

Relays

This game is a good warm-up up as it encourages teams to collaborate, is physically active, and can cover all the basic cricket skills.

Session 1: Warm Up

Divide the group into equal teams, at least 3 per team. Each team lines up behind a stump

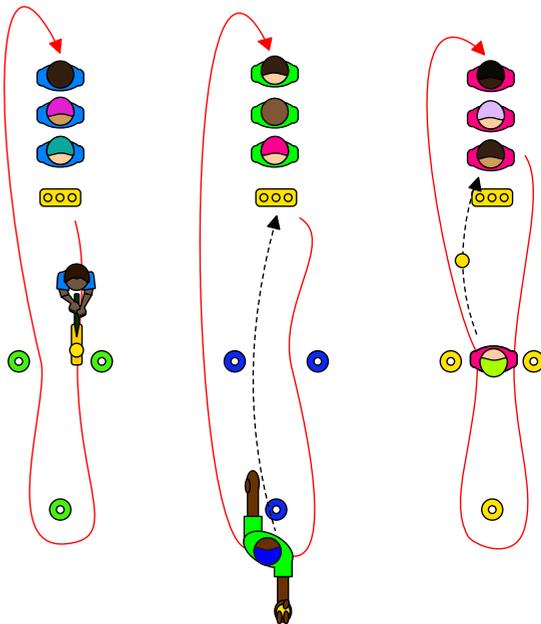
Pick a skill or movement and show it to the group

After shouting “go” the first person completes the skill or movement, going around the cone and tagging the next person to go.

Once everyone in the team has gone the whole team cheers to show they have finished.

Skills and movements

- Balance the ball on the bat
- Bounce the ball on the bat
- Dribble the ball with the bat
- Throw the ball to your team
- Bowl the ball to your team
- Throw the ball up to yourself
- Bounce the ball off the ground
- Run around the cone
- Skip around the cone
- Hop around the cone
- Run backwards
- Do a dance move at the cone



Coaching points:

- Relays are a good way to practice lots of cricket skills and lots of different movement patterns
- Make them into a race to introduce a competitive element

TIME

15 min

EQUIPMENT

5 sets of stumps
5 balls, 5 bats
15 cones
(Per 30 players)

ADAPTATIONS

Alter the distance moved or work in pairs to complete skills

MESSAGE

Cheer your teammates, working together

Pairs Catching

These practices promote the development of a variety of catching skills, while emphasising the importance of working well with others.

Session 1: Skill

Organise players into pairs, and stand opposite each other.

Close catching

Throw the ball underarm to your partner

- Put one hand behind your back, practice catching 1-handed
- How many catches can you take in 1 minute?
- Which pair is quickest to take 30 catches?
- Take 5 catches with your partner, then switch places, then 4 catches and switch, then 3, 2, 1. Which pair can complete it fastest?
- Throw the ball to your partner's side, get them to move to catch it

High catching

Players step back from the cones and stand 5-6m away from each other
Throw the ball high for your partner to catch

- How many times can you clap before you catch the ball?
- Start with your back to your partner – can you catch a ball thrown high over your shoulder?



Coaching Points:

- Catch the ball with your hands together
- Stand with your feet a comfortable step apart
- Watch the ball all the way into your hands

T

30 min

E

30 cones
15 balls
(Per 30 players)

A

Use a larger ball or shorten the distance thrown over

M

Call your name when catching to help teamwork

Target Batting Straight 1

This practice introduces hitting the ball straight back towards the bowler, and requires groups to work together to make sure everyone gets a go.

Session 1: Game

Divide into small groups, one group per bat. In each group one player bats whilst the others field.

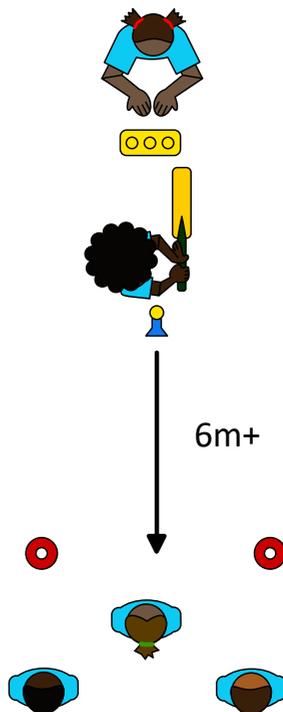
The batsman hits ball from a cone, aiming to hit the ball through a goal of cones at least 6m in front of them.

Fielders stop the ball and return to the batsman who puts it back on the cone. They have a set number of goes before changing round.

Have 6 hits each – how many times can each batsman get the ball through the goal? Who does the best in your group?

Have 3 hits per person in your group – how many times can your group get the ball through the goal? Can you do better than the other groups?

If hitting off a cones comes easily, batsmen can hit a ball dropped in front of them, and then progress to a ball thrown gently underarm towards them.



Coaching Points:

- Grip the bat with two hands together in the middle of the handle
- Stand side-on to the ball, feet a comfortable distance apart, knees bent.
- Step with your front foot towards the ball as you swing the bat to hit the ball

TIME

30 min

EQUIPMENT

15 cones
5 stump sets
5 bats, 5 balls
(Per 30 players)

ADAPTATIONS

Use a larger ball or create a bigger target area to hit towards

MESSAGE

Field the ball quickly to save time and get more goes

Head, Shoulders, Knees

This practice is an ideal fun warm-up – you can introduce tough physical movements or keep it fun and silly!

Session 2: Warm Up

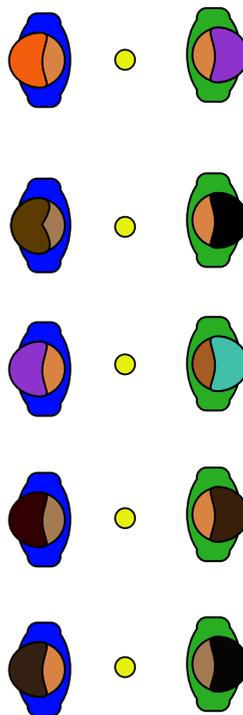
The group is organised into pairs, who stand with a ball between them.

