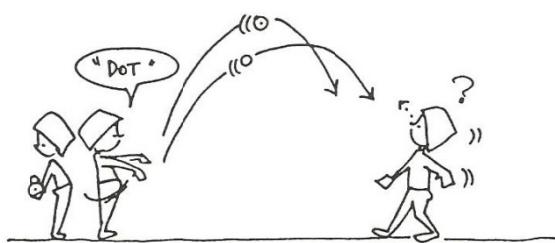
Close Catches – Use of body

Stand 1 meter apart. Gently lob ball at partner's body. Partner allows ball to hit-make body soft at impact and use hands to clasp ball to body. Gradually move further apart. "Who can catch 10 consecutive catches on the body?" "Who can take the longest catch on the body?"



Select the Ball Catch

Catcher told which marked ball to catch. The two balls are masked from view and then lobbed simultaneously to partner who must select and catch the ball

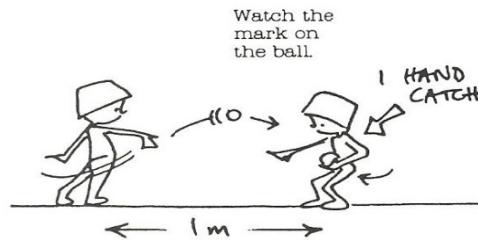


**One hand Catch**

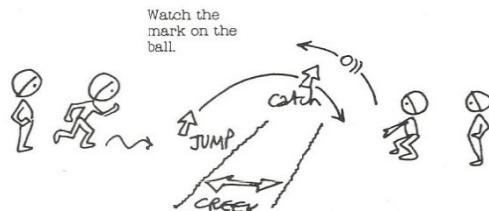
Gently lob ball to partner to catch in one hand (it is advisable to use the body to help catch the ball).

Repeat with other hand

Gradually more further apart.

**Jump Catch**

Catcher runs to jump ropes (the Creek) Child lobs ball so catcher takes the catch while airborne. Catcher retains ball and waits turn to lob ball. Lobber moves to other side to wait turn to catch.

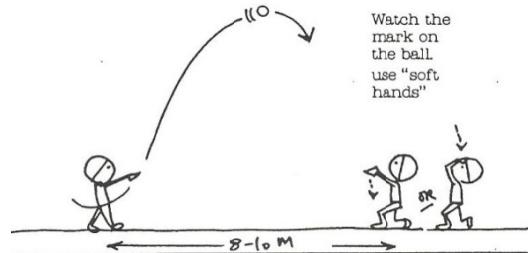




Lofted Catching

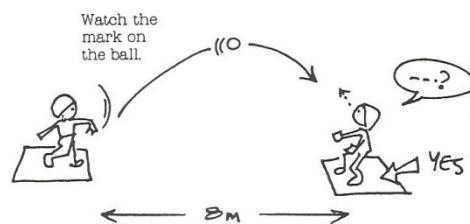
Lofted Catch

Underarm lob/throw ball to partner to catch. See who can catch the most consecutive catches.



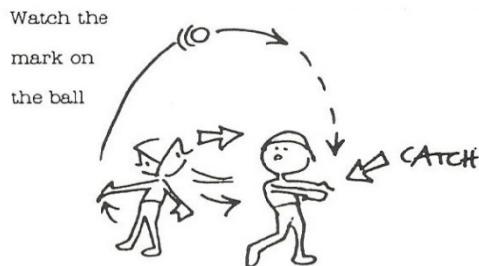
Judge Lofted Catch

Each child marks own territory approx. 3m square lob ball into partner's territory-partner calls "yes/no" whether ball will land in territory (call before ball reaches peak), then catch the ball. Lose 1 point for incorrect judgment call. Lose 1 point for catch dropped in territory.



Moving Forward Catch

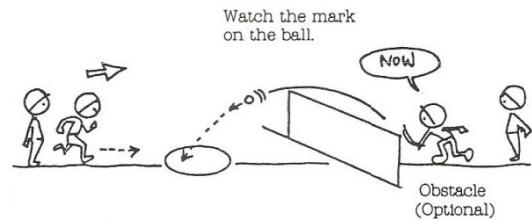
Child lobs ball at catching area and calls "Now" on release. Catcher moves forward to take catch irrespective whether it will land in catching area or not. Catcher moves with ball to lobbing position; lobber moves to line at pre-catching position (Less skilled children may initially use Catching net to successfully complete activity).



Turn and Catch

Individual

Lob ball above head height to land behind body, turn and catch. After 10 consecutive catches, perform Partner Catch.



Partner

Lob ball for partner to turn and catch initially indicate shoulder over which ball will be lobbed so Partner can turn correct way. Repeat 10 times, when change. Remedial: use catching nets

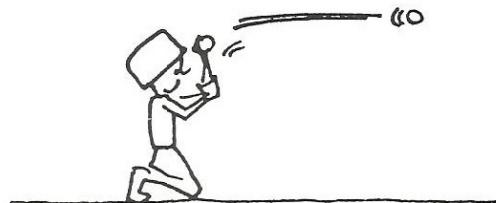


Throwing

Teaching Throwing although throwing is part of most ball games it is a skill which is taken for granted. However, some children never learn to throw effectively. Children should be encouraged to generate power by using their **legs hips and shoulders** to act as **slings** to help the **Arm** to throw the ball. The following sequence of activities may be helpful to many children:

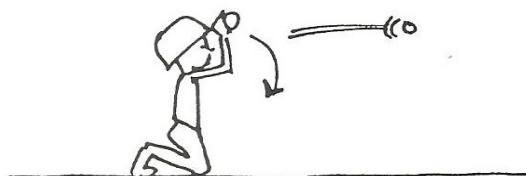
Wrists Throw

Throw from a kneeling position, facing partner/target hold forearm with non-throwing hand and throw with wrist only.



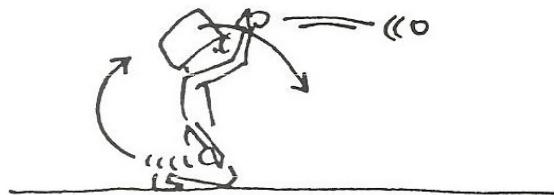
Elbow Throw

Throw from kneeling position (as above) point elbow at target and throw by extending arm, snap wrist.



Circular Throw

Throw from kneeling position (as above) or sitting position with arm swinging in a circular motion



Upper Body Throw

Kneel on front knee (with back foot to side) and throw ball with rotation of upper body from side-on, to front-on to add power.



Full Body Throw

Full standing throw. Step forward on front foot to add power from legs as the hips rotate from side-on to front-on.





