

# CRICKET SKILLS

# CHANCE TO SHINE WEEKLY CHALLENGE: WEEK 1 - COOL CATCHER

INDIVIDUAL ACTIVITY



Play

## LEARNING OUTCOMES:

Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

## EQUIPMENT:

- tennis ball (or if you don't have one, try a balled-up pair of socks or something else, be creative!)

## HEADS, SHOULDERS, KNEES CATCH! CHALLENGE:

- Throw the ball in the air
- Touch your head, shoulders, tummy and toes then take the catch!
- Start with just your head & catch, then head, shoulders & catch etc



## COACHING POINTS

- Watch the ball all the way into your hands
- Keep a big surface area to catch (think about having your hands like an open book)



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# CHANCE TO SHINE WEEKLY CHALLENGE:

## WEEK 1 - COOL CATCHER

PARENT & CHILD ACTIVITY



### LEARNING OUTCOMES:

Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

### EQUIPMENT:

- tennis ball (or if you don't have one, try a balled-up pair of socks or something else, be creative!)

### PAIRS CHALLENGE:

- Stand 3M apart
- Take as many catches between you as you can in 1 minute
- Set your team best and then try and beat it!

### STRETCH ACTIVITY:

- If you drop the ball you go back to zero



### COACHING POINTS

- Watch the ball all the way into your hands
- Get into a powerful 'ready' position, with your weight forward
- Aim your throw where it can be caught easiest (belly button height)



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LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE'LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!

# CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER

INDIVIDUAL ACTIVITY



Play

## LEARNING OUTCOMES:

Explore different throwing techniques, linked to bowling.  
Develop accuracy and know where to 'pitch' the ball.

## EQUIPMENT:

- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

## HIT THE TARGET CHALLENGE:

- Mark out a set of wickets using a wheelie bin and some tape (be creative if you don't have those objects)
- Bowl the ball and try to hit the target!
- Scoring = 1 point for hitting the bin, 3 points for hitting the wickets

## COACHING POINTS

- Create a star shape with your body ready to bowl
- Keep your bowling arm straight all the way through your delivery



# CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER

PARENT & CHILD ACTIVITY



## LEARNING OUTCOMES:

Explore different throwing techniques, linked to bowling.  
Develop accuracy and know where to 'pitch' the ball.



## EQUIPMENT:

- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

## PAIRS CHALLENGE:

- Place a hoop or hoop shaped target on the floor, 3 steps away from the stumps
- Taking it in turns to bowl at the target, aim to score as many points in two minutes as possible
- Scoring = 5 points for the hoop, 3 points for the stumps, 1 point for the wheelie bin

## COACHING POINTS

- Focus the eyes towards the target on the ground
- Follow through with the delivery to get more pace and direction

# CHANCE TO SHINE WEEKLY SESSION: WEEK 3 - SUPER STRIKER

INDIVIDUAL ACTIVITY



Play

## LEARNING OUTCOMES:

- Develop an effective and consistent striking action for hitting the ball.
- Develop accuracy and placement for hitting.

## EQUIPMENT:

- A bat (or if you don't have one, try a broom or a frying pan, be creative)
- Tennis ball or rubber ball (of any size)
- Cones to make the planets (or any objects you have around your house)

## SPACE RACE CHALLENGE:

- Mark out the planets by placing sets of cones on the floor
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order!)
- See how many planets you can visit in one minute

## STRETCH ACTIVITY:

- Bounce the ball on your bat as you visit the planets

## COACHING POINTS:

- Watch the ball really closely
- Watch where you are going



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# CHANCE TO SHINE WEEKLY SESSION: WEEK 3 – SUPER STRIKER

PARENT & CHILD ACTIVITY



## LEARNING OUTCOMES:

- Develop an effective and consistent striking action for hitting a ball.
- Develop accuracy and placement for hitting.