The leader calls out different body parts, which players touch, or actions, which players do.

When the leader calls out “ball” each player in the pair tries to be the first to grab the ball. Score a point if you are the first to grab the ball.

Skills and movements

- Head, shoulders, knees, toes, hips, back, ears, nose etc.
- Jump high
- Turn around
- Turn 180°
- Hop on one leg
- Squat jump
- High five your partner
- High ten your partner
- Sit down
- Pretend to be an animal (e.g. cow, monkey, bird)
- Star Jump
- Press Up
- Disco!



Coaching Points:

- The energy in this game is driven by the coach – make it loud, quick moving and dynamic
- To keep the energy high, get a participant to lead by calling the actions
- Be creative with the movements

TIME

15 min

EQUIPMENT

15 cones
15 balls
(Per 30 players)

ADAPTATIONS

Raise the ball so it is balanced on a stump/tee

MESSAGE

Play fair! Wait until the call of ball and don't guard it

Fielding 1

This practice introduces collaborative ground fielding, working as a unit to stop and return a ball to the wicketkeeper.

Session 2: Skill

Split the group into two lines

The coach throws or hits the ball to a player at the front of one of the lines, who calls their name loudly as they catch or stop the ball.

The player at the front of other other lines runs halfway to the coach to receive a throw from the catcher, and then throws the ball to the coach.

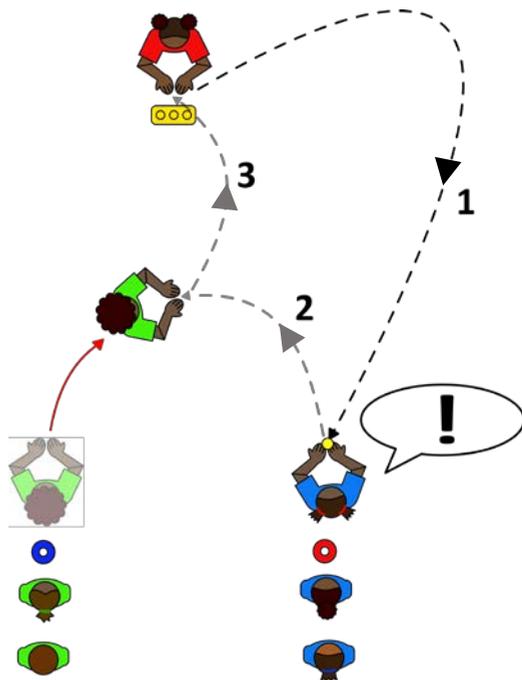
The players return to the back of the opposite line.

Use different feeds from the coach to develop ground-fielding skills:

- Rolling the ball hard and direct to the fielder
- Roll the ball slightly to the side of the fielder so they have to move

Change the rules for returning the ball to develop communication skills:

- Both players must call their name to receive the ball
- Players must call the name of the person they are throwing to



Coaching Points:

When the ball is along the floor:

- Approach the ball low to the ground, getting sideways on to the ball
- Create a large area with both hands to collect the ball, fingers pointing down

TIME

30 min

EQUIPMENT

2 stump set
2 ball, 4 cones
(Per 30 players)

ADAPTATIONS

Increase the distances over which players have to throw.

MESSAGE

Communicate consistently and loudly with others

Cross Fire

This practice introduces overarm throwing at a target, and encourages players to work together to hit a target.

Session 2: Game

Divide the group into 2 equal teams

Place the stump sets side-by-side 10m from each group, with a line for each group to stand behind.

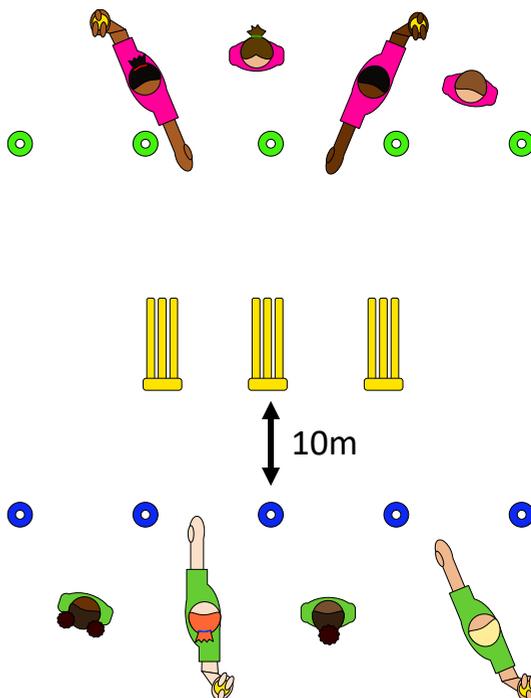
Each team starts with 3+ tennis balls.

On the shout of go, the players start throwing at the targets.

The teams aim and throw overarm at the stumps, the coach removes stumps that are hit and puts them next to the team that hit them.

Fielders cannot cross the line of cones, coaches should nudge balls back of the line that get stuck in between the lines of cones.

The winner is the team that knocks the most stumps over/balls off their cones.



Coaching Points:

- Stand side-on to the target when aiming to throw
- Aim with your non-throwing arm raised towards the target
- Throw the ball finishing across the body and stepping towards the target

TIME

30 min

EQUIPMENT

5 stump set
10+ balls
12 cones
(Per 30 players)

ADAPTATIONS

Use a variety of
targets, e.g. a
football on a cone.



MESSAGE

Share opportunities
to throw with
everyone

Cooperation Catching

These practices are a great quick warm-up and encourage players to communicate and work together as a team.

Session 3: Warm Up

Split into two teams.

Over/under

Teams race to pass the ball over their heads and under their legs down the line. When it reaches the last in the line they run to the start.

The team with the first person back at the front of the line first is the winner.

