

CRICKET

COACHING CARDS

LEVEL A - BASICS OF CRICKET



CRICKET
without **BOUNDARIES**



THE COACHING METHOD

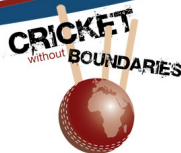
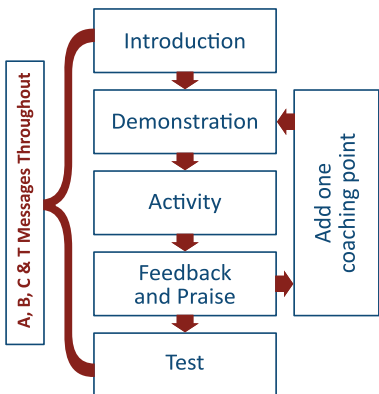
When we use the coaching method there are many ways we can help players learn. Here are some different ways we can add the coaching points:

TELL: When we give players instructions they should be clear and to the point. The group or player should be stood so they can hear easily.

SHOW: When we demonstrate to players we should make sure they are arranged so they can see the important parts of the demonstration. We might want to show different sides of the skill, and demonstrate both with and without a ball.

ASK: After players have become familiar with a skill we can ask them questions. This helps to reinforce learning. Questions might begin with:

- How...?
- Why...?
- Show me...?
- Tell me...?



SAFETY

Assessing and managing risk

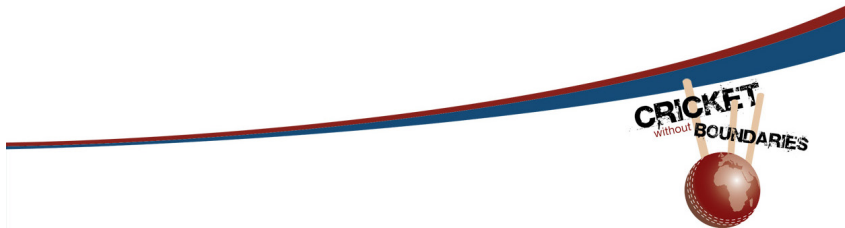
Assessing and managing risk is the responsibility of the coach, it is important that we keep our players and ourselves safe.

- **Equipment** – is it suitable for our players? Is it in good working order?
- **Environment** – are there any hazards in or near our playing area? What is the weather like?
- **Organisation** – how close together are our players or groups? What direction is the ball going?
- **Time** - how much time do we have to run the session? Have our players had enough time to rest and recover?

To manage risk we can

- **Remove the risk** – eg rubbish or stones in the playing area
- **Avoid the risk** – eg a nearby ditch or wire fence
- **Reduce the risk** – eg using kit suitable for our players
- **Accept the risk** – sometimes we must accept small risks!

We can remember these stages using the nemonic **RARA** - Remove, Avoid, Reduce, Accept.



OVERARM THROWING

Introduction: This is a fielding skill used to throw the ball quickly and accurately to the wicketkeeper, bowler or the stumps.

Where is it used: It is used when far away from the batsman to stop runs or run them out.

Coaching Points

1. Stand side-on to the target with your feet a big step apart.
2. Raise your throwing arm behind you with the elbow above your shoulder and point the non-throwing arm at the target.
3. Throw the ball, finishing with your chest facing the target.

ABSTAIN from throwing the ball with your chest facing the target – make sure you start side-on.

PROTECT yourself, keep the elbow of your throwing arm above your shoulder to avoid injury.



CRICKET
without BOUNDARIES

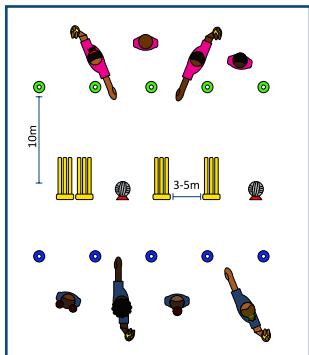


OVERARM THROWING TESTS

Crossfire - This test is to encourage players to throw the ball powerfully and accurately at the stumps using the overarm throw.

