

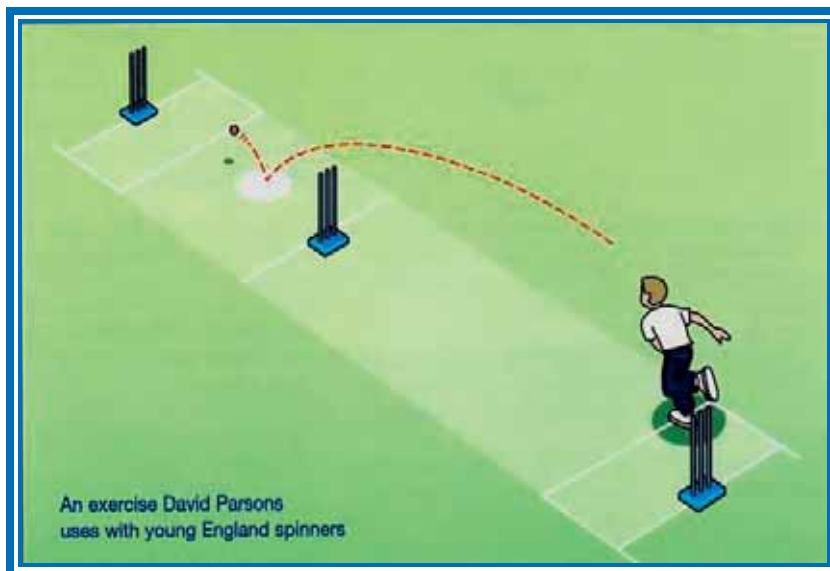


Cricket Federation for People  
with Disabilities

[www.cfpd.org.uk](http://www.cfpd.org.uk)

Registered Charity Number 1046858

## ECB Training Skills



### *The Wildgoose Way*

Altering people's lives through sport  
Members of the ECB Disability Management Committee

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**Demonstrations** - Wherever the term 'demonstration' is used in these cards, the term 'technical model' may be substituted whenever appropriate.

This is when an assistant or a member of the group being coached is used, in place of the coach, to provide an accurate "picture" from which to learn.

### Equipment checklist for group coaching

- Bats of different sizes
- Coach's bat
- Chalk
- Tennis balls
- Other types of ball suitable and safe for the age group
- Kwik cricket sets
- Plastic Tees
- Small cones to designate target areas
- First aid kit
- Mobile telephone
- ECB coaching cards
- "Making Sport Fun"
- ECB Coach's Manual

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### Grip and Stance

Description: all successful strokes start with an effective grip, stance, backswing and step

#### COACHING POINTS

Grip

FINGERS & THUMB WRAPPED AROUND HANDLE

"V" IN LINE (between splice & edge)

HANDS CLOSE TOGETHER

TOP HAND AGAINST INSIDE FRONT THIGH



#### COACHING POINTS

Relaxed Stance

FEET PARALLEL & FOOT LENGTH APART

WEIGHT EVENLY DISTRIBUTED  
KNEES FLEXED

SIDE-ON POSITION, RELAXED

EYES LEVEL OVER TOES



### Catching - "Close"

#### COACHING POINTS

KNEES FLEXED

(approximately shoulder width apart, weight evenly distributed)

HANDS TOGETHER

(fingers pointing down)

WATCH THE BALL

"GIVE"

Description: this skill is used when a fielder is positioned close to the batter and requires quick reactions



### Catching - "In the Deep"

Description: this skill is used when fielding some distance away from the batter and requires good judgement

#### COACHING POINTS

MOVE QUICKLY  
BALANCED & LOW

HEAD STEADY  
WATCH THE BALL

HANDS RELAXED & READY

(Prepared at or just above eye level - orthodox. Prepared above eye level - reverse)

CATCH AT OR JUST BELOW EYE LEVEL - ORTHODOX.

CATCH ABOVE EYE LEVEL - REVERSE

"GIVE"

#### ORTHODOX



#### REVERSE



### Backswing and Step

#### 1. STANCE & BAT TAP

- WRISTS AND ARMS ONLY
- TOP HAND CONTROL
- BAT HANDLE CLOSE TO BODY, IN LINE WITH & UNDERNEATH SHOULDERS

stance

bat tap



#### 2. BACKSWING

- FRONT SHOULDER ROLL
- FIGURE "9"
- BAT HANDLE CLOSE TO BODY, IN LINE WITH & UNDERNEATH SHOULDERS
- HANDS CLOSE TO BACK HIP

backswing



#### 3. BACKSWING & STEP

- CO-ORDINATED MOVEMENT
- COMFORTABLE STRIDE
- SMOOTH MOVEMENT OF HEAD TOWARDS LINE OF THE BALL

backswing & step forward

backswing & step back



#### 4. LINK TO APPROPRIATE FORWARD OR BACK STROKE

- WEIGHT TRANSFERRED TO APPROPRIATE LEG

2

### The Drive - Straight

Description: an attacking stroke, played to a full length, straight delivery. The ball should be struck past the bowler.