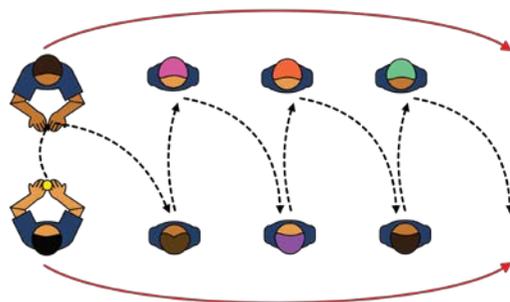
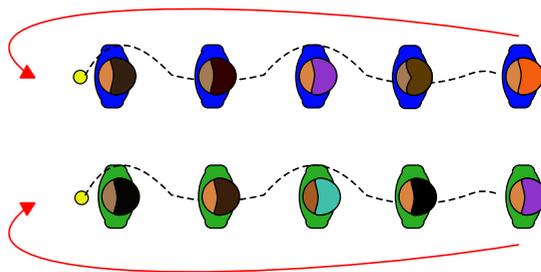
Caterpillar racing

Each team forms a caterpillar (bottom picture) with a tennis ball at the start.

The ball is thrown zig-zag down the line. Once a player has thrown the ball they run to the end of the snake, an arms length from the end player.

The team with all players over the finish line first wins.

Change the challenge by getting players to catch one handed, get players to stand on one leg, clap before catching the ball.



Coaching Points:

- Catch the ball with your hands together
- Stand with your feet a comfortable step apart
- Watch the ball all the way into your hands

T

 TIME

15 min

E

 EQUIPMENT

 2+ balls
(Per 30 players)

A

 ADAPTATIONS

Use larger or softer balls to make it easier, shorten the distance

M

 MESSAGE

Catch people's eye before you throw the ball to them

Target Batting Straight 2

This practice introduces hitting the ball straight back towards the bowler, and requires groups to work together to make sure everyone gets a go.

Session 3: Skill

Divide into small groups, one group per bat. In each group one player bats whilst the others field.

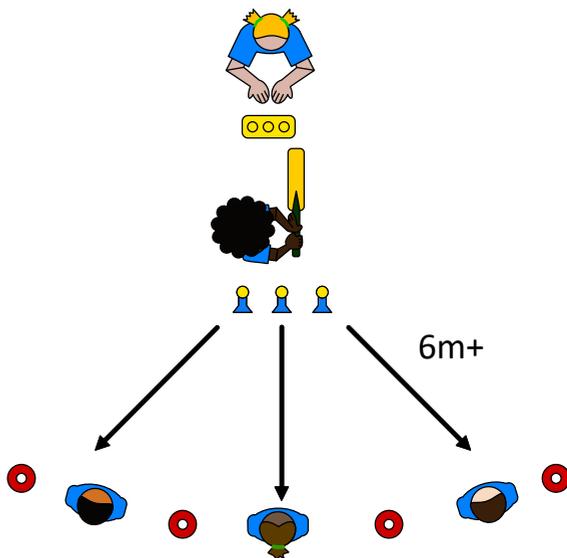
The batsman hits 3 balls from 3 cones, aiming to hit each ball through a different goal at least 6m away from the batsman.

Fielders stop the ball and return to the batsman who puts it back on the cone. They have a set number of goes before changing round.

Have 6 hits each – how many times can each batsman get the ball through the goal? Who does the best in your group?

Have 3 hits per person in your group – how many times can your group get the ball through the goal? Can you do better than the other groups?

If hitting off a cones comes easy, batsmen can hit a ball dropped in front of them, and then progress to a ball thrown gently underarm towards them.



Coaching Points:

- Grip the bat with two hands together in the middle of the handle
- Stand side-on to the ball, feet a comfortable distance apart, knees bent.
- Step with your front foot towards the ball as you swing the bat to hit the ball

TIME

30 min

EQUIPMENT

20 cones
15 batting tees
5 bats, 15 balls
(Per 30 players)

ADAPTATIONS

Use a larger ball or create a bigger target area to hit towards

MESSAGE

Field the ball quickly to save time and get more goes

Rapid Fire

This is an entry-level competitive game that can be used in tournaments, and requires communication and basic cricket skills.

Session 3: Game

Divide group into two teams.

The batsman hits the three balls off the cones towards the fielders.

The fielders cannot cross the line until the last ball has been hit.

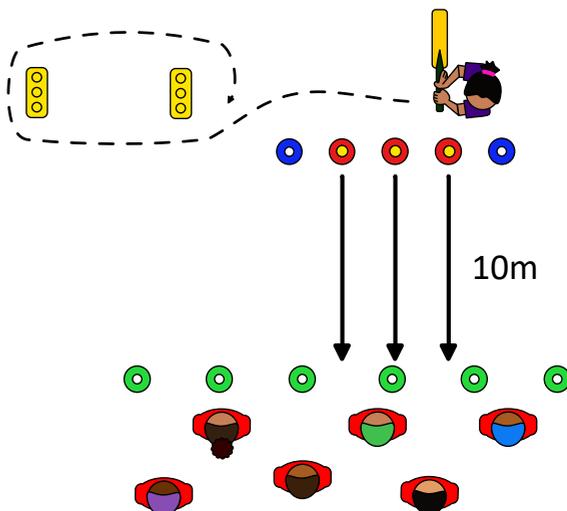
The batsman starts to run around the stumps.

The fielders work together to return the balls to the cones.

The batsman stops running when the balls are returned.

The number of times they have run around the stumps is added to the team score.

Every batsman in the team bats, then the teams switch.



Coaching Points:

- Increase participation by adding rules: you cannot move with the ball, 3 people must catch each ball or everyone must touch each ball before returning it.
- Challenge communication by adding rules: only one person in the fielding team can speak, no one in the team can speak.

TIME

30 min

EQUIPMENT

3 balls, 1 bat
10 cones
2 stump sets
(Per 30 players)

ADAPTATIONS

Reduce the distance around the stumps to make it easier to score

MESSAGE

Have discussions about how to include everyone.

Team Targets

This game is a good warm-up to understand more about your players, as you can discuss different targets, such as for life or school.

