

SESSION 4 : SUNDAY 8TH MARCH 2009 (10.30 - 12.30)

PROGRAMME

- REGISTRATION / WARM UP / INTRODUCTIONS (15 MINS)
- CIRCUIT (3 ACTIVITIES - BATTING, BOWLING + FIELDING) (1 HOUR)
- GAME (PAIRS INDOOR CRICKET) (45 MINS)

CIRCUIT - ACTIVITY 1 (20 MINS)

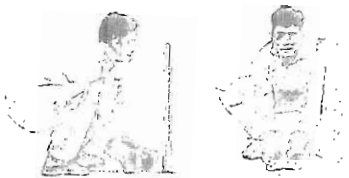
- FIELDING - WICKET KEEPING

Description: the skill requires good judgement and quick reactions when standing up to and back from the wicket. The wicket keeper is the focal point of the fielding side.

COACHING POINTS

STANCE

1. CROUCHED & SLIGHTLY TO OFF SIDE OF BATTER
2. WEIGHT ON BALLS OF FEET
3. HEAD STILL. EYES LEVEL
4. RELAXED



TAKING THE BALL

1. HEAD & BODY BEHIND BALL
2. RISE WITH BOUNCE OF BALL
3. HANDS "GIVE"



TAKING HIGH BOUNCING BALL
 ROTATE BODY MOVING OUTSIDE
 LEG & HANDS ALONG APPROPRIATE "K"
 (see markings over page)



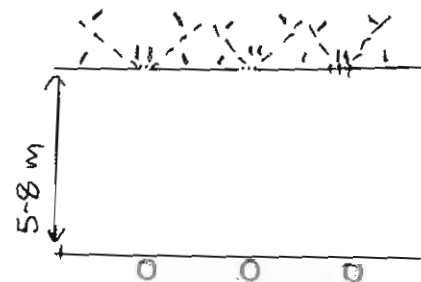
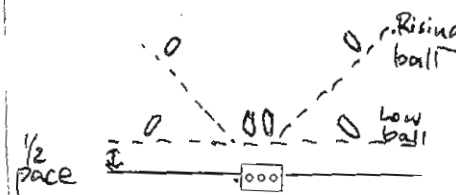
COACHING POINTS

STUMPING

AFTER CORRECT "TAKE"

BODY WEIGHT TO STUMPS

HANDS MOVE QUICKLY TO THE WICKET



Organisation

5 goes each

Straight take

Off side take

Leg side take

"Mixed service"

High straight

High off side

High leg side

"Mixed service"

Batter as appropriate

Wicket keeper as appropriate

Activity 2 (20 MINS) -

Fig.1 Correct grip and relaxed and balanced stance. Eyes level.



Fig.2 Rhythmic high backswing.



Fig.3 Back-foot moves back and across towards the line of the ball. Front shoulder turns towards off side to create power. Eyes remain fixed on the ball



Fig.4 Bat swings high to low Contact made at full arm extension Head still.



BATTING - SQUARE CUT (ATTACKING STROKE PLAYED TO SHORT DELIVERY WIDE OF OFF STUMP)

Fig.5 Follow through completed with weight on back-foot Head still. Hands and bat finish high.



DRILL

Organisation: Divide the main group into smaller groups 5 and organise as for the 'T Ball' Cut activity except that a server is installed who throws overarm at target, 3 metres in front of the batter. Player 5 may receive returns from other fielders or may act as a wicket keeper if required.

N.B. See the point concerning danger outlined in activity 2 above.

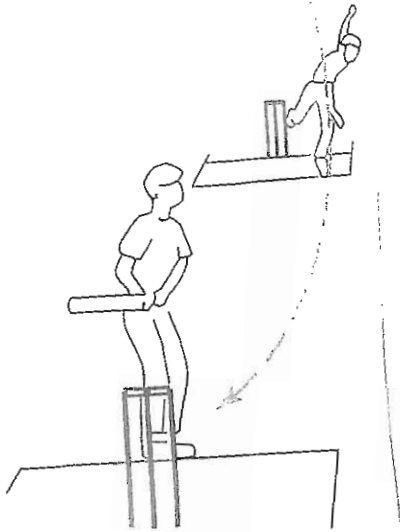
Equipment: 1 tennis ball and 1 bat per group 2 marker cones Chalk marking

WALL



ACTIVITY 3 (20 MINS) - BOWLING - IN SWING BOWLING

NB: SHINY SIDE ON OUTSIDE OF INTENDED CURVE



GRIP

The orthodox grip for the in swinger. First two fingers close together on the seam. Seam angled towards leg slip in a vertical plane. Flat of thumb underneath the ball on the seam.

THE ACTION

The Action: whether or not a cricket ball swings is determined by the angle and presentation of the seam at release. Most people find that by making the following changes in their action, they are able to present the seam in such a way that the ball swings in. Many young players exhibit these characteristics as part of their 'natural action' and may therefore be encouraged to bowl 'in swing'.

N.B. This does not mean that a 'front-on' action is necessary to bowl in swing.



Fig. 1

PRE-DELIVERY

Back foot may be pointing down pitch. Look 'inside' front arm. Head upright, eyes fixed on target.
NB Hips + shoulders in alignment



Fig. 2

DELIVERY STRIDE

Slightly 'open'. Head and eyes level. Forearm of the front arm may be pulled towards the midriff, rather than towards the leading



Fig. 3

DELIVERY

Bowling arm very high. Bowling hand and fingers behind the ball. Head and eyes level. Front arm pulled down straight at into body. Elbow + forearm close to body before firing



Fig. 4

FOLLOW THROUGH

Bowling arm may not swing fully across body. However shoulders should complete rotation. Eyes remain fixed on target.

GAME - PAIRS CRICKET - DIVIDE HALL INTO 2 (45 MINS)

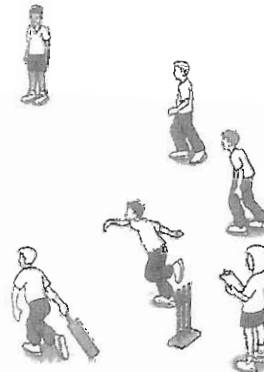
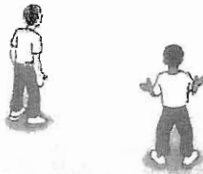
PAIRS CRICKET

- Divide players into groups of 8 and divide the 8's into pairs
- Pair 1 - 2 batters who start with 20 runs
- Pair 2 - 1 bowler and 1 WK
- Pair 3 - 2 on/leg side fielders
- Pair 4 - 2 off side fielders
- Batting pair receive 12 balls
- If a bowled ball passes outside either cone to the left or right of the wicket, a 'wide' is called - the batters receive 1 run and an extra ball is bowled
- Pairs rotate to new roles after 12 good balls (wides do not count)
- No boundaries. Batters may run only if the ball is hit in front of the popping crease.
- Batters lose 3 runs each time they are bowled, caught, run out or hit wicket
- Winners are the pair with the most runs when every pair has batted

Easier / harder

- Decrease/increase distances
- Decrease/increase the size of the wicket
- Introduce marked boundaries and boundary scores
- Use lighter/softer/larger ball
- Use lighter/larger bat

The coach/teacher needs to be flexible and to adapt the rules to suit the group



VARIANT -

- BOWLER TO DELIVER HALF VOLLEYS ON/ OUTSIDE OFF STUMP
- SCORE DOUBLE RUNS FOR SHOTS PLAYED TO OFF SIDE
- RUNS -
 - 2 FOR COMPLETED RUN
 - 3 FOR SIDE WALL
 - 4 FOR END WALL
 - 6 FOR END WALL ON FULL
 - 2 FOR BACK WALL