#### COACHING POINTS

RELAXED, BALANCED STANCE HEAD STILL EYES LEVEL

BACKSWING & STEP FORWARD (front shoulder dips) EYES FIXED ON BALL THROUGHOUT

BASE ESTABLISHED, FRONT KNEE BENT, COMFORTABLE STRIDE

SHOULDERS ROTATE VERTICALLY TO BEGIN DOWNSWING. "FIGURE 9" BAT ACCELERATES TO CONTACT

BAT SWINGS THROUGH LINE AND COMPLETES FOLLOW THROUGH. BALANCE MAINTAINED



### The Forward Defensive

Description: a defensive stroke played to a ball of good length or slightly fuller that would otherwise hit, or pass close to the stumps

#### COACHING POINTS

RELAXED, BALANCED STANCE HEAD STILL EYES LEVEL

BACKSWING & STEP FORWARD (front shoulder dips) EYES FIXED ON BALL THROUGHOUT

BASE ESTABLISHED, FRONT KNEE BENT, COMFORTABLE STRIDE

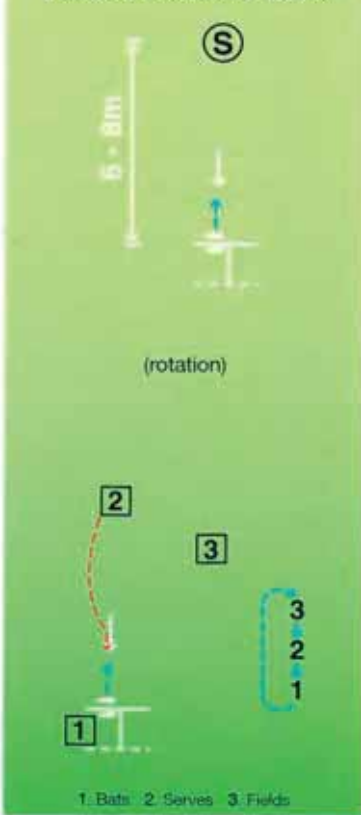
SHOULDERS ROTATE VERTICALLY TO BEGIN DOWNSWING. "FIGURE 9" BAT DECELERATES TO CONTACT

BACK HEEL RAISED RELAXED BOTTOM HAND. BALANCE MAINTAINED



### The Forward Defensive

Indoors and Outdoors (layout)



#### Think SAFE!

##### Organisation

Underarm low service to just short of a long stride in front of batter

Encourage batter to play with "soft hands" so that the ball "trickles" towards server/fielder

Batter to say ready

Left-handed batter no.3, etc.

4/5 goes each and then rotate

8-10 paces between each group of 3

Progression: "Play or Leave"

"Soft Hands"



### The Pull Shot

Description: a cross batted, attacking back foot stroke, played to a short delivery which is usually passing over and outside leg stump. This version is usually played against slow bowling.

#### COACHING POINTS

RELAXED, BALANCED STANCE HEAD STILL EYES LEVEL

BACKSWING & STEP BACK EYES FIXED ON BALL THROUGHOUT

FRONT FOOT PULLED BACK ESTABLISHING BASE HEAD REMAINS FORWARD

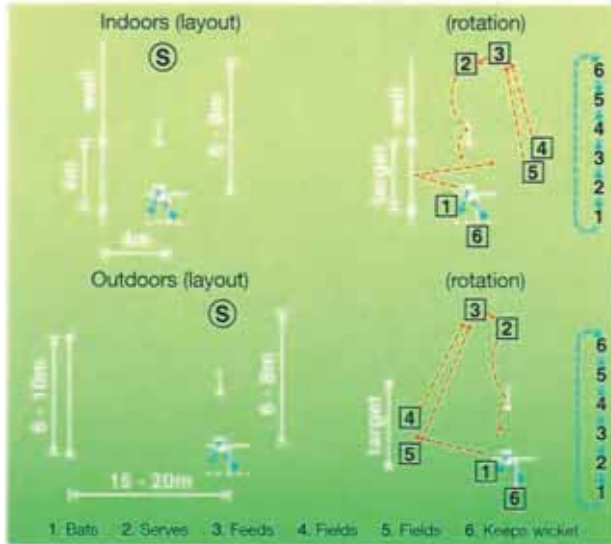
SHOULDERS ROTATE HORIZONTALLY BAT ACCELERATES TO CONTACT IN FRONT OF BODY HITTING "HIGH TO LOW"

BAT CONTINUES ON A FULL, NATURAL FOLLOW THROUGH BALANCE MAINTAINED



## The Pull Shot

Think SAFE!



### Organisation

Overarm bounce throw service to hip height of batter

Batter to say "ready"

Left-handed batters No.6, 5, etc.

4/5 goes each and then rotate

Wicket keeper at least 3 metres behind batter

Progression: Lord's Game

### Catching - "Close"

#### COACHING POINTS

**KNEES FLEXED**  
(approximately shoulder width apart, weight evenly distributed)

**HANDS TOGETHER**  
(fingers pointing down)

**WATCH THE BALL**  
"GIVE"

Description: this skill is used when a fielder is positioned close to the batter and requires quick reactions



### Catching - "In the Deep"

Description: this skill is used when fielding some distance away from the batter and requires good judgement

#### COACHING POINTS

**MOVE QUICKLY**  
**BALANCED & LOW**  
**HEAD STEADY**  
**WATCH THE BALL**

**HANDS RELAXED & READY**  
(Prepared at or just above eye level - orthodox. Prepared above eye level - reverse)

**CATCH AT OR JUST BELOW EYE LEVEL**  
- ORTHODOX.  
**CATCH ABOVE EYE LEVEL**  
- REVERSE

"GIVE"

#### ORTHODOX



#### REVERSE



## Long Barrier and Throwing

Description: this skill is used when a ball has been struck hard and low or on a rough outfield, and a second line of defence is required.

