

Cricket Federation for People  
with Disabilities

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

Registered Charity Number 1046858

## Training Drills



*The Wildgoose Way*

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

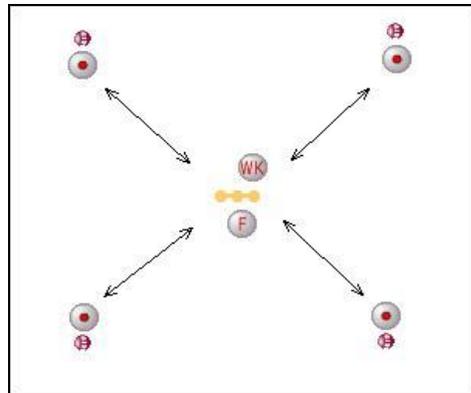
***Sometimes it's very difficult to stay motivated when trying to get fit for cricket. You want to improve your fitness, but fitness drills can seem very far detached from getting more runs and wickets.***

To find a balance you can combine fielding drills with fitness training.

I have already posted some fielding fitness drills here that you can try, but you can never have too many, so here are some more.

These drills work well as part of a well planned fitness program and in a properly run cricket training session:

### 1. 4#Corner Ball Drill

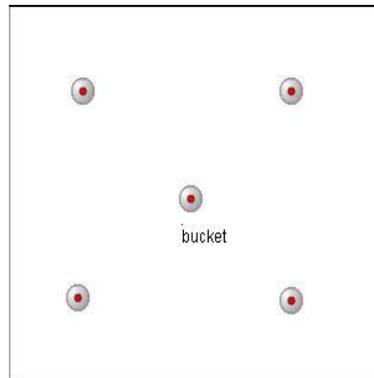


Place 4 balls in a square with a stumps in the middle. Starting in the middle the fielder runs to a corner, picks up and returns the ball to the keeper then runs back to the stumps. Repeat for each ball then rest by putting the balls back. Do three sets.

### Variations

- Don't use a ball, instead pad up and run to the marker and back as if you were running two quickly.
- Don't have a keeper, simply shy at the stumps.

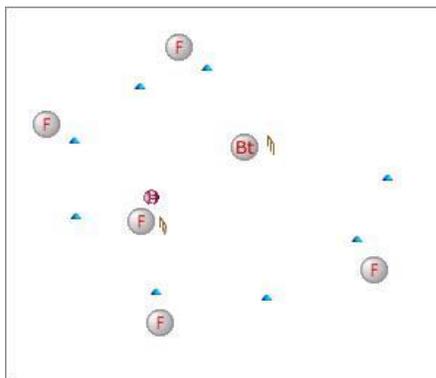
## 2. Ball Bucket Shuffle



The idea of this drill is to develop fast footwork and mobility. Place a ball on each cone and the bucket in the middle. The aim is to get the balls into the bucket as quickly as possible then back onto the cones again.

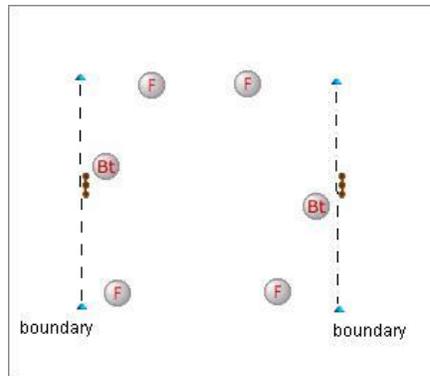
To make it competitive you can time it, and to make it harder you can add resistance bands around your legs

## 3. Find the Gap



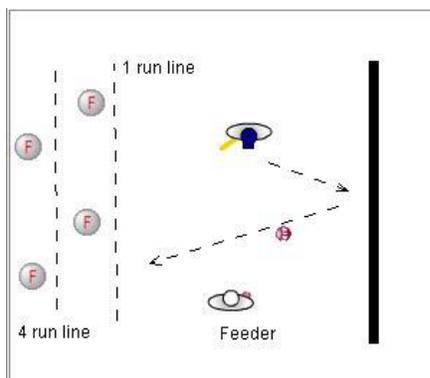
Place cones on the normal in fielding positions around a normal pitch. Fielders cover each position but at least two cones must be left without a fielder. The aim of the game is for the batsmen to hit deliveries through the gaps.

#### 4. Judge a Run



Set four cones to make a square around the pitch. The coach (or batsman) rolls the ball out within the boundary. The aim is to get as many quick singles as possible. If the ball goes outside the cones, it is dead. Each pair gets 2 overs.

