

6Cs of Positive Youth Development through Cricket

A Coaching Handbook



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About this Resource

Cricket Without Boundaries, in collaboration with Sabal Nepal, the Saptari Cricket Association, and the Nepal Cricket Foundation, proudly presents a comprehensive coaching handbook tailored for Positive Youth Development through the game of cricket. This handbook is a testament to the power of sport as a vehicle for personal and community transformation.

Key Features:

-  **Inclusive Approach:** Designed to engage and empower youth from diverse backgrounds, ensuring cricket is a sport for everyone.
-  **Community Collaboration:** Developed in partnership with Sabal Nepal, the Saptari Cricket Association, and the Nepal Cricket Foundation.
-  **Practical Guidance:** Activities, drills, and coaching strategies to nurture both cricket skills and valuable life skills, fostering holistic development.
-  **Youth Empowerment:** Focus on instilling leadership qualities, teamwork, resilience, and positive values through cricket coaching.
-  **Global Impact:** Funded by the MCC Foundation, this initiative is part of a global effort to promote cricket as a tool for positive social change.

Who Can Benefit:

-  Coaches, teachers, and mentors working with youth in cricket programs.
-  Cricket enthusiasts and players seeking to make a positive impact in their communities.
-  Organizations and individuals interested in harnessing the power of cricket for social development.

Join the Movement - Transforming Lives Through Cricket

Cricket for Positive Youth Development is not just a handbook; it's a roadmap for creating a brighter future through the unifying spirit of cricket. Let's play, learn, and grow together!

What is Positive Youth Development?

Did you play sport as a child? Think about what you learnt by playing – was it just the technical skills of the game, or did it go deeper? Is there anything you learnt from playing sport that you still use in your day-to-day life?

Welcome to the world of Positive Youth Development (PYD) through cricket. This approach helps young cricket players grow not just in their sport, but as whole people. PYD looks at developing young people fully, focusing on their emotional, social, thinking, and physical growth.

Positive Youth Development believes that every young person has natural strengths. These can grow through support and good experiences. In cricket, this means teaching more than sports skills. It includes important life skills like working well with others, being responsible, staying strong in tough times, and leading.

PYD is about giving young people the chance to learn new skills, make friends, and face challenges that help them become mature adults. It creates a place where they feel important and active in their community while building a good view of themselves and their abilities.

For coaches who might think of sport as just a game, PYD shows that sport is also a way to help young people grow in life, not just in playing. By using PYD in cricket coaching, we aim to build not only good players but also caring and capable individuals.

This guide will show you how to use cricket to help young people develop in many ways. Get ready to start a journey that goes beyond just playing sports, helping young people succeed in life too.

What is Positive Youth Development in Cricket?

Positive Youth Development means helping young cricketers grow not just in sports skills, but also as good people.

It's about creating a friendly and supportive environment, teaching life skills like teamwork and leadership, and encouraging positive values. As a coach, your goal is to help young people become not only better players but also better individuals, ready for success in sports and life.

The following “6 Cs” can help when promoting Positive Youth Development in Cricket:



Connection



Friendships with teammates
Meet new people
Opportunity to talk and share different views

Confidence



Encouragement and praise
Correct level of challenge
Opportunity to lead and make decisions

Competence



Technical, tactical, mental and physical
Skill development
Apply skills in games and matches

Character



Spirit of Cricket – respect, fairness, honesty
Responsibility, punctuality
“Doing the right thing”

Creativity



Problem solving
Learning by doing
Support learning with questions

Caring



Consider the needs of teammates
Inclusion of all people
Support and kindness towards others

Three tactics for developing the 6Cs

Tell Me and I Forget – Use Simple Language and Stories:

When teaching the 6Cs (Connection, Character, Confidence, Creativity, Competence, and Caring), merely telling players about these concepts isn't always effective because they might forget. Instead, use simple language and relatable stories that illustrate these values in action. For example, share tales of sportsmanship that highlight character or stories of teamwork to underline connection. These can be from famous cricketers or from everyday life.

Show Me and I Remember – Lead by Example:

To make the 6Cs memorable, you need to embody them as a coach. Show connection by actively listening to your players, demonstrate character by being fair and respectful, display confidence by taking on challenges, encourage creativity by devising innovative drills, show competence by refining your coaching techniques, and express caring by attending to the needs of your team. When players see these qualities in you, they're more likely to remember and emulate them.

Involve Me and I Understand – Interactive Participation:

True understanding of the 6Cs comes from hands-on experience. Involve your players in activities that require them to use these skills. Set up drills that necessitate teamwork, assign tasks that call for problem-solving, and create scenarios where players must show empathy and support for each other. Encourage peer-to-peer coaching to build competence and organize community events to foster caring and connection. When players are actively involved, they internalize the importance of these values and understand how to apply them.

Coach's Code of Conduct for Positive Youth Development in Cricket

1. Inclusivity and Enjoyable Sessions:

- Ensure all players feel respected and valued.
- Make sessions enjoyable, engaging, and inclusive for everyone.

2. Player Well-being and Safety:

- Prioritise the well-being of every player.
- Create a safe and respectful environment, following safeguarding principles.

3. Positive Behaviour and Role Modelling:

- Demonstrate good sportsmanship and ethical conduct.
- Be a positive role model, embodying honesty, integrity, and respect.