#### COACHING POINTS

**BALANCED & LOW APPROACH**  
**BARRIER AT 90° TO PATH OF BALL**  
**KNEEL ON NON-THROWING KNEE NEXT TO HEEL OF THROWING FOOT**  
**HEAD OVER BALL FINGERS POINTING DOWN HANDS TOGETHER WATCH BALL**  
**STRONG THROWING POSITION ESTABLISHED**

side view



front view



### Introduction to Throwing

#### COACHING POINTS

**1. WRIST FLICK**  
(3 metres to target) **FLICK WRIST & FINGERS, BOUNCE BALL TOWARDS TARGET**

**2. ELBOW FLICK**  
(5 metres to target) **FLICK ELBOW, WRIST & FINGERS, BOUNCE BALL TOWARDS TARGET**

**3. UPPER BODY ROTATION**  
(10 metres to target) **KNEELING ON THROWING KNEE HIGH ELBOW, FULL FOLLOW THROUGH**



### Throwing Standing Throw

#### COACHING POINTS

**4. GRIP ACROSS SEAM**

**5. LONG STRIDE & BACKSWING WITH WRIST ROTATION**



**6. THROWING ELBOW SHOULDER LEVEL/ABOVE**

**7. BACK LEG TRAILS UNTIL AFTER RELEASE**

**8. FULL FOLLOW THROUGH**



#### Organisation

Underarm service  
5 goes each  
Target for bounce throw  
"Bobble" feed for more difficulty  
Game

## Wicket Keeping

Description: the skill requires good judgement and quick reactions when standing up to and back from the wicket. The wicket keeper is the focal point of the fielding side.

### COACHING POINTS

#### STANCE

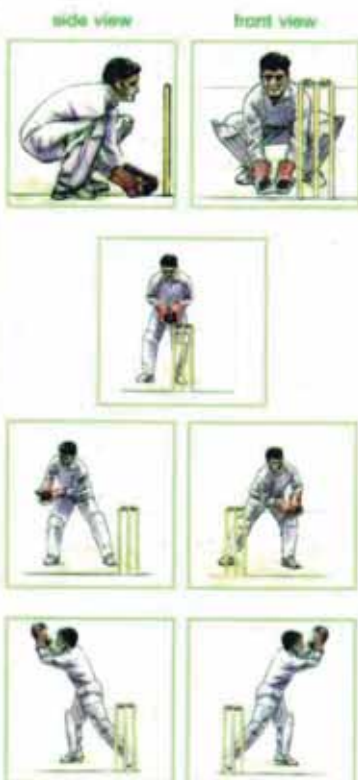
1. CROUCHED & SLIGHTLY TO OFF SIDE OF BATTER
2. WEIGHT ON BALLS OF FEET
3. HEAD STILL, EYES LEVEL
4. RELAXED

#### TAKING THE BALL

1. HEAD & BODY BEHIND BALL
2. RISE WITH BOUNCE OF BALL
3. HANDS "GIVE"

#### TAKING HIGH BOUNCING BALL

- ROTATE BODY MOVING OUTSIDE  
LEG & HANDS ALONG APPROPRIATE "K"  
(see markings over page)



## Wicket Keeping

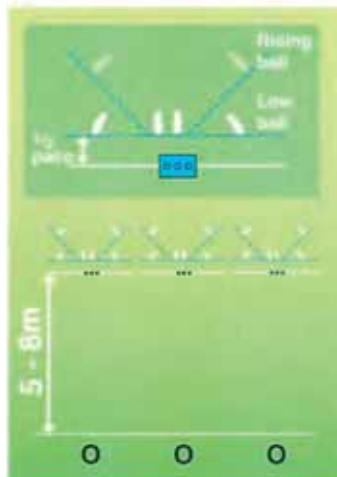
### COACHING POINTS

#### STUMPING

AFTER CORRECT "TAKE"

BODY WEIGHT TO STUMPS

HANDS MOVE QUICKLY TO THE WICKET



#### Organisation

5 goes each

Straight take

Off side take

Leg side take

"Mixed service"

High straight

High off side

High leg side

"Mixed service"

Batter as appropriate

Overarm service

## LORD'S GAME USING THE PULL SHOT

### Organisation

- Divide the players into groups of eight (can be adapted for ten or twelve players)
  - Divide each group into two equal teams
  - Set out the activity as shown below
  - Team mate throws / bowls ball to batter (aim ball three to four metres in front of batter) batter tries to hit it through the gap between the cones
  - Each batter has a maximum of four attempts
- Scoring is as follows:
- score one run for hitting between the cones
  - score one running to line one and back
  - score two runs for running to line two and back
  - score four runs for hitting past the fielders
  - running to line one or line two is optional
- Batters can be out if:
- fielders catch the ball before it bounces
  - fielders intercept the ball and return it to the collector who places it in the circle before batter returns to the popping crease
- A batter who is out forfeits the remaining shots.