Place the stump sets and other targets (eg balls balanced on cones) side-by-side 3m-5m apart and 10m from each group, with a line for each group to stand behind.

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

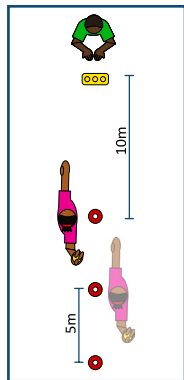


PROTECT yourself - throw from behind the line.

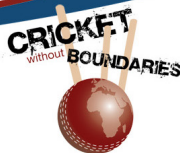
Target Throwing - Players start at the first cone and throw overarm at the stumps. When they hit they move back to the next cone. This can be run as a team relay or as an individual test.

Players can test themselves by seeing:

- How many cones back they can get in a certain number of throws
- How many cones back they can get in a set amount of time
- In a race, which person/team it is the first to hit the stumps from furthest cone



ABSTAIN from rushing - take a second to aim.



ONE HANDED INTERCEPT

Introduction: This is a fielding skill used to pick the ball up at close range and throw it to the wicketkeeper, bowler or at the stumps.

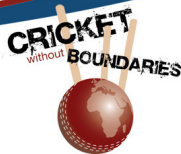
Where is it used: It is used to stop batsmen running a single or to attempt a run out.

Coaching Points

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

ABSTAIN from waiting for the ball, make sure you run towards it.

BE FAITHFUL to the wicketkeeper, make sure the throw goes to the top of the stumps.



ONE HANDED INTERCEPT TEST

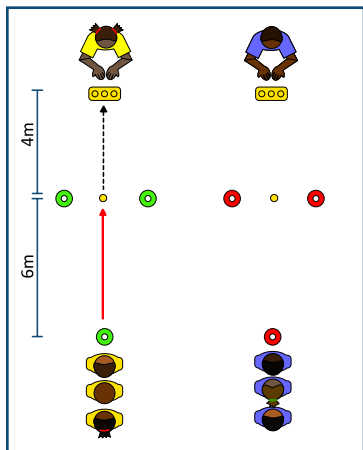
Divide the group into teams, one for each set of stumps. Set up a relay, placing a ball between the cone goal.

On the shout of “go!” the first person from each team runs out, collects the ball with the one handed intercept and throws the ball either at the stumps or to the wicket keeper.

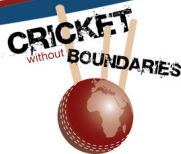
The first team to hit the stumps (either directly or through the wicketkeeper) wins a point.

Repeat until everyone has had a turn, the team with the most points wins.

Increase the challenge by having the wicketkeeper roll the ball towards their teammate, who must stop the ball before it gets through the goal.



BE FAITHFUL to the call of “go!” – don’t run too early.



LONG BARRIER

Introduction: This is a fielding skill used to stop the ball in the field.

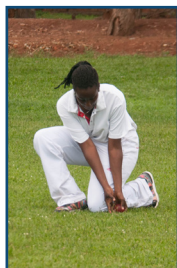
Where is it used: It is used when fielding far away from the batsman or on uneven surfaces.

Coaching Points

1. Move to the line of the ball, getting into a low and balanced position.
2. Get sideways to the ball and kneel, creating a barrier with no gap between your knee and heel.
3. Keeping your eye on the ball, collect the ball with fingers pointing down.

ABSTAIN from kneeling too early, make sure you know where the ball is going.

PROTECT the field by making sure there are no gaps between your heel and knee that the ball could get through.



CRICKET
without **BOUNDARIES**



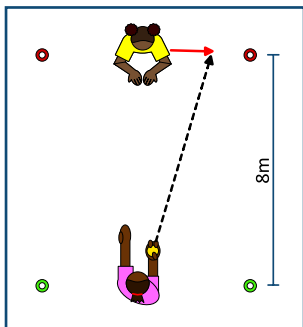
LONG BARRIER TESTS

Set up in pairs or relay groups, with one ball between each pair.