4. Growth and Team Unity:

- Recognise and celebrate each player's unique strengths.
- Foster teamwork, collaboration, and diversity.

5. Learning Environment and Communication:

- Create an atmosphere that encourages creativity and curiosity.
- Promote a growth mindset and continuous improvement.
- Use clear and open communication, respect everyone's voice.

6. Realistic Goals and Acknowledgment:

- Set achievable goals for the team and individuals.
- Celebrate small successes and acknowledge progress.

7. Non-Discrimination and Equal Opportunities:

- Ensure fair treatment regardless of gender, ethnicity, caste, or socio-economic status.
- Provide equal opportunities for everyone.

8. Continuous Development:

- Stay informed about the latest coaching techniques.
- Seek professional development opportunities for an inclusive coaching approach.

I Agree To Follow This Code of Conduct

Name:

Signature:

Date:

Planning Your Sessions

The activities in this playbook each have ideas about how to emphasise the 6 Cs in your session. The are divided into Warm Ups, Fielding, Batting, Bowling and Games.

If you are coaching in a school, there is a good chance this is the first time your players have had structured lessons in cricket – in fact, it may be the first time they have played cricket ever!

You want to make sure the session is lots of fun and very interactive. You will want to do a mix of different activities and skills in each session.

Apart from games, spend no more than 15 minutes on any activity, and use all the equipment you have available to help players have lots of goes.

Plan your session so you can set up as much of the equipment as possible before the session starts. That will save time when changing between activities during your session.

Here are some suggestions for how to manage your session plan, depending on the time available:

Time Available	Session Plan
30 minutes <i>(for example, a lunchtime session)</i>	2 min introduction 5 min short warm-up 20 min game or 2 x 10 min skills (fielding / batting / bowling) 3 min summary and feedback
1 hour <i>(for example, an after school session)</i>	2 min introduction 10 min warm-up 15 min skill (fielding / batting / bowling) 30 min game 3 min summary and feedback
90 minutes <i>(for example, a community session)</i>	2 min introduction 10 min warm up 2 x 15 min skills 10 min drinks break 5 min tactical discussion 30 min game 3 min summary and feedback

Head, Shoulders, Knees, Ball!

Equipment

1 ball for every 2 players. If you have many players, you can use a cone instead.

Instructions

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.

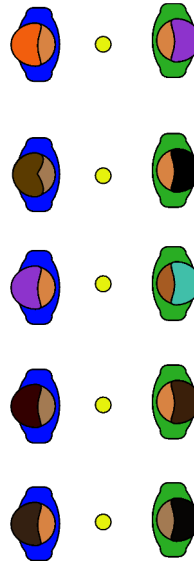
When the leader calls out “ball” each player in the pair tries to be the first to grab the ball. Score a point if you are the first to grab the ball.

Skills and movements

- Head, shoulders, knees, toes, hips, back, ears, nose etc.
- Jumping!
- Dancing!
- Hopping!
- Star Jump!
- Turn around!
- High five!
- Pretend to be an animal (e.g. cow, monkey, bird)

WARM UP

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



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

Link to 6 Cs

CONNECTION: Encourage players to change pairs to meet new people.

CREATIVITY: Ask players for their own suggestions of movements to add to the game. Be creative yourself to show players an example of creativity!

CARING: If you make it into a competition, encourage players to cheer for others once they have been eliminated.

Relay Races

Equipment

1 ball, 1 bat and 3 cones for every set of stumps available. Try to match the cones by colour to make it easier for players to stick to their group.

Instructions

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.

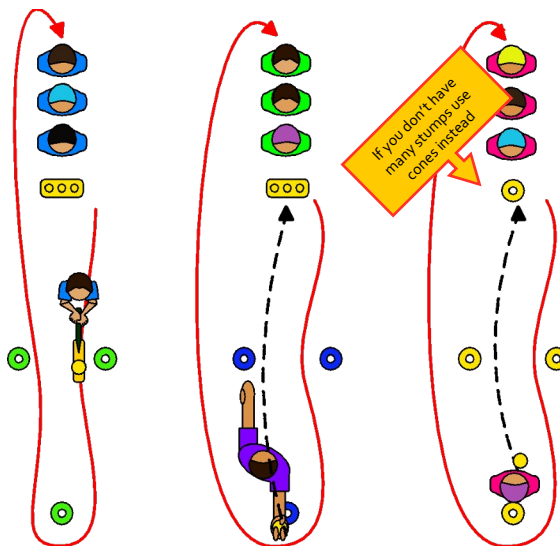
Once everyone in the team has gone the whole team cheers to show they have finished.

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
- Run/Skip/Hop around the cone

WARM UP

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.



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

Link to 6 Cs

CONNECTION: This warm up is a great way to start developing teamwork and support of teammates – encourage players to cheer their team as they are racing.

COMPETENCE: This warm up is a good opportunity for players to try new skills.

CREATIVITY: Ask players for their own suggestions of skills to add to the warm up. Be creative yourself to show players an example of creativity!

Team Catching

Equipment

1 balls and 2 cones per group
(approximately 4 balls / 8 cones)

Instructions

Split into teams of 6-10 players

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.

