

NatWest Inter Cricket Awards

Introduction

■ The NatWest Inter Cricket Awards are replacing the existing ECB Proficiency Awards and are tightly linked to existing coaching initiatives and the existing online Session Plans. This will allow the new Awards to seamlessly integrate with existing coaching sessions with no 'coach training' required and the minimum additional amount of administration.

■ The Awards scheme, while not age specific is designed to tie in with the coaching of young players between 9 & 12 years of age. However, young players outside of this age range will be actively encouraged to take part in the Awards and in no way should the 9-12 age group be seen to exclude players of other ages.

■ The initial delivery of the new NatWest Inter Cricket Awards will be through Focus Clubs and Focus Club Community School Clusters.



Positioning of the NatWest Inter Cricket Awards

■ The positioning of the NatWest Inter Cricket Awards will be that it is accessible to young players in clubs and schools who are progressing from the soft ball format of the game through to the hard ball format.

■ This will include young players currently taking part in Kwik Cricket, Inter Cricket and coaching sessions in both clubs and schools.

■ There is no minimum or maximum age for participation and attainment of the NatWest Inter Cricket Awards. They will be based on individual player progression as well as the attainment of key criteria detailed in the Awards criteria.

Attainment Criteria

for NatWest Inter Cricket Award Levels 1-5



LEVEL 1

The young player will be enthusiastic throughout the sessions and will interact well with team mates. He/she will look to develop basic levels of co-ordination, balance and agility and be willing to learn and progress during the sessions. At all times he/she will show good behaviour



LEVEL 2

The young player will be enthusiastic throughout the sessions and will interact well with team mates, showing basic levels of co-ordination, balance and agility. He/she will be willing to learn, progress during the sessions and should actively and positively engage those around them. At all times he/she will show good behaviour.



LEVEL 3

The young player will show excellent levels of enthusiasm and progression throughout the course and will show good levels of co-ordination, balance and agility. The young player is able to demonstrate the basic technical skills in 2 out of the 4 main disciplines of cricket - batting, bowling, wicket keeping, fielding and shows an understanding of the fundamentals of the coaching received during the course.



LEVEL 4

The young player will demonstrate competent technical ability in 2 out of the 4 main disciplines of cricket - batting, bowling, wicket keeping, fielding. He/she will be able to consistently display these abilities in both practice and match situations. He/she will have a reasonable level of tactical understanding and show excellent enthusiasm, punctuality and progression throughout the course.



LEVEL 5

The young player will demonstrate a good range of technical ability in 2 out of the 4 main disciplines of cricket - batting, bowling, wicket keeping, fielding. He/she will also be able to display a good level of tactical awareness as well as the ability to adapt to various match situations and retain quality under pressure. He/she will show a willingness to learn and train and show excellent levels of enthusiasm and athleticism across all disciplines.

Introduction

The session plans have been designed to help to provide guidance on planning and delivering a range of activities for children who are being introduced to cricket.

They also provide information on basic movement skills for players and ideas on developing tactical awareness.

It is recommended that the plans are in used in conjunction with the ECB Coaching cards that will provide further information on technical areas, games and differentiation.

The session plans have been designed to be used as an A4 sheet or they can be cut out and attached to the existing coaching cards for ease of use.

It is important to note that the range of activities, timings and key learning points are provided as general guidance only and the sessions can be adapted to meet the needs of the players. For example, a number of the sessions start with a game - if this is seen to be beneficial within the earlier sessions activities can be changed when appropriate.

Finally the session plans aim to help ensure that coaches fulfil the ECB philosophy of *'Providing a fun and safe environment in which people, particularly children and young people, can enjoy their first experience of cricket, gain some success and are motivated to want to go on playing.'*

ECB believes that good coaching is about coaching people not just coaching cricket; emphasis should be on helping people to grow and develop holistically, open to all - equity, respect for the game, opposition, equipment and facilities.

The following symbols are used throughout the session plans:



Number of players required



Number of balls required



Number of bats required



Number of stumps required



Number of cones required



Number of markers required



Number of batting T's required



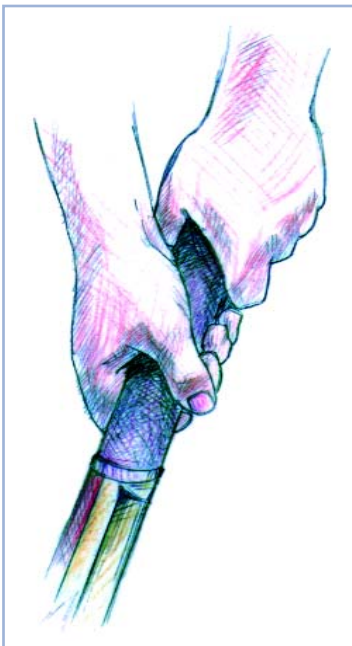
Number of large sponge balls required

Batting - 1. Grip



COACHES CORNER

Provided the player's grip does not prohibit them from executing shots or run the risk of causing injury then their existing grip is the one that should be judged.



- Fingers and thumbs wrapped around the bat handle
- 'V' in line between splice and edge
- Hands close together
- Grips the bat with solid basic technique

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Grips the bat two handed



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Grips the bat two handed



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Grips the bat & has basic technique

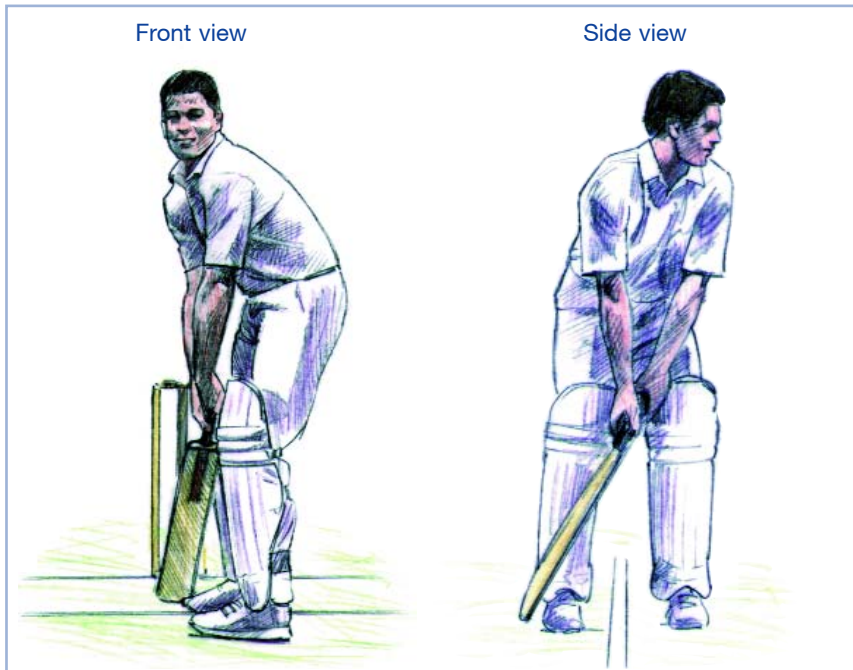


- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Strong, repeatable grip



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Strong, repeatable grip

Batting - 2. Stance



COACHES CORNER

Ensure that the young player's stance allows them to be balanced at the crease, to play on both sides of the wicket and off the front and back foot.

- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Stance allows shot to be played



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Stance allows shot to be played



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Balanced with basic technique



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Solid, well balanced & can play shots 360° around the wicket



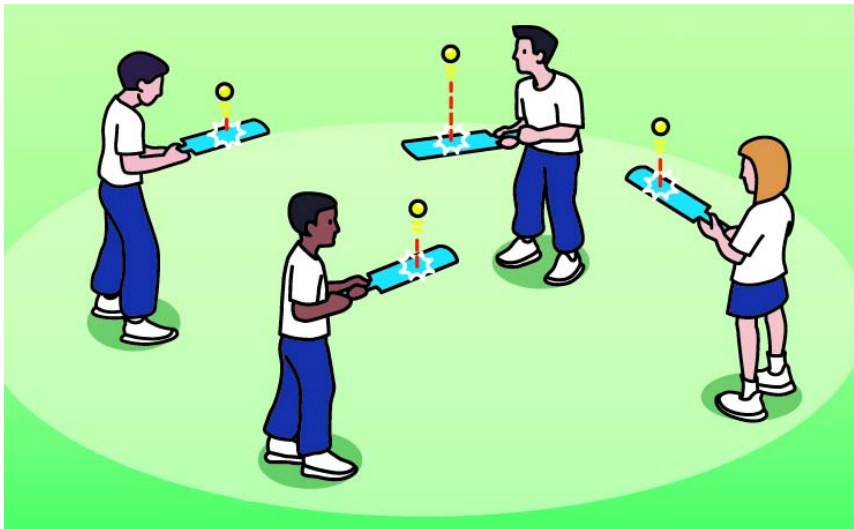
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Solid, well balanced & can play shots 360° around the wicket

Batting - 3. Bat Taps

Equipment



10 minutes



COACHES CORNER

Use these games to monitor progression. Not necessarily every week but enough to gauge improvement.

- Players bounce ball on the bat or part of the bat e.g. edge, back, toe
- Find partner and follow - change round
- Stand on one leg
- Bounce ball on bat then go onto knees, lie down, back up again
- One low tap, 1 high, 4 low, 1 high etc
- Let ball bounce on floor and kick ball back onto bat - can you use both feet
- Catch ball on bat after high hit
- Add distractions e.g. move in zoned area avoiding cones on the floor
- Opposite a partner - bat tennis

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Keeps the ball in the air for 4 consecutive hits



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Keeps the ball in the air for 8 consecutive hits



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Keeps the ball in the air for 15 consecutive hits



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Keeps the ball in the air for twenty consecutive hits while walking to a cone placed ten metres apart and back to the starting point



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Keeps the ball in the air for thirty consecutive hits while walking back and forth between cones placed ten metres apart. Completes exercise within 45 seconds

Batting - 4. Running Relay

Equipment

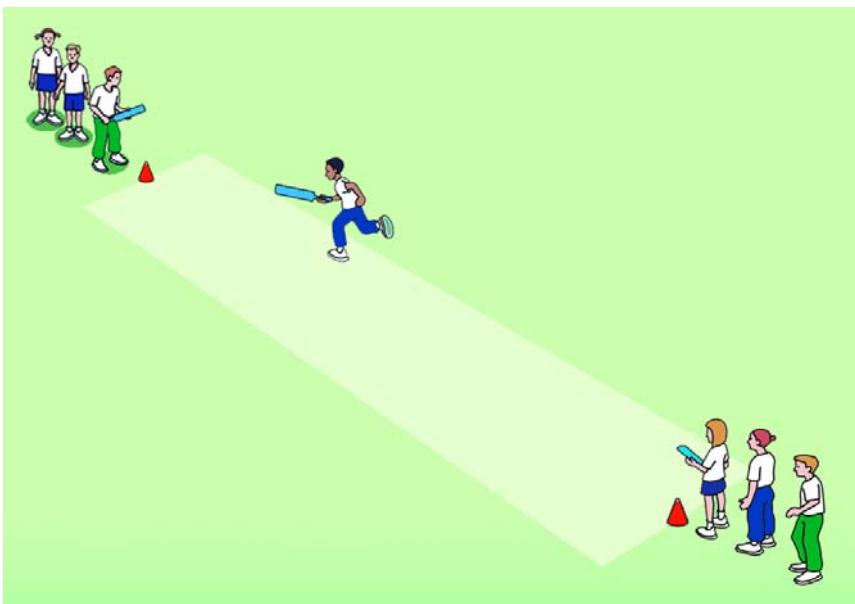


6

6+

4

10 minutes



COACHES CORNER

There are both technical and athletic aspects to this game; make sure you use them both. This exercise can also be carried in conjunction with the 'Run them out' session plan

- Split team into two groups
- Use two bats per team
- Place each group roughly a wicket length apart
- Start nominated batter on each team running towards team mate at other end
- When batter passes team mate, team mate runs back
- Exercise finishes after each team member has completed one run through

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Runs bat in along the ground



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Runs bat in along the ground



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Runs bat in along the ground



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Runs bat in along the ground



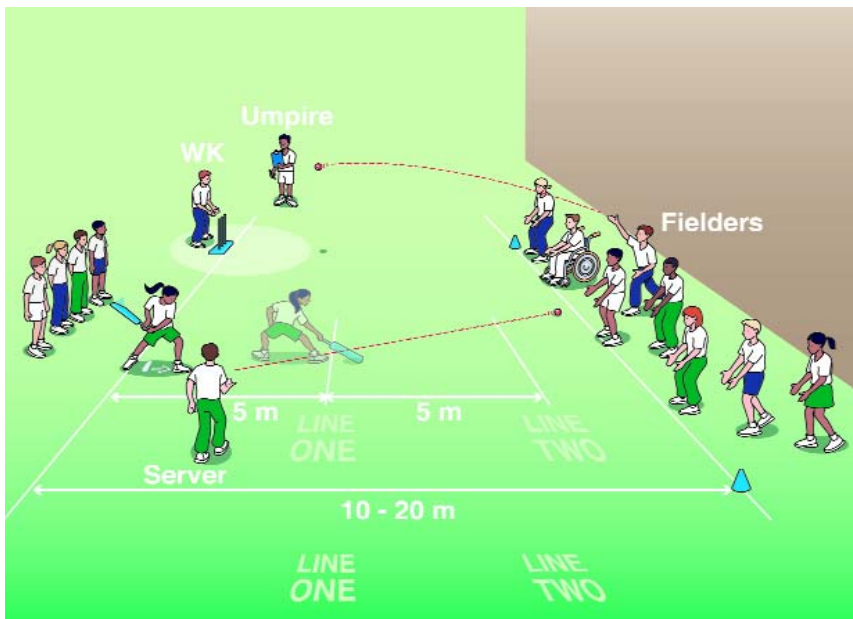
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Runs bat in along the ground

Batting - 5. Lord's/Continuous/Pairs Cricket

Equipment



30 minutes



COACHES CORNER

There's a real opportunity with all of these games to evaluate young players in a game environment. Take the opportunity to apply pressure to game situations. See how well players read the game, innovate and work with team mates.