Mark out goals at least 8 metres away from each other.

Pairs try to roll the ball past their partner and through the goal, while their partner uses the long barrier to defend the goal.

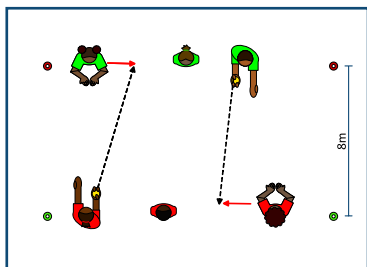
See who can get the most goals in a set time, or who can be the first to 10 goals.



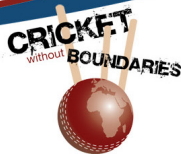
Change the difficulty of the test by changing the size of the goal.

Make this into a team test by having many fielders defending a larger goal, use several balls and make sure players talk to their team mates so they do not run into each other.

BE FAITHFUL to your partner by rolling the ball underarm along the ground.



PROTECT the goal - move quickly to the line of the ball and make sure there is no gap in your long barrier.



WICKETKEEPING

Introduction: The wicketkeeper is stood behind the stumps and stops the ball if the batter misses it, or catches the ball if it is hit by the batter or thrown in to the stumps by fielders.

Coaching Points - Stance

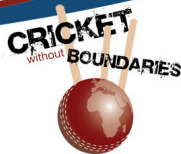
1. Stand slightly to the side of the stumps so you can see the ball as it is bowled.
2. Bend the knees, hands spread to create a large catching area, tips of fingers touching the ground.
3. Keep head and chest up, and hands out in front of your body.

If wicketkeeping to a slow bowler the player should start with their hands just behind the stumps. If it is a fast bowler they should be far enough back so the ball reaches them at waist height.

Coaching Points - Take

1. Move head and body in line with the ball, taking a step if needed.
2. Rise with the ball as it bounces.
3. Catch with hands together and fingers pointing down.

ABSTAIN from standing too early – rise with the ball.



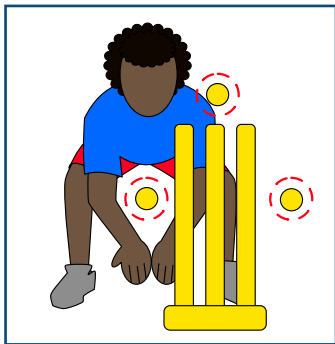
WICKETKEEPING TESTS

In pairs or a relay, one player acts as wicketkeeper, standing behind the stumps. The other player stands back from the stumps and throws over-arm, so that the ball bounces in front of the wickets.

Players have six goes each and then swap, seeing how many they can successfully take.

- 6 straight at the wicketkeeper
- 6 to the off-side
- 6 to the leg-side
- 6 at random

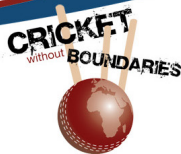
To increase the challenge of the test have a player stood in front of the stumps:



- pretending to play cricket shots
- holding a cone and trying to slightly touch the ball

ABSTAIN from rising too early – rise with the ball.

BE FAITHFUL to the ball – don't get distracted by the batter or cone.



BOWLING - THE RUN UP AND BOUND

Run Up

The bowler should run up in a straight line. Fast bowlers will have a longer, faster run up. Spin bowlers will have a shorter run up. The run-up should always be smooth and rhythmical.

Bound

To keep the energy from the run up and transfer it into the bowling action bowlers should bound before bowling.

The bound is a jump forward off the front foot, landing in back foot contact. Bowlers should then make front foot contact and bowl.



Jump off front foot.



Be sure to jump forward, swinging back foot in front of front foot.



Land on back foot, ready to bowl.

OFF SPIN BOWLING

Off spin (or for left-handed bowlers - left arm orthodox) is a form of spin bowling that mostly uses the fingers to spin the ball. Whenever bowling spin the aim is to get the ball to spin as quickly as possible in the air.