#### Easier / harder

- Increase distance
- Decrease / increase size of targets
- Use two balls (with safety in mind)

#### Including disabled children

- Batter may use a runner

### Organisation

- Divide the players into groups of 10 or 12
  - Divide each group into two equal teams
  - Set out the activity as shown below
  - Each team bats for a set period of time (e.g. eight minutes)
  - Bowler bowls underarm from a minimum of 10 metres
  - Each bowler has six deliveries before being replaced
  - Batter has to run whether or not the ball is hit and may run more than once
  - Batter has to run around a cone (two are provided, one on each side, to cater for left- and right-handers)
  - Fielders throw the ball underarm back to the bowler, as quickly as possible, who bowls when ready
  - The batter is out when bowled, caught or hit wicket, and the next batter moves in quickly to take their place
  - A batter who is not out after facing six balls must change with the next batter
  - The team with the most runs wins
  - Batters take turn to umpire and score.
- Easier / harder
- Decrease / increase
    - the length of the pitch
    - the size of the wicket
    - distance between cones & wicket



#### Including disabled children

- Vary distance batters need to cover
- Reduce stumps
- Have fewer fielders or have them stand further back or further apart

- Use a larger ball
- Allow adapted or single-handed grip
- Measure score by distance hit
- Fielders work in pairs: one stopping, one returning
- Batter may use a runner

## PAIRS CRICKET

- Divide players into groups of 8 and divide the 8's into pairs
- Pair 1 - 2 batters who start with 20 runs
- Pair 2 - 1 bowler and 1 WK
- Pair 3 - 2 on/leg side fielders
- Pair 4 - 2 off side fielders
- Batting pair receive 12 balls
- If a bowled ball passes outside either cone to the left or right of the wicket, a 'wide' is called - the batters receive 1 run and an extra ball is bowled
- Pairs rotate to new roles after 12 good balls (wides do not count)
- No boundaries. Batters may run only if the ball is hit in front of the popping crease
- Batters lose 3 runs each time they are bowled, caught, run out or hit wicket
- Winners are the pair with the most runs when every pair has batted

### Easier / harder

- Decrease/increase distances
- Decrease/increase the size of the wicket
- Introduce marked boundaries and boundary scores
- Use lighter/softer/larger ball
- Use lighter/larger bat



## DIAMOND CRICKET

- Divide players into 2 teams - 1 batting and 1 fielding
- 4 batters, 1 at each base, 1 bowler from marker at centre
- Bowler bowls underarm or overarm at any wicket
- 4 WKs and the rest field, The rest of the batters to safe area
- All batters run anti-clockwise when the ball is hit, fielders return the ball to the bowler
- Bowlers/fielders and WKs rotate positions after 6 balls
- Batters are out when caught, bowled or hit wicket
- A run is scored when all batters advance safely to the next base
- Play until all have batted or the designated time has finished
- The team that scores the most runs wins

The coach/teacher needs to be flexible and to adapt the rules to suit the group

### Easier / harder

- Bowlers/fielders and WKs rotate positions after 6 balls
- Batters are out when caught, bowled or hit wicket
- A run is scored when all batters advance safely to the next base



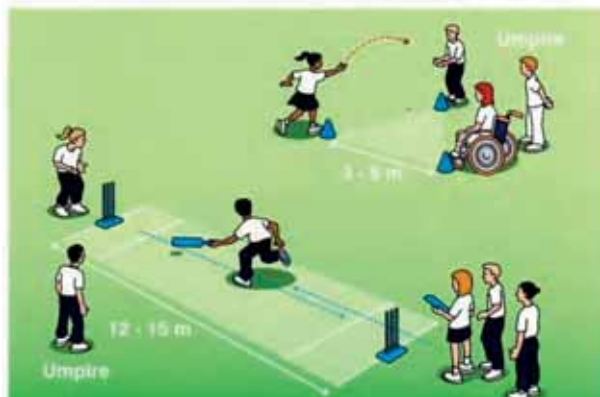
## QUICK RUNS AND SAFE CATCHING

### Organisation

- Divide the players into two teams of four players per game
- Set out the activity as shown below
- Batters need at least two bats and one wicket or suitable target
- Fielders need three cones and one ball
- Batting umpire calls 'Play' for both teams to start
- Fielders appoint one WK to position behind the nearest wicket
- Three remaining fielders throw a ball clockwise round a triangle to complete 20 catches
- Fielder who makes the 20th catch throws the ball to bounce once in front of the WK - WK catches the ball, touches the wicket and shouts 'Stop'
- Fielding umpire counts the number of catches and on the 20th shouts 'Twenty' - a catch is discounted when the ball is dropped or if thrower did not have foot touching their marker when throwing
- Batters run one at a time to score two runs i.e. there and back
- Batting umpire records the number of runs completed before the WK shouts 'Stop' - a run is discounted if a batter fails to slide the bat over the popping crease
- Each team has a go at fielding and batting
- The team with the highest number of runs is the winner.