- Batters to hit the ball through the gaps, look for quick singles, run quickly, call for runs e.g. yes, no or wait
- Non striking batter to walk towards the striker as the ball is bowled to help the striker score runs
- Batters to consider shot selection e.g. when is it appropriate to play forward or back
- Consider introducing calling to batters e.g. yes, no or wait
- Running batter to ground their bat over the line and turn with a low body position

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Bats with a degree of consistency in game environment

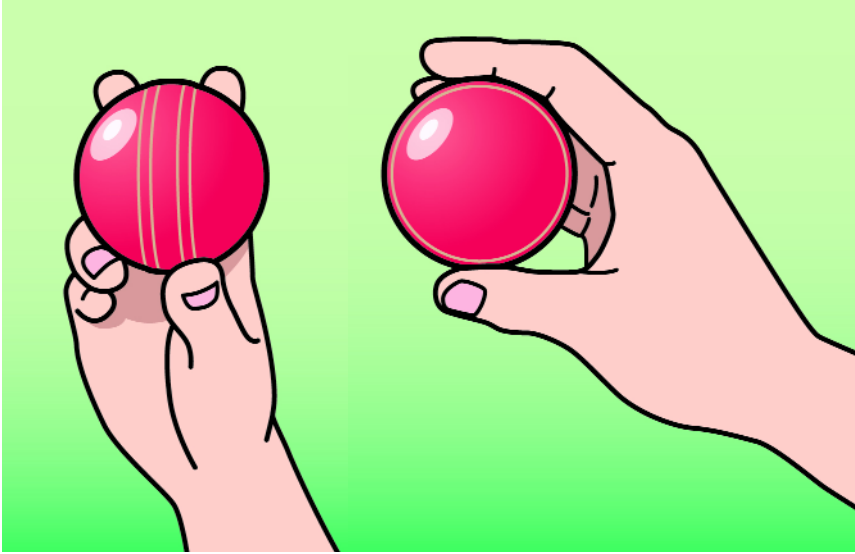


- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Scores runs consistently and looks to adapt style according to game situation.



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Performs well in a game environment, scoring runs that impact the outcome of the game. Innovates and adapts according to game situation

Bowling - 1. Gripping the ball

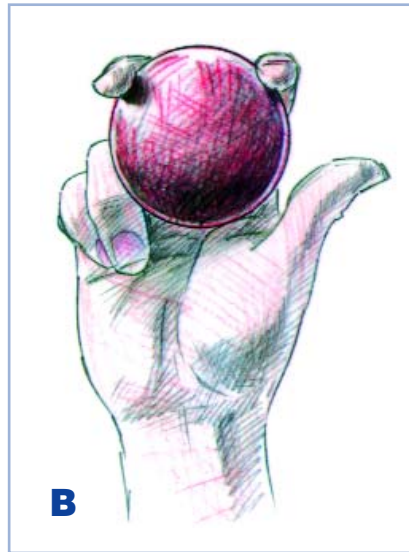


COACHES CORNER

Get young players to demonstrate the different grips as all are relevant for developing variations to their bowling.



A



B



C

- A. Swing / seam bowler's grip
- B. Off spin bowler's grip
- C. Leg spin bowler's grip

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Is able to grip the ball securely



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Is able to grip the ball securely



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Demonstrates basic grip for relevant bowling type

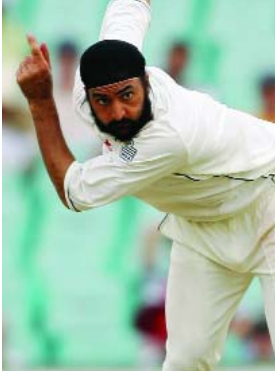


- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Good grip for bowling type.
- Demonstrates one alternative grip



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Good grip for bowling type.
- Demonstrates three alternative grips

Bowling - 2. What type of bowler are you?



Monty Panesar,
spin bowler



Matthew Hoggard,
swing bowler



Steve Harmison,
fast bowler

COACHES CORNER

Use the Q&A sessions to discuss different bowling types and how they can be used most effectively

- This should be a Q&A session
- Start with initial one on one discussion
- Talk to young players about what type of bowler they are or aspire to be
- Then develop into a group Q&A session around bowling types, technique and tips you can offer

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Understands difference between spin and seam bowling



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Understands difference between spin and seam bowling and different types of delivery



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Understands difference between spin and seam bowling and can suggest when each bowling type could be used



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Can discuss the different bowling types and the ways that each bowling type can be used to dismiss batsmen



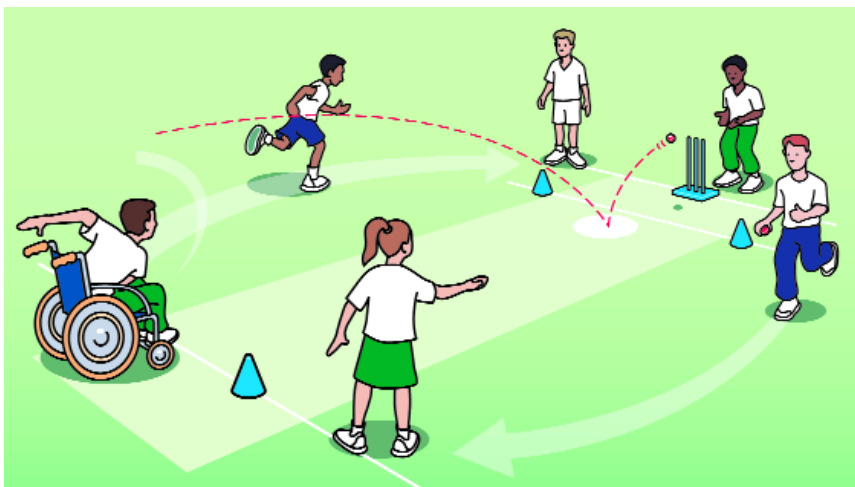
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Can discuss the different bowling types and the ways that each bowling type can be used to dismiss batsmen and is able to demonstrate the basics of each bowling type.

Bowling - 3. Target bowling

Equipment



15 minutes



COACHES CORNER

Set challenges for each bowler, applying imaginary match situations for them to bowl in. Line, length, accuracy and consistency are key.

- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy: e.g. landing in the target = 1 point, hitting the wicket = 1 point, doing both = 3 points

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Able to bowl over arm and project the ball towards the stumps



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Able to bowl over arm and project the ball towards the stumps



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Sound over arm delivery and basic accuracy



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently accurate with good line and length



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently accurate with good line and length. Able to adapt to 'match' scenarios

Bowling - 4. Controlled run-up



A smooth run up helps James Anderson maintain balance into his delivery stride

COACHES CORNER

This is all about control and balance, not how far or fast they can run in.