Grip

Off spin uses two fingers to grip the ball.

Spinning the ball

As you release the ball, flick the wrist so that the thumb is moving towards the first finger and snap the first finger towards the second finger.

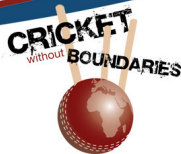
Practice

Begin by facing your partner and throwing the ball overarm with one bounce, trying to get the ball to spin as quickly as possible out of the hand.



Stand sideways on to your partner as if in the bowling base, throw the ball overarm from head-height, again trying to get the ball to spin quickly.

Bowl from the base position to your partner, releasing the ball from as high as possible with a straight arm and pivoting on a straight front leg, spinning the ball sharply on release.



LEG SPIN BOWLING

Leg spin (or for left-handed bowlers – left arm wrist spin) is a form of spin bowling that mostly uses the wrist to spin the ball. Whenever bowling spin the aim is to get the ball to spin as quickly as possible in the air.

Grip

Leg spin uses three fingers to grip the ball, with the third finger running along the length of the seam .

Spinning the ball

As you release the ball, flick the wrist so that the first finger is moving towards the thumb, rolling the ball off the third finger.

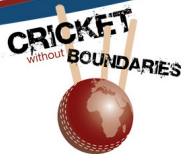


Practice

Begin by facing your partner and throwing the ball underarm with one bounce, trying to get the ball to spin as quickly as possible off the third finger.

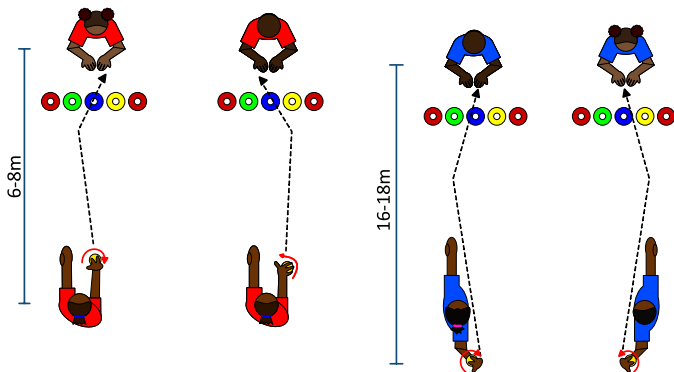
Stand sideways on to your partner as if in the bowling base, throw the ball underarm from waist-height, again trying to get the ball to spin quickly.

Bowl from the base position to your partner, releasing the ball with a straight arm and following through powerfully so shoulders and hips rotate.



BOWLING - SPIN TESTS

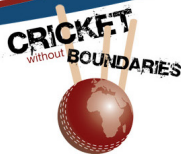
When initially learning how to spin the ball, we test how much players can turn the ball when throwing it. Lay a series of cones or other markers along the ground. Players test themselves by trying to bounce the ball one side of the markers and getting the ball to turn over the most markers possible.



Once players have learnt to bowl the ball the same test can be introduced over a bowling distance of 16-18 metres, as well as adding stumps that the bowler might also aim to hit.

Spin bowlers should always be encouraged to focus on trying to get the ball to turn as much as possible first, before working on accuracy.

ABSTAIN from bending the arm if testing how much players can spin the ball while bowling.



BATTING DEFENCE

When batting players must be able to decide if they are going to attack the ball and attempt to score runs, or defend the ball. Players can defend the ball to protect their wicket or body, and to keep the ball on the ground.

There are two main defensive shots, the front foot defence and the back foot defence:

Front foot defence

Like the front foot drive, players step towards the ball to play this shot, and it is played to a ball that reaches the batter around knee height.

Coaching points

1. Step towards the ball with the front foot, bending the knee while swinging the bat back.
2. Slow the bat as it hits the ball, make sure the bat comes down straight.
3. Finish still and balanced with the face of the bat pointing to the ground.

PROTECT your wicket and body by bringing the bat down straight.



