

# LESSON PLAN: 1- Fielding Techniques

LESSON OBJECTIVES: To develop different fielding techniques that can be used in cricket.

## WARM UP (10 MINS) – DO AS I DO

- Each student is given a ball and their own designated space spread away from other pupils.
- Teacher/TA or a high ability pupil will act as the model and perform different movements whilst bouncing the ball/throwing and catching on the spot.
- This could be things such as: bending knees, clap/catch, two clap/catch, touch shoulders etc.
- All pupils should try and follow the instructions given to them by the 'model'.

## TASK ONE (5 MINS) – FIELDING TECHNIQUE

- Each student has a ball and practises throwing and catching the ball in a stationary position.
- Note the 'fielding air balls' technique from the teaching points on the right.

## TASK TWO (10 MINS) – QUICK RUNS, SAFE CATCHES

- Organise students into groups of five (1 x batter; 4 x fielders).
- The fielders should be stood in a circle well-spread apart (2/3m away from each other).
- The 'batter' will run between two cones set 5m apart whilst the fielders must try to throw the ball to each other in a circle.
- The number of runs is the number of times the 'batter' can run between the two cones.
- **Remember:** Clean and sanitise hands regularly during these activities.

## TASK THREE (15 MINS) (ensure that there is a water break beforehand) – GROUND FIELDING

- Two teams of five (use groups from before). One team spread along a line with the opposing team spread in a line facing them 10m away.
- One at a time, one player from the team will roll the ball towards the opposing team.
- The opposing (fielding) team, must get from the ready position into the long barrier position and stop the ball from travelling over their line.
- If the ball travels over the line, one run scored. If not, no runs scored. After one team has been, the fielding team then have a go at rolling the ball towards the opposition and the game continues.
- **Important:** Ensure students stand up in the ready position when they start to field (don't let them start in the long barrier position). This game is about getting into position quickly and effectively.

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cricket balls/windballs
- Coloured cones
- Sets of stumps/large cones or targets

For more competition related lesson plans please visit <http://valeroyschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyschoolsport.org/activity-challenges>

## KEYWORDS/PHRASES

- Fingers spread
  - Soft hands
  - Bring into the body
- ### FIELDING AIR BALLS
- If ball is above the arm pit, have fingers pointing up.
  - If ball is below the arm pit, have fingers pointing down.
  - Bring the ball into the body.
- ### FIELDING GROUND BALLS
- Long barrier technique: side on, knee down, fingers pointed to ground by knee.

## Adaption/Challenge/Homework

Harder	Easier
Increase the distance between fielders.	Decrease the distance between fielders.
Increase the distance the 'batter' must run (Task Two).	Decrease the distance the 'batter' must run (Task Two).



Vale Royal School Sport Partnership



@ValeRoyalSSP



Valeroyalssp



ValeRoyalSSP2012



# LESSON PLAN: 2- Batting Technique

LESSON OBJECTIVES: To develop batting techniques that can be used in cricket.

## WARM UP (15 MINS) – SIMON SAYS

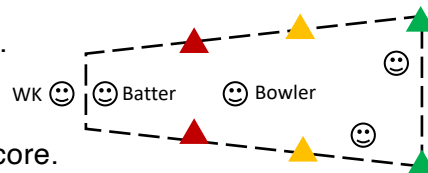
- Place several cones spread away from each other with each pupil stood behind the cone facing the teacher.
- The teacher gives different instructions based on the traditional ‘Simon Says’ game. After a short period, introduce a ball and complete the game with pupils bouncing or throwing the ball (you can include throw/catch activities that recap content previously studied in the fielding lesson).
- If students miss an instruction or complete one that hasn’t been preceded with ‘Simon Says...’ they are to complete a extra physical movement (start jumps, tuck jumps, etc.).

## TASK ONE (20 MINS) – HIT FOUR AND GO

- Group pupils into groups of five (every pupil will bat, bowl and field at some point in the session).
- When batting, the student will hit four balls one after the other.
- This can be from an underarm bowl, a self-feed (dropping the ball) or off a tee/cone.
- The fielders cannot move until all four balls have been hit.
- When the final ball is hit, the batter must run between their batting cone and a second cone set 5m away (this is known as the *running cone*).
- The fielders must then run to collect each of the four balls and return them to a bucket/target area.
- The batter will count how many runs they make in the time it takes the fielders to return the balls.
- Rotate the batter after each go (ensure equipment is cleaned and sanitised or hands are sanitised before and after using equipment when changing batters).

## TASK TWO (20 MINS) (ensure that there is a water break beforehand) – FUNNEL CRICKET

- Set up a funnel-shape batting area like in image on the right.
- Group pupils into groups of five (1 x batter, 1 x WK, 3 x fielders).
- Each fielder will bowl two balls under arm to the batter.
- Batter must aim to drive the ball into the coned space to score.
- Depending on which cone the ball travels past equates to the score.
- Drive past red (1 point); yellow (2 points) or green (5 points).
- Important:** Ensure equipment is cleaned down/sanitised after being used (when changing batter).



## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different body parts.

## EQUIPMENT/RESOURCES

- Cricket balls/windballs
- Coloured cones
- Sets of stumps/large cones or targets
- Cricket bats (ideally Kwik Cricket plastic bats) – tennis rackets also work

For more competition related lesson plans please visit <http://valeroyalschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyalschoolsport.org/activity-challenges>

## KEYWORDS/PHRASES

- Stand side on
- Non-dominant hand at the top of bat
- Dominant hand below
- Stand in ready position (bat up)

## READY POSITION

- Bat up in line with knees
- Don't hold like a baseball bat
- Step into the shot

## Adaption/Challenge/Homework

Harder	Easier
Increase the distances between batters and bowlers/fielders	Strike the ball off a cone rather than having a bowler deliver.
Increase the distance that batters have to run	Decrease the distance that batters have to run

 Vale Royal School Sport Partnership

 @ValeRoyalSSP

 Valeroyalssp

 ValeRoyalSSP2012