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Is able to bowl from a base position



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Is able to bowl from a base position



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Runs-in, in a smooth and balanced fashion

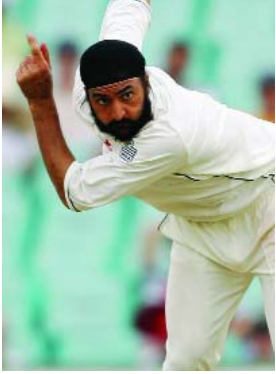


- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Runs-in, in smooth, balanced fashion and is economical and rhythmic in movement



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently runs-in, in a smooth, balanced fashion and is economical and rhythmic in movement

Bowling - 5. Spin / Swing / Pace



Monty Panesar,
spin bowler



Matthew Hoggard,
swing bowler

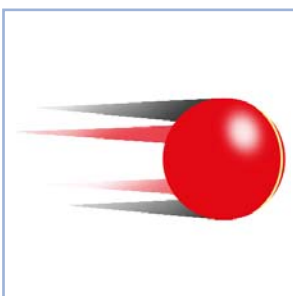


Steve Harmison,
fast bowler

COACHES CORNER

Control is secondary to this exercise; it is about pace, spin and swing; and the more the better. Have set sessions for this exercise.

- Use this exercise to see how much spin, swing, pace each player can generate
- Ensure that this exercise is carried out in a controlled environment
- Don't worry about control
- Have fun



Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Is able to demonstrate increased levels of bowling performance in one of the three disciplines



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Demonstrate increased levels of bowling performance in one of the three disciplines, retaining sound technique while increasing performance



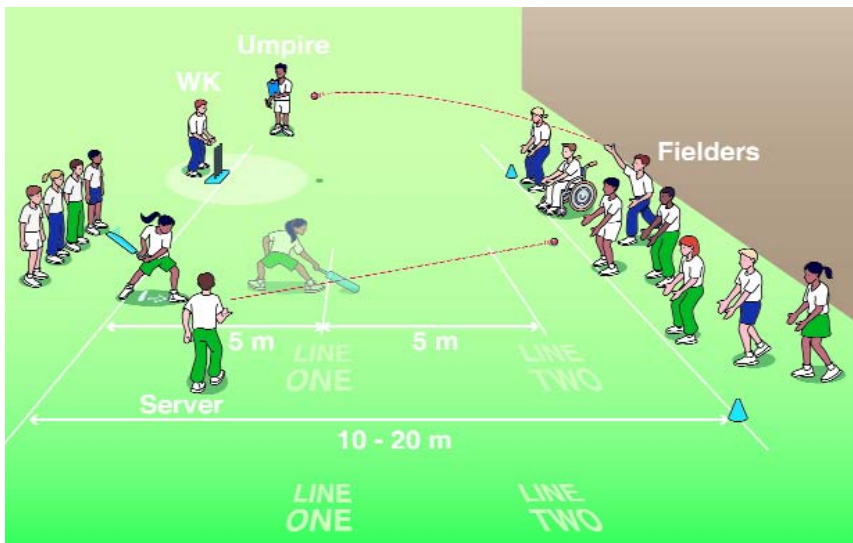
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Demonstrate increased levels of bowling performance in one of the three disciplines, retaining sound technique while increasing performance in match situations.

Bowling - 6. Lord's/Continuous/Pairs Cricket

Equipment



30 minutes



COACHES CORNER

There's a real opportunity with all of these games to evaluate young players in a game environment. Take the opportunity to apply pressure to game situations. See how well players read the game, innovate and work with team mates.

- Bowlers to pitch the ball on a good length, on off stump to make it difficult for the batter to score
- Bowlers to have all body parts moving towards the target
- Make sure bowlers hips and shoulders are in line when bowling
- Focus on keeping all body parts within a shoulder with corridor during action

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Bowls with a degree of consistency in the game environment



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Bowls a consistent line and length. Applies pressure on batsman through skill and consistency



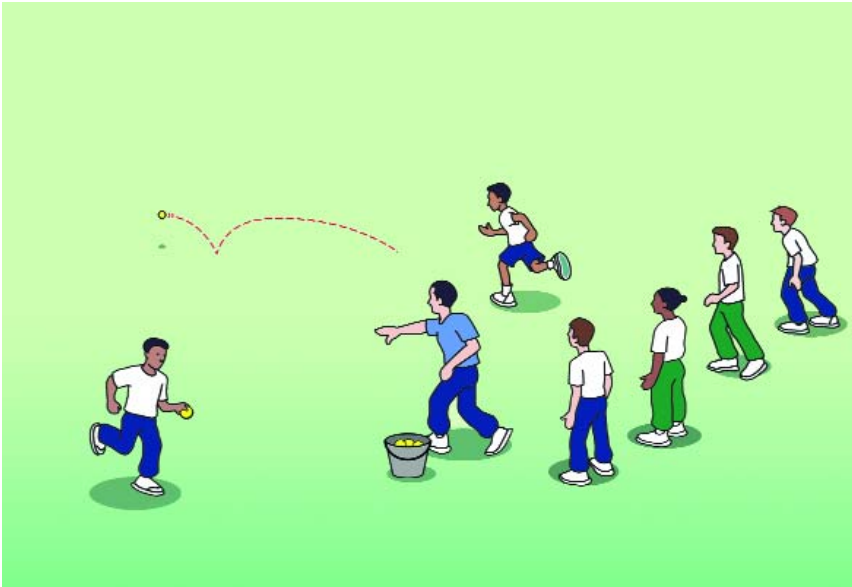
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Performs well in a game environment. Pressures batsman through skill and consistency. Is able to adapt style to game situations

Fielding - 1. Keep bucket full

Equipment



5 minutes



COACHES CORNER

Get the young players running around. A good way to improve fitness levels

- Have a bucket full of balls beside you
- Line players up
- Throw balls out at regular intervals
- Player fields ball, runs away from oncoming feeds and places ball back in the bucket
- Player then re-joins the back of the line
- Carry on until bucket is no longer full

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently stops the ball



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently fields the ball cleanly



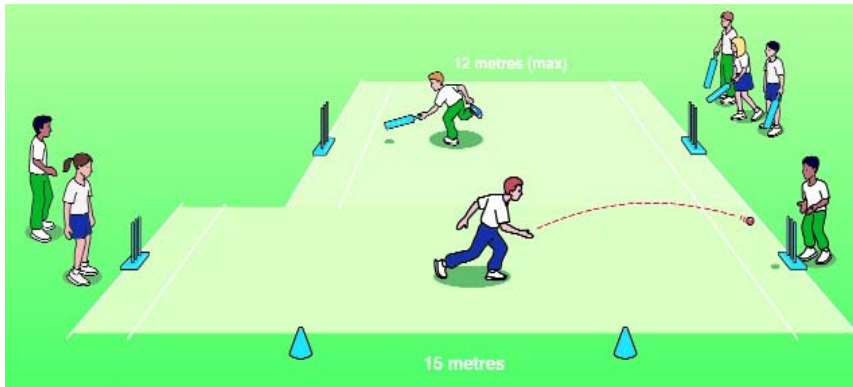
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently fields the ball cleanly and anticipates coaches feed well

Fielding - 2. Run them out game

Equipment



20 minutes



COACHES CORNER

A great test of throwing under pressure but don't forget about fitness and running the bat in for the batters

