



## Primary Schools 6 week programme of Kwik Cricket Development

This document provided an overview of the weekly progression of teaching and learning through out the 6week development programme. It is designed with the purpose of giving teachers an understanding and elements involved in coaching Kwik Cricket to primary school children and gives a flavour of the types of learning outcomes that will be covered.

### Week 1

**Throwing & Catching:** One ball between two (where possible). Each pair stands about four metres apart and simply passes the ball to eachother.

After a few minutes encourage the participants to throw the ball underarm. i.e. The ball in the palm of the hand, bringing the arm up from the side of the body towards their partner.

Then introduce the catching techniques: 1) Little fingers together and 2) thumbs together.

- The little fingers technique is used for catching the ball below the chest. The little fingers are together side by side with the rest of the fingers spread wide pointing towards the floor to make as big of an area as possible. Once the ball is in the hands wrap the hands around it and bring it up to the chest for extra security from the ball being dropped.
- The thumbs together technique is used for catching the ball from the chest or above. The thumb tips are touching together side by side with the rest of the fingers spread like the little fingers technique.

After both techniques have been introduced and practiced, a catching game of quick passes between the pair and once the ball is dropped the pair sit down. The pair left stood up wins.

## Week 2

**Over arm throwing/fielding:** One ball between two (where possible). Each pair stands about four metres apart and simply passes the ball under arm to each other. i.e. a recap from last session.

Move the participants back so that they are seven metres apart. Encourage the participants to throw the ball over arm technique. i.e. the ball held at shoulder height and thrown using the elbow and wrist.

After a five minutes practice move the participants back again to ten metres apart, still using the over arm technique. (remembering to use the thumbs together catching technique).

End with a target game. If available line up two or three pointy cones as targets to knock over. If pointy cones are not available marker discs can be used. For helping with accuracy the thrower can use their non throwing arm as a guide. Look down the non throwing arm pointing it at the target.

## Week 3

**Fielding techniques:** One ball between two (where possible). Each pair stands about eight metres apart and simply rolls the ball along the ground, not bouncing to each other. i.e. Not trying to get the ball past their partner but fast enough to make them react if the ball goes off to one side.

After each time the ball is rolled the participant must stand up, not stay crouched down.

After a few minutes of rolling the ball move onto the fielding techniques of the Short barrier and Long barrier.

- For the Short barrier the fielder places one foot forward i.e. For right handers the right foot. Then the left knee is placed beside the right foot leaving no gap between. The hands are cupped together, little fingers together, then placed in front of the knee ensuring the the right arm is on the inside of the right leg not around it. The hands are placed there incase the ball is missed it will hit the knee preventing it from going any further. (For left handers the left foot is places forward and the right knee is bent next to the left foot).
- For the Long barrier the fielder places their foot, i.e. For right handers the right foot, sideways so that the inside of their foot is towards the oncoming ball. then the left knee is places behind the right heel (no gap) and the left shin is towards the ground. The hands are cupped like with the short barrier but placed at the

heel. So as with the short barrier incase the ball is missed it will hit the knee or foot preventing it from going any further. (For left handers the left foot is places forward and the right knee is bent behind to the left foot). After each time the participant stops the ball in a barrier position they must stand up, not stay crouched down.

Progress onto rolling the ball slightly to either side so that the participant must move their feet to get inline with the ball before stopping it.

#### **Week 4**

**Bowling:** One ball between two (where possible). Each pair stands about eight metres apart facing eachother.

The ball is held in one hand and the arm is kept straight pointing up in the air. The arm is then brought straight forward/down releasing the ball so it bounces mid way between the pair then caught by the other participant.

Progress onto the cart wheel technique. Each pair stand sideway to eachother, the front foot being the opposite to the hand with the ball in i.e. left foot at the front and the right hand with the ball in. The ball is in one hand the arm out stretched, the other arm out stretched opposite. i.e. starting position being if you body was a clock the hand with the ball in would be on the 5 and the hand without the ball would be on the 11. The arms are then rotated bringing the ball hand up and over to the 10 position and the none ball hand down and round to the 4 position.

Progress from there to the front foot taking a small step forward as the cartwheel montion begins. Not to big of a step otherwise the arms wont rotate to the correct positions.

If possible end with bowling at a set of stumps, or if there is a wall with painted stumps. Bowl the ball so it bounces up to hit the top third of the stumps. (Larger groups can be used for this if there is a limited amount of stumps).

#### **Week 5**

**Batting:** Depending on group size and equipment availability, divide the group into smaller groups as possible. One bats person the rest under arm bowlers. (Each bowler bowls the ball once at the bats person, then goes to the back of the line).

Depending on the age of the participants the things to look out for are

1. The bat is held correctly i.e. right handers hold the bat with the left hand at the

top and right hand at the bottom of the grip.

2. The bat is facing the correct way i.e. the flat side of the bat is towards the bowler.
3. The bat isn't been held like a baseball/rounders bat i.e. at shoulder height, but is kept pointing downwards, the bottom of the bat just skimming the ground.
4. The bat is swung forward towards the ball as it is bowled with little back swing to prevent hitting the stumps.
5. If possible try to encourage the bats person to step onto their front foot to hit the ball, thus helping the bat to be swung forward and also limiting the chances of hitting the stumps with the back swing.

After several bowling rotations the bats person can be changed to a bowler and a bowler changed to become a bats person. After all the bowlers have batted the bowlers can choose to bowl overarm. Using the cartwheel technique from the previous session.

## **Week 6**

**Kwik Cricket Game:** The game is set up as follows: the stumps are central (if possible) and two discs/cones are placed 4-8 steps (depending on the age of the group) away from the stumps, one at either side.

Divide the group into two teams, one batting team and one fielding team.

The fielding team spread out across the playing area, a bowler can be nominated or the coach can be the only bowler.

If needed discs can be used for fielding positions and the fielders must stay by their position i.e. the closest fielder to the ball once it's hit/lands gets the ball.

The batting team come into bat one player at a time.

The bats person must run everytime the ball is bowled, whether they hit the ball or not. Around the disc/cone and back to the stumps is one run, around one disc/cone then around the other at the opposite side counts as two runs.

The ball must be returned to the bowler and is then bowled straight away, even if the bats person isn't in front of the stumps.

If the ball hits the stumps or is caught without bouncing the bats person is out and the next bats person comes in. (Only the bowler can bowl the bats person out, there is no stumping of the wickets or throwing the ball at the wickets by the fielders to get the bats

person out).

An innings is over once all the batting team is out or after an allotted amount of time.

A rule of "first time is free" can be included if needs be i.e. If the first bowl hits the stumps or is caught out the bats person gets a second chance.

All the players are encouraged to use all the things learned in the previous weeks sessions, bonus runs can be given if needs be.