

CRICKET

COACHING CARDS

INTRODUCTION TO CRICKET



CRICKET
without **BOUNDARIES**



As a Cricket Without Boundaries coach you are in a **UNIQUE** position to educate children about **HIV/AIDS** awareness whilst teaching them **CRICKET**. These coaching cards will help you be a better coach but it is your **ENTHUSIASM** and **SPIRIT** that will get the message across.

CRICKET is a game all about **INCLUSIVENESS** and **RESPECT** and you can apply these values to **HIV/AIDS** awareness.

Our message is simple:

A - Abstain from sex

B - Be faithful to your partner

C - Use a condom/protect yourself

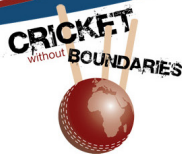
T - Test yourself for HIV, know your status

S - Stigma, cricket is for everyone

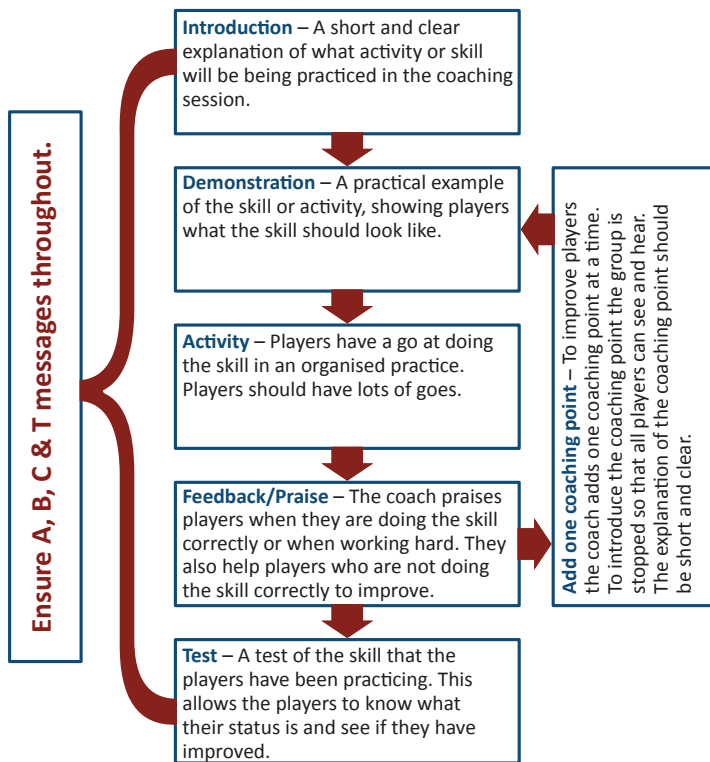
As a coach you can use these messages whilst playing **CRICKET** in a **FUN** way. We have put ideas on each card, but the **MORE** you can do the **BETTER**.

If you **ENJOY** coaching then the children will **ENJOY** playing and will **REMEMBER** the **HIV/AIDS** message and **PASS** on to others.

THANK YOU from CWB



THE COACHING METHOD



CRICKET
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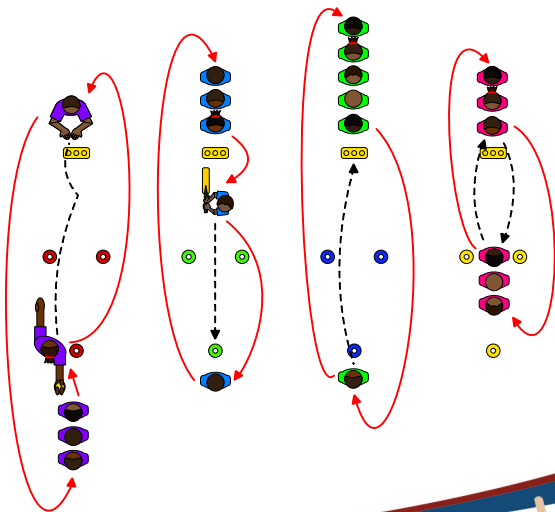
WARM UP - RELAYS

Warm-ups are designed to prepare our body and mind for the activity that we are about to take part in. Relays are a simple way to organise a warm up, they are quick to set up, fun, and can be adapted to be used in many different ways using the same basic set-up.

Relays can also be an easy way to organise practices of the skills that follow. They keep players active, particularly in large groups.

Examples of activities that can be done in relays:

- Bowling
- Catching and throwing
- Bat taps or cricket-bat hockey
- Dynamic movements such as side-steps, high knees, arm swings



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CLOSE CATCH

Introduction: The close catch is a fielding skill used to catch a ball that is waist height or lower.

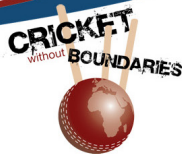
Where is it used: This is normally used when fielding close to the batsman, e.g. wicketkeeper or slip.