- Divide the players into groups of 8 and then into 2 teams of 4
- One team running between the wickets, and other fielding & returning ball to a wicket keeper
- Wicket keeper rolls ball into fielding area (6 to 12 m). As soon as ball is rolled, batter tries to reach the far crease & back (2 runs)
- Fielder runs and tries to hit the wicket with the ball or return the ball to wicket keeper to break the wicket before the batter has completed 2 runs
- Single runs do not count so no runs are scored when a batter is out

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Stops the ball and throws towards the wicket keeper



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Stops the ball consistently and throws to the keeper



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently fields the ball cleanly and throws accurately



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently fields the ball cleanly, throws accurately and puts the batsman under pressure



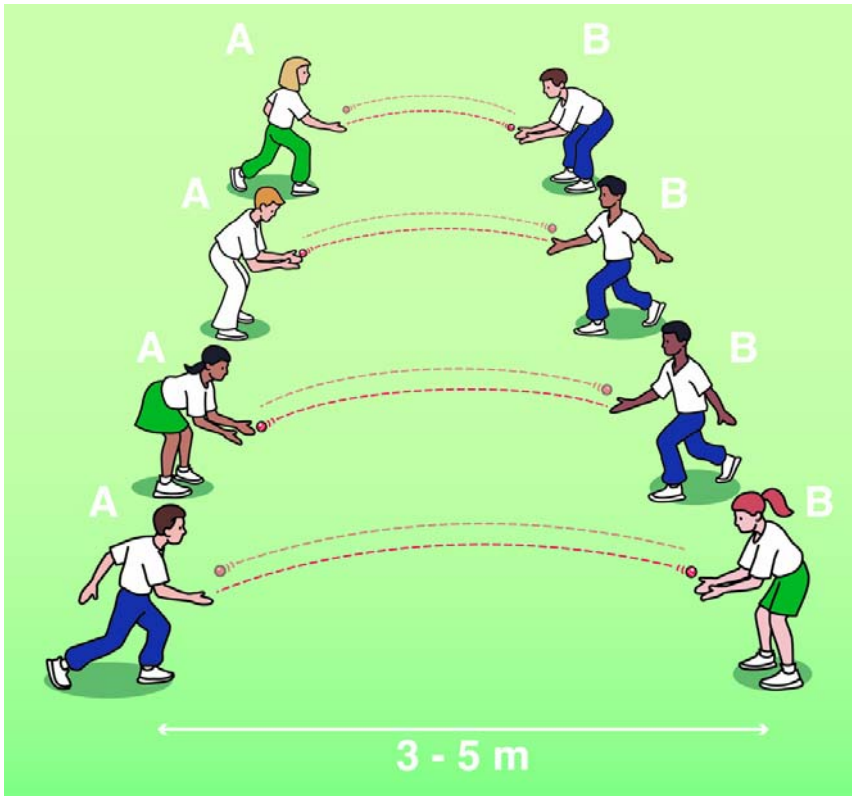
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently fields the ball cleanly, hits the stumps regularly and puts the batsman under pressure. Has a high run out percentage

Fielding - 3. Close Catching

Equipment



15 minutes



COACHES CORNER

This close catching exercise is a good way to monitor progression through increased performance. Also, apply pressure through time restrictions and verbal & visual distractions.

- Partner catch
- Straight, right, left, vary
- Different heights
- “Mixed Service”
- Game

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Complete 10 successive catches with partner



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Complete 15 successive catches with partner



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Complete 20 successive catches with partner, while moving side to side between cones positioned five metres apart



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Completes 30 successive catches with partner while moving side to side between cones positioned five metres apart in 45 seconds. Also, try the same exercise one-handed using strong hand



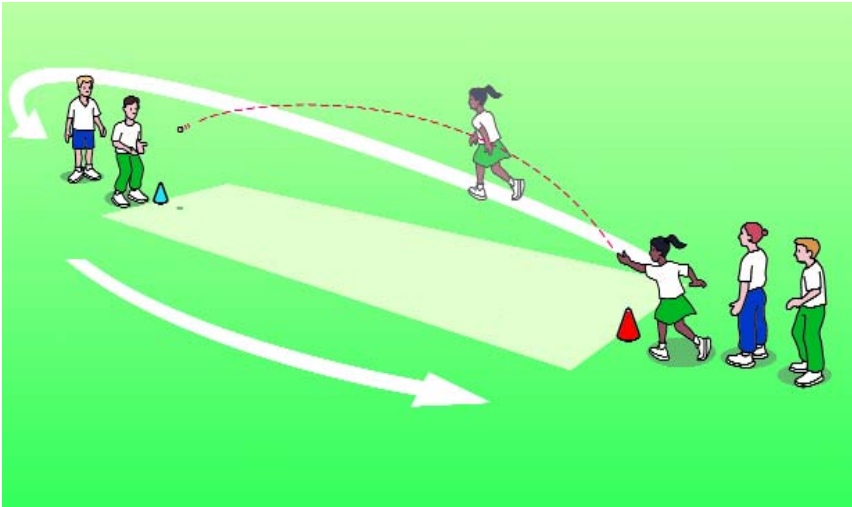
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Completes 50 successive catches with partner while moving side to side between cones positioned five metres apart in 60 seconds. Also, try the same exercise one-handed using both strong and weak hand

Fielding - 4. Catching Relay

Equipment



10 minutes



COACHES CORNER

It's not just about the catching; the throwing has to be good too. Award points according to the team's success and to increase competition between the groups.

- Players number themselves 1 to 5
- 1 to 3 stand behind the red cone
- 4 to 5 stand behind the other cone
- Number 1's fetch a ball & rejoin group
- Underarm throw to the person opposite
- Once you have thrown the ball walk to the back of the other line

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- One complete group run through with no drops



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Two complete group run throughs with no drops



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Three complete group run throughs with no drops



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Four complete group runs throughs with no drops. Use time restrictions to apply pressure according to group size. Also try the same exercise one-handed with strong hand



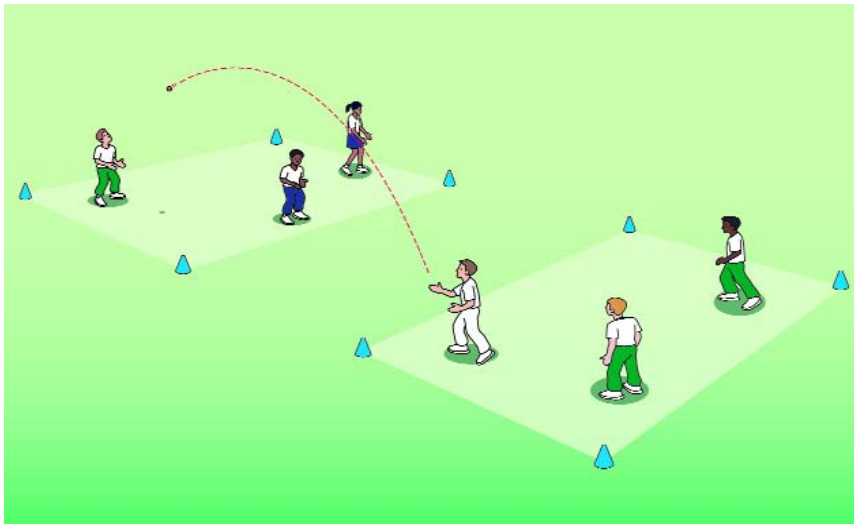
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Five complete group runs throughs with no drops. Use time restrictions to apply pressure according to group size. Also try the same exercise one-handed with both strong and weak hand

Fielding - 5. Catching Tennis

Equipment



15 minutes



COACHES CORNER

A good team exercise. Award points according to the team's success and to increase competition between the groups. Increase the size of the playing area to test agility and increase difficulty.

- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce
- If they succeed they score a point
- Players in the other zone try and do the same
- Players to maintain athletic 'ready' position
- Players to decide amongst themselves where to stand within coned area

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently able to catch the ball



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently able to catch the ball one handed (strong hand)



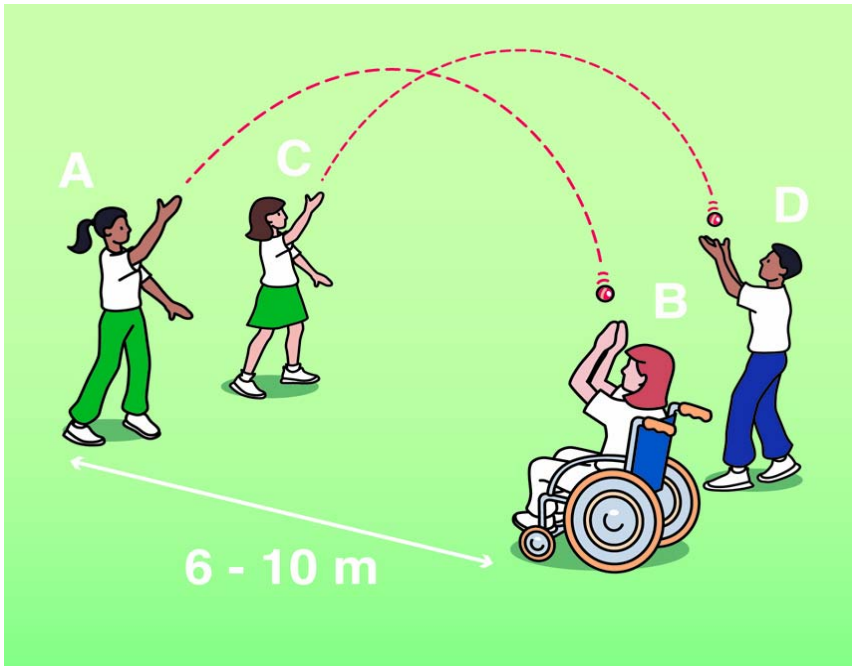
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently able to catch the ball one handed with either hand

Fielding - 6. High Catching

Equipment



10 minutes



COACHES CORNER

Test throwing as well as catching. A good exercise to work on general fitness too.

- Continuous catching
- Different heights
- Service to draw catcher forwards
- Catcher stands closer and service to send catcher backwards
- "Mixed Service" organisation picture

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Complete 3 successive high catches and return accurately



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Complete 5 successive high catches and return accurately



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Complete 10 successive high catches and return accurately



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Complete twenty successive high catches - 10 static, 5 moving side to side and 5 to be chased with ball thrown from behind - and return accurately



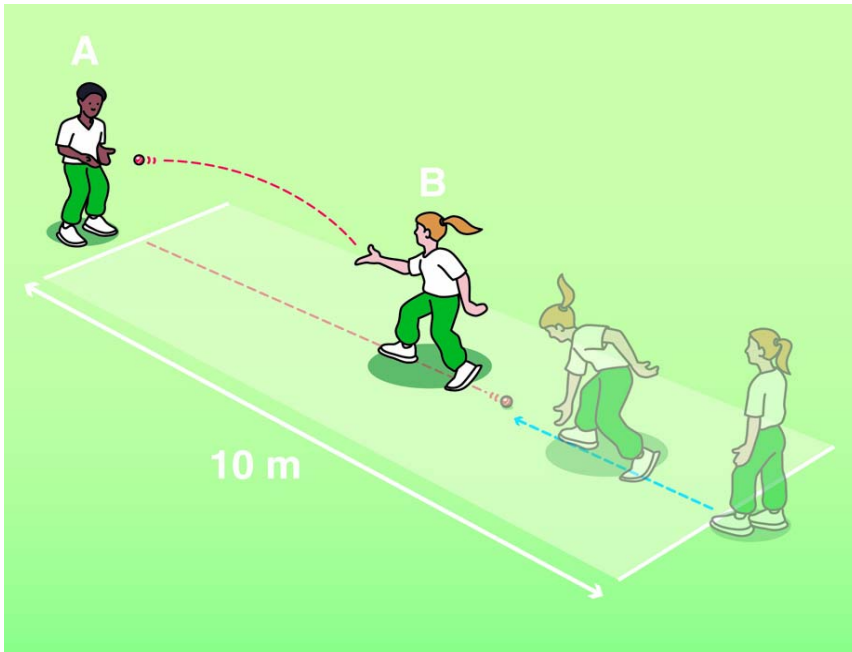
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Complete thirty successive high catches - 5 static, 10 moving side to side and 15 to be chased with ball thrown from behind - and return accurately

Fielding - 7. One handed pick up & throw

Equipment



20 minutes



COACHES CORNER

A great test of agility, balance and co-ordination. Use a batsman trying to make his/her ground running alongside to replicate a match situation

- No.1 rolls the ball to halfway point
- No.2 attacks the ball
- Underarm to partner (no bounce)
- 5 goes each and change
- Balanced and low
- Watch the ball, pick up outside throwing foot. Stay low
- Throwing hand arm and body follow through towards target

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently picks up the ball one handed and throws well



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently picks up the ball one handed at game pace and throws accurately



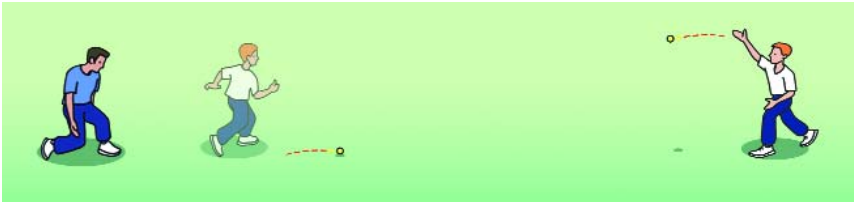
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently picks up the ball one handed at game pace and throws quickly and accurately

Fielding - 8. Chase & Throw

Equipment



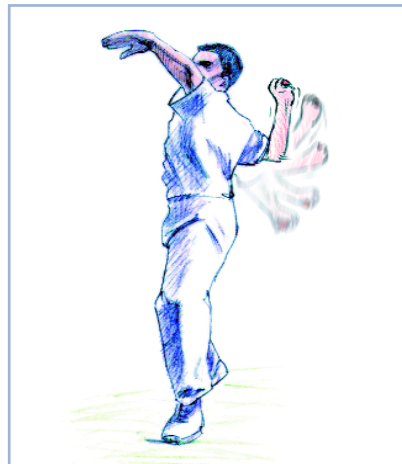
10 minutes



COACHES CORNER

Accuracy, athleticism and balance are key for this exercise.