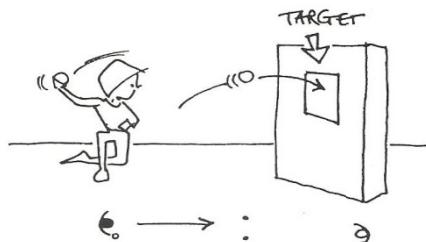
Special Olympics Cricket Coaching Guide

Cricket Skill Practice

Target Throw-Preferred Arm

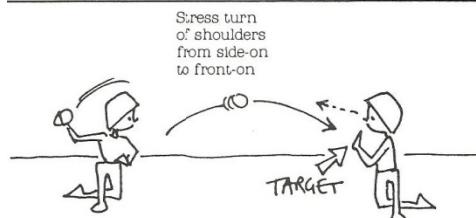
Kneel on Front Knee (left knee for Right handers).
Throw to target at least 20 throws then...

Standing Target throw



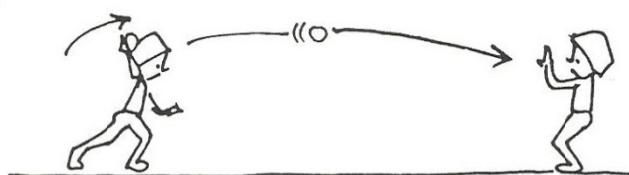
Partner Throw

Throw to partner with Preferred Arm Kneel on Front Knee then standing Hold hands at chest height as target for throw. Stress fine focus on hands. Repeat with Non-Preferred Arm.



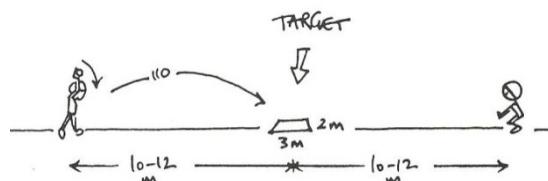
Partner Throw - Standing

Throw to partner on Full with Preferred Arm-Fine Focus on partner's hands as target. Repeat with non-preferred arm count how many times you hit the target (hands) without them i.e. moving.



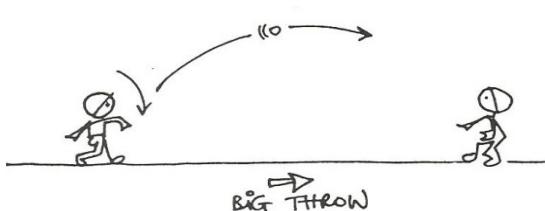
Target Throw

Throw in turn at Depth/Direction Target.



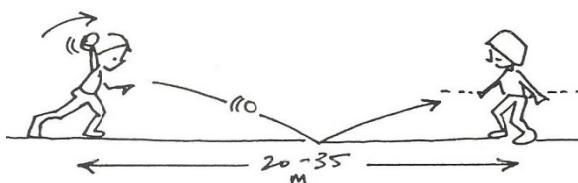
Partner Throw for Distance –Preferred Arm

Pair children of similar throwing strength Try to Force Partner back.



Skid Throw to Partner

Throw, ball with **Preferred Arm** so that it bounces several meters before partner so that ball can be caught at approx. waist height.

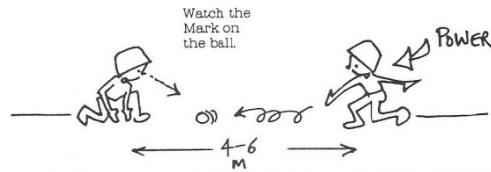




Defensive Fielding

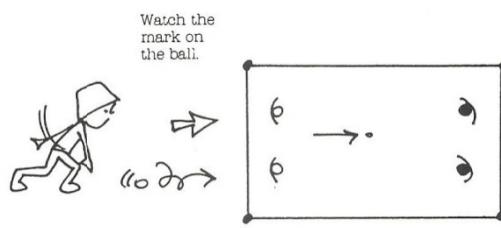
Block Rolled Ball

Underarm roll ball to Partner who blocks ball with hands and body (use leg, knee as second line of defense). Roll ball firmly at partner. See who can stop the most rolled balls.



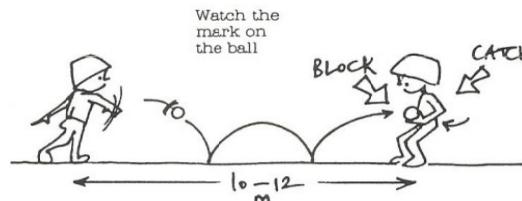
Block Rolled Ball

(Goal Defense) Roll ball back and forth. Try to roll into opposite goal.



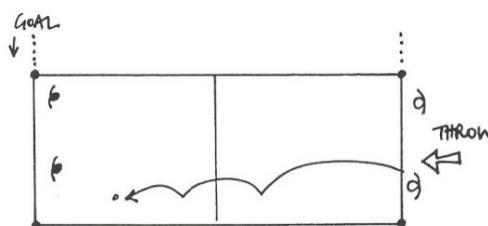
Block Bounced Ball

Throw over arm to partner so ball bounces partner block ball with body (leg, trunk) and hands. See who can stop the most bounced balls.



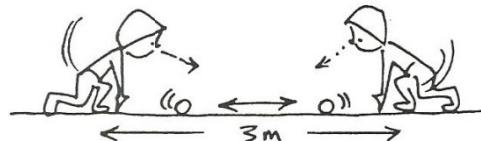
Block Bounced Ball (Goal Defense)

Throw ball over arm (ball must bounce before half way). Aim to bounce ball over goal-line.



Rapid Fire Defense

Underarm throw/roll straight to partner who tries to return ball quickly –aim between feet. Street importance of securing the ball prior to trying to throw/roll. “Who can do most throws in 20 seconds?”



Double Ball Gather

Child holds ball in each hand and rolls them simultaneously. Partner tries to stop both balls.



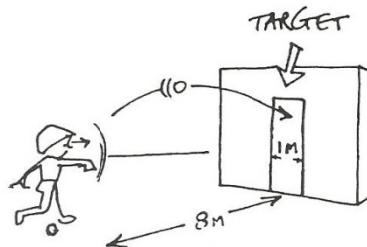


Attacking Fielding

Normal Throw

Standing, Gather Stationary Ball and Throw

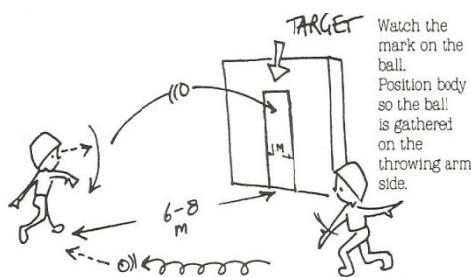
Stand in front of target, ball on ground (stationary). Gather ball in 2 hands, throw at target with preferred arm.



Standing, Gather Rolled Ball and Throw

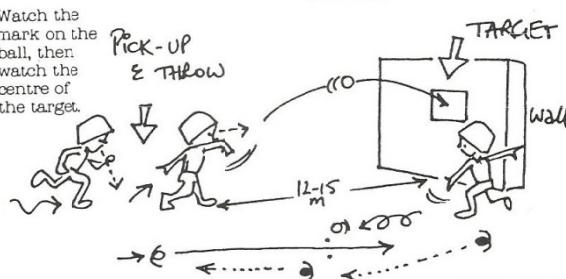
Roll ball for fielder to gather and throw at target with Preferred Arm. rotate positions after 10 throws.