Session 4: Warm Up

Split into two teams

The aim is to hit the stumps, which is the target.

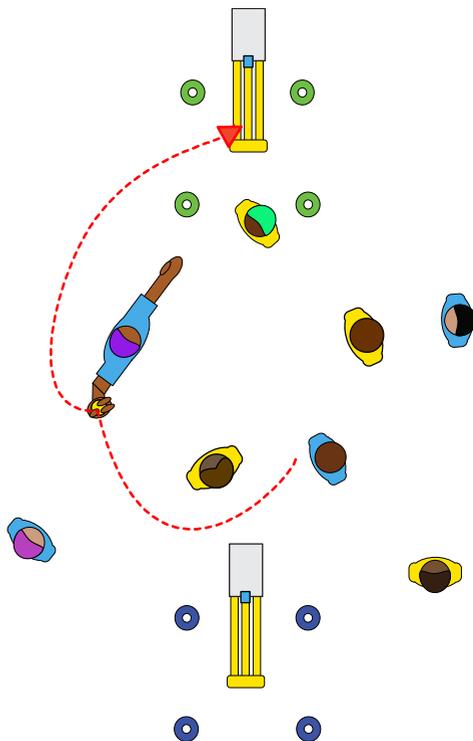
Players cannot move with the ball in their hand, and cannot go into the square of cones.

They must throw the ball with an underarm throw, passing amongst themselves to try to score.

The team who hits their target the most times wins

Change the rules of how the ball must be passed, e.g.

- Catch one handed
- Roll the ball
- Ball must bounce one in a pass
- Alternate throws boy-girl-boy
- Everyone must catch the ball before trying to score



Coaching Points:

- Take a break to have a discussion about what the team's targets are, you can write these on the targets.
- Introduce 1 point for hitting the stumps, three for hitting the target itself.

TIME

15 min

EQUIPMENT

1 balls, 2 targets
8 cones
2 stump sets
(Per 30 players)

ADAPTATIONS

Reduce the distance
around the stumps to
make it easier to score

MESSAGE

Work together to
achieve your
targets

Basic Bowling

This practice introduces a key skill in cricket – bowling. Bowling is how the ball is pitched in cricket, and requires a straight arm.

Session 4: Skill

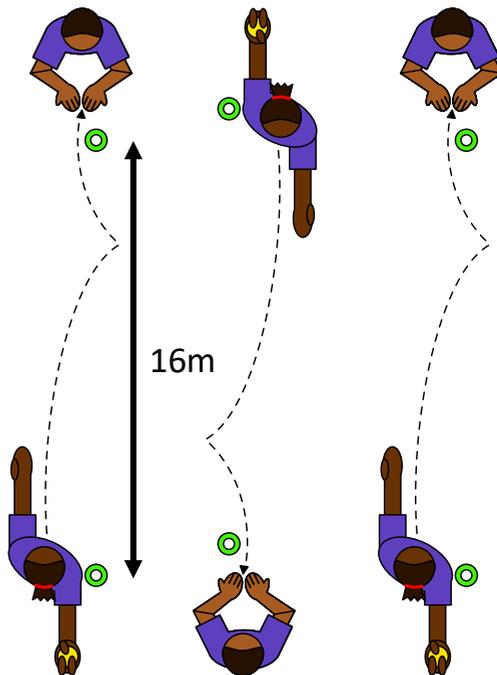
Start in pairs, and practice bowling back and forward in your pair – stand around 16m apart.

Encourage players to keep their arm straight as they bowl the ball.

Encourage players to get the ball to bounce once before their partner.

Introduce challenges:

- Bowl without your partner having to move to collect the ball
- Use a line – how many times can you bounce the ball on the line?



Coaching Points:

- Grip the ball the first two fingers on the top of the ball, the thumb underneath.
- Stretch the bowling arm straight behind you and raise the non-bowling arm up.
- Keeping the bowling arm straight, swing it over your shoulder and finish across your body.

TIME

30 min

EQUIPMENT

15 balls
30 cones
(Per 30 players)

ADAPTATIONS

Change distance
between partners –
shorter is easier.

MESSAGE

Keep focused on
having a straight
arm as you bowl

Non-Stop Cricket

This is a quick pick-up game that combines batting and fielding skills and requires fielders to work together to put pressure on the batsmen.

Session 4: Game

Divide the group into two teams, a batting team and a fielding team.

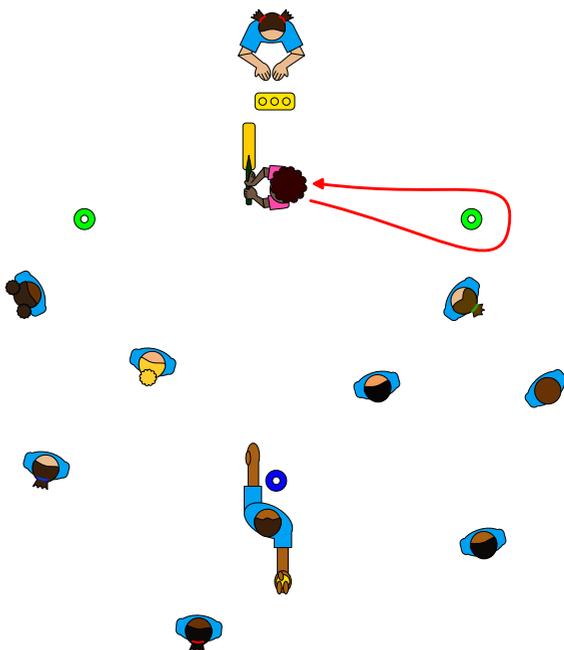
The batsmen take it in turns to bat.

The ball is thrown underarm by the coach, with one or two bounces towards the batsman who hits it.

The batsman runs around the cone and back to the stumps before the ball is returned to the thrower. They score one run (point) every time successfully get around the cone and back.

The bowler throws the ball as soon as it is returned.

Change the batsman if the ball is caught, the stumps are hit, or after the batsman has hit 10 balls.