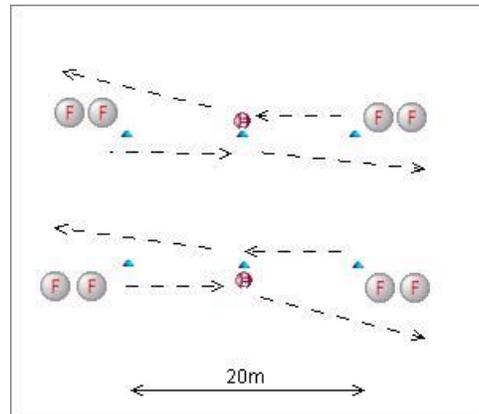
#### 5. Pulling game



The batsman is fed long hops to hit against the wall. The aim is to get the ball across the two boundary lines; the fielders must try to stop it.

This encourages sharp fielding and quick movement between overs.

## 6. Aiming Relay Drill

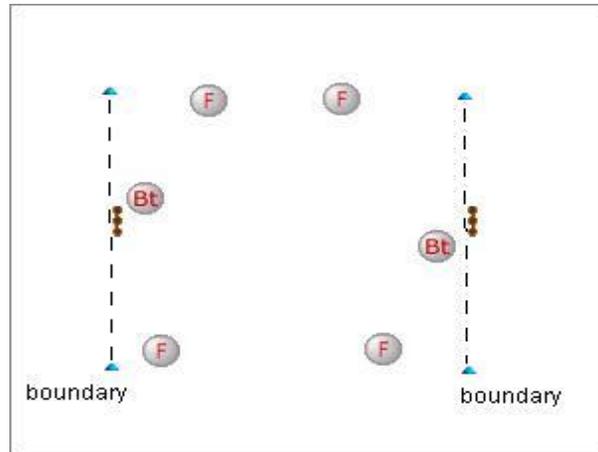


A fielder starts with the ball in hand. On cue, they run to the centre marker, place the ball on the ground and run to the back of the queue on the opposite side. As soon as the ball has been placed, a fielder on the opposite side runs in, picks up the ball, returns it to the other side, and runs to the back of the queue. Repeat until everyone has run, placed and thrown.

### Variations

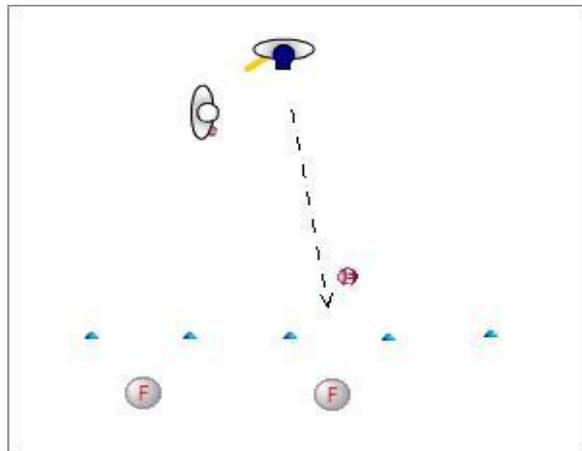
- Instead of placing the ball, try rolling it or throwing it.
- Instead of returning the ball to the fielder, try shying at the stumps
- As pictured, turn it onto a race with two balls and two teams.
- Here are some drills that cover picking up, throwing and catching. You can also use them for fitness if you make them more intense.

## 7. Judge a Run



Set 4 cones to make a square around the pitch. The coach (or batsman) rolls the ball out within the boundary. The aim is to get as many quick singles as possible. If the ball goes outside the cones, it is dead. Each pair gets 2 overs.

## 8. Driving and Stopping Drill

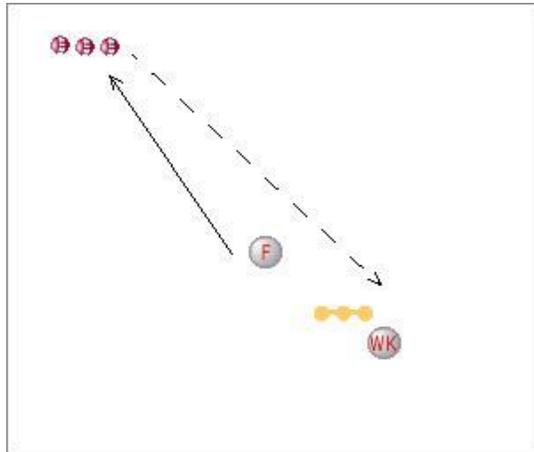


Using correct driving technique, the batter attempts to hit the ball through the cones. The fielders must work together to stop the ball and return it to the feeder.