CRICKET
without BOUNDARIES



BATTING DEFENCE

Back foot defence

Like the pull shot, players step back to play this shot, and it is played to a ball that reaches the batter around waist height.

Coaching points

1. Swing the bat back, moving your back foot to get your head in line with the ball.
2. Drag the front foot towards the back foot, bring the bat down straight, slowing as it hits the ball.
3. Finish still and balanced with the face of the bat pointing to the ground.

ABSTAIN from pushing at the ball with the bottom hand, keep it relaxed.

PROTECT your wicket and body by bringing the bat down straight.



CRICKET
without BOUNDARIES

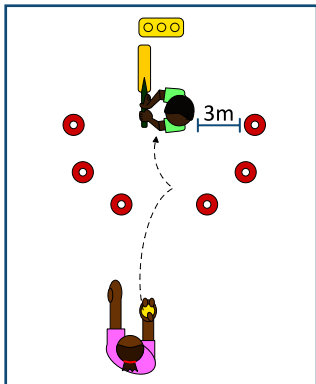


BATTING - DEFENCE TESTS

In pairs or small groups, set up a semi circle of cones in front of the batsman. One player throws the ball with one bounce, towards the batsman, who defends the ball so it bounces inside the semicircle.

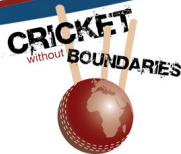
- Defend 10 balls thrown underarm – how many can you land inside the semicircle?
- Defend 10 balls thrown overarm – how many can you land inside the semicircle?
- Defend 10 balls thrown a mix of underarm and overarm – how many can you land inside the semicircle?

When working in groups fielders stand outside the semicircle. The batsman tries to survive for 10 balls without being caught. An attacking shot means they are automatically out.



Make the test harder by introducing one-hand-one-bounce – if the ball has bounced once the fielders may catch it with one hand and the batsman will still be out.

PROTECT yourself - hit the ball gently or you will be caught out.



RUNNING BETWEEN THE WICKETS

In cricket batsman score runs by running between the wickets and changing ends with their partner. In order to score the most number of runs batsman can use several techniques to be as quick as possible.

Backing up

The batsman who is not about to hit the ball (the non-striker) can be prepared to run by backing up.



Coaching points

1. Stand outside the batting box so you are facing where the bowler will release the ball make sure the bat is touching the ground inside the batting box.
2. As the bowler releases the ball start walking towards the other end, waiting to decide if you should run.

Turning

When batsman run more than one run using correct turning technique can make them quicker between the wickets.



Coaching points

1. As you approach the batting box get low to the ground and move your bat into one hand.
2. Slide the bat along the ground so it just passes inside the box and turn to begin the next run.



RUNNING BETWEEN THE WICKETS TESTS

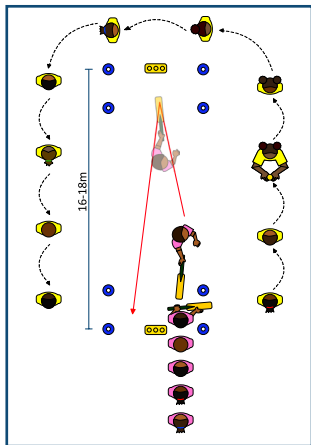
Split the group into two teams, a batting team and a fielding team. Batsmen line up at one end of the wicket, with the first batsman backing up.

Fielders make a semi circle around the wicket.

The first batsman begins running while fielders throw catches to each other along the line. Once the batsman has run two the next batsman starts running.

When the ball gets to the last fielder the batsmen must stop running.

After each round the teams switch over. The team with the most completed runs wins!

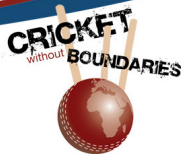


Change the test by

1. Batsmen always turning and backing-up facing where the ball is.
2. Fielders throwing the ball along the line several times, giving the batsmen more time to run.

ABSTAIN from running until the batsman before you has completed their second run.

