New Zealand Post

STAGE ONE

New Zealand Post Superstar Cricket Academy

The New Zealand Post Superstar Cricket Academy is a junior development programme that teaches the fundamentals of batting, bowling and fielding within an exciting and competitive environment. Designed for children aged 5-10 years (boys and girls), it is the first step on a pathway that can lead to a lifelong involvement in cricket, whether it's playing, coaching, umpiring, scoring or becoming a fan or maybe one day running on to the field as a BLACKCAP or a WHITE FERN.

Cricket is a great team sport with a rich variety of roles for all children, no matter what gender, age or ability. Through New Zealand Posts Superstar Cricket Academy's skills-based sessions, children develop skills, movement and techniques to enjoy the game of cricket. Children will be learning the rules of the game as well as learning the skills of bowling, attacking batting, fielding and wicketkeeping – so that hitting sixes, taking wickets and holding on to catches are within the grasp of all involved.

The aim of the New Zealand Post Superstar Cricket Academy is to get children involved in our sport and to build a new generation of cricketers by helping children discover, explore, and learn to love the game. Cricket is one of New Zealand's most popular summer sports and by taking part in the New Zealand Post Superstar Cricket Academy helps our youngest participants join in on the fun of cricket.

Introduction

The New Zealand Post Superstar Cricket Academy is designed as a practical resource which assists parents, teachers and coaches to effectively and confidently organise and run a New Zealand Post Superstar Cricket Academy programme in a school or club.

It will help standardise the coaching of cricket skills to players throughout New Zealand. The programme focuses on teaching children the essential skills of the game through a series of activities, drills and modified games in preparation for their successful introduction to New Zealand Post Superstar Cricket, a modified format of the game.

To ensure the New Zealand Post Superstar Cricket Academy is well organised and delivered successfully it requires coaches to have a familiarity with the objectives and requirements of the programme.

Objective

- To provide a positive cricket experience for every child that is involved.

Requirements

- Ensure that each session is planned and prepared.
- Be familiar with the structure of each session.
- Ensure there is enough equipment to run the session.

Each session within the New Zealand Post Superstar Cricket Academy is broken down into five sections:

- Warm-up drill
- Batting drill
- Bowling drill
- Fielding drill
- Modified game

Each session is broken down to include the instructions for that drill, coaching points/ success criteria and progressions to make the drills more complex. There are even some key questions you can ask your players to get them thinking!

Session Key

Duration

Equipment needed

Group sizes

Warm- up Game

Batting drill

Bowling drill

Fielding drill

Modified game

Coach call

Shows path of the ball

Shows path of player

THE BASICS

New Zealand Post

SUPERSTAR CRICKET ACADEMY

BATTING

How to hold the bat – **Grip**

Where to Stand – **Stance**

How to swing the bat – **Backswing, Straight bat shot, Horizontal bat shot**

Running between the wickets

Grip

1

2

1 Pick up bat with both hands close together in the middle of the handle.

2 Thumb and fore finger should be making a 'V' shape, pointing to the back edge of the bat.

Stance

1. Stand side on in a comfortable upright position, with head and front shoulder facing the bowler.
2. Feet are to be shoulder width apart and parallel to the batting crease.
3. Head is still and eyes are level.
4. Knees should be slightly bent and weight evenly distributed.
5. The bottom of the bat is rested behind the back foot.

Backswing

1 2 3

1 Head still and eyes level.

2 Coordinate the backswing with the bowlers delivery stride.

3 Swing bat backwards ‘cocking the wrists’, at the same time dip the front shoulder and step forward, swinging the bat down to hit the ball with the full face of the bat.

Straight Bat Shot

1

2

3

1. Head still and eyes level and focused on the ball.
2. When the bowler is in delivery stride, swing the bat back 'cocking the wrists' As the ball is bowled towards the batter, step forward with the front foot.
3. Head and shoulders should move forward towards the ball.

