

Cricket Challenge Regional Tournament

Cricket Clinic Planner For Advance

Date: 7/14/16/21 May 2013	Venue: Cricket Grounds in Kampong CC / Quick 1888 / Salland / VCC	
Lesson time: 10:00 – 11.00 hrs	Equipment: Each school brings their own quick-set + 5 Batting tees, Set of making cones, 40 Tennis balls	
Description of Players: 60 students - boys & girls aged 13-14	Session Aim: There are 3 stations placed (Batting, Bowling and Catching/Fielding) and 3 groups of 20 students in a rotation system will try/learn each of the cricketing skills.	
Coaches: 2 per station / 6 in total		
Session Outline	Organisattion/Safety	Coaching Points
<p><u>Introduction + Group division (5 min)</u> Give the short outline of the session. Divide the students into 3 groups of 20 students each. Send out each group to one of the station with 2 coaches per station.</p>		
<p><u>Warming-up (5 mins)</u> Coaches at each station can use differnt methods of warming-up;</p> <ul style="list-style-type: none"> - Give instructions of various ways for all to move from the start line to line A and back again. e.g. jogging, hopping and side striding - Jogging with imaginary fielding - Stretching - Own ideas of coaches are welcome 	<ul style="list-style-type: none"> • Be aware of the people around you 	<ul style="list-style-type: none"> • Remain balance at all time • Move in a straight line
<p><u>Station 1: Batting (15 mins)</u> Stepping back to strike the ball:</p> <ul style="list-style-type: none"> - Split into equal groups - Each group has a batter, server & wicketkepper. Others act as fielders. - When the batter calls 'ready', the sever throws the ball hard (overarm), one bounce to reach the batter at waist height. - The batter steps back and attempts to hit the ball by swinging the bat across their body. - Each batter has 3 attempts , the w/k becomes the next batter and everyone in the group rotates position clockwise <p>Progression:</p> <ul style="list-style-type: none"> - Create targets by using cones, placing them on the leg side of the batter 	<ul style="list-style-type: none"> • The server & fielders stays at a 12m distance • The ball will be hit powerfully therefore be careful • Only the w/k & the batter are allowed in the batting area 	<p>Add coaching points and let them try again</p> <ul style="list-style-type: none"> • As the ball is thrown, take a step back towards the stumps • Now bring your other foot back, so that both feet are apart facing the bowler • Keep head still and watch the ball • Swing the bat across your body, hitting the ball with arms at full length.

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<p><u>Station 2: Catching/Fielding (15 mins)</u> Split the group into two halves: One for Catching and another for Throwing. Each group spends 7 mins on one skill and switches into another skill.</p> <p>Low Catch:</p> <ul style="list-style-type: none"> - Pairs gently underarm the ball for each other to catch - Serve with one hand, catch with two - The ball should arrive between waist and ankle height <p>Progression:</p> <ul style="list-style-type: none"> - First pair to achieve 10 clean catches win or, - Count how many clean catches can be achieved in 30 seconds <p>High Catch:</p> <ul style="list-style-type: none"> - Pairs loop the ball underarm for each other to catch - Try to make the ball drop near partner's head <p>Progression:</p> <ul style="list-style-type: none"> - Increase/decrease the height of catches - Clap once, twice, etc., or other skills before catching the bal <p>If there is time left do the Chasing & Throwing</p> <ul style="list-style-type: none"> - Paris stand beside each other on the start line - One of the pair gently rolls the ball out straight for the partner to chase and pick up between the middle and end line - Chaser throws the ball overarm one bounce back to the patner - When chaser returns, repeat - Change after 3 turns each <p>Progression:</p> <ul style="list-style-type: none"> - Chaser throws the ball to partner without bouncing - Increase distance of throw by moving middle and end line further 	<ul style="list-style-type: none"> • Set cones or use lines to mark the distacnce between the pair (4m) and distance between one pair to another (2m) • Increase the distance between the pair (8m) • Set line with the help of the cones • Start to middle line (8m) • Middle to end line (5m) 	<ul style="list-style-type: none"> • Hands together, fingers pointing down • Feet shoulder width apart • Bend knees and keep bottom high • Watch the ball into the hands and "Give" • Watching the ball all the time, move to where it is dropping • Cup hands together, little fingers touching • Hands up early, palms facing up-wards • Catch at eye level, then relax arms and "Give" • Chase and catch up with the ball • Let the ball roll into throwing hand, by the outside of the foot • To turn - spin on the balls of the feet towards partner • Balance and throw

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<p><u>Station 3: Bowling (15 mins)</u> Bowling with a Run-up:</p> <ul style="list-style-type: none"> - Pairs run up to bowl the ball overarm one bounce to each other - Suggest grip of the ball and bowling action - No more than 4 steps are required - After bowling return to the line <p>Progression: Place cone or chalk circle as a target 2m in front of each person</p> <ul style="list-style-type: none"> - Aim to hit partner's target on the first bounce by releasing the ball past its heights point - Jog the 4 paces to bowl and if good run the paces to bowl 	<ul style="list-style-type: none"> • Set cones or use lines to mark the distacnce between the pair (15m) and distance between one pair to another (2m) 	<ul style="list-style-type: none"> • Walk 4 paces forward, starting on the same foot as the side you hold the ball in • On the 4th step jump from the foot • Whilst in the air turn sideways • Land on your other foot and bowl • After releasing take a few steps forward