BE FAITHFUL to your team when catching - throw it straight to the next person in the line.



THE LORDS GAME

Split the group into two teams – a batting team and a fielding team. The fielding team defend the three lines of cones that are placed straight, while the batsman try to hit the ball as far along the ground through these lines as possible.

Each batsman has a set number of goes.

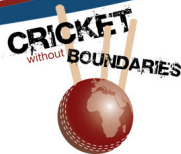
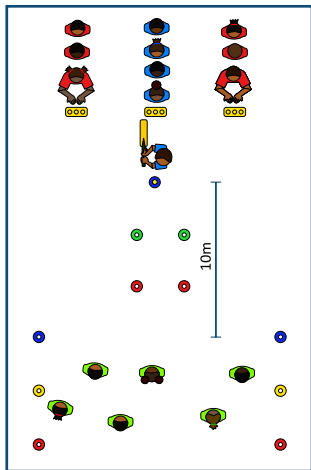
The batsman uses the front foot drive to hit the ball from a cone placed in front of them.

- 1 run scored if the ball is hit past first line of cones
- 2 runs scored if the ball is hit past second line of cones
- 4 runs scored if the ball is hit past final line of cones

Batsman can score an additional run by running to a gate of cones and back to the stumps, or an additional 2 runs by running to a second gate of cones and back.

Fielders position themselves inside the scoring zone to prevent runs. Once the ball is stopped it should be thrown as quickly as possible to the nearest wicketkeeper, trying to beat the runner and stop the batsman scoring the additional runs.

The team with the highest score at the end is the winner.

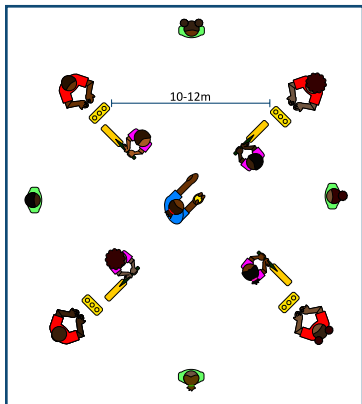


DIAMOND CRICKET

Divide players into teams of 4. Start with one team batting, one batsman at each base. Have one team acting as wicket-keepers, one at each base.

All remaining teams act as fielders, who stand outside the diamond, or the bowler, who stands in the centre of the diamond.

As soon as they have the ball the bowler bowls at any wicket. All batsman run anti-clockwise when the ball is hit, while the fielders return the ball to the bowler. The batting team score a run every time all the batsman safely get to the next base.



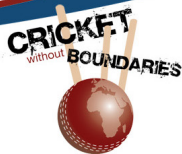
Batsman are out when caught, bowled or they hit their wicket.

Teams can either bat for a set number of balls, losing 2 runs every time someone is out, or bat for as long as possible but have a set number of lives, losing one each time they are out.

The team with the most runs wins.

BE FAITHFUL to your teammates when batting – only run more than one run if everyone can get safely home.

PROTECT yourself when fielding – don't go into the diamond unless you are the bowler.



NON STOP CRICKET

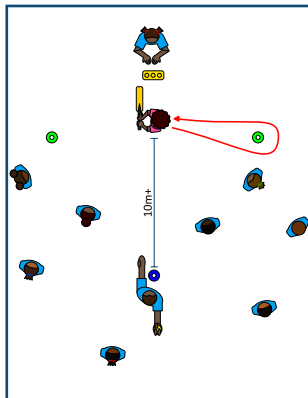
Divide the group into two equal teams.

Each team bats for a set amount of time.

The bowler bowls over or underarm from behind the bowling cone, bowling six deliveries before a new bowler bowls.

The batsman has to run whether or not the ball is hit, and may run more than once.

The batsman has to run around a cone to score a run.



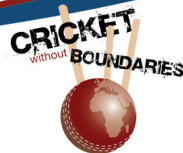
Fielders throw the ball back to the bowler as quickly as possible, who bowls when ready.

The batsman is out when bowled, caught or hit wicket, and the next batsman moves in quickly to take their place.