### Easier / harder

- Decrease / increase size of targets
- distance to be run
- distance between throwers
- distance of throwers from WK
- number of throws to be completed



## APPLYING SKILL: RUN THEM OUT (Intercepting game)

### Organisation

- Divide the players into groups of eight
- Divide each group into two equal teams
- Set out the activity as shown below
- One team running between the wickets
- One team fielding and returning the ball to a WK
- WK rolls ball into fielding area (between 6 & 12 metres)
- As soon as ball is rolled, batter tries to reach the far crease and back (two runs)
- Fielder runs and tries to hit the wicket with the ball or return the ball to WK to stump the wicket before the batter has completed two runs - attempting to run the batter out
- Single runs do not count so no runs are scored when a batter is out
- Winning team is the team with more runs.

### Including disabled children

- Reduce distance between wickets for some batters or allow a runner
- Batter performs alternative skill, e.g. toss & catch, or hit balls off a tee. Count number of hits before ball hits stumps
- Field closer to the wicket
- 'Buddy' can feed ball to player who aims at the wicket
- Increase width of target, e.g. two sets of wickets together
- Give specific role, e.g. wicket keeper (WK).



### Easier / harder

- Decrease / increase distances
- Fielder must aim to hit the wicket

**WARM UP - CATCHING RELAY**

- Players number themselves 1 to 5
- 1 to 3 stand behind the red cone
- 4 to 5 stand behind the other cone
- Number 1's fetch a ball and rejoin group
- Underarm throw to the person opposite
- Once you have thrown the ball walk to the back of the other line



**Include mobility exercises:**

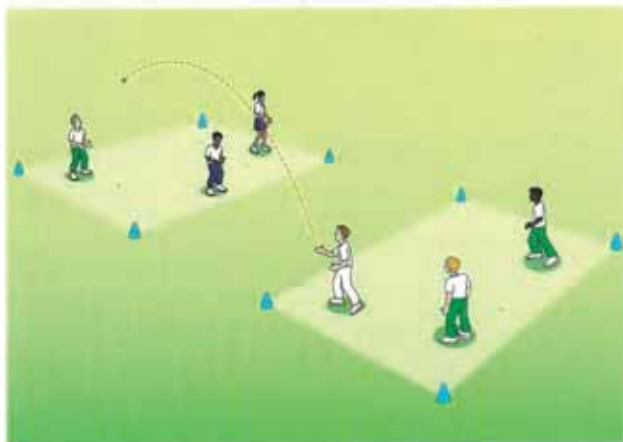
- Circle arms forward then back - arms straight - brush ears with arms
- Skip forwards
- Side steps
- Heel flicks

**Easier / harder**

- Increase pace
- Use bigger / smaller ball
- Different types of ball
- One handed catching - strongest / weakest hand
- Bounce pass
- Change height of pass
- Increase / decrease distance of pass
- Include scoring - start again if team drops a catch

**CATCHING TENNIS**

- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce.
- If they succeed they score a point
- Players in the other zone try and do the same



**Progression**

- Make teams smaller / bigger
- One handed catches only
- Use real tennis or badminton nets
- Make zones smaller or further away
- Use different types of ball e.g. squash ball / volleyball
- Use weaker hand to throw

**Organisation**

- Divide the players into groups of four, five or six
- Set out the activity as shown below
- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy:
  - one point for landing in the target
  - one point for hitting the wicket
  - three points for doing both



**Easier / harder**

- Decrease / increase
  - distance between players
  - size of the target
- Roll the ball back to the next bowler and follow it to join the bowlers
- All bowlers have a ball to aid continuity



To avoid possible injury it is important that the shoulders and hips should point in the same direction when bowling

**CATCHY SHUBBY**

- When batters hit the ball they have to run
- Bowlers bowl one ball each
- If fielder gets the ball they become a bowler
- All fielders start outside zone and wait until ball has been struck or has passed the batter
- If the bowler gets the batter out by bowled, hit wicket or LBW (hit anywhere on body) they become the batter
- Fielders become a batter if they catch or run a batter out
- Fielders stand wherever they think the ball will end up



**Easier / harder**

- Use different balls
- 3,6 or 9 stumps
- Add hitting zones and bonus runs

## PASSING BY NUMBERS

- A tennis ball is passed in order between team mates numbered 1 to 6. Once completed start again at number 1
- Once the ball has been thrown players must move somewhere else in the coned area



### Progression

- Increase speed of pass
- Change height of pass - knee, waist, chest, head
- One handed catching - change hands
- Use bounce pass only/ use roll pass only
- Add another ball to each group at number 4
- Cover one eye when catching- change eyes - continue with both
- Use different types of ball e.g. squash ball
- Increase size of coned area & introduce 2 groups / 3 groups/ 4 groups
- Ask players to think of alternative ideas

## Catching

### Close



### Organisation

Partner catch

Straight, right, left, vary

Different heights

"Mixed Service"

Game

### In the Deep



### Organisation

Continuous catching

Different heights

Service to draw catcher forwards

Catcher stands closer and service to send catcher backwards

"Mixed Service"