Coaching Points:

- Grip the bat with two hands together in the middle of the handle
- Stand side-on to the ball, feet a comfortable distance apart, knees bent.
- Fielders should spread out so the whole field is covered, but adjust to cover areas the batsman prefers hitting to.

TIME

30 min

EQUIPMENT

1 stump set
1 bat, 1 ball
2 cones
(Per 30 players)

ADAPTATIONS

Decrease the distance you have to run to score a run.

MESSAGE

Communicate with your team to arrange the fielders

Relays

This game is a good warm-up as it encourages teams to collaborate, is physically active, and can cover all the basic cricket skills.

Session 5: Warm Up

Divide the group into equal teams, at least 3 per team. Each team lines up behind a stump

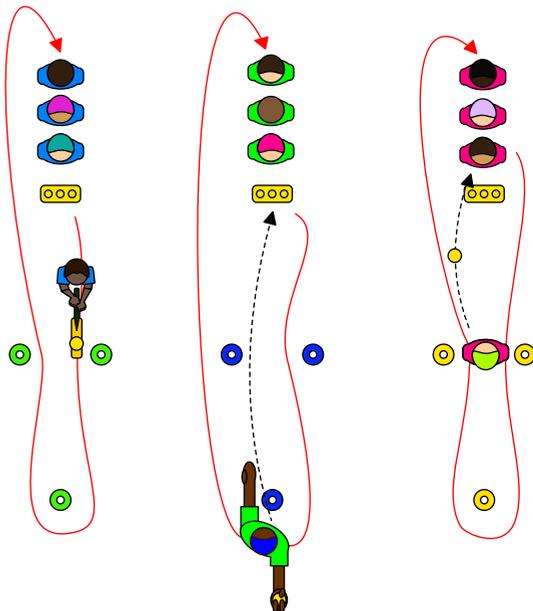
Pick a skill or movement and show it to the group

After shouting “go” the first person completes the skill or movement, going around the cone and tagging the next person to go.

Once everyone in the team has gone the whole team cheers to show they have finished.

Skills and movements

- Balance the ball on the bat
- Bounce the ball on the bat
- Dribble the ball with the bat
- Throw the ball to your team
- Bowl the ball to your team
- Throw the ball up to yourself
- Bounce the ball off the ground
- Run around the cone
- Skip around the cone
- Hop around the cone
- Run backwards
- Do a dance move at the cone



Coaching points:

- Relays are a good way to practice lots of cricket skills and lots of different movement patterns
- Make them into a race to introduce a competitive element

T

15 min

E

5 sets of stumps
5 balls, 5 bats
15 cones
(Per 30 players)

A

Alter the distance moved or work in pairs to complete skills

M

Cheer your teammates, working together

Batting Pull Shot

This practice introduces hitting the ball with a horizontal bat, and requires groups to work together to make sure everyone gets a go.

Session 5: Skill

Split the group into 2 teams, 1 team bats while the other fields

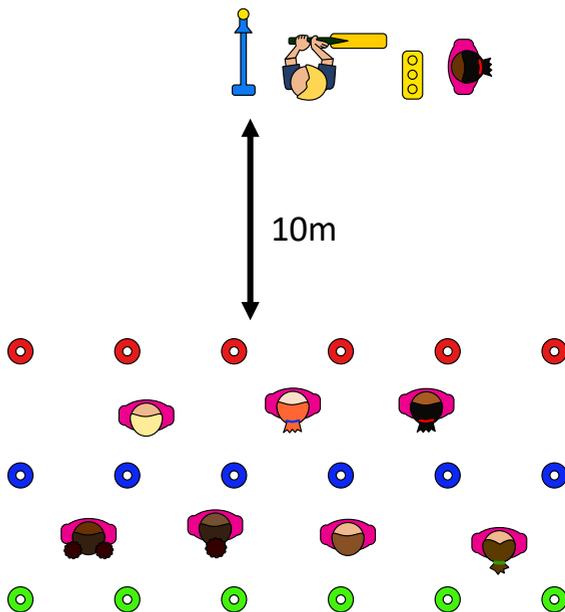
Each batsman has set number of goes, fewer goes per batsmen in larger groups.

The batsman uses the pull shot to hit the ball from tee balanced on top of a stump, aiming to hit the ball through the cones.

1 run is scored if ball hit past first line of cones, 2 past second and 4 if past final line.

If the batsman is caught then they are out.

Once all batsmen have gone teams switch.



Coaching Points:

- Step with the front foot so your chest is facing the bowler.
- Swing the bat across your body, aiming to hit the ball along the ground.

TIME

30 min

EQUIPMENT

1 stump sets
1 ball, 1 bat
15+ cones, 1 tee
(Per 30 players)

ADAPTATIONS

Increase the size of the target to make it easier to score.

MESSAGE

Encourage players to hit the ball as hard as possible!

Target Bowling

This practice tests a key skill in cricket – bowling. Bowling is how the ball is pitched in cricket, and requires a straight arm.

Session 5: Game

Divide the group into equal teams, at least 3 per team

One member of the team stands behind the stumps as the “wicket keeper”.

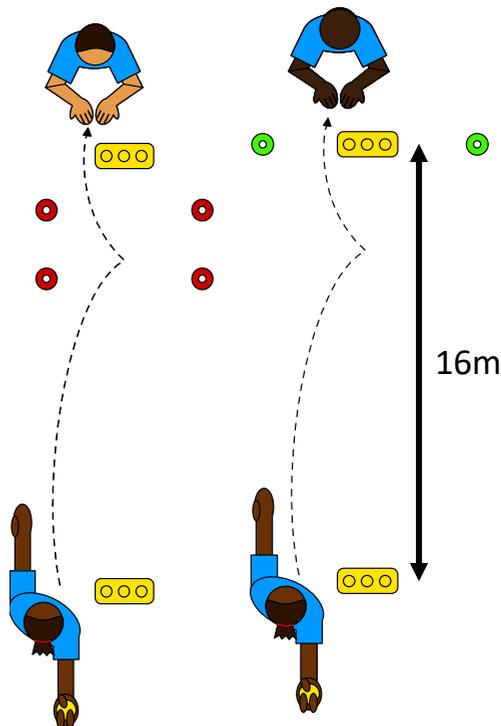
The person at the front of the line bowls the ball at the stumps, and then becomes the wicket keeper.

