

Cricket Challenge Regional Tournament

Cricket Clinic Planner For Beginners

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> Leaning forward to strike the ball:</p> <ul style="list-style-type: none"> - Split into 4 groups of 5 students each - Each group has a batter, server & wicketkeeper. Others act as fielders. - When the batter calls 'ready', the sever underarms the ball to reach the batter om the 3rd bounce. - Batter leans forward to strike the ball along the ground - 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 behind the server - Decrease the number of bounce before it reaches the batter 	<ul style="list-style-type: none"> • The server & fielders stays at a 12m distance • The ball must be blocked, not hit with power • Only the w/k & the batter are allowed in the batting area 	<p>Add coaching points and let them try agian</p> <ul style="list-style-type: none"> • Dip head and shoulders over the ball • Front foot moves near the ball and the knee bends • Keep head down and swing the bast straight trough (vertical) to strike the ball

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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>Throwing:</p> <ul style="list-style-type: none"> - Pairs throw the ball powerfully overarm one bounce to each other - The ball should be bounced so that it arrives at waist height <p>Progression:</p> <ul style="list-style-type: none"> - Increase distance apart - Use a hoop 2m in front of partner as a target. 5 attempts each. 1 point for each successful one bouce attempt. Highest pair score wins - Throw the ball directly to the partner to catch without bouncing 	<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 cones or use lines to mark the distacnce between the pair (15m) and distance between one pair to another (2m) • Increase the distance between the pair (20m) 	<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" • Stand side on • Point non-throwing arm at the partner • Lift your throwing arm up and bend it at the elbow • Rock back then forward, releasing the ball quickly to the partner • Keep eyes fixed on the target

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<p><u>Station 3: Bowling (15 mins)</u> Bowling Overarm from Standing:</p> <ul style="list-style-type: none"> - Pairs bowl the ball overarm one bounce to each other - Suggest grip of the ball and bowling action <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 - Award 5 point for each successful attempt. First pair to 25 point wins - Add wicket in front of one of the pair. Maximum per bowl is 10 points, 5 for bouncing in the target + 5 for hitting the wicket. Change after 3 at-tempts each. First pair to 50 point wins 	<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"> • Stand side on • Arms outstretched to the sides • Pull front arm up high towards you and look over your shoulder at your partner • Rock away from your partner by lifting up front leg • Rock forward keeping both arms strainght and release the ball quickly once bounce to the partner • After release take a step forward