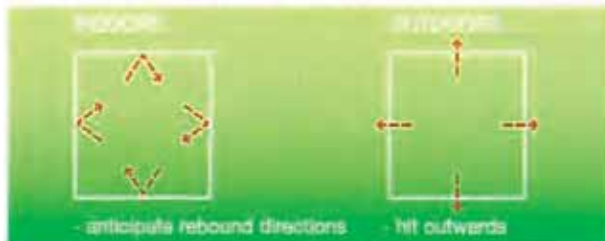
## Batting Considerations

**ACCURATE "SERVICE" IS VITAL** Describe clearly what you want

Demonstrate and adjust for different surfaces and the different bounce of balls

Once a relaxed, balanced stance with head still and eyes level has been firmly established, the coach will be able to emphasise the backswing and step in subsequent coaching sessions

## SAFETY AND CROSS BAT SHOTS



## LEFT-HANDED BATTERS AND GROUP ORGANISATION

Safety requires left-handed batters to be in one group and for them to be numbered 6, 5, etc. as this brings organisational change after the right-handed batters have had their go.

When it is the turn of the left-handed batter:

- Batter and server exchange places
- Feeder becomes wicket keeper
- Wicket keeper becomes feeder

And after the left-handed batter has had his/her go:

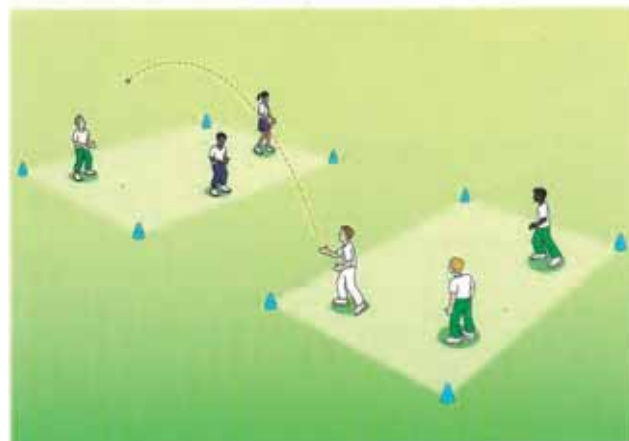
- Batter and server return to their original position
- Rotation continues as before

The recommended order of rotation is No.1 bats first followed by No.2, 3, etc.

- 15 Target areas can be reduced in width for talented performers

## CATCHING TENNIS

- Players in one zone have to throw a soft ball under arm over waist height into the other zone and try to make the ball bounce.
- If they succeed they score a point
- Players in the other zone try and do the same



### Progression

- Make teams smaller / bigger
- One handed catches only
- Use real tennis or badminton nets
- Make zones smaller or further away
- Use different types of ball e.g. squash ball / volleyball
- Use weaker hand to throw



## THE "LORD'S GAME"

- 2 teams of 4 or 5 per game
- Each side has two innings of 10 minutes batting time
- Fielding side choose a bowler - who will bowl underarm
- A ball hit between the two markers, scores one run
- Bonus runs may be scored:
  - 1 run for running to line 1 & back
  - 2 runs for running to line 2 & back
  - 4 runs if ball goes over boundary line
- Each batter faces 6 balls and scores are recorded
- Batters can be out if:
  - they are bowled
  - hit wicket
- a fielder catches the ball before it bounces
- a run is attempted and the fielder throws the ball to the WK (who catches it) before the batter returns to the popping crease
- All remaining balls for that batter are forfeited once the batter is out

### Easier / harder

- Play off a tee or drop feed or bowl underarm as illustrated
- Decrease / increase distances / targets
- Give an extra run if the hit ball touches the ground before crossing the second line and two runs if it touches before the first line.



### Organisation

- Set out the activity as shown below
- One fielder on each of the blue cones with two on the starting cone
- One fielder on each of the red cones with two on the starting cone
- On the blue cones the ball is going to be thrown under arm in a clockwise direction. The receiver will take a close catch. The thrower will follow the ball to the cone. The receiver will then throw the ball underarm in a clockwise direction. This repeats.
- On the red cones the ball is thrown over arm with one bounce in a clockwise direction. The receiver will take a skim catch. The thrower will follow the ball to the cone. The receiver will then throw the ball over arm in a clockwise direction. This repeats.
- To mix the practice up, on a certain command the red group changes places with blue group and visa versa.
- Change direction to anti clockwise also.



### Easier/Harder

- Blue under arm throw can be changed to a roll.
- Red over arm throw can be changed to a direct throw. (No bounce)
- An additional white set of cones can be placed outside the red cones to practice a high catch.

### Additional Information

- 1 coach could manage 2 stations (1 station equating to 4 blue cones, 1 red cones and 4 white cones) with a maximum of 15 participants working in each station.
- This is a high activity practice with little waiting / queuing time

Equipment 10 -30 Players, 2-6 Balls, 8-24 Cones

## APPLYING SKILL: HIT THE STUMPS

### Organisation

- Divide the players into groups of four & divide each group into pairs
- Set out the activity as shown below - target may be a wicket or suitable alternative
- Each pair stands behind one of the end lines
- No stepping in front of the end line
- One pair starts with the ball and throws it overarm to try to hit the stumps - other pair take their turn - continuous
- Throwing pair take alternate turns to throw
- Fielding pair take alternate turns to collect the ball
- If the ball hits the wicket, score four runs
- If the ball misses the wicket and goes past the fielders, the throwing pair scores one.