Watch the mark on the ball. Position body so the ball is gathered on the throwing arm side.



Straight Approach, Gather Rolled Ball and Throw

Roll the ball to the child who approaches so ball can be gathered on throwing arm side, gather, and throw at target. Children rotate positions after each throw. If successful, skilled children should attempt with Non Preferred Arm. Watch the mark on the ball, and then watch the center of the target.

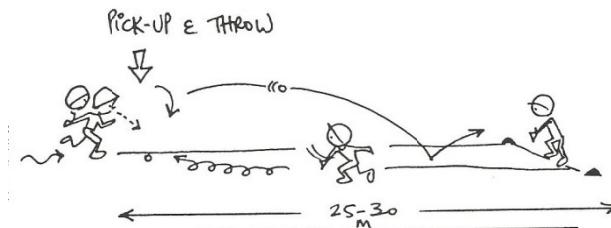


Skid Throw

Straight Approach, Gather Rolled Ball, Long Skid Throw

Roll ball to child who gathers on the move, throws ball to land 4-5m in front of target to skid/bounce to receiver. Relay ball to roller.

Replace receiver and roller after 10-12 throws.



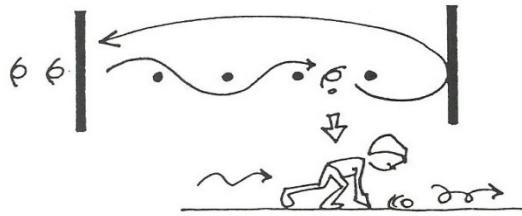


Close Fielding

Hand Dribble and Throw

Move forward controlling ball on ground in front, with hands. Throw ball to next child then return to end of line.

Activity can be conducted as relay between teams.

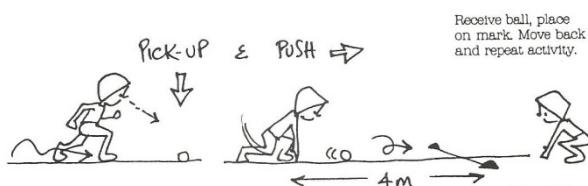


Underarm Push-Straight Approach Gather Stationary Ball

Run low, bends over, gather ball and push to a target.

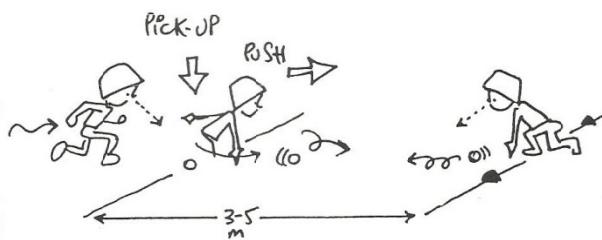
Preferred Hand

Non-preferred Hand



Underarm Push-Straight Approach Gather Rolled Ball

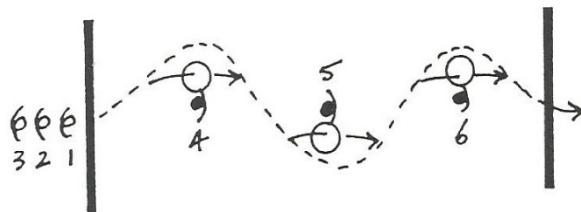
Roll ball for children to gather and push at target. Encourage children to run faster to ball, run low, watch ball closely and keep head down. Two hand/one hands gather preferred hand push/throw. If successful, try non-preferred hand



Ball and Hoop Relay

Children 4.5.6 stand with hoop held to alternate sides. Children 1,2,3 have ball each and run in turn around hoops, underarm lob ball through the hoop and re-gather ball on other side. Assemble at other end, then repeat. Change place with 4.5,6, who complete activity

NB can be run as Relay.





Bowling

Grip—encourage children to grip the ball with the first 2 fingers either side of the seam and the thumb on the seam, under the ball.



Teaching Bowling

Standing Bowl-Individual

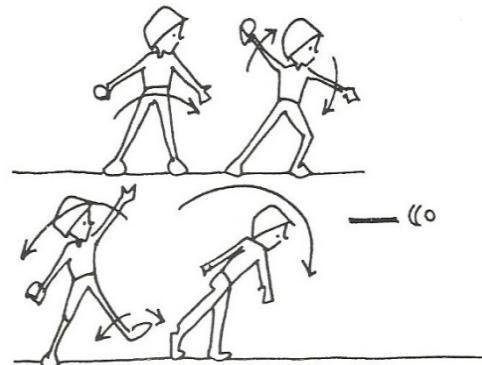
Identify preferred Bowling Arm, other arm is Target Arm. Each child stands side-on to desired target, with feet apart, arms outstretched like the spokes of a wheel.

(Bowling Arm at the back, farthest from target).

Rock back and forward as if the wheel is rolling back and forward.

With ball in bowling hand, rock back then forward to bowl ball to partner—"let the wheel keep rolling forward after you release the ball,"

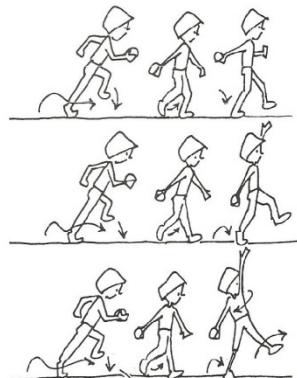
Repeat: Try to look behind target (front) arm when you rock back, then rock forward onto front foot to bowl.



Running Bowl

Identify "front foot" (L.F. for R.H. bowlers), "back foot" (R.F. for R.H. bowlers). Run to jump off "front foot" to land on "back foot."

Repeat, reaching high into air with front arm (L.A. for R.H. bowlers).



Repeat reaching high and across body to make body twist to land facing to the side (right side for R.H. bowlers).

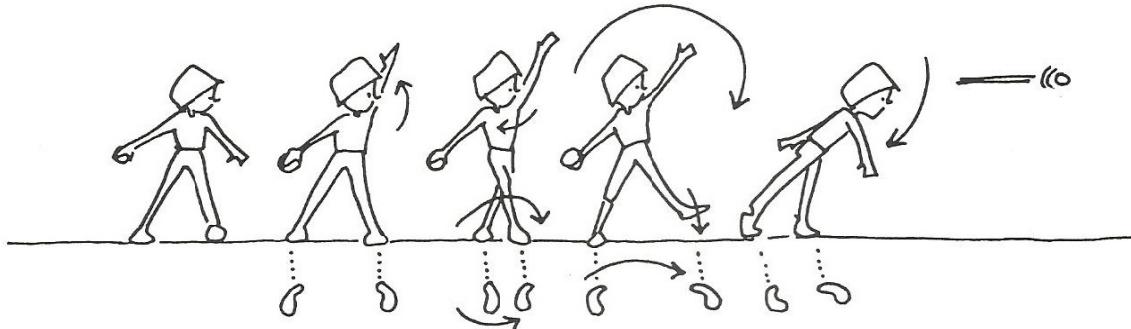


Repeat and allow arms to swing forward like the spokes of a wheel to bowl the ball, follow and gather. Repeat.