Horizontal Bat Shot

1

2

3

1. Head still and eyes level and focused on the ball.
2. When bowler is in delivery stride, swing the bat back 'cocking the wrists'. At the same time quickly move your back-leg back and across into the crease.
3. Having got into a stable base position the bat is swung horizontally from high to low from the backswing with the arms extended and the front foot acting as a pivot.

Running Between The Wickets

1 2 3

1. Be prepared to run every ball.
2. Hold the bat in the hand that is nearest to the bowler (standing side on with visual awareness of both the bowler and batting partner).
3. As bowler is in delivery stride and about to bowl, begin walking towards batting partner, ready to run if required.
4. Three main calls which need to be called loudly and clearly – 'YES', 'NO' or 'WAIT'.
5. If making a run, run fast and slide the bottom of the bat across the crease line.
6. If running more than 1 run, always turn facing the fielder with the ball.

BOWLING

Bowling Grip

1

2

3

1 Players should grip the ball with their thumb underneath and the first two fingers on top (making 'bunny ears' on either side of the seam).

2 Grip is light and relaxed with the ball in fingers and not held in the palm of the hand.

3 As the ball is bowled the seam will be upright, pointing towards the batter.

Basic Action

There are two main types of bowling action – 'Side on' and 'Front on'. The bowling action referred to through the coaching resource is 'side on'. This means that the bowler runs up and jumps into a 'side on' position to deliver the ball;

- Back foot lands parallel to the crease.
- Front foot, shoulders and hips point down towards the batter.
- Head looks over shoulder of the front arm.

Some players may have a 'front on' action. This is when the bowler runs up in a front on position to deliver the ball;

- Both feet point down the pitch towards the batter on landing.
- Shoulders and hips are parallel to the crease.
- Head looks inside a raised front arm.

Both actions are equally acceptable as long as they are safe and carried out correctly.

PHASE 1

1. Stand side-on
2. Feet shoulder width apart
3. Back foot parallel to the stumps
4. Head towards the batter
5. Hands together with the ball under the chin

PHASE 2

1. Stretch hands apart
2. Reaching high with the front arm
3. Look over the front shoulder
4. Push the bowling arm down towards the back knee

PHASE 3

1. Rotate the arms
2. Pull the elbow of the front arm down to the front hip
3. Swing the bowling arm over straight, brushing the ear
4. Release the ball at the top

PHASE 4

1. Swing the arms through
2. Front arm down passed the front hip
3. Followed by the bowling arm across the body to the front hip
4. Keep the head still, eyes level and focused on the batter

Walk/Run Up And Follow Through

1. Start from three paces behind the stumps.
2. Step right, left and right turning side on and swinging the left leg across the body to point towards the batter (left arm bowlers begin by stepping onto the left foot first in the step sequence).
3. Reach high with front arm.
4. Look over front shoulder.
5. Push bowling arm down from under the chin to the back hip.
6. Make a windmill-like motion, bringing the non-bowling arm down and the bowling arm over.
7. Pull elbow of the front arm down to the front hip.
8. Swing the bowling arm over straight, brushing the ear.
9. Release the ball at the top.
10. Swing the arms through, with front arm down past the front hip.
11. Bowling arm comes across the body to the front hip.
12. Step through with the back leg so the bowling arm shoulder points towards the batter.
13. Follow through, keeping head still and eyes level, focused on the batter.

Progression

Progression from walking through the action is running through the action.

1. Measure the run up.
2. Run in gradually building pace.
3. Jump into the delivery stride, turning side on.
4. Reach high with front arm.
5. Look over front shoulder.
6. Push bowling arm down from under the chin to the back hip.
7. Make a windmill-like motion, bringing the non-bowling arm down and the bowling arm over.
8. Pull elbow of the front arm down to the front hip.
9. Swing the bowling arm over straight, brushing the ear.
10. Release the ball at the top.
11. Swing the arms through, with front arm down passed the front hip.
12. Bowling arm comes across the body to the front hip.
13. Step through with the back leg so the bowling arm shoulder points towards the batter.
14. Follow through, Keeping head still and eyes level, focused on the batter.