### Variations

- Turn it into a game with points scored for getting the ball through certain gaps.
- Add extra balls.
- Make the batsman run 2 and the fielder

## 9. Chase and Throw Drill

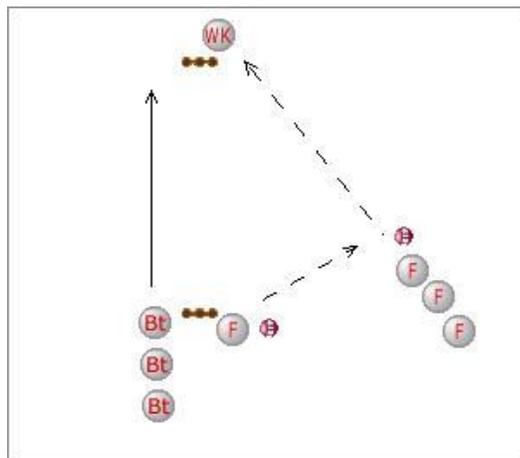


Place three or four balls some distance away from the stumps. The fielder begins facing the stumps. On the call, they turn, sprint, field the ball and return it to the keeper then jog back. Repeat for all the balls then swap with the keeper. Do three sets.

### Variations

- The fielder/keeper begins in a lying down position.
- Use more balls.
- Have the ball fed out so it is moving.

## 10. Run Out Drill



The fielder with the ball rolls it out in front of the queue of fielders. At the same time, the first batsman sets off to make a run. The first fielder in the queue runs in and attempts to run out the batsman then runs to the back of the queue. Continue as long as you like.

### Variation

- Make the batsman run 2 and the fielder return from the deep.

## 11. Catching Practice

Practising your catching is a fantastic way of improving your hand/eye co-ordination and will help improve the rest of your game.

Try throwing a tennis ball against a wall from varying distances. If you can catch it easily with both hands, see if you can repeat the success using one hand only. Catching as little as 50 balls will make a real difference to this vital skill.



## 12. Batting Practice



For junior cricketers learning the skills of batting, the best type of practice is for someone to 'feed' balls of any type for them to hit. However many parents or helpers will often throw balls overarm to small children, causing the ball to bounce up around the child's waist, forcing them to play the pull shot which is the stroke most junior players find the easiest to play anyway. To help them learn to hit the ball with a vertical bat, throw UNDERARM from a distance of around 15 metres and encourage them to 'hit the ball back where it's come from.'

This can be done in the nets, a garden, field etc. and is best carried out using non-hard tennis balls or plastic kwik-cricket balls. For really young children who may struggle to hit a moving ball, try placing it on a plastic cup turned upside down and get them to 'step and hit' - they'll find it much easier to hit a stationary target.

### 13. Improving Your Bowling



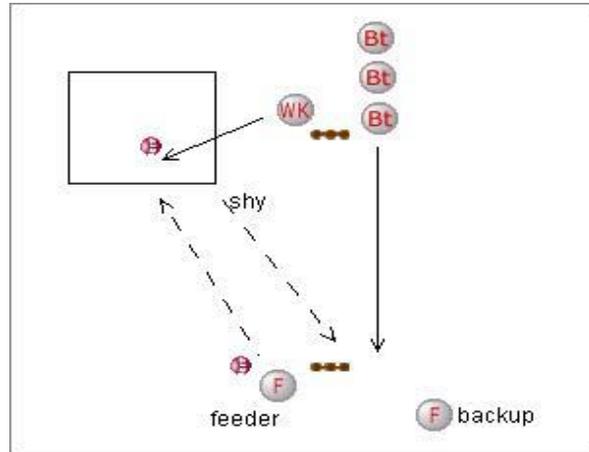
For practice ideas on your own, try bowling against a wall and see if the ball comes back to you, a sure sign that you are bowling straight.

If you can get to a cricket net take a bag of balls and bowl in sets of 6 balls at a single stump. If you can practice with a friend, bowl with a tennis ball to each other 20 metres apart. Practice hard but don't overdo it - bowling can be tough work so if your body feels tired, rest for the day. Good Luck!

Bowling can be a difficult skill to master but you can really improve by following these simple principles. First things first - get a good basic 2 finger grip on top of the ball with your thumb underneath. When practising concentrate on your bowling action first - your run up can come later. Try to bowl from a relatively sideways position gathering both your arms up to your head.

When bowling make full use of your front arm towards your target and with your bowling arm, look to release the ball as high as possible - 12 o'clock on the clock face. Keep your eyes focused on where you want the ball to land from the beginning of your run up right through to your follow through.

## 14. Shy Drill



On cue, the feeder rolls the ball into the marked area.