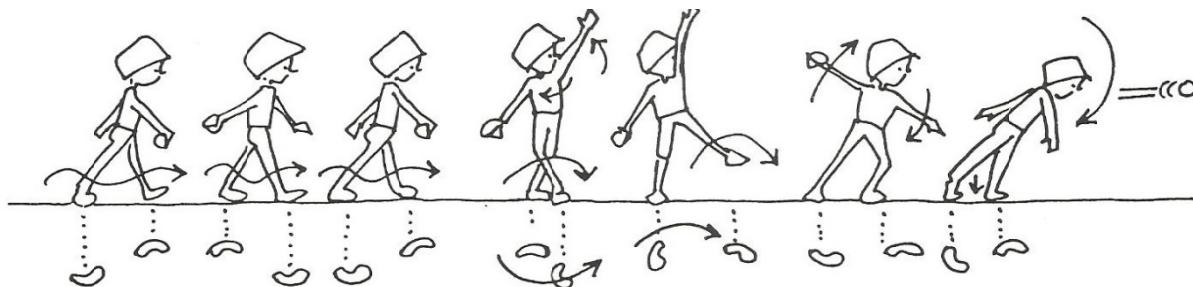
Remedial: Stand side-on to desired target with Bowling Arm at the back.

Raise target arm high in the air in direction of target. Step forward across body with back foot then step forward on front foot; allow arms to move like the spokes of a wheel to bowl the ball.



When this is mastered, stand facing front-on to target. Walk towards target. When it is time to bowl simply step forward across the body with the back foot, then step forward on front foot, allowing arms to move like the spokes of a wheel to bowl.

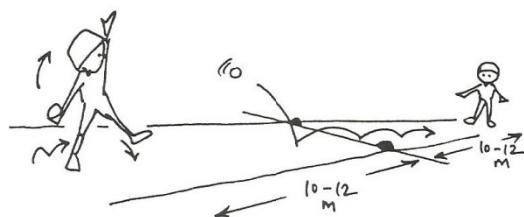
This can then be repeated at a slow trot and speed gradually increased until full running approach is learned.



Direction Bowl

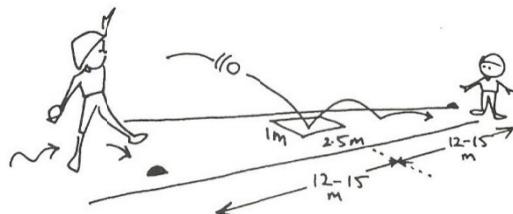
Bowl at broad direction target. If successful, children can reduce target.

Stress high front arm, before delivery.



Depth /Direction Bowl

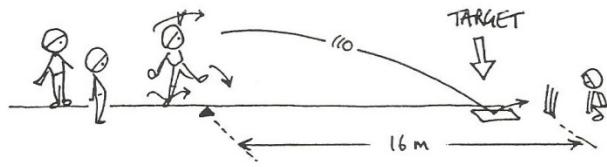
Bowl in turn at target





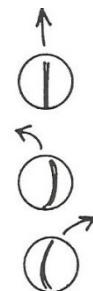
Depth/Direction Bowl

Bowl to land in Depth/Direction target and hit stumps.



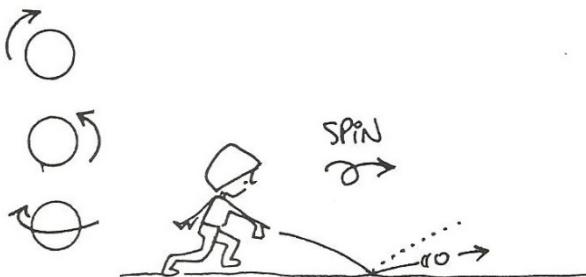
Swing Bowling

Bowl to partner, so seam remains in upright (vertical) position. Experiment with swing bowling aids, bowling with an upright seam-see if you can make the ball swing.



Spin Bowling Individual

Experiment with ways of making the ball spin try to toss the ball into the air so that it spins and changes direction when it lands. Pairs underarm lob ball to partner so that it spins and changes direction when it lands. Repeat, throwing over arm, then try to bowl and make the ball deviate after it bounces.

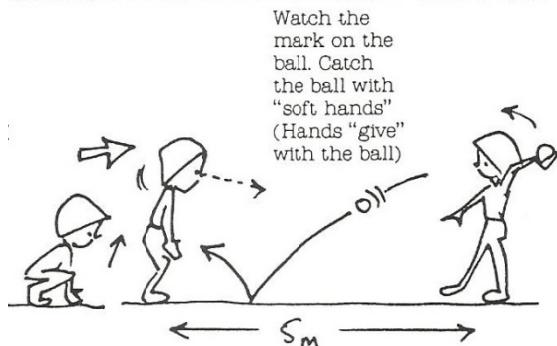




Wicketkeeping

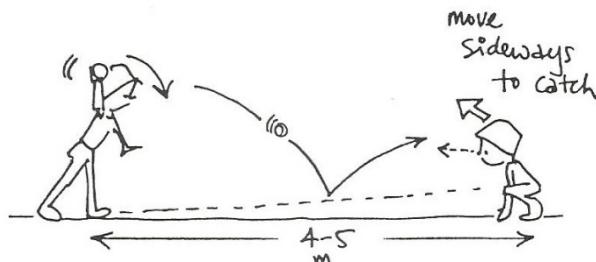
Wicketkeeping-Basic Catch

Child assumes croubed position on balls of feet with backs of bands on ground. Partner throws ball to bounce, child rises to catch ball. Watch the mark on the ball. Catch the ball with "soft hands" (hands give" with the ball) count number of correct catches out of 10.



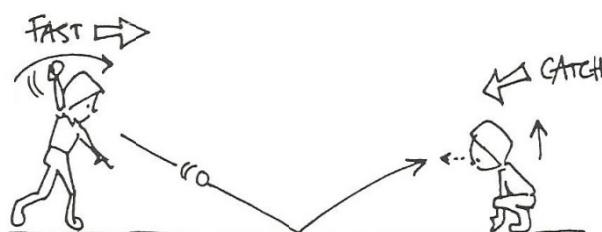
Wicketkeeping

Throws to partner throw 5 to one-sides then 5 to other side. Then throw at random. "How do you move so the ball will be caught in front of your navel? If successful, repeat with stumps or marker to simulate wicket keeping to a spin bowler. Catch ball and move hands to top of stumps as if for a stumping.