FIELDING

Ground Fielding

1

2

1. Be alert and walk in slowly whilst the bowler is running in to bowl.
2. Keep head still, eyes level and focused on the ball.
3. Move in quickly to attack the ball behind the line of the ball, bend with knees and have both hands low and ready.
4. Watch the ball into your hands.
5. Stand and prepare to throw the ball.

Backing Up

Move quickly behind a nearby fielder who is attempting to stop the ball. The backing up player is ready to assist if the player fielding the ball misses it.

Move quickly behind the bowler or wicketkeeper to back up throws from other fielders to assist if the bowler or wicketkeeper misses the ball.

Catching

1 2

1 Move into position quickly.

2 Keeping head still and eyes on the ball at all times.

3 Cup hands together with the little fingers touching.

4 The palms of hands should be facing the ball, ready to cushion the ball as it is caught.

Underarm Throw

1 2 3 4

These are short distance throws and are used for speed and accuracy.

1. Extend throwing arm back with straight arm.
2. Step forward towards the target with the opposite leg to the throwing arm.
3. Swing your throwing arm forward and release the ball. Allow the palm of the hand to continue through towards the target.

Overarm Throw

1 2 3 4

These are longer throws and are used for power and distance.

1 Stand side-on to the target.

2 Throwing arm moves back and up with the fingers on top of the ball.

3 The non-throwing arm points towards the target.

4 Step towards the target throwing the ball keeping the elbow high.

5 Throwing arm follows through across the body and the players should also transfer their body weight into the throw.

Wicketkeeping

Standing back - fast bowler

1

2

Standing up - slower bowler

3

It's important for the wicketkeeper to catch deliveries from the bowler that a batter misses or from throws that are thrown by fielders.

1. Crouched behind the stumps (at a comfortable distance from the stumps) with bent knees in a low position.
2. Hands together, palms open and facing the bowler and fingers pointing downwards.
3. Head still, eyes level and focused on the ball.
4. When receiving a ball from a fielder, wicketkeepers should be standing close to the stumps.

STAGE 1
SESSION 1

New Zealand Post

SUPERSTAR CRICKET ACADEMY

Snowball Tag

5 MINS | **4 CONES, BALLS (ONE PER PLAYER)** | **LARGE GROUPS: 10+**

AIM: To avoid being tagged

Instructions

01 Create a marked off zone which all players need to stand inside.

02 The coach gives a ball to one player – this person is now the tagger that everyone must avoid!

03 The tagger must run around trying to 'tag' the other players, who cannot run outside the marked zone.

04 Once tagged, a player has to collect a ball from the bucket outside the marked zone, and they then become another tagger.

05 The last player to be tagged is the winner.

Progressions

- When a player is tagged and collects their ball, they must bounce-catch it five times before they can become an active tagger.
- Make the area either larger or smaller.
- For a further challenge you could have more than two taggers to begin with.

Coaching points / Success criteria

- Look for the spaces to move into.
- Work together as a team of taggers.
- Ensure the taggers do not throw the balls at the players.

Key questions

- What can you do as a team of taggers?
  (Work together to isolate a player.)
- How can you make sure players know they are tagged?
  (Ensure they have a tennis ball in their hands.)

Rock ’n’ Bowl

10 MINS | **CONE, BALL, STUMPS** | **SMALL GROUPS: 2-4**

AIM: To hit the stumps

Instructions

01 Create small groups (ideally in pairs). Each group gets a cone and a set of stumps.

02 One player starts as the bowler, one player starts behind the stumps and is the wicketkeeper.

03 The bowler bowls, wicketkeeper collects the ball and passes the ball back to the bowler.

04 Rotate roles after bowling six times.

Progressions

- Rotate positions after every attempt.
- The third player stands on the other side of the channel.