- Line players up alongside coach
- Coach rolls ball out
- Player runs to retrieve ball and throws ball back to coach (or wicket keeper)



Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Chases the ball well and is able to pick up and throw consistently



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Shows good speed to the ball. Picks the ball up cleanly. Throws accurately.



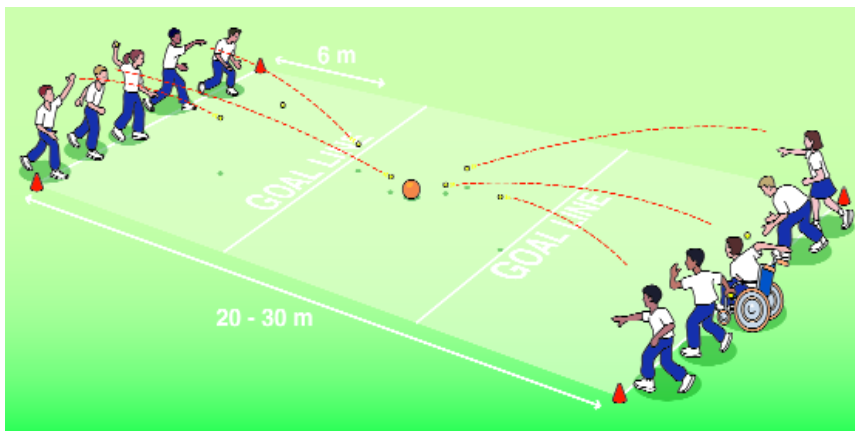
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Shows good speed to the ball. Picks the ball up quickly and cleanly. Throws quickly and accurately.

Fielding - 9. Cross Fire

Equipment



15 minutes



COACHES CORNER

A great test of throwing accuracy and on-going progression

- Objective: to score goals by throwing small balls at the large ball.
- A goal is scored when the large ball crosses the opposition goal line.
- When a goal is scored the ball is replaced in the centre.
- Balls can be collected from in front of the goal line but not thrown from there.

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Shows good basic throwing technique and on-going improvement



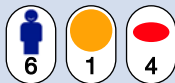
- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Shows increasing levels of accuracy and success



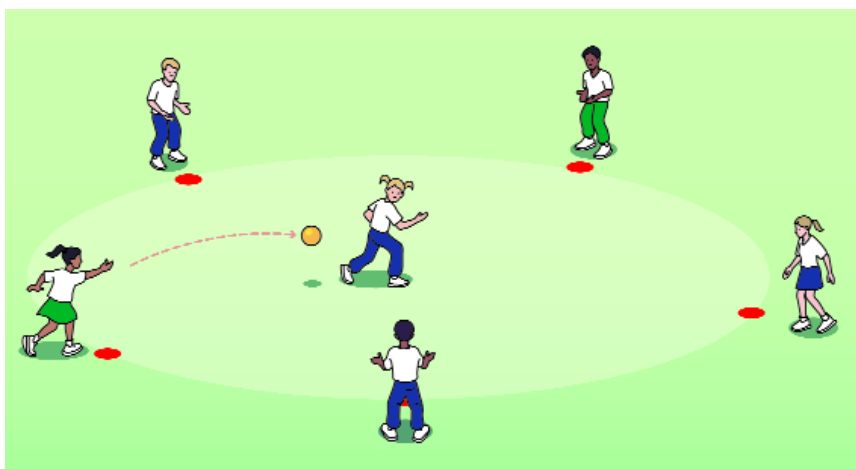
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently hits or 'just misses' the target

Fielding - 10. Dodge Ball

Equipment



10 minutes



COACHES CORNER

A great test of agility, balance and co-ordination as well as throwing accuracy

- Players stand near a cone to form a circle and face inward
- One player stands in the middle of the circle
- Player with the ball aims to underarm throw the sponge ball to hit the middle player below the knees
- Player in the middle aims to avoid the ball but if hit they are replaced

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Stays 'alive' for 20 seconds



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Stays 'alive' for 30 seconds



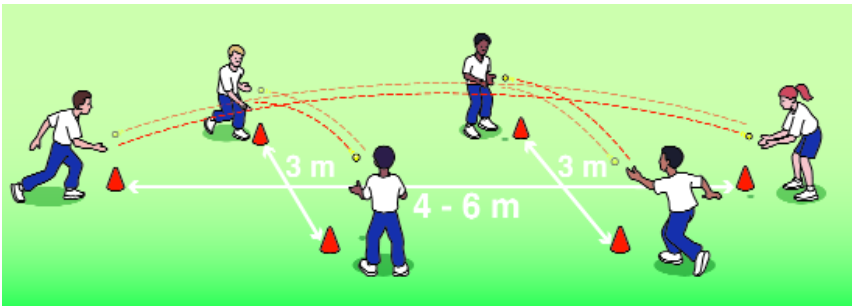
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Stays 'alive' for 50 seconds

Fielding - 11. Distraction Catching

Equipment



10 minutes



COACHES CORNER

Use noise as well as visual distraction for this exercise

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Shows ability to catch while being distracted



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches consistently despite distraction. Slight drop in performance



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Distraction has little affect and performance is unaffected.

Fielding - 12. Lord's/Continuous/Pairs Cricket

Equipment



30 minutes



COACHES CORNER

Athleticism and the ability to field under pressure are key to this exercise

- Opportunity to introduce or recap on fielding position names
- Consider rewarding good fielding with bonus runs
- Fielders to be supportive of each other and work as a team e.g. praise effort, back up
- Fielders to be responsible for their area or zone
- Fielders to consider what they are doing as the ball is fed e.g. walking in and being in a 'ready position'
- Fielders to anticipate where the ball is going

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently stops and returns the ball.



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently fields, catches and returns the ball cleanly. Pressures batsmen. Vocal in the field.



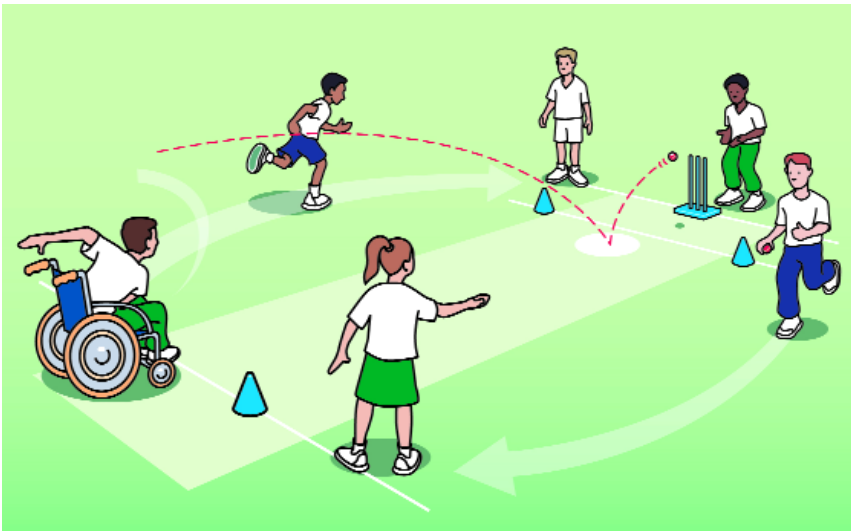
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently fields, catches and returns the ball cleanly. Pressures batsmen and restricts runs. Motivates the team.