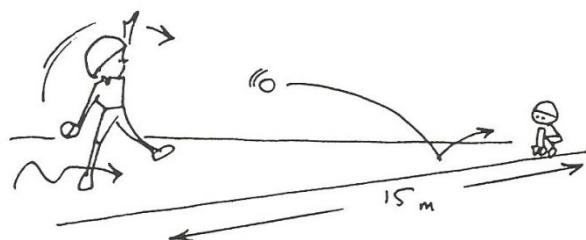
Wicketkeeping to Pace Bowling

Throwing ball harder for partner to catch after bounce. (Simulating fast bowler) aim to stop every ball. Lose 1 Bye for every missed ball. See who has fewer Byes for 10 throws.



Wicketkeep Score

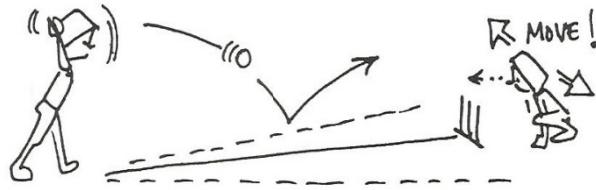
Bowl ball to partner who bowls back. Score number of clean catches out of 10. Try to improve your score.





Wicketkeeps to Slow Bowl

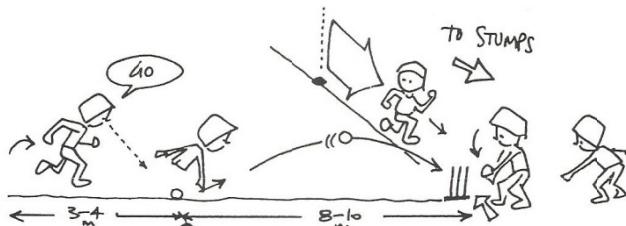
Child crouches in WK stance behind and to the R.H. side of stumps, marker (or imaginary stumps). Partner throws 5 bails to that side of stumps (off side to R.H. Bat) then 5 balls to the other side of stumps (leg side to R.H. Bat). Child moves to behind line of ball, catches and moves hands and ball to top of stumps (As for stumping) Score number of clean catches out of 10.



Wicket keeping –Run Out

On “go.” Fielder moves to pick up ball and throw to the stumps. – wicketkeeper runs to stumps to receive throw and hit stump/marker with hands holding the ball.

Rotate after 5 attempts.



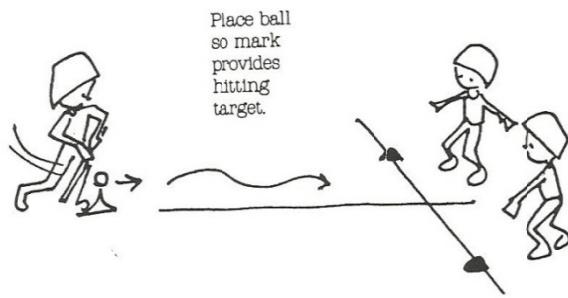


Batting – Vertical bat Shots

Front Foot

Stationary/T-Ball Drive-Straight

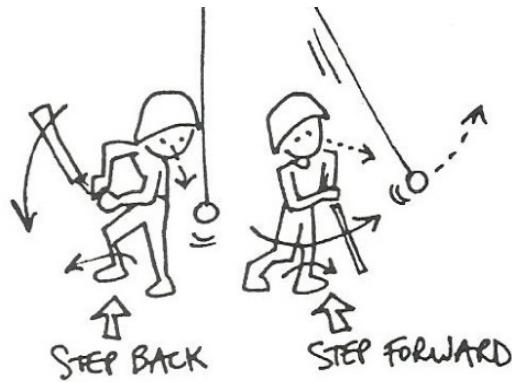
Stand behind the ball in line with the target (refer footprints marks). Step forward and hit ball with vertical bat at target Place ball so mark provides hitting target.



If no Batting T. Place ball on ground for Stationary Ball Drive.

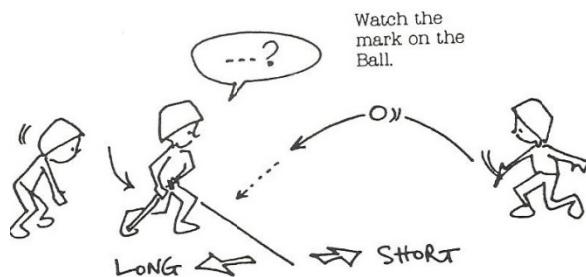
Suspended Ball Repetition Hit

Stand behind ball and in line with desired direction of swing of ball. Hit ball consecutively –step alternately forward with the front foot to hit; when back in line with the swing of the ball to hit with vertical bat. Hit straight to produce repeating swing. See how many consecutive hits you can make”



Watch the Ball – Nominate Landing Point

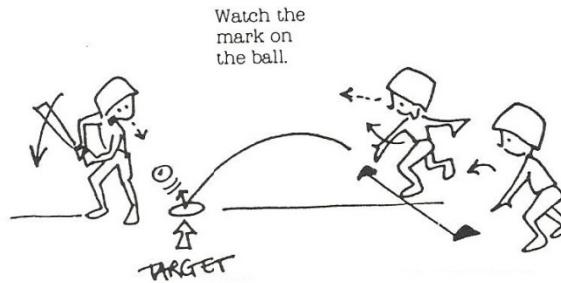
Batter stands approx. 0.75m. Behind line. Child aims to lob ball underarm to land on line batter steps forward to hit ball and must nominate whether ball landed or would have landed short (before the line) or long (over the line) Supplementary Activity: Suspended ball, repetition hit. Watch the mark on the ball.





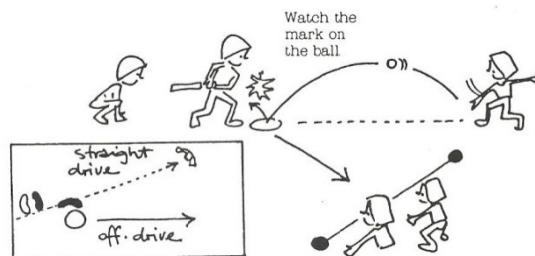
Lob Hit-Straight/Front Foot

Underarm lob ball to bounce in front of batter. Step forward to hit ball to target. Change after 6 hits. Watch the mark on the ball.



Lob Hit to offside/Front Foot

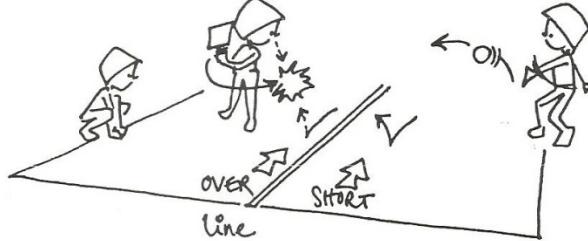
Lob ball to target on side to which batter facing batter step forward to hit ball to hitting target. Watch the mark on the ball.