Coaching points / Success criteria

- Use the “bunny ears” grip.
- Stand side-on with feet apart.
- Point your front arm at the target.
- Swing your bowling arm straight over like a windmill, and release the ball at the top.
- Follow through with your bowling arm across the front of your body.

Key questions

- How should you be holding the ball?
  (Using the ‘bunny ears’ grip.)
- What should you be looking at when you bowl?
  (The target.)
- How does having a run up help?
  (It gives the bowler more power.)

Yes, No, Wait!

8-10 MINS | **4 CONES** | **LARGE GROUPS: 10+**

AIM: Learn the batting calls and know when to run in between the wickets

Instructions

01 Set up a large square 18-20 metres long.

02 Players line up at one end between two cones, and face the direction they are going to start walking in.

03 Slowly, players start walking towards the other end.

04 The coach then shouts out:
YES – Players keep walking in the same direction
NO – Players turn and run in the opposite direction towards the cones
WAIT – Players freeze in a funny pose

Progressions

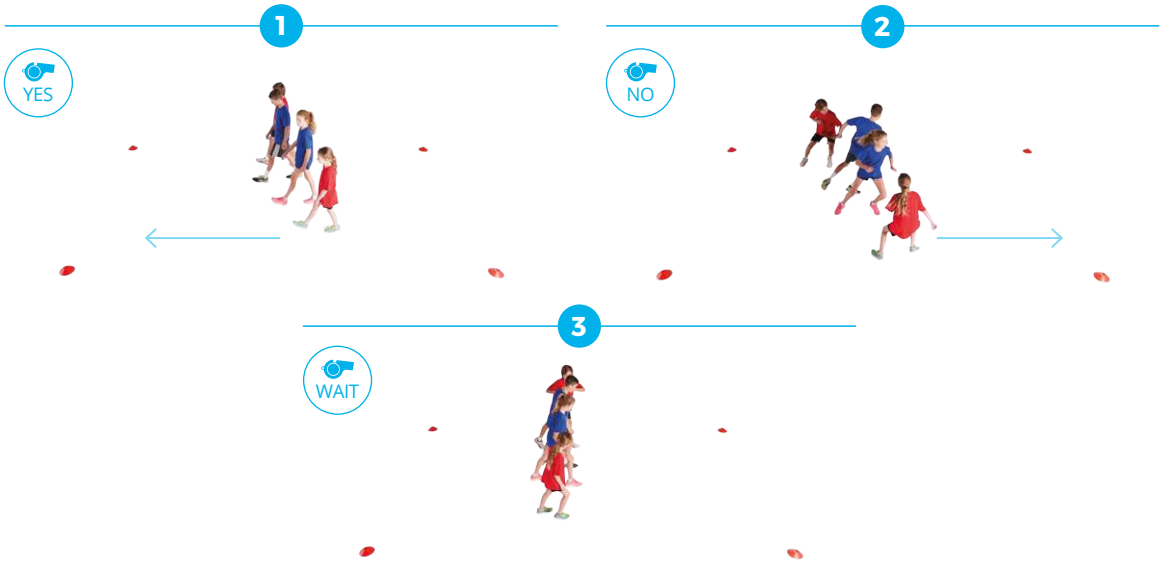
- Call the different commands in quicker succession.
- Eliminate players when they perform the wrong action.
- Coach deliberately points one way, but calls the opposite to try and confuse players.

Coaching points / Success criteria

- Focus on the calls that are being made.

Key questions

- What are the three calls that we use when running between wickets in cricket?
  (Yes, No, Wait, never say go as it sounds like no!)
- What do the three calls mean?
  (Yes = Run, No = Don't run, Wait = Wait to see where ball goes and be ready to run or stop.)



Fill Up The Bucket

5-10 MINS | 4 CONES, 20 BALLS, BUCKET OR BAG | LARGE GROUPS: 10+

AIM: To fill the bucket faster than it is emptied

Instructions

01 Players surround the coach, who starts off with a bucket full of balls.

02 Then as quickly as possible, the coach has to empty the bucket by rolling or throwing the balls away in different directions.

