

## Cricket Challenge Regional Tournament

### Cricket Clinic Planner For Beginners

<b>Date:</b> 7/14/16/21 May 2013	<b>Venue:</b> Cricket Grounds in Kampong CC / Quick 1888 / Salland / VCC	
<b>Lesson time:</b> 10:00 – 11.00 hrs	<b>Equipment:</b> Each school brings their own quick-set + 5 Batting tees, Set of making cones, 40 Tennis balls	
<b>Description of Players:</b> 60 students - boys & girls aged 13-14	<b>Session Aim:</b> 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.	
<b>Coaches:</b> 2 per station / 6 in total		
Session Outline	Organisattion/Safety	Coaching Points
<p><b><u>Introduction + Group division (5 min)</u></b> 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><b><u>Warming-up (5 mins)</u></b> Coaches at each station can use differnt methods of warming-up;</p> <ul style="list-style-type: none"> <li>- 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</li> <li>- Jogging with imaginary fielding</li> <li>- Stretching</li> <li>- Own ideas of coaches are welcome</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of the people around you</li> </ul>	<ul style="list-style-type: none"> <li>• Remain balance at all time</li> <li>• Move in a straight line</li> </ul>
<p><b><u>Station 1: Batting (15 mins)</u></b> Leaning forward to strike the ball:</p> <ul style="list-style-type: none"> <li>- Split into 4 groups of 5 students each</li> <li>- Each group has a batter, server &amp; wicketkepper. Others act as fielders.</li> <li>- When the batter calls 'ready', the sever underarms the ball to reach the batter om the 3<sup>rd</sup> bounce.</li> <li>- Batter leans forward to strike the ball along the ground</li> <li>- Each batter has 3 attempts , the w/k becomes the next batter and everyone in the group rotates position clockwise</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>- Create targets by using cones, placing them behind the server</li> <li>- Decrease the number of bounce before it reaches the batter</li> </ul>	<ul style="list-style-type: none"> <li>• The server &amp; fielders stays at a 12m distance</li> <li>• The ball must be blocked, not hit with power</li> <li>• Only the w/k &amp; the batter are allowed in the batting area</li> </ul>	<p>Add coaching points and let them try agian</p> <ul style="list-style-type: none"> <li>• Dip head and shoulders over the ball</li> <li>• Front foot moves near the ball and the knee bends</li> <li>• Keep head down and swing the bast straight trough (vertical) to strike the ball</li> </ul>

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<p><b><u>Station 2: Catching/Fielding (15 mins)</u></b> 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"> <li>- Pairs gently underarm the ball for each other to catch</li> <li>- Serve with one hand, catch with two</li> <li>- The ball should arrive between waist and ankle height</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>- First pair to achieve 10 clean catches win or,</li> <li>- Count how many clean catches can be achieved in 30 seconds</li> </ul> <p>High Catch:</p> <ul style="list-style-type: none"> <li>- Pairs loop the ball underarm for each other to catch</li> <li>- Try to make the ball drop near partner's head</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>- Increase/decrease the height of catches</li> <li>- Clap once, twice, etc., or other skills before catching the bal</li> </ul> <p>Throwing:</p> <ul style="list-style-type: none"> <li>- Pairs throw the ball powerfully overarm one bounce to each other</li> <li>- The ball should be bounced so that it arrives at waist height</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>- Increase distance apart</li> <li>- 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</li> <li>- Throw the ball directly to the partner to catch without bouncing</li> </ul>	<ul style="list-style-type: none"> <li>• Set cones or use lines to mark the distacnce between the pair (4m) and distance between one pair to another (2m)</li> <li>• Increase the distance between the pair (8m)</li> <li>• Set cones or use lines to mark the distacnce between the pair (15m) and distance between one pair to another (2m)</li> <li>• Increase the distance between the pair (20m)</li> </ul>	<ul style="list-style-type: none"> <li>• Hands together, fingers pointing down</li> <li>• Feet shoulder width apart</li> <li>• Bend knees and keep bottom high</li> <li>• Watch the ball into the hands and "Give"</li> <li>• Watching the ball all the time, move to where it is dropping</li> <li>• Cup hands together, little fingers touching</li> <li>• Hands up early, palms facing up-wards</li> <li>• Catch at eye level, then relax arms and "Give"</li> <li>• Stand side on</li> <li>• Point non-throwing arm at the partner</li> <li>• Lift your throwing arm up and bend it at the elbow</li> <li>• Rock back then forward, releasing the ball quickly to the partner</li> <li>• Keep eyes fixed on the target</li> </ul>

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<p><b><u>Station 3: Bowling (15 mins)</u></b>            Bowling Overarm from Standing:</p> <ul style="list-style-type: none"> <li>- Pairs bowl the ball overarm one bounce to each other</li> <li>- Suggest grip of the ball and bowling action</li> </ul> <p>Progression:            Place cone or chalk circle as a target 2m in front of each person</p> <ul style="list-style-type: none"> <li>- Aim to hit partner's target on the first bounce by releasing the ball past its heights point</li> <li>- Award 5 point for each successful attempt. First pair to 25 point wins</li> <li>- 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</li> </ul>	<ul style="list-style-type: none"> <li>• Set cones or use lines to mark the distacnce between the pair (15m) and distance between one pair to another (2m)</li> </ul>	<ul style="list-style-type: none"> <li>• Stand side on</li> <li>• Arms outstretched to the sides</li> <li>• Pull front arm up high towards you and look over your shoulder at your partner</li> <li>• Rock away from your partner by lifting up front leg</li> <li>• Rock forward keeping both arms strainght and release the ball quickly once bounce to the partner</li> <li>• After release take a step forward</li> </ul>