The wicket keeper collects the ball and runs to the back of the line, passing the ball to the next bowler.

As well as scoring points for hitting the stumps, offer points for achieving other targets. The illustration shows 2 different types of target:

1. The ball must bounce in the box (1 points) and/or hit the stumps (2 points)
2. The ball must pass through the gate of cones (1 point) and/or hit the stumps (2 points)

Remind players to keep their arm straight when they are bowling.



Coaching Points:

- Grip the ball the first two fingers on the top of the ball, the thumb underneath.
- Stretch the bowling arm straight behind you and raise the non-bowling arm up.
- Keeping the bowling arm straight, swing it over your shoulder and finish across your body.

TIME

30 min

EQUIPMENT

4 stump sets
4 balls
16 cones
(Per 30 players)

ADAPTATIONS

Increase the size of the target to make it easier to score.

MESSAGE

Keep focused on having a straight arm as you bowl

Head, Shoulders, Knees

This practice is an ideal fun warm-up – you can introduce tough physical movements or keep it fun and silly!

Session 6: Warm Up

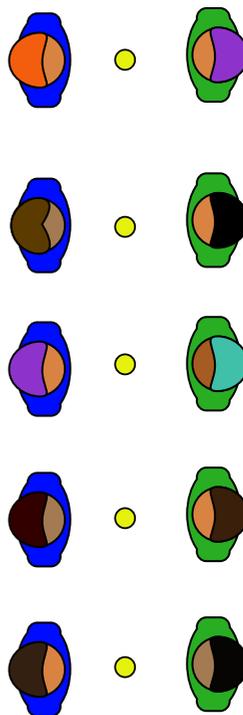
The group is organised into pairs, who stand with a ball between them.

The leader calls out different body parts, which players touch, or actions, which players do.

When the leader calls out “ball” each player in the pair tries to be the first to grab the ball. Score a point if you are the first to grab the ball.

Skills and movements

- Head, shoulders, knees, toes, hips, back, ears, nose etc.
- Jump high
- Turn around
- Turn 180°
- Hop on one leg
- Squat jump
- High five your partner
- High ten your partner
- Sit down
- Pretend to be an animal (e.g. cow, monkey, bird)
- Star Jump
- Press Up
- Disco!



Coaching Points:

- The energy in this game is driven by the coach – make it loud, quick moving and dynamic
- To keep the energy high, get a participant to lead by calling the actions
- Be creative with the movements

T

15 min

E

15 cones
15 balls
(Per 30 players)

A

Raise the ball so it is balanced on a stump/tee

M

Play fair! Wait til the call of ball and don't guard it

Throwing

This practice introduces the techniques for overarm throwing, which is used to try to stop batsmen scoring lots of runs.

Session 6: Skill

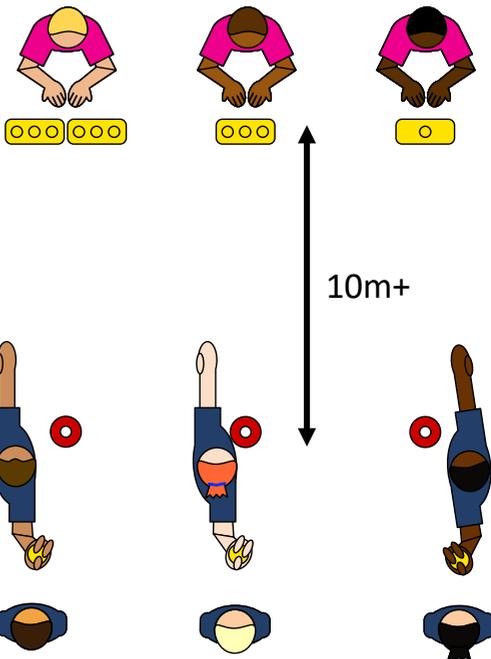
Split the group into three. Set up 3 targets: big, medium and small.

One fielder starts behind the stumps, the rest of the group lines up behind the cone.

Fielders aim to hit the target, after everyone has had a go rotate to the different targets.

Score 5 points for hitting the small target, 3 for the medium, and 1 for the big.

Which team can score the most points?



Coaching Points:

- Opposite foot forward to throwing arm
- Big stride forwards towards your target
- Powerful follow through with the arms coming right across the body

TIME

30 min

EQUIPMENT

4 stump sets
3 balls
3 cones
(Per 30 players)

ADAPTATIONS

Change the distance
the ball is thrown over

MESSAGE

Not about how
hard you throw, its
about aiming

Lords Game

This game practices hitting straight, while also developing fielders, encouraging communication and working together.

Session 6: Game

Split the group into 3 teams, 1 team bats, 1 team lines up as wicketkeepers, while the other fields

Each batsman has set number of goes, fewer goes per batsmen in larger groups.

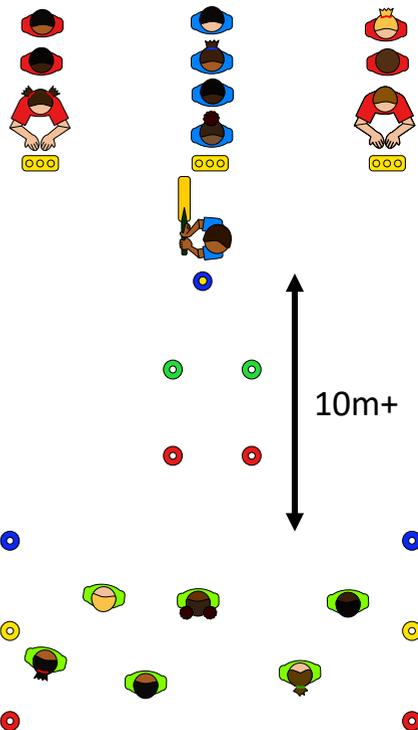
The batsman hits the ball straight off the cone, aiming to hit the ball through the cones.