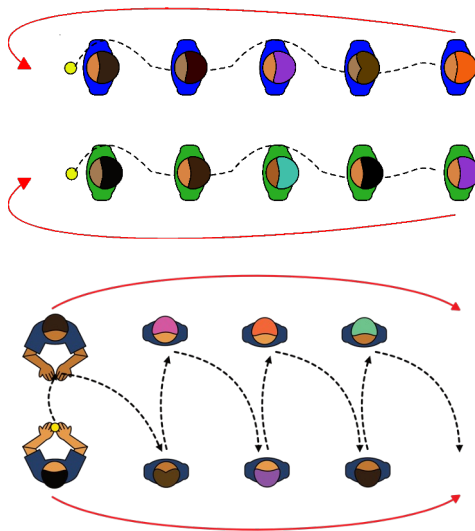
The ball is thrown zig-zag down the line. Once a player has thrown the ball they run to the end of the snake, an arms length from the end player.

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

Change the challenge by introducing one handed catching, players clapping before catching, etc.

WARM UP

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



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

Link to 6 Cs

CONNECTION: This activity is all about teamwork, make sure players have time to communicate with each other to plan the best strategy.

CHARACTER: Players need to show good sportsmanship, and plan strategies together – some may take on a leadership role.

CARING: Players need to be kind to members of their team who find the skill difficult

Team Targets

Equipment

1 ball, 2 stumps, 8 cones per group (approximately 12 per group)

Instructions

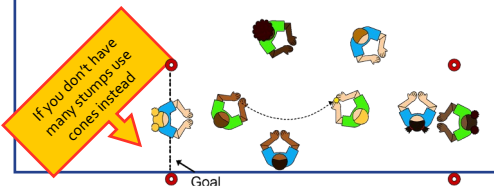
Split each group into two teams.

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

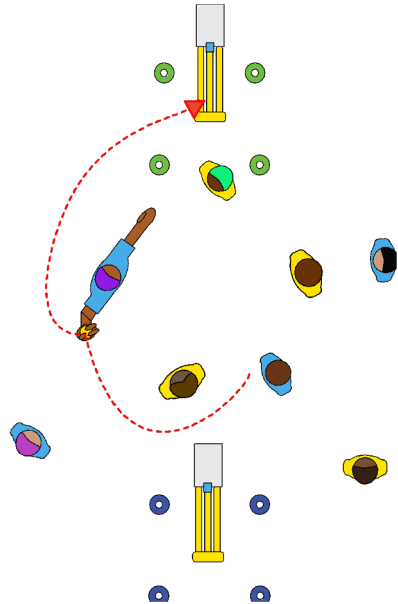
Change the rules of how the ball must be passed, e.g.

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



WARM UP

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.



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.

Link to 6 Cs

CONNECTION: Using this game you can work together to define goals, for example for the session, building connections between players and the coach.

CONFIDENCE: Give positive feedback about the goals defined by the teams.

CHARACTER: This game can start to introduce concepts such as planning and goal setting, which are useful skills for young people outside of sport – explain this benefit!

Close Catching

Equipment

2 cones and 1 ball per pair

Instructions

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 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

Catching on the bounce

Players step 1m back from the cones. One partner throws the ball, aiming to hit the cone. The other partner catches the ball after it has bounced.

- Start in a low position
- Rise with the ball as it bounces to collect it

FIELDING

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



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

Link to 6 Cs

CONFIDENCE: Give 1:1 support and feedback to players by moving around the group, giving lots of encouragements and quick tips to help improve their catching.

COMPETENCE: Create a fun and relaxed environment by regularly changing the activity and not placing too much emphasis on being the best or winning.

CREATIVITY: Ask players to design their own close catching practices and games.

Cross-Fire Overarm Throwing

Equipment

2 or more stump sets, 6 or more balls, 10 or more cones. The bigger the group, the more cones / balls.

Instructions

Divide the group into 2 equal teams

Place the stump sets and balls on cones 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.

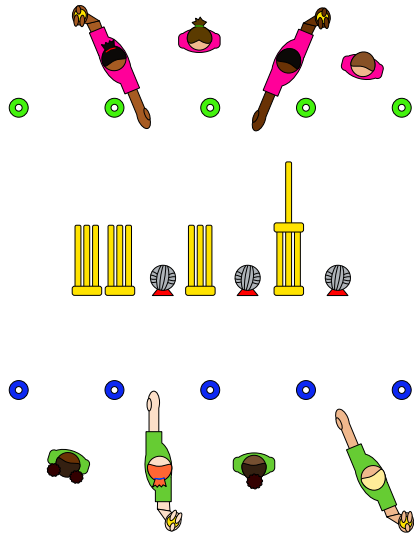
The teams aim and throw overarm at the targets, the coach removes stumps and balls that are hit and puts them next to the team that hit them.

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.

FIELDING

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



Coaching Points:

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



Link to 6 Cs

CONFIDENCE: This game is all about team effort – give lots of positive feedback and encourage players to celebrate their teammates success.

CHARACTER: Where there are fewer balls than players, encourage players to share opportunities fairly by passing the ball to each other.

CREATIVITY: Ask players if they can suggest different objects that could be targets.

High Catching Badminton

Equipment

1 ball and 8 cones per group. A maximum of 12 people per group – play more games if you have more players.

Instructions

Create at least 2 teams. With a big group, you can have 4, 6 or even 8 teams playing lots of smaller games.

Teams throw the ball high in the air, to land into other teams' box/court.

If the ball lands inside the box, the team who threw it gets a point.

If a player miss the box with their throw, the other team gets a point.