03 Players must race to retrieve the balls and put them back into the bucket.

Progressions

- Set a tough time limit for the fielders to retrieve the balls.
- Get players to call out before retrieving a ball, they should use their name "Jamie's".
- Before players are allowed to drop the ball into the bucket, get them to throw the ball up in the air and catch it, or let it bounce and then have the players catch it.
- Have the player throw the ball up in the air and catch it the whole time they're on their way to the bucket.

Coaching points / Success criteria

- Two hands should be used to catch the ball.
- Make sure knees are bent and stay low to the ground when gathering the ball.

Key questions

- What do you need to do to make sure you don't collide with the other players?
  (Keep an eye out - watch what's happening around you when you are running.)
- What is the best way to pick up the ball?
  (Two hands, knees bent and low to the ground.)

Tee Line Drive

10 MINS | CONES, STUMPS, BALLS, BAT, BATTING TEE | LARGE GROUPS: 6-8

AIM: To strike the ball for distance

Instructions

01 Create two equal teams and set up the field as per the diagram. One team bats first and the other team fields.

02 The fielders spread out behind the cones, with one fielder who takes position as the wicketkeeper.

03 Each batter gets a turn hitting the ball off the batting tee.

04 The scoring system – 1 point is awarded for hitting the ball between the cones, and another point can be awarded for running with the bat around the cone and back to the batting tee again.

05 Each member of the batting team is allowed two turns before swapping with the fielding team.

Progressions

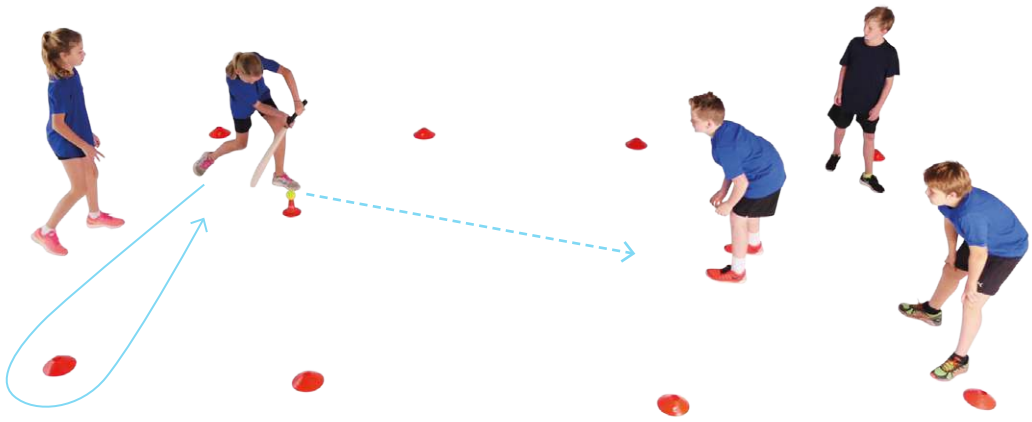
- Underarm bowl.
- Increase the distance between the running cones.

Coaching points / Success criteria

- Grip the bat with both hands around the middle of the handle.
- Stand side-on to the batting tee or the bowler.
- Step forward towards the ball and swing down with full face of the bat, keeping your eyes on the ball.
- Follow through so that your arms are fully extended.

Key questions

- What do you need to be thinking about as a batting team?
  (Where to hit the ball.)
- What do you need to be thinking about as a fielding team?
  (The quickest way to get the ball back to the bowler.)



STAGE 1
SESSION 2

New Zealand Post

SUPERSTAR CRICKET ACADEMY

Square-Leg And Point

5-10 MINS | **8 CONES** | **LARGE GROUPS: 6-8**

AIM: Get all players moving and warmed up

Instructions

01 Create two even groups.

02 In the middle of the coned area, line up the two groups so that they're facing each other. One line of players are now called 'square-leg', while the other line of players are called 'point'.