Judgment of Length

Watch the Ball –Judgment of Length

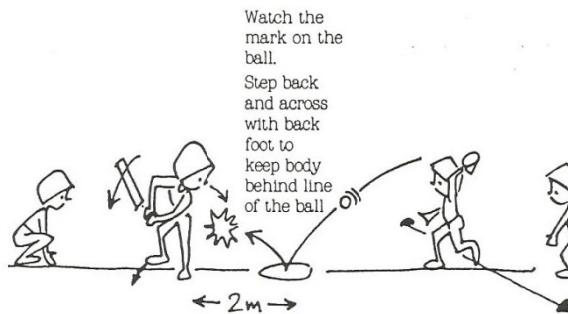
Batter holds paddle bat in 2 hands, stands side-on, 1 step behind line. Child underarm lobs ball to land over line. Batter steps forward with front foot & hits ball repeat. Child underarm lobs ball to land short of line. Batter steps back with back foot & hits ball-repeat then lob balls at random for batter to respond. Try not to rush the movement; stress “Watch the Ball.”



Back Foot

Thrown Ball Hit-Vertical bat/Back Foot

Throw ball over arm to bounce before batter hits ball to target. Because ball bounces short, batter should step back with back foot in line with the direction of the throw (to have more time to judge bounce of ball). NB Suspended ball –Back foot shot provides ideal introduction or remedial activity. Watch the mark on the ball. Step back and across with back foot to keep body behind line of the ball

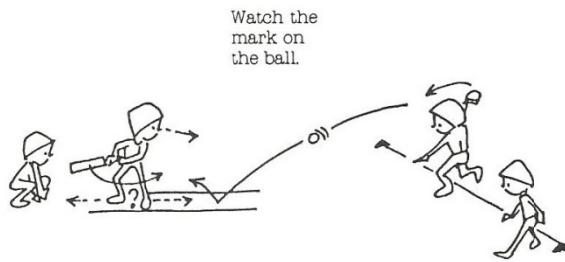




Front/Back

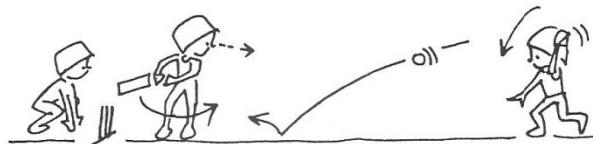
Target hit-Straight

Ball bowled or thrown over arm onto directional target in front of batter. Batter tries to hit ball straight back to target and decides whether to play forward or back to achieve this. Score 1 point for hitting ball 2 points for hitting ball to target. Rotate after 6-10 hits. Watch the mark on the ball.



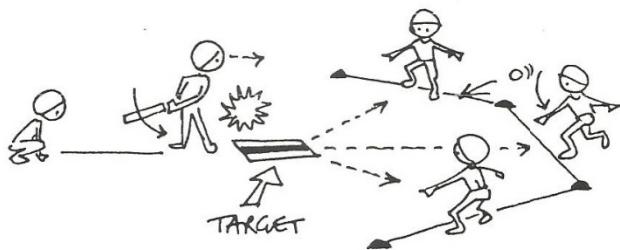
Defend Stumps

Throw ball firmly at stumps; rotate after 6 balls batter aims to keep ball from hitting stumps and let the ball pass if it is off the stumps. Score number of survivals out of 6 deliveries. Use suitable soft ball.



Directed Choice Target Hit

Ball bowled (or thrown) to land on target. If ball lands on Central target, batter tries to hit ball to central goal. If ball lands on outer target, it must be hit to the corresponding outer goal. Rotate after 4-6 bowls. Score number of correctly directed hits.



Survival

Thrower aims to throw/bowl balls which bounce high to batter. Batter ducks and weaves to avoid ball or fends ball off with paddle Bat. Score number of deliveries survived (without being hit or caught) from 6 deliveries. Then rotate.



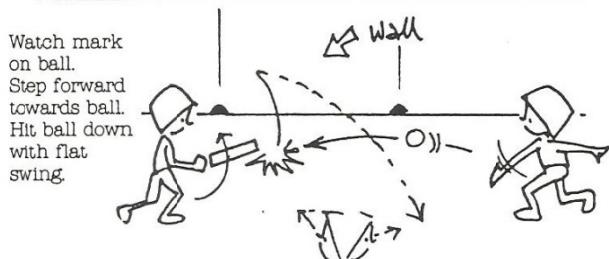


Batting – Cross Bat Shots

Front Foot

Cross Bat Hit on Full-Leg Side

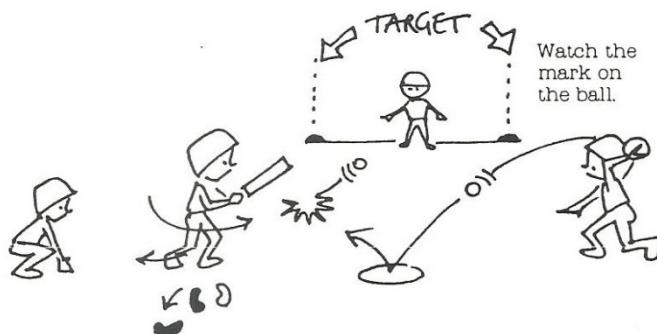
Gentle underarm lob at Batter's body. Batter steps forward to hit ball at target. May be introduced with high batting tee with stationary ball to learn swing. Watch mark on ball Step forward towards ball Hit ball down with flat swing



Back Foot Cross

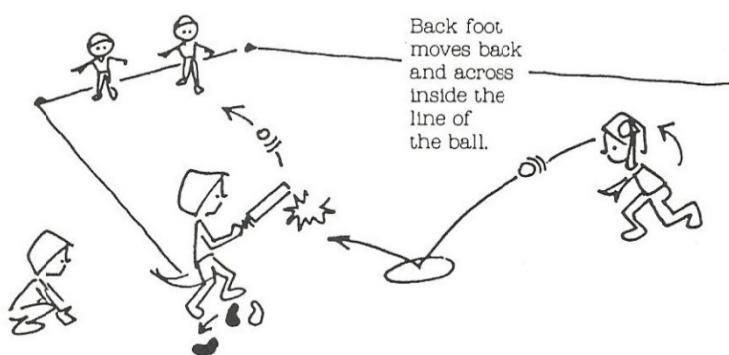
Bat Hit-Bounce Ball – Leg Side

Throw ball in target to bounce at Batter who steps back and across with back foot, hit ball at target with flat swing reduce targets for more skilled children. Watch the mark on the ball.



Cross Bat Hit-Bounced Ball-to leg side

Throw ball to bounce at batter. Pitch ball shorter, slightly harder so hook shot can be played to target behind square Back foot moves back and across inside the line of the ball.