Wicket Keeping - 1. Target Bowling

Equipment



15 minutes



COACHES CORNER

Maintaining concentration is key to this exercise as the natural variety of bowling will provide the keeping challenge.

- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy: e.g. landing in the target = 1 point, hitting the wicket = 1 point, doing both = 3 points

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Able to stop the ball



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Able to stop the ball



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Catches over 40% of deliveries with batsman and 60% without



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches over 60% of deliveries with batter and 80% without



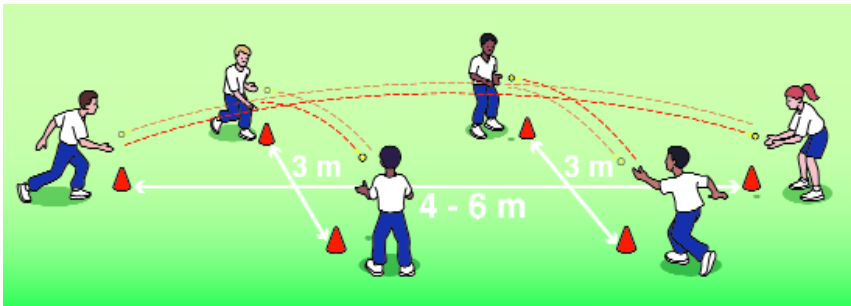
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Catches 80% of all deliveries. Well positioned for bowling type.

Wicket Keeping - 2. Distraction Drills

Equipment



10 minutes



COACHES CORNER

Use noise as well as visual distraction for this exercise

- Have a batsman stand in front of wickets, playing shots, but intentionally missing the ball

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Shows ability to catch while being distracted



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches consistently despite distraction. Slight drop in performance



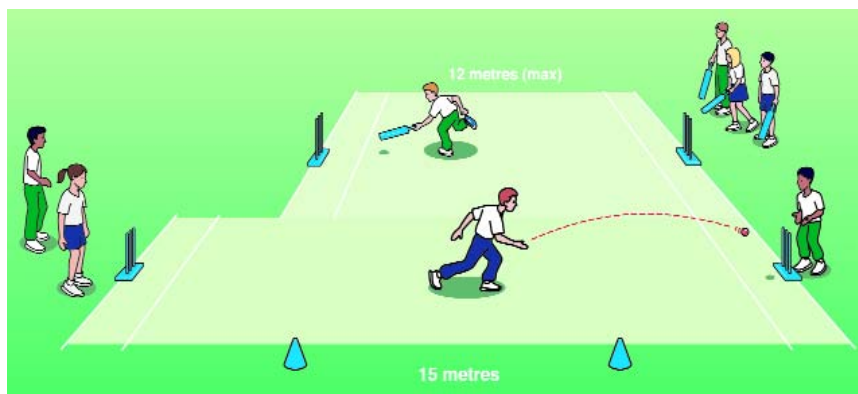
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Distraction has little affect and performance is unaffected.

Wicket Keeping - 3. Run them out

Equipment



20 minutes



COACHES CORNER

Monitor catching under pressure when the run out is on

- Divide the players into groups of 8 and then into 2 teams of 4
- One team running between the wickets, and other fielding & returning ball to a wicket keeper
- Wicket keeper rolls ball into fielding area (6 to 12 m). As soon as ball is rolled, batter tries to reach the far crease & back (2 runs)
- Fielder runs and tries to hit the wicket with the ball or return the ball to wicket keeper to break the wicket before the batter has completed 2 runs
- Single runs do not count so no runs are scored when a batter is out

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Catches the ball consistently



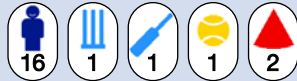
- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches 75% of throws and enables run outs



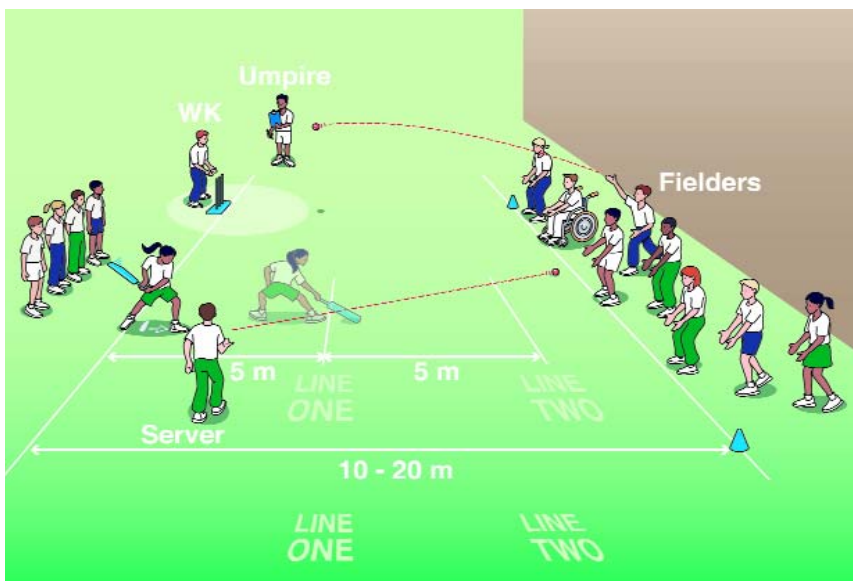
- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Catches 90% of throws and creates run-outs through keeping ability.

Keeping - 4. Lord's/Continuous/Pairs Cricket

Equipment



30 minutes



COACHES CORNER

There's no better way to see how a keeper performs than in a match situation but it's not just about catching; how do they motivate others, read the game situation and pressurise the batters?

- Consider bowling / feed type
- Reinforce wicket keeping work from target bowling session
- Focus on being on the balls of feet when ball is being fed / delivered
- Focus on making catching area of gloves as big and wide as possible

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Performs well, completing over 60% of all takes. Demonstrates sound footwork and catches with large catching area



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Good overall performance. Motivates team and bowlers. Completes 75% of takes, demonstrates good footwork and catches with large catching area.



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- High performance level in games and under pressure. Motivates team and bowlers. Completes 90% of all takes, demonstrates excellent footwork and catches with large catching area.

Cricketing Knowledge and Trivia

COACHES CORNER

Great for rainy days, these sessions should be fun, lively and interactive. They are not 'tests'; more discussion forums for knowledge, tips and advice to be offered.

Questions should revolve around the following topics:

- Technical skills – bat grip, bowling grip, shot demonstration etc
- Rules of the game
- How to look after your equipment
- On and off-field behaviour
- Physical and mental preparation
- General knowledge – favourite team, player, moment etc

- This session is aimed at sharing cricket knowledge and discussing cricket in general
- Ensure the session is carried out in a relaxed environment
- Make the session as interactive as possible