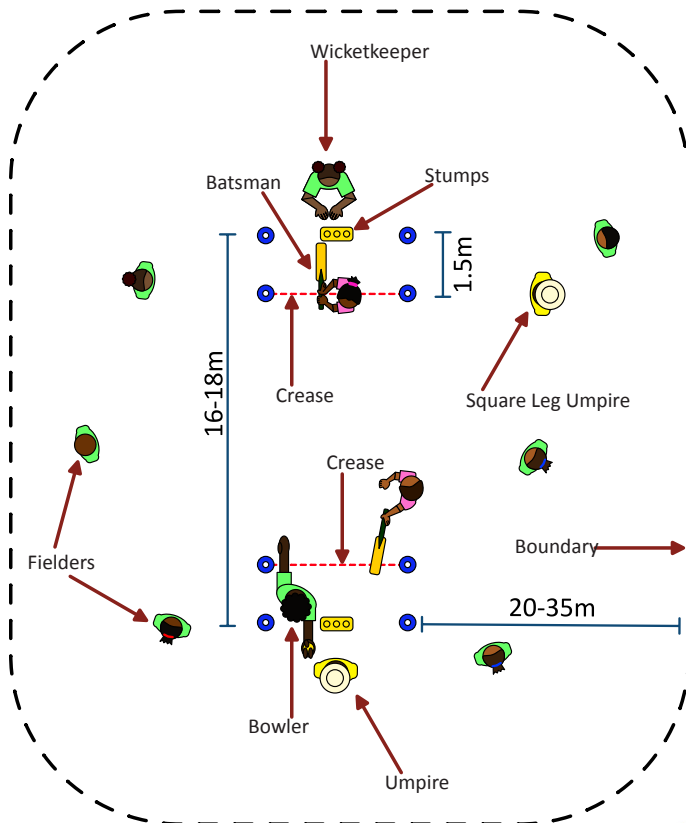
A batsman who is not out after facing six balls must change with the next batsman. The team with the most runs at the end of their time wins.

BE FAITHFUL to the rules - run all the way around the cone to complete a run.

PROTECT your stumps - don't try and attack every ball.



PAIRS CRICKET



CRICKET
without BOUNDARIES



GLOSSARY

Boundary

The boundary is an optional limit to the playing area. This should be marked, for examples by cones or a rope. Balls hit over the boundary without bouncing score 6 runs; if they do bounce they score 4 runs. The batsman who hit the boundary should face the next ball.

Calling

When deciding if they should run or not batsman should communicate with each other by calling. The batsman who is running towards the “danger end” – the end where the ball is most likely to be thrown – should make the call: Yes or No.

Crease

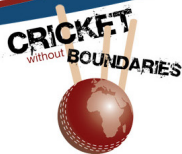
This is the line that runs across the front of the batting box. Bowlers must have part of their front foot behind this line when they deliver the ball; otherwise the ball is a no-ball. This is the line batsman must have crossed to be safely in their ground.

Umpire

The umpire is responsible for calling wides and no-balls, determining if the batsman is out or not, and making sure batsmen make their ground at the non-strikers end when running. They signal their decisions to the scorer so that it can be recorded on the scoresheet. They also count the number of balls that have been bowled and call “over” once each over has been completed.

Square Leg Umpire

This umpire is responsible for helping the umpire with calling no-balls, helping determine if the batsman is out or not and making sure batsman make their ground at the strikers end. They also count the number of balls that have been bowled and help communicate this to the other umpire.



Byes

Byes are runs scored when the batsman has missed the ball with their bat and it has not hit the batsman on the body. They are added to the team total but do not count to the batsman's individual score.

Leg Byes

Leg Byes are runs scored when the batsman has missed the ball with their bat but the ball has touched the batsman's body. They are added to the team total but do not count to the batsman individual score.