### Including disabled children

- Allow two-handed throws using a larger ball
- Verbal guidance for visually impaired children, e.g. caller at opposite end
- Reduce distance to the target for some players
- Receive the ball from a buddy before sending
- Play in one direction with wall behind stumps
- Use different ways of sending, e.g. ball-sending ramp, strike with bat.



### Possible additional rule:

Any player may collect the ball, but players must take turns to throw

### Easier / harder

- Increase distance
- Decrease / increase size of targets
- Use two balls (with safety in mind).

Neville Patel has become the new Cricket Technical Support Officer, Smith has also become the new Chairman of the Board.

### Background

- At Leicester Montessori Grammar School, where class sizes are small (8-12), the emphasis is on child and athlete centered learning.
- In sport we try to keep our sessions enjoyable with games that create understanding and decision making and stay away from coaching out any natural talent.
- We include the whole group in organising sessions, setting out and putting away equipment as well as running as much of the session as possible. This, we have discovered, has really accelerated learning through self-discovery and increased confidence.
- This is one of the practices the pupils have assisted in coming up with and has worked particularly well with younger age groups.

### Organisation

- Set out the activity as shown opposite
- Underarm the tennis balls at a reasonably high tempo to the batsman, looking the ball as soon as the batsman is in any 'ready' position to hit in a short space of time, lots of action for the fielders and keep actively close to a match level, also by using tennis balls means there is almost no risk of an injury, we ensure fielders are no closer to the batter than 10 metres.
- Batter chooses where to put target zones using the cones, large targets to include fielders and the smaller targets no fielders, batsman tend to mix shots between 'lofty' blows and hitting to the targets.
- We do not feed the balls in any particular areas as we are encouraging the batsman to learn which balls can and can't be hit to certain areas for themselves. Any balls that make it through the targets are re-bowled once the bucket is empty.

### Easier/Harder

- Bowl more than one ball, batsman only hits one ball
- Goal 3 balls - 2 yellow, 1 red, batsman has to hit red ball only (see diagram 2)
- Hit coloured balls to corresponding coloured zones for example red balls to the off side, yellow to the leg side, or red balls through gates in the foot, yellow over the top (see diagrams 3 and 4)
- Use a tin ball
- Red balls defend, blue balls attack

### Additional Information

- One thing that is important is to talk to each pupil after the session and ask what they have learnt as a way of heightening awareness.
- Some results we have discovered using this game are:
  - Better and quicker shot selection and decision-making
  - Improved speed of foot movement to the ball
  - Better awareness of gaps in the field
  - Quicker reaction time
  - Fielding standards have improved
  - Pupils keep coming back for more!

Equipment 2 Buckets of Tennis Balls (lovely coloured), 2 Sets of stumps, 1 Bat, 8 Cones (lovely coloured)



**Station 6**

- Batting strokes practiced using tennis balls - remembering to hit in a safe direction into the netting. Work in pairs, one player feeds ball from side to batter.

**Station 7**

- One, two, three and four ball catching. Working in pairs starting throwing one tennis ball to each other, then progress to two, then three and maybe four. Record the number of successful catches achieved.

**Station 8**

- Distraction catching. A tennis ball thrown to partner with third player in the middle providing a distraction with either their hands or an object to attempt to distract catcher. The catcher must focus very hard on the ball. Record number of successful catches.

**Station 9**

- Target bowling. Aim for a clearly marked area (using chalk if available or cones / hoops) on the ground scoring points for hitting it. Bowlers bowl one after the other. Record number of points.

**Station 10**

- One/Two handed intercepts throw back to keeper/coach. Record number of successful intercepts.

**Additional Information**

- All skills are operated in an area which hopefully will not affect others. We use a number of coaches/parents to maintain control. For example, a parent would be asked to count the number of circuits in station 1.
- This can also be done outdoors on a suitable surface and with alternative net provisions
- Time at stations can be varied according to need / ability and also to eliminate any potential boredom

**Equipment**

40 Players (in groups of 4), 5 Hoops, 2 Ladders, 20 Cones, 3 Benches, 4 Bean Bags, 40 Tennis Balls, 8 Cricket Balls, 2 Reaction Balls, 1 Crazy Catch Net, 2 Bats, 4 Sets of stumps, 2 Buckets

**Background**

- This is taken from the final week of an eight session Huddersfield U13 Lords Taverner's Trial
- Mixture of fun, skill and challenge.
- Viewed as a way of judging commitment and team work in a group of four.

**Organisation**

- Set out activity as opposite
- There are 10 stations which groups rotate through clockwise until all have completed every station - maximum of ten minutes at each station.
- Use a school sports hall which is fairly big - five, six, nine and 10 are in nets, seven and eight are in space between nets.
- **Safety is paramount** - Before beginning it is vital the youngsters are given a safety talk and demonstration of each station by the head coach.
- The coach would control station five all the time and at least four other coaches circulate around the other stations watching safety and encouraging/ demonstrating skills again.

**Stations 1**

- From start, sidestep round cones through ladders (varying steps) then two feet in each hoop. Record number of completed laps with a ten-minute time constraint.