Coaching Points

1. Catch the ball with your hands together, fingers pointing down.
2. Stand with your feet a comfortable step apart, knees bent.
3. Watch the ball all the way into your hands.

ABSTAIN from using one hand, always use two if you can.

PROTECT yourself by pointing your fingers down to avoid injury.

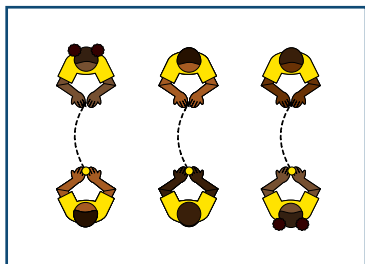


CLOSE CATCHING TESTS

Quick-fire Tests

While catching in pairs or relays players can complete many different tests:

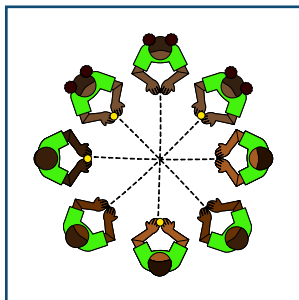
- How many catches can you take in 1 minute? Can you repeat that test and beat your previous score?
- How quickly can you take 20, 50, 100 catches? Race against the other pairs or teams.
- Can you take 20 catches in a row with just your right hand? Then your left hand?
- Can you take 20 catches in a row, clapping before each catch?
- Can you work with two balls in your pair or group, throwing and catching at the same time?



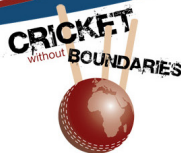
BE FAITHFUL to your partner or team and throw it straight to them.

Distraction Catching

Form a circle, with players in pairs stood on opposite sides of the circle. Pairs have one ball each and throw the ball across the circle to their partner. They can then complete any of the Quick-fire Tests above.



BE FAITHFUL there are many distractions in this game, we must focus on just our partner.



HIGH CATCH

Introduction: The high catch is a fielding skill used to catch a ball that is above waist height.

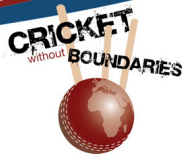
Where is it used: Anywhere when the ball has been hit high in the air.

Coaching Points

1. Move quickly to get under the ball.
2. Catch the ball at eye-level with hands together, fingers pointing away.
3. As you catch the ball bring your hands towards your body.

BE FAITHFUL keep watching the ball at all times.

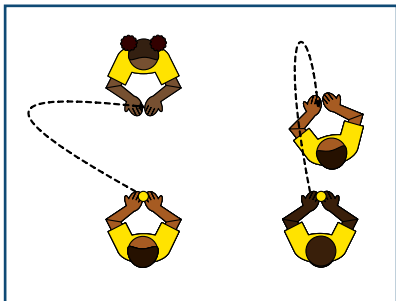
PROTECT yourself by pointing your fingers away from your body to avoid injury.



HIGH CATCHING TESTS

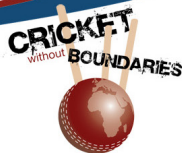
When catching in pairs or relays players can complete many different tests:

- How many high catches can you and your partner complete in a row without dropping the ball?
- Can you throw 10 catches for your partner so they have to come forward to catch the ball each time?
- Can you start with your partner next to you and throw 10 high-catches for your partner to catch over their shoulder?
- How high can your partner throw the ball and you still catch it?
- How many times can you clap while the ball is in the air before catching it?



BE FAITHFUL to your partner by throwing the ball high enough so they can move to be underneath the ball.

PROTECT your partner and teammates by not throwing the ball in the way of other groups.



BOWLING THE BASICS

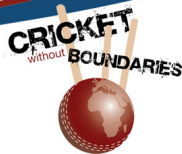
Bowling is how we begin each ball in cricket. Bowling is a skill that is unique to cricket. The arm is straight as the arm passes over the shoulder and as the ball is released.

The Grip

When first learning to bowl players should use the basic bowling grip, with the first two fingers on the top of the ball running along the seam, and the thumb underneath.



Note - The information above and on the following card are for fast-bowling. Some players may naturally bowl spin and in those cases this should be encouraged. More information on spin bowling is included in the Coaching Cricket Basics course or online at www.cricketwithoutboundaries.com/coaching



BOWLING FROM THE BASE POSITION

Introduction: Bowling is a skill used in cricket to send the ball towards the batsman. Bowlers are trying to get the batsmen out and stop them scoring runs.

Where is it used: Bowling from the base position is a simple way to bowl that focuses on the most important part of bowling - keeping the arm straight.

Coaching Points

1. Stand side-on to the target, feet apart.
2. Stretch the bowling arm straight behind you and raise the non-bowling arm up, pointing towards the target.
3. Keeping the bowling arm straight, swing it over your shoulder and finish across your body.