1 run is scored if ball hit past first line of cones, 2 past second and 4 if hit past final line.

Batsmen score an extra run if they run to the green cone and back before the ball is returned to one of the two wicket keepers, 2 if they run to the red cones and back

If the batsman is caught then they are out. If they aren't back safely when the ball is returned they are out.

Once all batsmen have gone teams switch.



Coaching Points:

- Grip the bat with two hands together in the middle of the handle
- Stand side-on to the ball, feet a comfortable distance apart, knees bent.
- Step with your front foot towards the ball as you swing the bat to hit the ball

TIME

30 min

EQUIPMENT

3 stump sets
1 bat, 1 ball
11 cones
(Per 30 players)

ADAPTATIONS

A simpler version can be played where the batsmen don't run

MESSAGE

Communicate with your team to arrange the fielders

Cooperation Catching

These practices are a great quick warm-up and encourage players to communicate and work together as a team.

Session 7: Warm Up

Split into two teams.

Over/under

Teams race to pass the ball over their heads and under their legs down the line. When it reaches the last in the line they run to the start.

The team with the first person back at the front of the line first is the winner.

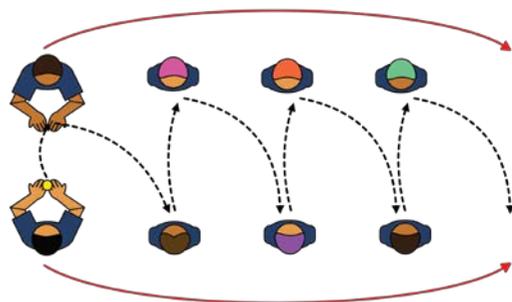
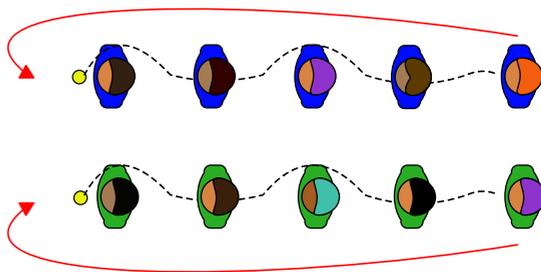
Caterpillar racing

Each team forms a caterpillar (bottom picture) with a tennis ball at the start.

The ball is thrown zig-zag down the line. Once a player has thrown the ball they run to the end of the snake, an arms length from the end player.

The team with all players over the finish line first wins.

Change the challenge by getting players to catch one handed, get players to stand on one leg, clap before catching the ball.



Coaching Points:

- Catch the ball with your hands together
- Stand with your feet a comfortable step apart
- Watch the ball all the way into your hands

TIME

15 min

EQUIPMENT

2+ balls
(Per 30 players)

ADAPTATIONS

Use larger or softer balls to make it easier, shorten the distance

MESSAGE

Catch people's eye before you throw the ball to them

Fielding 2

This practice introduces close range ground fielding, focusing on returning the ball to stop the batsman scoring runs.

Session 7: Skill

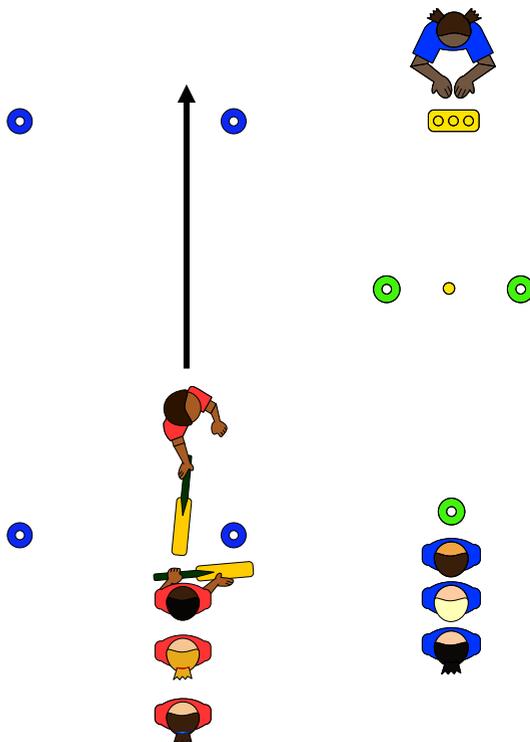
Spilt group into 2 teams. Fielding team have one wicketkeeper while the rest line up behind the cone. Batting team lines up with the first batsman holding a bat.

Coach shouts 'YES' and wicketkeeper rolls ball towards their team and batsman starts running.

Fielder attacks ball and throws underarm at stumps. If fielder misses then the wicketkeeper collects the ball and brings it to the stumps.

Batsman must get their bat on the floor past the cones

If they get past the line before the ball hits the stumps they are in and earn a point. If fielding team get ball to stumps before batsman crosses the line batsman is out and point awarded to the fielding team.



Coaching Points:

- Move quickly to the ball, getting into a low and balanced position.
- Pick the ball up with one hand, fingers pointing down and palm facing the ball.
- Throw the ball underarm at the stumps and keep your body moving towards the target.

TIME

30 min

EQUIPMENT

2 stump set
1 ball, 1 bat
11 cones
(Per 30 players)

ADAPTATIONS

Change distances to make sure the race is close.

MESSAGE

Cheer your team to encourage them.

Non-Stop Cricket

This is a quick pick-up game that combines batting and fielding skills and requires fielders to work together to put pressure on the batsmen.

Session 7: Game

Divide the group into two teams, a batting team and a fielding team.