## EQUIPMENT:

- A bat (or if you don't have one, try a broom or a frying pan, be creative!)
- Tennis ball or rubber ball (of any size)
- Two chairs to act as fielders

## PAIRS CHALLENGE:

- Place two chairs 3M in front of you
- Get your partner to feed you 6 balls
- Try to defend the ball using soft hands to avoid getting out
- Scoring = 1 point if the ball bounces before the chair, 5 points if the ball goes beneath the chair



## STRETCH ACTIVITY:

- Create your own version of the game and make up your own rules

## COACHING POINTS

- Let the ball hit the bat and tap it lightly
- Create a strong base by getting side on and bending your knees

# CHANCE TO SHINE WEEKLY SESSION: WEEK 5 - FEROCIOUS FIELDER

INDIVIDUAL ACTIVITY



Play

## LEARNING OUTCOMES:

To apply running, throwing and stopping skills into a competitive situation.

## EQUIPMENT:

- Something to throw with which can be used safely indoors like a soft ball or rolled up socks
- 5 targets of varied sizes

## CONE RAIDERS CHALLENGE:

- Mark out the 5 targets in different areas of your space (make some easier, some more challenging)
- See how many goes it takes to hit all 5 targets, starting with the easiest and moving up
- Experiment with underarm and overarm throws
- If you beat your previous score, move back a step to increase the challenge

## STRETCH ACTIVITY:

- Try throwing with your other arm

## COACHING POINTS:

- Use your non-throwing arm to aim towards the targets
- Create a strong and stable side on position towards your target



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# CHANCE TO SHINE WEEKLY SESSION: WEEK 5 - FEROCIOUS FIELDER

PARENT & CHILD ACTIVITY



## LEARNING OUTCOMES:

To apply running, throwing and stopping skills into a competitive situation.

## EQUIPMENT:

- Tennis ball or soft ball
- Cones
- Stumps (or a target to aim at)
- A Cricket bat (or something similar)



## 'RUN THEM OUT' PAIRS CHALLENGE:

- Fielder: On the call of 'yes' from the batter, run around a cone then pick up a tennis ball and throw at the stumps
- Batter: After calling 'yes', try to complete a 'run 2' and get back to the crease line before being run out
- Scoring: 10 points for the fielder for every run out, 2 points for the batter for every safely completed run
- Swap after 5 attempts and keep track of overall scores

## COACHING POINTS

- Get into a low, balanced position to pick up the ball
- Keep your energy moving towards the target throughout



# CHANCE TO SHINE WEEKLY SESSION: WEEK 6 - SKILFUL SCORER

INDIVIDUAL ACTIVITY



Play

## LEARNING OUTCOMES:

Demonstrate effective ball-striking action including correct footwork and hand-eye co-ordination. Engage in competitive physical activities.

## EQUIPMENT:

- Ball or alternative (eg. rolled up socks)
- Bat or alternative (eg. racquet, frying pan, broomstick)
- Batting tee (use a bottle top or toilet roll tube)
- Markers (any object will do!)



## FIND THE GAP:

- Set up three scoring zones with markers, to hit through
- Strike the ball from the tee aiming to hit the ball through the scoring zone
- If it's too easy: make the scoring zones smaller or further away, or throw the ball in the air to hit a moving ball.

## KEYS TO SUCCESS

- Watch the ball all the way through the shot
- Step towards the ball before striking it and create a strong, table base



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# CHANCE TO SHINE WEEKLY CHALLENGE:

## WEEK 6 – SKILFUL SCORER

PARENT & CHILD ACTIVITY



### LEARNING OUTCOMES:

Demonstrate effective ball-striking action including correct footwork and hand-eye co-ordination. Engage in competitive physical activities.

### EQUIPMENT:

- Ball or alternative (eg. rolled up socks)
- Bat or alternative (eg. racquet, frying pan, broomstick)
- Markers (any object will do!)



### PAIRS CHALLENGE:

- Set up 2 'planet' scoring zones with markers one behind the other.
- Batter throws the ball up and aims to strike ball through the scoring zone.
- Fielder must try to prevent the ball getting past the two scoring zones.
- The batter scores 1 point for the 1st planet and 4 for the 2nd.
- Fielder scores 5 pts for a clean catch.
- Have 6 attempts and swap over. See who gets the highest score

### KEYS TO SUCCESS

- Hit through the line of the ball towards your intended target
- Try to strike the ball down and along the floor to avoid a catch.