ABSTAIN from bending your arm, keep it straight.

BE FAITHFUL to the technique, make sure everything is moving towards the target.

PROTECT your shoulder by using the non-bowling arm to add extra power.



BOWLING TESTS

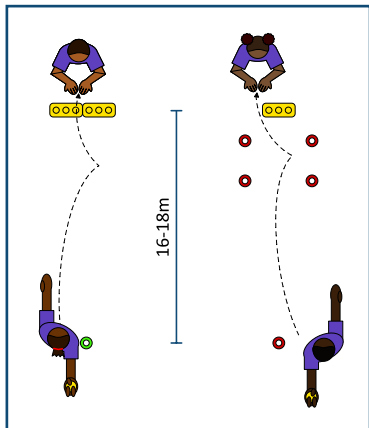
Divide the group into teams – one team for each set of stumps. Run a bowling relay, with the bowler replacing the wicketkeeper after each ball.

Target bowling – hit the stumps

Bowlers aim to hit two stump sets placed side by side with one bounce. Every time the stumps are hit remove one stump. The first team to hit the stumps six times and remove all six stumps is the winner.

Target bowling – in the box

Bowlers aim to bounce the ball first time into a square of cones placed in front of the stumps. Coaches can set different point systems:



- Award teams a point for landing the ball in the box, the team who can get the most points in a set time wins.
- Award teams 2 points for landing the ball in the box and 1 point for hitting the stumps, the team who can get the most points in a set time wins.
- Put more cones in the box. Every time the ball hits a cone remove that cone – the first team to clear all their cones wins.

ABSTAIN from bending your arm, keep it straight.



BATTING THE BASICS

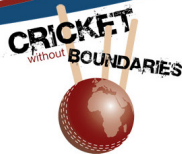
It is important that batsmen are in the best possible position to face the ball before the bowler bowls it. This involves holding the bat in the correct way and being in a balanced position so that they can move back or forward to hit the ball.



Below are the key points for the batsman's grip and stance.

Coaching Points: grip & stance

1. Grip the bat with two hands together in the middle of the handle.
2. Stand side-on to the bowler, feet a comfortable distance apart, knees bent.
3. Your head should be still, eyes level, looking at the bowler.



BATTING - FRONT FOOT DRIVE

Introduction: How to play an attacking shot back past the bowler.

Where is it used: The front foot drive is an attacking batting shot played to a ball that reaches the batsman at round knee height.

Coaching Points

1. Step towards the ball with the front foot, bending the knee while swinging the bat back
2. Bring the bat straight down and hit the ball.
3. Finish still and balanced with the bottom of the bat pointing towards the target.

ABSTAIN from hitting the ball with a horizontal bat.

PROTECT your wicket by hitting with the full face of the bat.



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BATTING - FRONT FOOT DRIVE TESTS

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

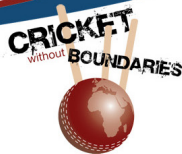
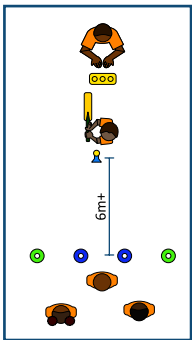
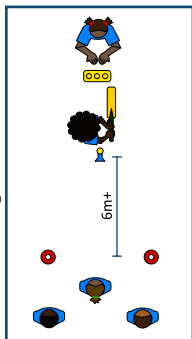
The batsman hits ball from a cone, aiming to hit the ball through a goal of cones at least 6m in front of them (see picture right).

Fielders stop the ball and return to the batsman who has a set number of goes before changing round.

Tests can include:

- Have 6 hits each – how many times can each batsman get the ball through the goal?
- Have 5 hits per person in your group – how many times can your group get the ball through the goal?
- Have 1 go at a time as the batsman – how quickly can your group hit 10 drives through the goal?

Add an extra smaller goal (see right), award 2 points for hitting through the small goal, 1 point for hitting through the big goal. Repeat the tests above with the new scoring system.



BATTING - THE PULL SHOT

Introduction: An attacking shot played with a horizontal bat to hit the ball on the leg side.

Where is it used: The pull shot is an attacking shot played to a ball that reaches the batsman around waist height.

Coaching Points

1. Swing the bat back while moving your back foot to get your head in line with the ball.
2. Step with the front foot so your chest is facing the bowler.
3. Swing the bat across your body, aiming to hit the ball along the ground.

ABSTAIN from hitting the ball in the air.

PROTECT your wickets, don't step back too far back or you may hit the stumps.