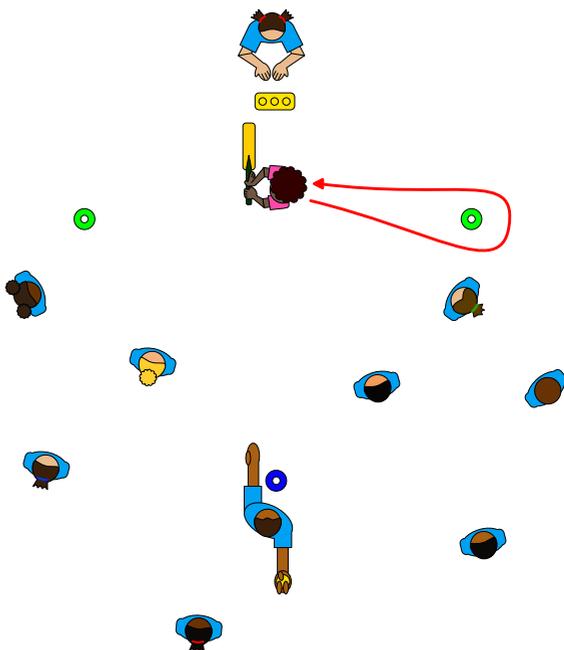
The batsmen take it in turns to bat.

The ball is thrown underarm by the coach, with one or two bounces towards the batsman who hits it.

The batsman runs around the cone and back to the stumps before the ball is returned to the thrower. They score one run (point) every time successfully get around the cone and back.

The bowler throws the ball as soon as it is returned.

Change the batsman if the ball is caught, the stumps are hit, or after the batsman has hit 10 balls.



Coaching Points:

- Grip the bat with two hands together in the middle of the handle
- Stand side-on to the ball, feet a comfortable distance apart, knees bent.
- Fielders should spread out so the whole field is covered, but adjust to cover areas the batsman prefers hitting to.

TIME

30 min

EQUIPMENT

1 stump set
1 bat, 1 ball
2 cones
(Per 30 players)

ADAPTATIONS

Decrease the distance you have to run to score a run.

MESSAGE

Communicate with your team to arrange the fielders

Team Targets

This game is a good warm-up to understand more about your players, as you can discuss different targets, such as for life or school.

Session 8: Warm Up

Split into two teams

The aim is to hit the stumps, which is the target.

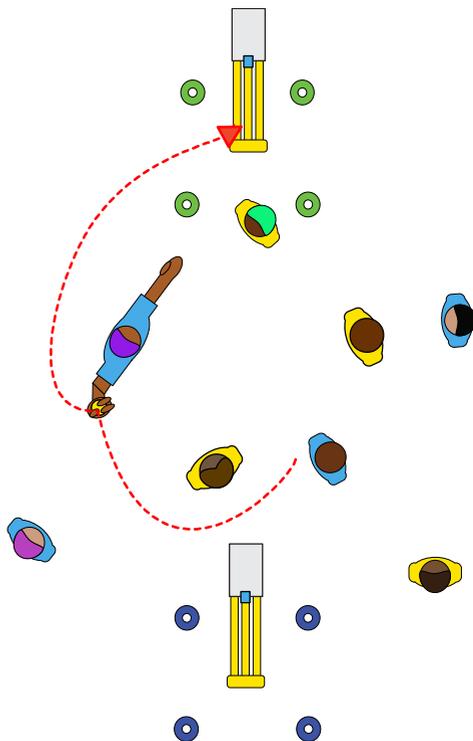
Players cannot move with the ball in their hand, and cannot go into the square of cones.

They must throw the ball with an underarm throw, passing amongst themselves to try to score.

The team who hits their target the most times wins

Change the rules of how the ball must be passed, e.g.

- Catch one handed
- Roll the ball
- Ball must bounce one in a pass
- Alternate throws boy-girl-boy
- Everyone must catch the ball before trying to score



Coaching Points:

- Take a break to have a discussion about what the team's targets are, you can write these on the targets.
- Introduce 1 point for hitting the stumps, three for hitting the target itself.

TIME

15 min

EQUIPMENT

1 balls, 2 targets
8 cones
2 stump sets
(Per 30 players)

ADAPTATIONS

Reduce the distance
around the stumps to
make it easier to score

MESSAGE

Work together to
achieve your
targets

Rapid Fire

This is an entry-level competitive game that can be used in tournaments, and requires communication and basic cricket skills.

Session 8: Tournament

Divide group into at least 3 teams.
Plan a tournament with multiple games between teams.

The batsman hits the three balls off the cones towards the fielders.

The fielders cannot cross the line until the last ball has been hit.

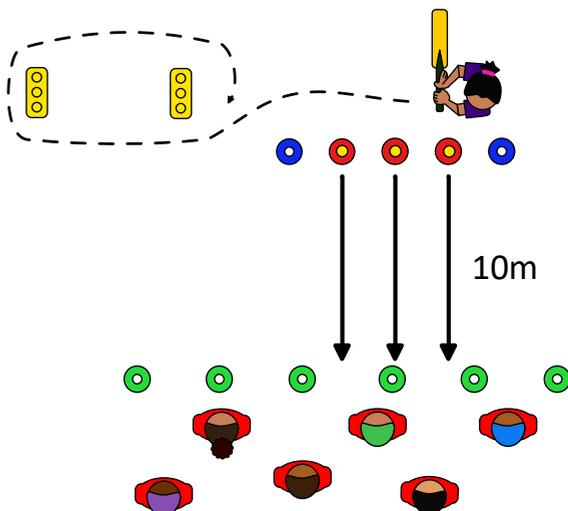
The batsman starts to run around the stumps.

The fielders work together to return the balls to the cones.

The batsman stops running when the balls are returned.

The number of times they have run around the stumps is added to the team score.

Every batsman in the team bats, then the teams switch.



Coaching Points:

- Challenge players to cooperate, for example by saying only girls and then only boys can cross the line of cones to return the balls
- Consider including additional rules from session 3.

TIME

65 min

EQUIPMENT

3 balls, 1 bat
10 cones
2 stump sets
(Per 30 players)

ADAPTATIONS

Reduce the distance around the stumps to make it easier to score

MESSAGE

Have discussions about how to include everyone.