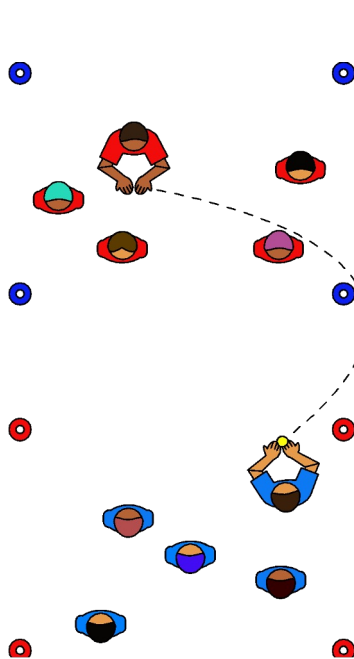
Players should must call their name if they are going to catch the ball to avoid crashing into their teammates.

Encourage players to share the task of catching and throwing, for example:

- If you catch the ball, you cannot catch it on the next go
- If you throw the ball, you cannot throw it on the next go
- Set an order for each player in the team to throw the ball in turn

FIELDING

This practice develops the technique for high catching while playing a fun game that develops communication skills.



Coaching Points:

- Create a big area with your hands, finger pointing away from you
- Get balanced underneath the ball
- Catch the ball near your eyes

Link to 6 Cs

COMPETENCE: Practice the skill in pairs before going into the game.

CHARACTER: Encourage players to call out their name when they will catch the ball, and communicate effectively as a team. Be fair, and share opportunities to play.

CARING: Sometimes a player will drop the ball, encourage players to be sympathetic and encouraging rather than criticizing them.

Underarm Throwing

Equipment

1 stump set, 1 ball, 1 bat and 5 cones per group (8-12 players per group).

Instructions

Split group into 2 teams. Fielding team have one wicketkeeper while the rest line up behind the cone.

Batting team lines up with the first batter holding a bat.

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

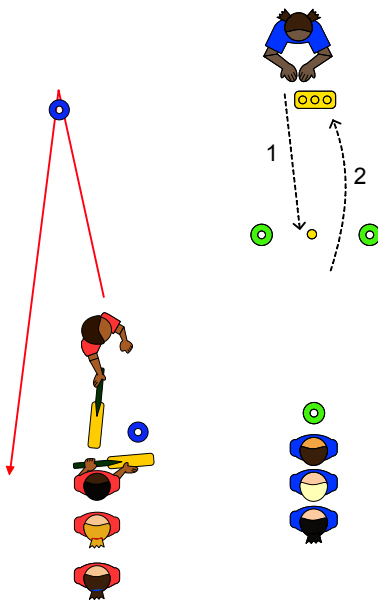
Fielder attacks ball and throws underarm at stumps. If fielder misses then the wicketkeeper collects the ball and brings it to the stumps.

The batter must get their bat on the floor past the blue cone.

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 the batter crosses the line the batter is out and point awarded to the fielding team.

FIELDING

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



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.

Link to 6 Cs

CONNECTION: Encourage players to support each other, e.g. with good throws!

COMPETENCE: Vary the distance players have to run or throw the ball to make an even match between the batter and the fielder.

CHARACTER: If you have a large group, split into many smaller games and appoint an umpire to each game to fairly judge which team is the winner.

Target Batting Straight

Equipment

1 stump set, 1 tee, 1 ball, 1 bat, 2 cones per group (3-6 players per group)

Instructions

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

The batter hits ball from a tee, 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 batter who puts it back on the cone. They have a set number of goes before changing round.

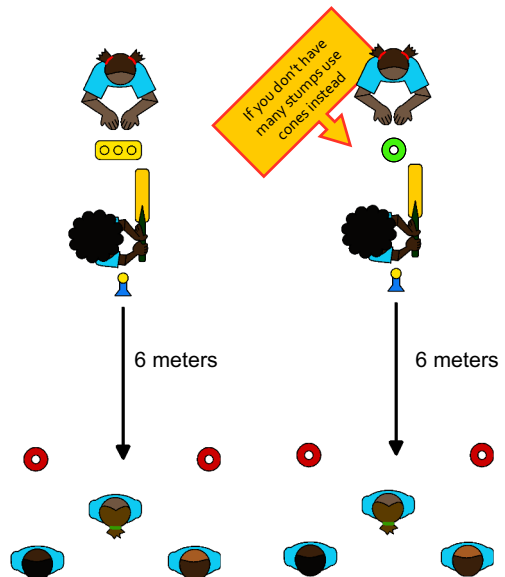
Have 6 hits each – how many times can each batter get the ball through the goal?

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, batters can hit a ball dropped in front of them, and then progress to a ball thrown gently underarm towards them.

BATTING

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



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

Link to 6 Cs

CONFIDENCE: Give players a choice in how they receive the ball, and encourage them to challenge themselves (see COMPETENCE).

COMPETENCE: To challenge players, they can hit a ball dropped in front of them, and then progress to a ball thrown gently underarm towards them.

CREATIVITY: Let players alter their target area – change the size or position.

Reaction Batting

Equipment

1 ball, 1 bat, 5 cones per group (5-6 players per group)

Instructions

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

Have one player throw the ball gently underarm to the batter, bouncing once in front of the batter.

Call out the colour of the target the batter should aim for, the batter moves their feet to adjust to hit the ball to the target.