The wicketkeeper (or fielder) runs from behind the stumps and has a shy at the stump at the other end.

Meanwhile, the batsman is attempting to make his ground after running as the ball is feed.

Repeat for all batsmen.

Place three or four balls some distance away from the stumps. The fielder begins facing the stumps. On the call, they turn, sprint, field the ball and return it to the keeper then jog back. Repeat for all the balls then swap with the keeper. Do three sets.

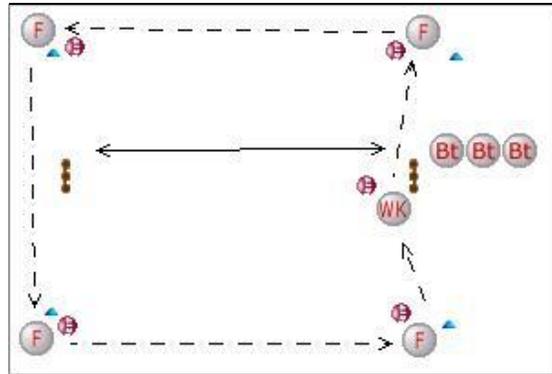
### Variations

- The fielder/keeper begins in a lying down position.
- Use more balls.
- Have the ball fed out so it is moving.

### Variations

- Try shying at the stumps instead of underarm throwing.
- Add extra balls.

## 15. Team Catching and Run Out Drill

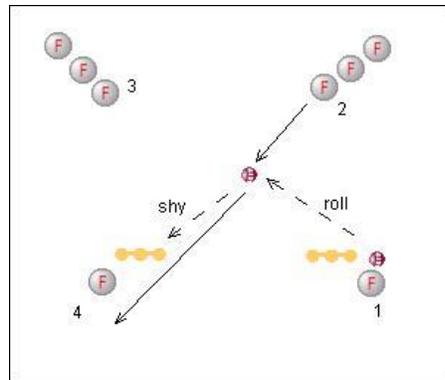


On cue the wicketkeeper throws the ball out to the first fielder and the batsman sets off to run two runs. The ball must be thrown and caught by all fielders and returned to the wicketkeeper before the batsman makes his ground.

### Variations

- Use rolling and ground fielding instead of throwing and catching.
- Make it non-stop.
- Turn it into a game fielders vs batters.

## 16. Pick Up and Underarm Drill

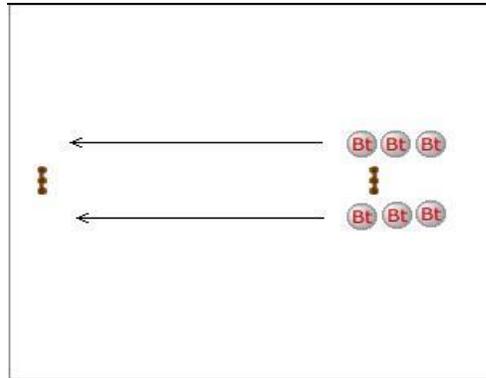


### Variations

Run a two instead of a quick single.

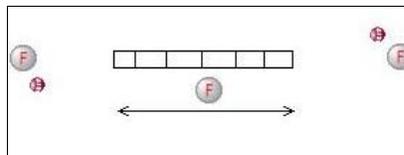
Turn it into a fielding competition by having a ball fed out that needs to be chased and returned.

## 17. Batter's Race Drill



Mark out an area of 22 yards and split into two teams (ideally padded up with bats). On the shout of 'go' the first batsman in each team sprints to the other marker, grounding their bat as if taking a quick single. As soon as the batsman crossed the line the next batsman can run. Whichever team finishes first is the winner.

## 18. Ladder Catch and Throw Drills



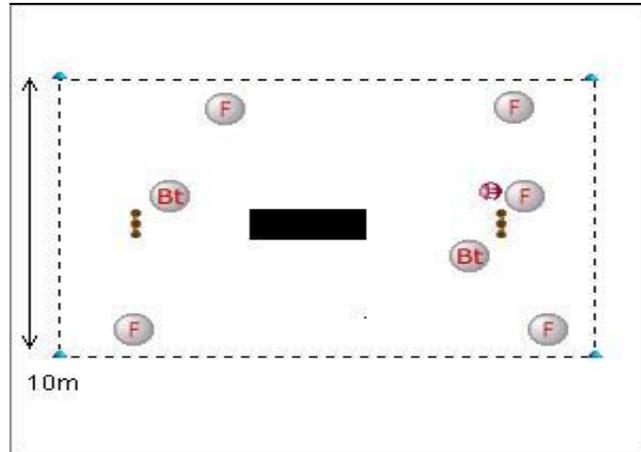
Using an agility ladder or mini hurdles, the fielder runs from one end to the other focusing on speed and good running technique. At the end of the ladder the fielder takes a catch fed to them, returns it and runs back down the ladder in the opposite direction. Repeat five times. Do three sets.

