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| ***Class:*** |
| ***Lesson:*** Developing Skills & Understanding |
| ***Lesson Objective:*** To understand basic techniques required as a starting point in cricket. |
| ***Resources:*** Bats, balls, stumps |

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| ***Warm Up:*** All kids run around the court and carry out various number commands, i.e. 6, touch the floor 7, jump in the air etc. Kids will be eliminated for slow reactions with the last person standing being crowned the winner.  **Coaching Points:**  This is a game/warm up the kids really enjoy. It helps warm up and stretch their muscles whilst holding their attention. They have to remember to associate different numbers with their corresponding actions, whilst in a frantic and competitive environment.  ***Safety Points:***   * Make sure kids are aware of their surrounding so as not to run into each other * Ensure floor is clear of any objects or liquids to avoid tripping over |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  This week will focus on bowling. Potentially the most challenging skill in cricket. Following a demonstration, kids will split up into groups and take it in turns to bowl a simple over arm at stumps. I will move from group to group and watch their form and will give pointers when required.  **Coaching points:**   * Make sure each individual fully understands the correct body position to use to bowl a perfect over arm * Once they show signs of improvement gradually increase the speed to develop accuracy.   ***Safety Points:***   * Avoid balls hitting the face * Make sure bat stays low to avoid accidental head knocks. |
| ***Warm Down***: Organise classes into two teams. (Only years 3,4,5&6 will play a competitive match.) Recap all skills sessions so far and ask how they will implement these in a longer 20/25min game.  **Coaching Points:**   * Make sure both teams shake hands and congratulate each other for their efforts. As Brucie would say, “Good game, Good game”.   ***Safety Points***: |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |