

Cricket example session:

4 different areas coned out 2mx2m, and 2m away from other coned area. Each area is made up of different coloured cones/floor markers.

Warm Up

- 1- Jogging on the spot, coach shouts a colour and the participant must touch that colour in their own square as fast as they can. Make into mini competition eventually (who can touch it the fastest- give points). Then turn into a sequence of colours. Must be on their feet at all times and go back to the centre after each round. Keeping on their toes to keep them warm.
- 2- Coach will again shout a colour, this time participant must run to their colour and preform one of the following: long barrier (stopping the gap between the heel and knee and hands down ready to stop/catch the ball), batting position (as if they were about to hit the ball), bowling position (as if they were about to bowl the ball), wicket keeping position. Best ready position wins a point.

Skills

- 1- Batting: Each participant has a bat and a ball (preferably different coloured balls and only the batsman with that ball is allowed to touch their ball, must be hit back to them using the bat).
One at a time the batsman hits their ball off a cone/tee and tries to do a forward drive shot into one of their opponents squares, to try and score a point. If it goes in their opponents square= 1 point. Keep score of own points.
- 2- Same as above, but this time batsman is trying to get their opponents ball of their cone/tee. If it goes in their opponents square= 1 point, if it hits the ball off the cone/tee=4 points.
- 3- Bowling: Using their own ball, the aim is to bowl at one of their opponents stumps/target. Opponent must not use their hands to receive the ball, but can hit the ball away to stop the ball hitting their target. Rotate this around after every bowl. If the bowler hits the stumps= 5 points to the bowler, if the batsman hits it back in between the batsman square= 6 points, if they hit it away and protect the stumps= 4 points.

Game

Coach= bowler, 4 participants in their own square with a bat and stumps. Aim is to work as a team to hit as many runs as possible. Bowler bowls to anyone and all batters must run clockwise to next box to score a point. Must work together and have good communication skills. Not allowed in same box. To score a run they must all get inside next box before bowler bowls the ball again. Aim is for the bowler to get them out and take away their points.

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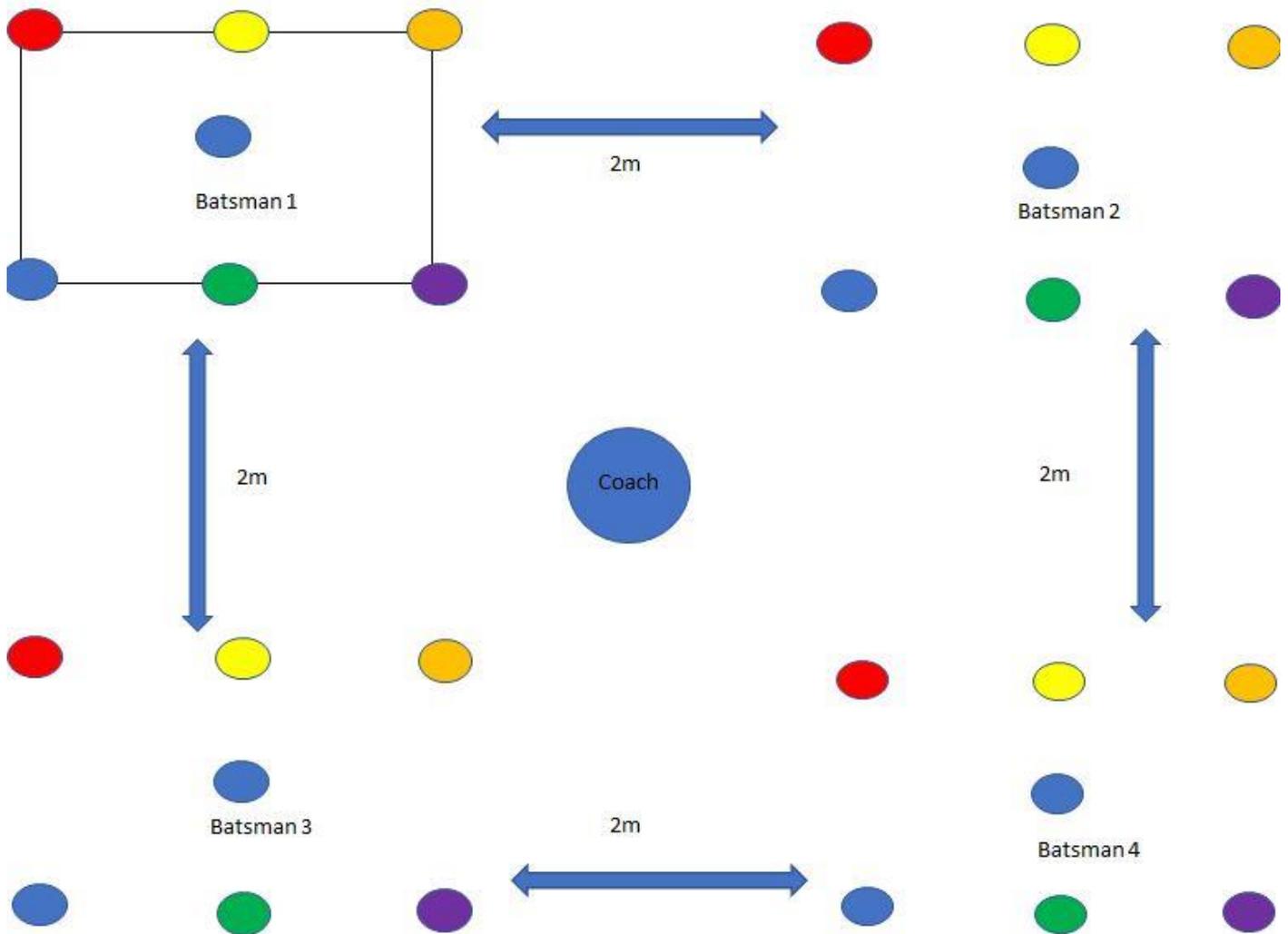


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Cool Down

1- Walk to and from cone (behind their box) doing full body cool down- neck to feet.



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