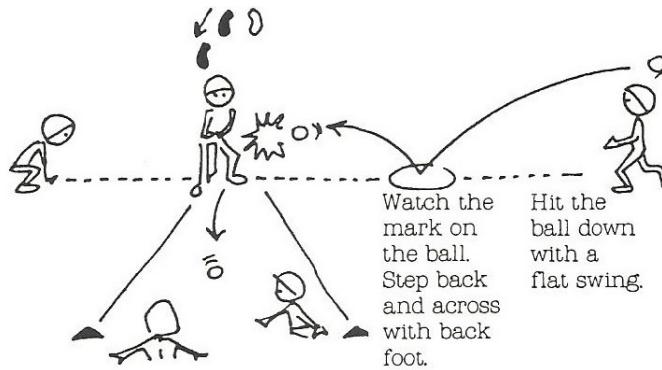




Cross Bat Hit-Bounced Ball-Off

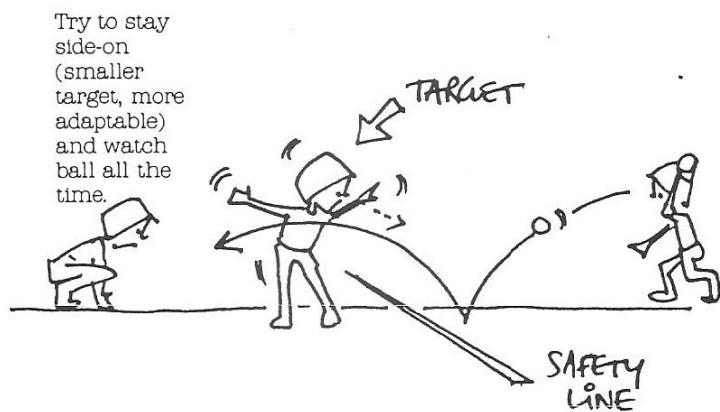
Side

Throw ball short (at target) to pass in front of batter who hits ball with cross bat to target. May be introduced with high batting tee with stationary ball to learn swing watch the mark on the ball. Step back and across with back foot. Hit the ball down with a flat swing.



Bouncer Evasion

“Batter” Takes stance without bat. Thrower must pitch ball short of the safety line and try to brand batter. Batter tries to duck and sway to avoid ball. Use soft ball. Although bouncers are rare at this age, children should develop an awareness of them and skill to avoid them. Try to stay side-on (smaller target, more adaptable) and watch ball all the time.

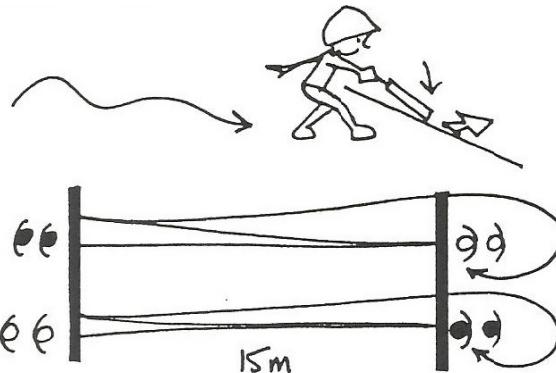




Running Between Wickets

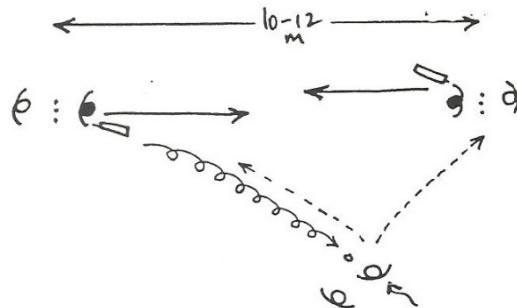
Shuttle Relay with Bats

(Running between Wickets) Run 3 runs, placing bat held in 1 hand over line to turn; slide bat over line in 3rd run, then run around children and hand bat to next runner.



Steal-a-Run

Roll ball to fielders. Batters attempt to run. Fielders try to throw ball to Wicketkeeper(s) for run out before batters reach safety. Rotate positions after 6 rolls.
Alternative: Shuttle relay with bat-run a 3 in turn.



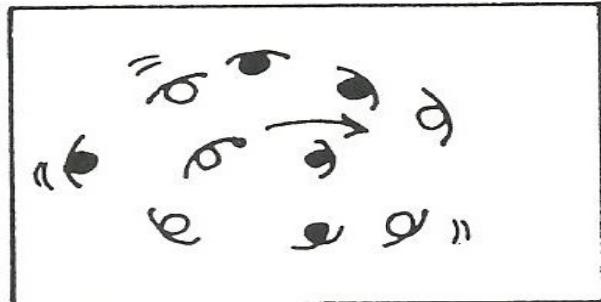


Cricket Games

Catching

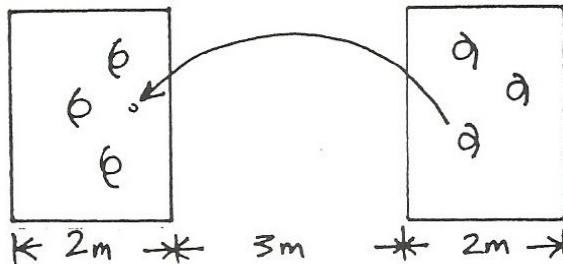
Keep the Ball

Played in teams of 3-5 Children pass ball amongst their team. Other team tries to intercept. No running with ball. If the ball is dropped, the other team gains possession.



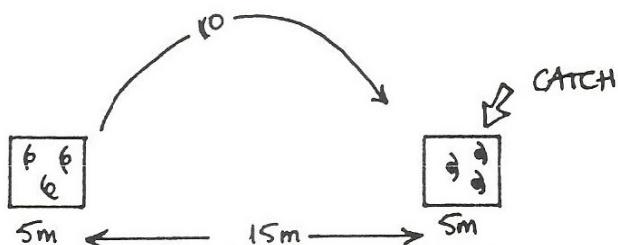
Tennis Catch

In small groups Children lob the ball underarm into other court where children try to catch ball before it lands in court. Can be played by groups of 4-6 per game on grid of courts.



Lofted Tennis Catch –in small groups

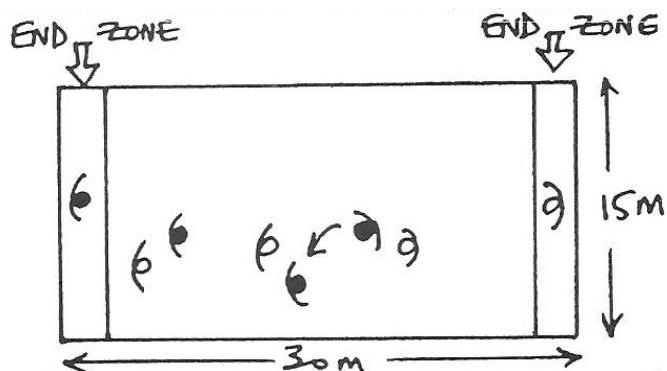
Throw ball into other court other players try to catch ball before it lands in court. (Can't be played by groups of 4-6 per game on grid of courts).