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BATTING - PULL SHOT TESTS (LORD'S GAME)

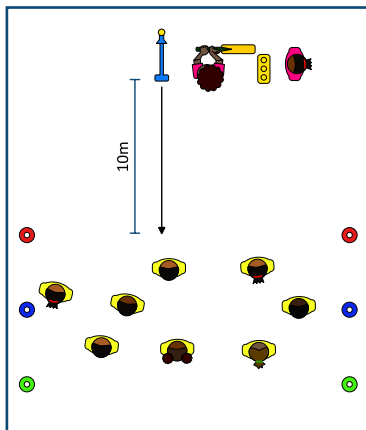
Split the group into two teams – a batting team and a fielding team.

The fielding team defend the three lines of cones that are placed in the leg side, while the batsman try to hit the ball as far along the ground through these lines as possible.

The batsman hits the ball off a tee placed on top of a stump using the pull shot.

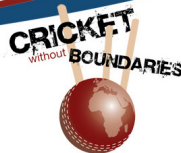
Each batsman has set number of goes.

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



Fielders position themselves inside the scoring zone to prevent runs. Once the ball is stopped it should be returned to the batsman so the next shot can be played.

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



GAME BASED LEARNING

When coaching we can use Game Based Learning as a way to engage large groups of players with a small amount of equipment, keeping lots of people involved and learning skills that players will use in full games of cricket.

Game Based Learning is a way for players to test the different skills of cricket in a fun way.

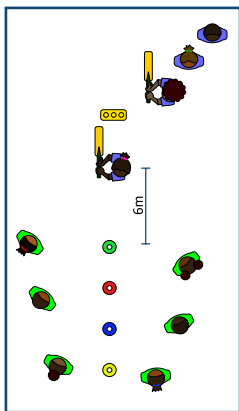
HOW MANY CAN I GET?

Split the group into two teams. One will bat first the other will field first.

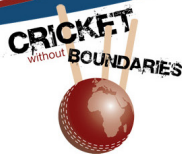
The first batsman hits the ball from the cone and then decides whether they can get to the first, second, third or fourth cone and starts running.

The fielding team retrieve the ball and get it to the cone to which they believe the batter is running to.

- If the batsman gets to the cone first then they score that number of runs.
- If the fielders get the ball there first no runs are scored.
- If the fielders get the ball to the next cone along then they block the batsman from running any further.



Once all the batsman have had a go the teams change over, the team with highest score wins!



RAPID FIRE

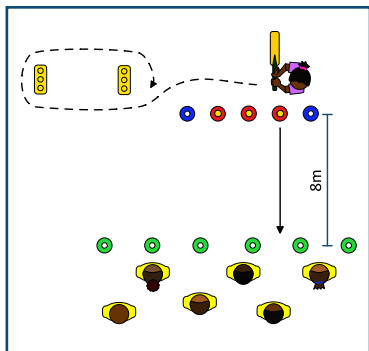
Split the group into two teams, one team bats first and the other fields.

The fielders wait behind the line of cones that will be the batsman's target area.

The first batsman hits the three balls off the cones towards the line of fielders.

Fielders cannot move in front of the line until final ball has been hit.

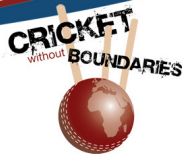
As soon as final ball has been hit the batter starts to run around the two sets of stumps, scoring a run each time they get all the way around.



The fielders collect the three balls and cones and replace them where they started.

When the three balls are back on the cones and in their original position the batsman stops running and that is the number of runs they have scored.

All of the batting team bat before teams switch, the team with the highest score wins!



PAIRS CRICKET

The pitch is two sets of stumps 12-16m apart, with a batting box at each end (see picture).

There are 8-12 players in a team, organised into pairs.

Each batting pair bats for 2 overs, and then the next pair of batsmen comes in.

Every fielder bowls 1 over (an over is 6 balls).

Runs are scored by changing ends with your batting partner.

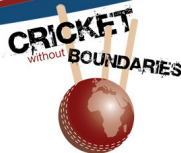
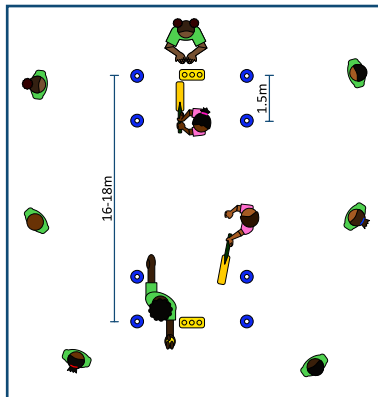
If the ball is bowled wide of the box the ball is called wide and the batting team get 2 runs.

Each time a batter is out, 5 runs are deducted and the other batter faces the next ball.

A batter may be out if:

- they or the ball hit their stumps when the ball is bowled
- they hit the ball in the air and it is caught
- they aren't safely in their box when the fielders hit the stumps with the ball

The team with the most runs scored from their overs wins.



FURTHER INFORMATION

www.cricketwithoutboundaries.com/coaching

OR CONTACT



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