

# 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