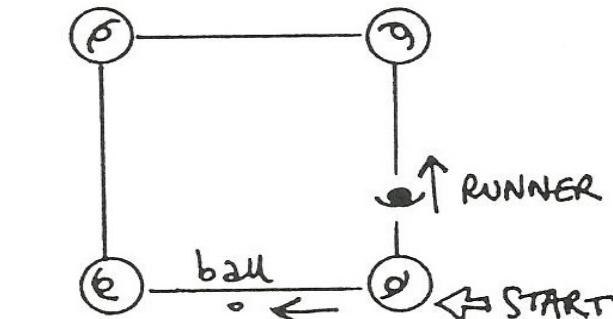
End Ball -teams of 4-6 children

Aim is to move ball downfield without running with the ball and score by throwing ball to the team's end Zone player. Players cannot throw ball more than 5m. Forward.



Circuit Throw Activity

Runner runs in either direction to touch all hoops in turn and return. Ball thrown in opposite direction to child at each hoop to beat runner to starting hoop. Take turns at different positions.



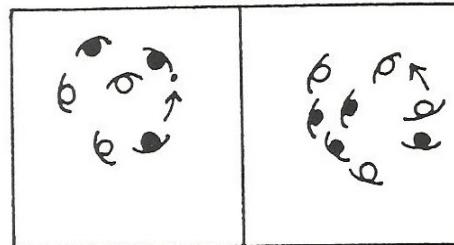


Ground Fielding

Rolling Keep the Ball

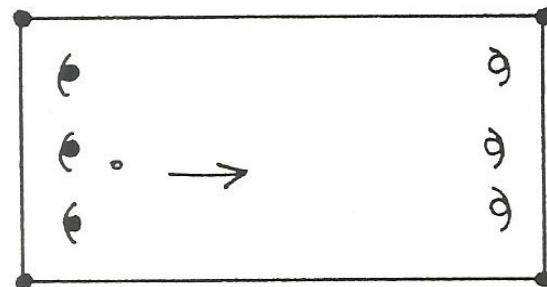
In groups of 6-8 (3-4 per team) Roll ball amongst team. Other team tries to intercept. No running with the ball. If the ball is rolled out of bounds the other team gains possession. Use Grids to play multiple games.

Use Grids to play multiple games.



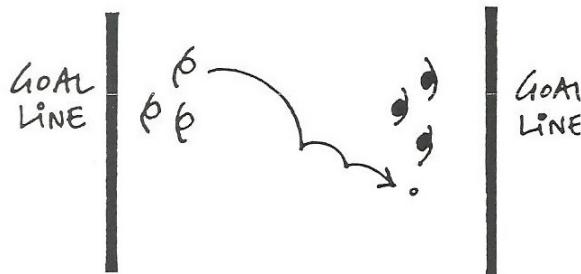
Forcing Back fielding Soccer

-in groups of 4-8 aim to roll ball underarm over opponent's goal. No moving with ball; ball must be rolled below knee height.



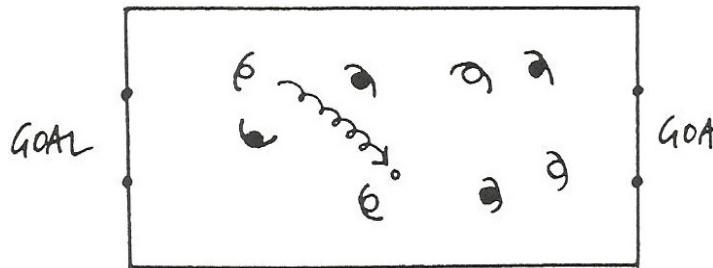
Bounce Forcing Back

-Groups of 6-8 children Aim to bounce ball over opponents goal line.



Fielding Soccer

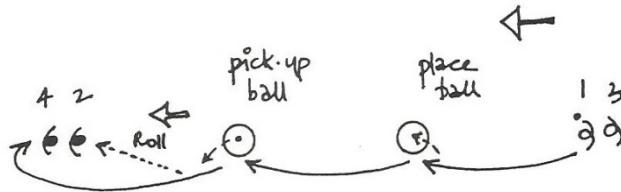
- In groups of 6-12 (team of 3-6) the aim is to move the ball down the field by rolling the ball to team mates below knee height. Players cannot run with the ball, but can run to receive it. There is no off side. Goals scored between goal markers.





Place, pick up and roll relay in groups of 4

Child No. 1 with Ball, places at mark, picks up ball from next mark and underarm rolls ball to No. 2 who repeats i.e. Place, pick up, roll to No. 3



Team Stump

In groups of 4-6 Throw in turn at stump, cone or target. If ball is thrown wide or bounces wide or target, other players throw from where ball gathered.

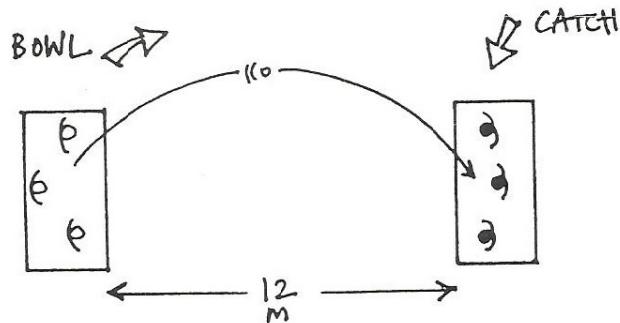




Bowling

Bowl Tennis

– In small groups children take turns to bowl ball to land in opposition court. Children try to catch ball if ball lands in your court, you lose a point. If you bowl a ball which lands outside court, you lose a point.



Team stump

In groups of 4-6 Throw in turn at stump, cone or target. If ball is throw wide or bounces wide of target, other players throw from where ball gathered.





Batting

T-Ball Driving Cricket

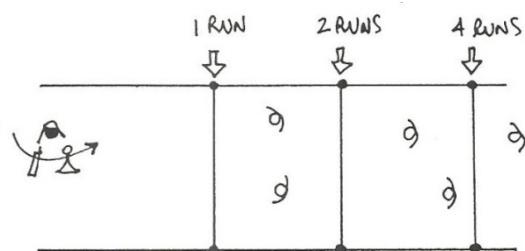
Each child takes turns to perform Stationary T-Ball drive (or stationary ball Drive if T is not available) at target defended by other children. N.B. Can be played as individual activity or game between 2 teams.

In Groups of
3-5 Children



T-Ball Line Cricket

In groups of 6-7 Players bat in turn. Score runs for hitting ball over lines/past markers. Fielders attempt to stop ball use T ball/Stationary ball drive. 4-6 shots each.



Rotating Cricket

In groups of 6-7 each child bats for 4-6 balls (depending on available time) rotate in direction of arms after batter has finished. Fielders cannot be further than wicket length away from batter. Scoring -1 run...hit the Ball 2 runs... Hit the ball past the field overhead height. 4 runs...Hit the ball past the field below head height minus 4...Dismissed (but continue to bat) NB Batter must run for any ball hit behind the wicket.