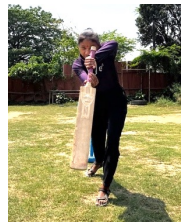
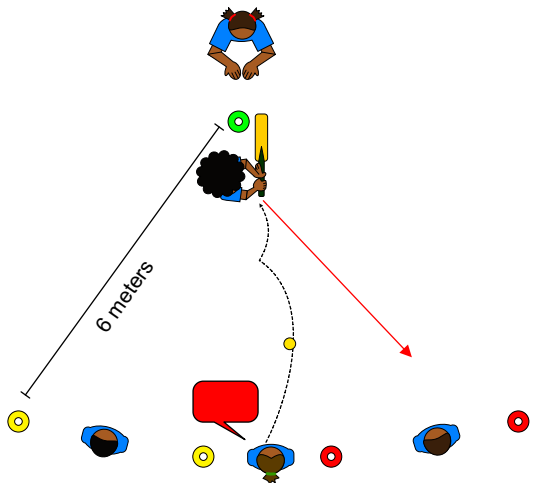
To make it easier, the person throwing the ball can call the colour of the target before throwing the ball.

After 6 hits (1 over) change the person who is batting.

Have a competition – how many can the batter hit to the correct target out of 6 goes?

BATTING

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



Coaching Points:

- As the ball is released, adjust your feet to align your body to the target
- Finish the shot with the bat pointing through the target.

Link to 6 Cs

CONNECTION: Ask players questions about how they will get the ball to the targets.

COMPETENCE: The earlier the feeder calls the colour the easier the practice is, encourage players to try out different timings.

CREATIVITY: Encourage players to find fun ways of giving the batter something to react to, for example using different coloured balls.

Batting Pull Shot

Equipment

1 stump set, 1 tee, 3 balls, 1 bat, 7 cones per group (12 players per group)

Instructions

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

Each batter has three goes. The batter uses the pull shot to hit the ball from tee balanced on top of a stump, aiming to hit the ball through the cones.

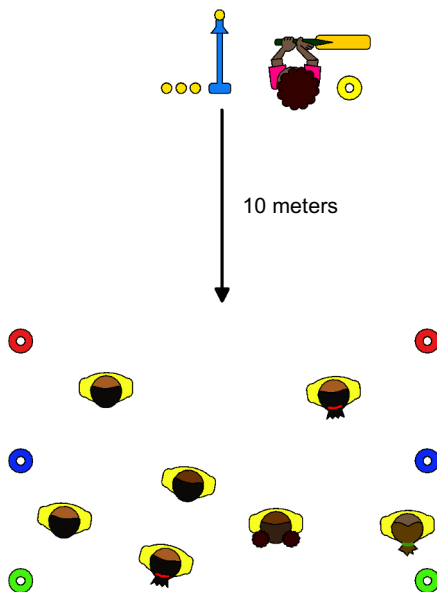
1 run is scored if ball hit past first line of cones, 2 past second and 4 if hit past final line. If the batter is caught then they are out.

Once all batters have gone teams switch. The team who scores the most runs is the winner.



BATTING

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



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.

Link to 6 Cs

CONFIDENCE: Progress the practice for those who want to try, by throwing the ball underarm at waist height, or throwing the ball overarm so it bounces at waist height.

CHARACTER: Emphasise the importance of honesty with the fielders – did the ball get through the target?

CREATIVITY: Encourage players to use different strategies for moving to hit the ball.

Basic Bowling

Equipment

1 ball, 2 cones per pair.

Instructions

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.

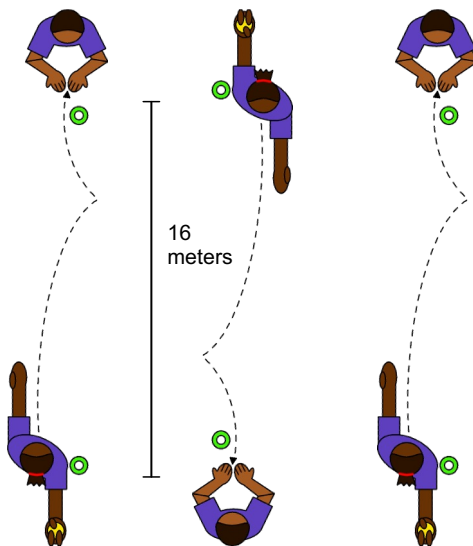
Introduce challenges, e.g.:

- Bowl without your partner having to move to collect the ball



BOWLING

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



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 (pocket, ear, pocket)

Link to 6 Cs

CONNECTION: Bowling is a challenging skill, encourage players to support each other to develop a correct action with a straight arm.

CONFIDENCE: Recognise progress with lots of praise and encouragement, with a particular focus on keeping a straight arm.

COMPETENCE: Players should give each other positive feedback on their action.

Circle Bowling

Equipment

12+ balls, 12+ cones, 3+ stumps

Instructions

Collect the stumps and other targets and pile them together to form a big target.

Ask the group to make a big circle around the target, around 10m back, putting a marker down at their feet. This will be where they will bowl from and is the safety forcefield – players shouldn't cross into the circle until everyone has bowled!