No Ball

If the ball bounces more than twice before reaching the batsman, or arrives above waist height without bouncing, then it will be called a no-ball. If the bowler does not have part of their front foot behind the crease when they deliver the ball it will also be called a no-ball. A ball may be called a no-ball even if the batsman hits the ball.

Wide

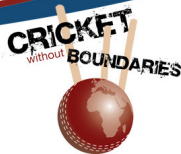
The ball is bowled so far wide of the batter that they cannot hit it then that ball will be called a wide. In pairs cricket this can be if the ball passes the batsman wide of the crease. If the ball is hit it cannot be called a wide.

Over

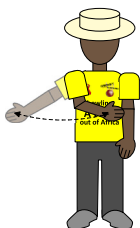
Bowlers bowl a set number of balls, called an over, before another bowler takes over. In a conventional game of cricket an over lasts 6 balls.

Innings

An innings is a unit of play in cricket. A game of cricket usually lasts for two innings, allowing both teams to have one go at batting and bowling each. An innings lasts for a set number of overs.



UMPIRE SIGNALS



Four Runs



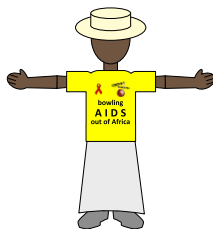
Six Runs



Out



No Ball



Wide



Byes



Leg Byes

CRICKET
without **BOUNDARIES**



SCORING

Batting Innings of: TEAM ABSTAIN												
Batsmen 1&2 ISAAC GRADE	Bowler 1 JOSEPH						Bowler 3 FLORENCE					
	1	3	(2)	•	•	4	1	•	W	•	•	3
	Bowler 2 RENE						Bowler 4 DAVID					
	6	•	W	•	(2)	5	(2)	W	•	6	3	4
	RUNS	23	WKS	1	TOTAL	18	RUNS	19	WKS	2	TOTAL	9
Batsmen 5&6 MARK ROBERT	Bowler 5 PATIENCE						Bowler 7 ROGERS					
	W	•	6	•	•	1	4	•	3	2	(2)	1
	Bowler 6 SAMUEL						Bowler 8 JOYCE					
	3	W	W	(2)	•	•	(2)	5	•	3	•	2
	RUNS	12	WKS	3	TOTAL	-3	RUNS	24	WKS	0	TOTAL	24
Batsmen 9&10	Bowler 9						Bowler 11					
	Bowler 10						Bowler 12					
	RUNS		WKS		TOTAL		RUNS		WKS		TOTAL	
TEAM TOTAL: 18 + 9 + -3 + 24 = 48												

In most school-based competitions we are required to record the number of runs scored by batsman, the number of other runs ("extras") and the number of wickets. We usually have 1 box for each ball that is bowled. In these cases we can use the simplified scoring method:

4

Runs scored by batter
– recorded as a number.

(2)

Extra runs scored (wides, no-balls, byes and leg byes) – recorded as a number in brackets.

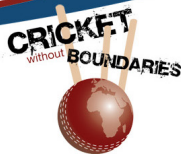
•

No runs scored ("dot ball")
– recorded as a dot.

W

Wicket – recorded as a W. If run/ extras are also scored record number in same box.

On the next page is a blank scorecard that can be photocopied and used to score an innings of pairs cricket. There is enough space to score a game for up to 12 players.



Batting Innings of:												
Batsmen 1&2	Bowler 1			Bowler 3								
	Bowler 2			Bowler 4								
	RUNS	WKS	TOTAL	RUNS	WKS	TOTAL						
	Bowler 5			Bowler 7								
Batsmen 5&6	Bowler 6			Bowler 8								
	RUNS	WKS	TOTAL	RUNS	WKS	TOTAL						
	Bowler 9			Bowler 11								
	Bowler 10			Bowler 12								
Batsmen 9&10	RUNS	WKS	TOTAL	RUNS	WKS	TOTAL						
	TEAM TOTAL:											

FURTHER INFORMATION

www.cricketwithoutboundaries.com/coaching

OR CONTACT



CRICKET
without **BOUNDARIES**

