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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
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| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***In week one, their skills session was to split up into groups of six to play French Cricket. A game designed to combine teamwork from the fielders, whilst also demonstrating downward use of the bat to block the ball from reaching its target. Using what they had learnt in their skills session, each class were split into two teams for a cricket/rounders hybrid game. This allowed me to assess what aspects of the game they needed to work on whilst also giving them an idea of how cricket works. This week the skills session will be more prolonged with less emphasis on playing a game. Only years 4,5&6 will play a competitive match. The drill this week will involve four lines of kids in an arc facing me. I will demonstrate the correct techniques for catching high balls, fast balls & ground balls. I will then use a tennis ball and racket to launch the ball towards the front person on each line, changing the height each time. The front catcher will pass the ball back to me and then join the back of their queue. I have seen this technique used before to train slip catchers.**Coaching points:*** Make sure each individual fully understands the correct body position to use to catch balls at varying heights and speeds
* Once they show signs of improvement gradually increase the distance to improve hand eye coordination

***Safety Points:**** Avoid balls hitting the face
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| ***Warm Down***: Discuss the drill and ask how their new skills can be transferred to to a game situation. Given what I’ve experienced so far I also want to discuss the importance of sportsmanship, respect, teamwork and fair play within sport and how this can translate into everyday life. This is something that was drilled into me from a young age playing rugby. I believe this is far more important than anyone’s ability to play sport as it provides us with the basic foundation to succeed whichever field we choose to pursue.**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: |