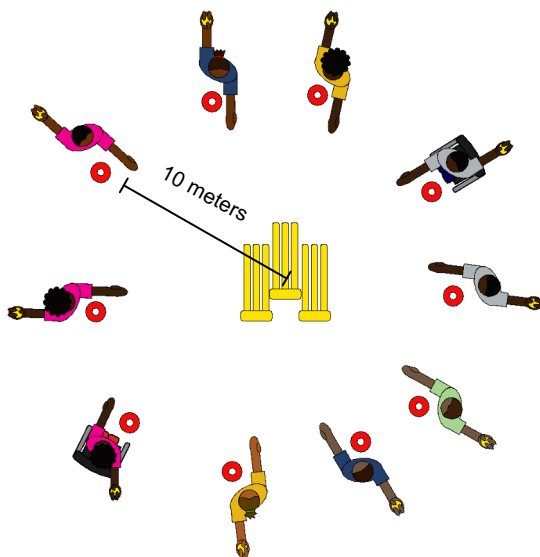
Shout 1 – 2 – 3 – BOWL!

When you shout BOWL! everyone should bowl the ball together at the targets. Every time you hit a target, take it out of the circle. Wait for everyone to collect their balls and return to their markers before another round of bowling.

Make it competitive! Ask the team how many goes they think it will take for them to clear all the targets – can they clear all the targets in that number of goes or less?

BOWLING

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



Coaching Points:

- Encourage players to be aligned to the target, with their bowling arm outside the circle and the aiming arm inside the circle.
- Complete the bowling action by stepping through towards the target.

Link to 6 Cs

CONFIDENCE: Encourage players to bowl without fear of failure, emphasizing bowling with a straight arm without worrying about direction.

COMPETENCE: Ask the team to set a goal for how quickly they can clear all stumps.

CHARACTER: Develop teamwork by emphasizing that this game is about collective effort and “beating the game” rather than competing with another team.

Target Bowling

Equipment

1 stump sets, 4 cones, 1 ball per team.

Instructions

Divide the group into equal teams, 3-8 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.

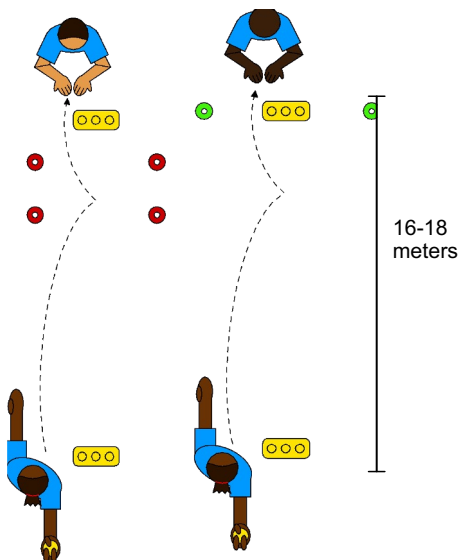
As well as scoring points for hitting the stumps, offer points for achieving other targets. The illustration shows 2 different types of target:

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.

BOWLING

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



Coaching Points:

- To improve accuracy, keep the eyes on the target throughout the bowling action, with the head up.
- Bowlers should pull their aiming arm straight down through the target.

Link to 6 Cs

CONFIDENCE: Focus on positive feedback related to progress in this difficult skill.

COMPETENCE: Give players the opportunity to change the size of their target and set their own goals for points scored in the game.

CHARACTER: Encourage players to stay focused and disciplined while learning this difficult skill, and emphasise the importance of practice.

Quick Bowling Carousel

Equipment

3 stump sets, 24 cones, 7 balls

Instructions

Divide the group into three. Show the groups all three stations of the carousel and then send each group to practice on one station. After 3-4 minutes practicing, ask the players to rotate.

Station 1: Run Up

Encourage players to increase their pace as they run in along the "runway".

Station 2: Follow through

Encourage players to complete their action across their body, and keep their head and body moving towards the batter.

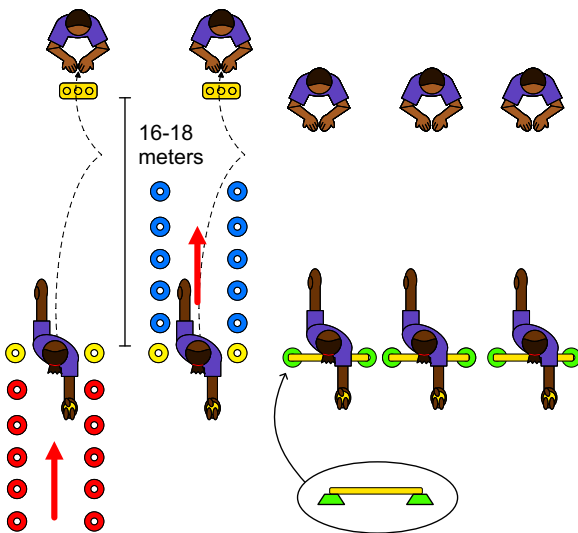
Station 3: Bound

Players bound over a low hurdle, focusing on coordination of foot movements with gathering the arms close to the body, before bowling to a partner.



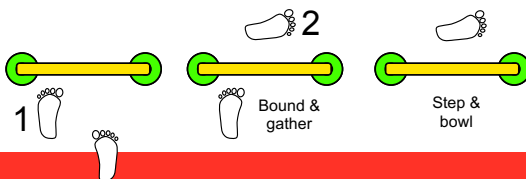
BOWLING

This practice helps develop the full bowling action in new bowlers, focusing on bowling fast.