**Station 2**

- Balance benches (one inverted), walk round with bean bags on head and catching tennis ball thrown up by self. Record number of completed laps in 10 minutes.

**Station 3**

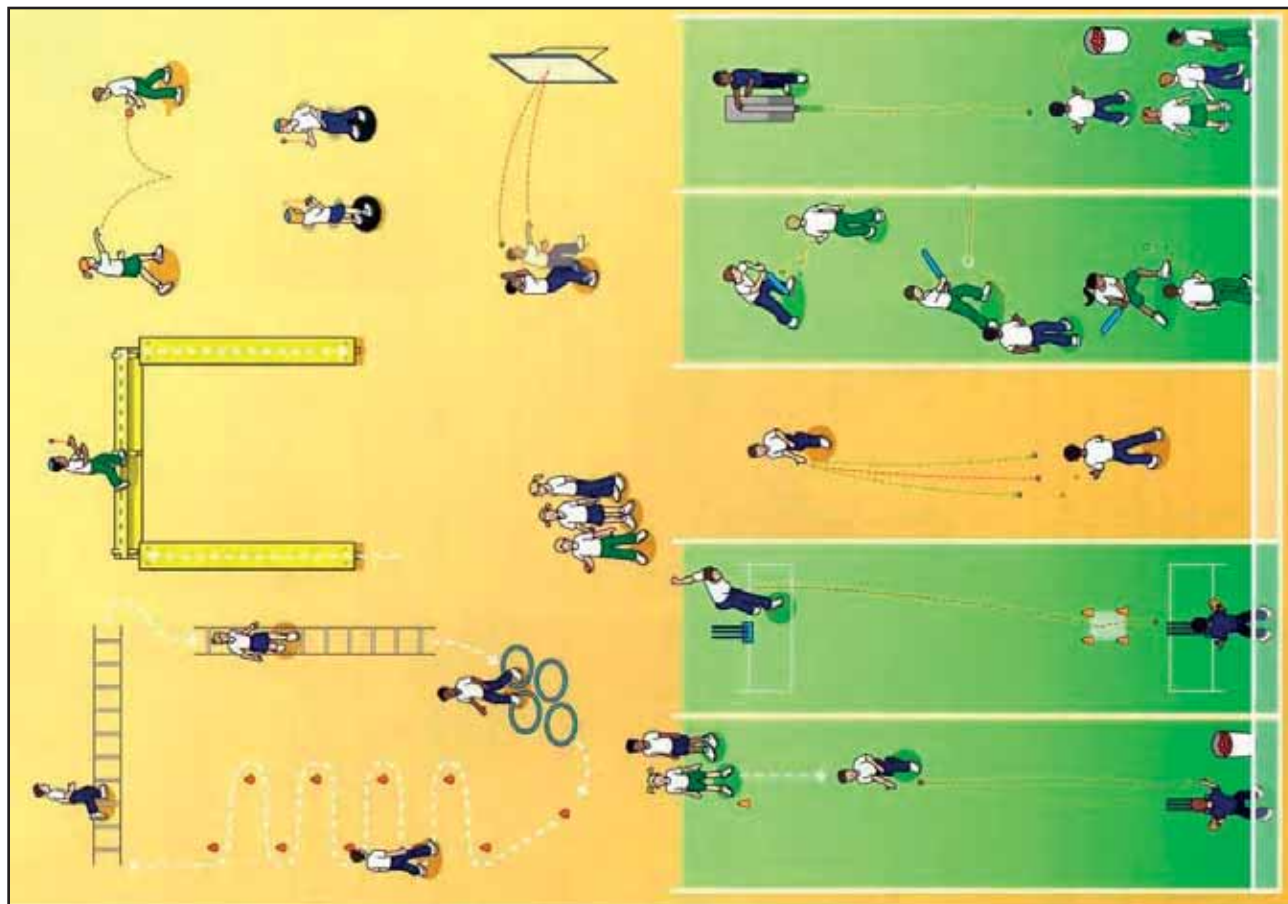
- Reaction Ball catching/slam. Work in pairs bouncing ball to each other off floor or wall in coned area. Score points for catches, first to five points.

**Station 4**

- Crazy Catch Net. Throw cricket balls into net and score points for catches. Most points in 10 minutes.

**Station 5**

- Kannon Ball Throwing Machine operated by coach. Players catch tennis ball in rotation then place them in the accompanying basket/bucket.



## How the profiles fit in with CFPD categories

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The CFPD has 3 categories: CC1, CC2 and CC3. The profile information listed above should be used in conjunction with the definition we have always referred to for categories. We hope this information will fine tune and improve the categories to standardize the ability of players. For clarification, please contact Geoff Phillips, the Disability Adjudication Officer (see below).

As usual, the manager's ability to access the cricketing talent of the individual players is always important:

- How hard the player hits the ball.
- How fast the player bowls.
- How hard can the player throw the ball when fielding.
- How quickly can a player react to a ball travelling at speed either when batting or when in the field.

Also, remember that we have always encouraged CC1 players who are particularly talented to play CC2 matches if they are able to do so and similarly talented CC2 players can play in CC3 category, providing that they play with an incrediball and not a hard cricket ball.

There is a categories leaflet available on request.

If you have any queries, or require other leaflets, books or advice contact:

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