### Variations

- Try doing backwards running, two footed jumps or sidesteps.
- Make the return a shy at the stumps.
- Move the feeder to the middle of the ladder instead of the end and complete the catch/return in the middle of the drill.
- Add a 10m sprint at the end of the ladder before the catch/return
- Add several cones in a curved shape after the ladder to simulate running around the boundary (you can have two ladders and two boundaries to square it off if you like).
- Add an extra ladder in line with a feeder in the middle. After completing the first ladder, the feeder rolls the ball out away from the ladder the sets off on the second ladder. The first fielder fields the ball and throws it to the feeder that has completed the ladder drill.
- Use a heavier ball to catch and return (but counter balance with a tennis ball and normal ball on a 3:2:1 ratio).

You can never practice your fielding enough. Even 'natural' fielders need to keep their skills sharp to reduce the chance of dropping catches and missing run outs.

## 19. Quick Singles



### Pairs Cricket.

Play a normal game except there are no teams, instead bat in pairs for four overs each (with one pair padded up and ready). The winner is the pair with the highest average score (runs divided by wickets).

### **Other Games**

#### Another pair's game.

The aim is to get as many singles by hitting the ball inside the boundary area set by the cones. Each pair gets 2 overs. The ball must be bowled in the black pitching area or it is called a wide and it goes dead if it passes outside the cone boundary. If a batsman is run out, the pair lose four runs.

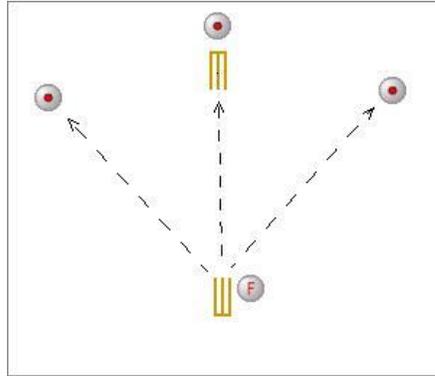
#### 6 or 8 a Side Cricket.

Simply set the maximum time a bowler can bowl and a batsman can bat and play a reduced time game under the normal laws.

#### 1 Hour Cricket.

A normal game where each innings can only be one hour. This encourages sharp fielding and quick movement between overs

## 20. Triple Cone Drill



### Another fitness drill.

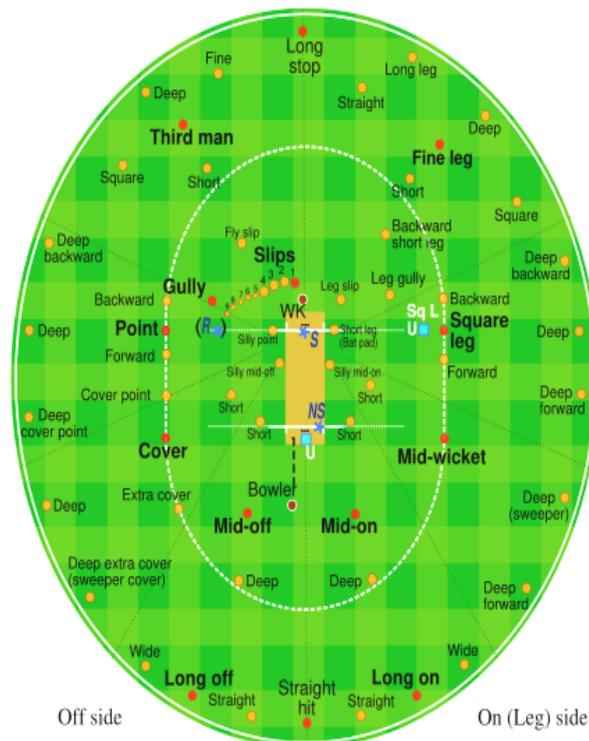
This is aimed at developing both speed and decision making skills. The three cones are different colours and the feeder uses three balls coloured to match. The feeder rolls the ball down the wicket to a return feeder that rolls it back. The runner must run to the cone that matches the colour then run back before the ball gets back.

To make it competitive, have two runners racing.

***Therefore, the answer is simple:***

***“Practice by playing first, and when you do drill, make it as close to playing as possible”.***

Cricket: Fielding positions for a right-handed batsman



## How the profiles fit in with CFPD categories

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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