Coaching Points:

- The run up should be smooth, natural and rhythmical
- On the bound, the bowler takes off from the leg opposite to the bowling, and lands on the same leg as the bowling arm (example for right hander below). 3



Link to 6 Cs

CONFIDENCE: Encourage players to focus on running in with energy, rather than worrying about hitting the target

CHARACTER: Encourage players to work together to develop this skill, and support each other to manage their emotions if they find it difficult.

CREATIVITY: Ask players to design a competition to test their new skills.

Rapid Fire Cricket

Equipment

3 stump sets, 1 bat, 3 balls, 3 tees, 12 cones

Instructions

Divide group into two teams.

The batter hits the three balls off the cones towards the fielders, then starts to run around the stumps.

The fielders cannot cross the safety line until the last ball has been hit. The fielders work together to return the balls to the cones.

The batter stops running when the balls are returned.

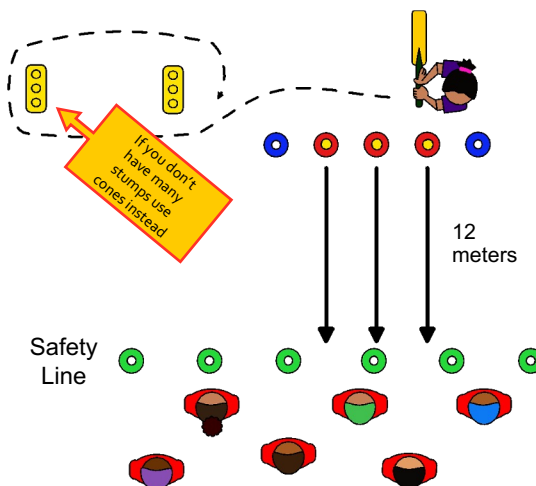
The number of times they have run around the stumps is added to the team score.

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

If you have enough space, consider playing 2 games at the same time to increase participation.

GAME

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



Coaching Points:

- Increase participation by adding rules, for example only some players may cross the safety line each go.
- Challenge communication by adding rules: only one person in the fielding team can speak, no one in the team can speak.

Link to 6 Cs

CONNECTION: Change the rules so that players have to work together more effectively as a team to collect the balls, e.g. players cannot move with the ball.

CONFIDENCE: Encourage players waiting to bat to cheer and count their team score.

CHARACTER: Encourage players to thank each other for the game at the end, no matter if they win or they lose.

The Lords Game

Equipment

1 stump set, 1 bat, 1 ball, 1 tee, 10 cones

Instructions

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

Each batter has set number of goes, fewer goes per batters in larger groups.

The batter hits the ball straight off the cone (or a drop feed/underarm throw), 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.

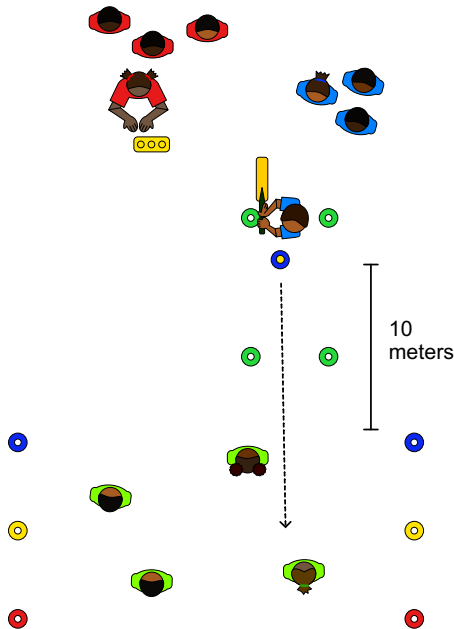
Batters score an extra run for each time they run to the green cones and back before the ball is returned to one of the two wicket keepers.

If the batter is caught then they are out and score zero. If they aren't back safely when the ball is returned they are out and score zero

Once all batters have gone teams switch.

GAME

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



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

Link to 6 Cs

COMPETENCE: Encourage players to increase the challenge by hitting a moving ball.

CREATIVITY: Encourage the fielding team to design strategies for setting the field to be more effective and win the game.

CARING: Encourage teams to recognize and cheer all contributions when batting, regardless of how hard the ball was hit.

Hurricane Cricket

Equipment

2 stump sets, 1 bat, 3 balls, 7 cones per group, 8-12 per group.

Instructions

Divide group into two teams. The fielding team cover the space. One member of the fielding team is the bowler, they bowl three balls in turn towards the batter.

The batter hits the three balls, the fielders cannot move until the last ball had been hit.

The batter starts to run between the stumps, while the fielders work together to return the balls to the cones places next to the stumps at the bowlers end.

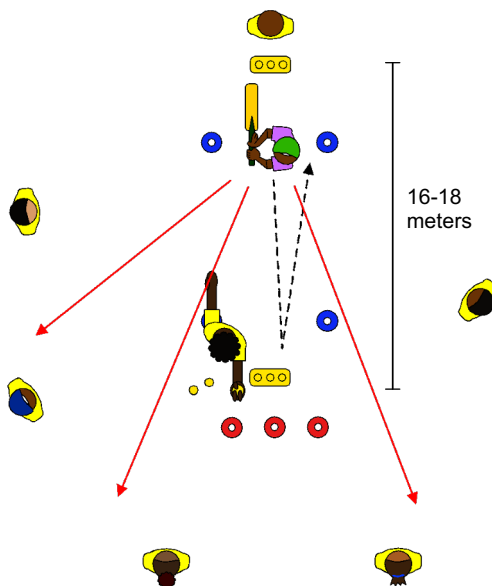
The batter stops running when the balls are returned.

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

Change the bowler and the batter. Once everyone has batted / bowled, the teams switch.

GAME

This is a progression of Rapid Fire Cricket, which includes players bowling and batting against each other while including all players.



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.

Link to 6 Cs

CONFIDENCE: Encourage players to hit the ball hard, and celebrate all successful hits and good bowling with praise and positive feedback.

CHARACTER: Focus on communication skills to get the balls collected quickly.

CREATIVITY: Encourage players to suggest rule modifications to make the game more fun, more inclusive, or to develop a specific skill they would like to improve.

Micro Cricket

Equipment

1 stump set, 1 bat, 1 balls, 2 cones per group, approximately 6 per group.

Instructions

Split the team into groups, one group per bat/set of stumps.

Players take it in turns to be the bowler, the batter, the wicketkeeper, and the fielder(s).

Each batter faces 6 balls from the bowler. If they hit the ball, they can run to the halfway marker and back to score a run. The fielders should return the ball to the wicketkeeper to try to run the batter out!

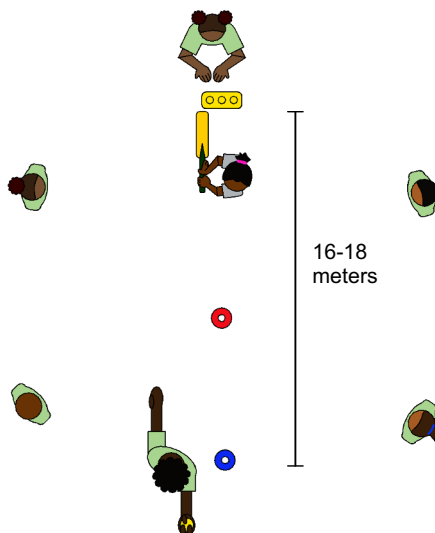
If they are out (haven't got back to the stumps by the time the ball is returned to them), they score zero.

They also score zero if they are caught (ball caught without bouncing) or bowled out (ball hits their stumps while batting!).

After 6 balls, change the roles so there is a new batter, bowler, and wicket keeper.

GAME

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



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 batter prefers hitting to.

Link to 6 Cs

CONNECTION: Encourage different groups to play together at different times, mixing ages and abilities so that players learn to work together.

CHARACTER: Show discipline in following the rules without an umpire/coach.

CARING: Emphasise that everyone should get a fair go, and encourage players to practice in a way which makes the game run smoothly.

Pairs Cricket

Equipment

2 stump sets, 2 bats, 1 balls, 18 cones per game (16 players per game).

Instructions

Split the group into 2 teams. Pairs cricket is an adapted format of conventional cricket. Key rules are:

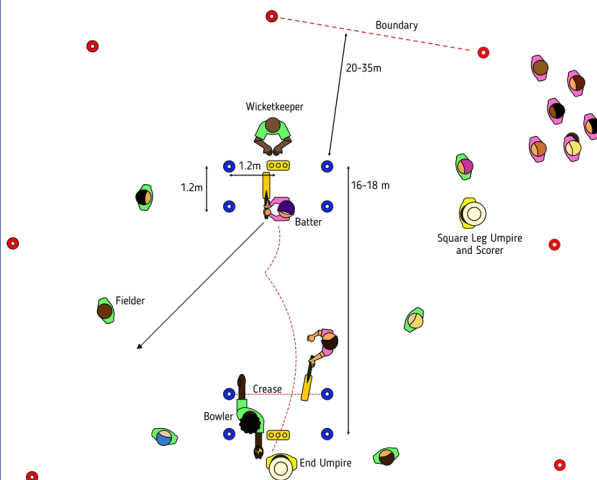
- Batters bat in pairs.
- They score runs in the normal way (running between the wickets, from wides/no balls, hitting boundaries).
- If a batter is out, 5 runs are deducted from the score but the batter is not out. The batter who was not out faces the next ball.
- Each pair bats for 2 overs, and then a new pair comes to bat.
- Bowlers each bowl one over.
- 2 runs are awarded for a wide or a no-ball, and the bowler doesn't have to re-bowl the wide/no ball except in the final over of the innings

You should encourage players to rotate fielding positions every over to keep everyone engaged.

The team with the most runs wins!

GAME

Pairs cricket is a fun and inclusive format of cricket that allows everyone to bat, bowl and field while learning how to play the game.



Coaching Points:

Focus on game craft to help the game flow smoothly, for example:

- Batters backing up at the non-strikers end and sliding the bat over the crease
- Fielders walking in and backing up
- Fielders moving quickly between balls and overs
- Batting pairs being ready to come in

Link to 6 Cs

CONNECTION: Develop players understanding of the Spirit of Cricket, and its role in making cricket a sport where everyone is respected and plays in a positive way.

COMPETENCE: Use discussions after games to set goals for future sessions.

CHARACTER: Encourage players to cheer their teammates when they are batting, bowling or fielding, and give them positive support if they make mistakes.



Find out more:
cricketwithoutboundaries.com and cricketchangemakers.com