03 Now it's up to the coach to decide whether to call 'square-leg' or 'point'. The team name that gets called must turn and run 15 metres to their home, as fast as possible.

04 The team that doesn't get called needs to chase the other team. Any players who get tagged before making it safely home must then swap teams.

Progressions

- Call out other fielding positions like, 'Mid-off' and 'Mid-on' if any player flinches before the coach calls a name out, they must swap to the other team!

Coaching points / Success criteria

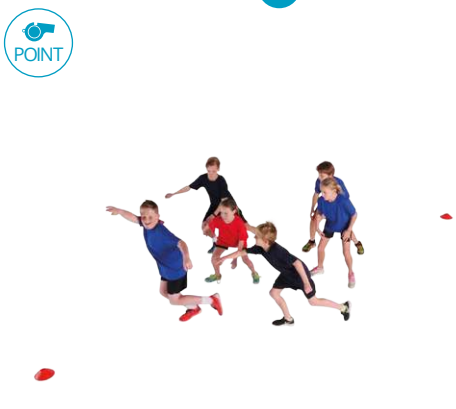
- Ensure players are not running into others during the game as this can result in injury.
- Listen carefully and react to the call quickly.

Key questions

- How can we make sure we don't run into other people?
  (Just be careful and watch what's happening around you when you're running.)

1

2



Rock ’n’ Bowl

10 MINS | CONE, BALL, STUMPS | SMALL GROUPS: 2-4

AIM: To fill the bucket faster than it is emptied

Instructions

01 Create small groups (ideally groups of three). Each group gets a cone and a set of stumps.

02 One player starts as the bowler, one player starts behind the stumps, and one player starts at the side of the channel as the fielder.

03 The bowler bowls using correct technique (focusing on straight bowling arm), wicketkeeper collects the ball and passes the ball to the fielder who then passes back to the bowler.

04 Rotate roles after bowling six times.

Progressions

- Get players to lift their front foot off the ground when their bowling arm points down. Then they should rock back and forward as they land their back foot firmly on the ground. The bowling arm comes over in a windmill motion.
- Rotate positions after every attempt.
- The third player stands on the other side of the channel.

Coaching points / Success criteria

- Use the “bunny ears” grip.
- Point your front arm at the target.
- Rock back and forth.
- Swing your bowling arm straight over like a windmill, and release the ball at the top.
- Follow through with your bowling arm across the front of your body.

Key questions

- How do you hold the ball?
  (Using the ‘bunny ears’ grip.)
- What happens if you follow through?
  (The ball goes further.)
- How does having a run up help?
  (It gives the bowler more power.)

Batting Relays

10 MINS | **BALL, BAT** | **SMALL GROUPS: 2-4**

AIM: To develop better hand-eye coordination

Instructions

01 This activity is great exercise for individuals or in small groups as a relay.

02 Whilst carrying the cricket bat, players run out to a cone, slide their bat, turn correctly and then race back as fast as possible, passing the bat to the next person in line.

03 Once everybody has had two turns, start introducing progressions.

Progressions

- Using the ball, players can dribble it along the ground to the cone and back.
- While the players are running, get them to use their bats to bounce the ball up in air as many times as possible (bat tapping whilst moving, can also be done as a stationary challenge).
- Have players try to keep the ball balanced on the bat as they walk to the cone and back.

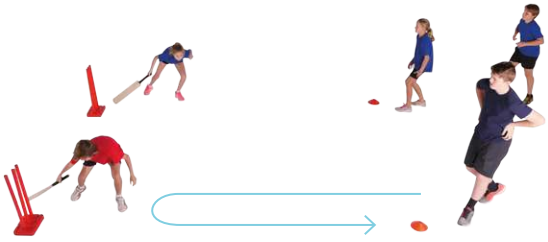
Coaching points / Success criteria

- Hold the bat correctly.
- Watching the ball at all times.

Key questions

- How can you control the ball better?
  (Keep the ball close and remain nice and steady.)

1



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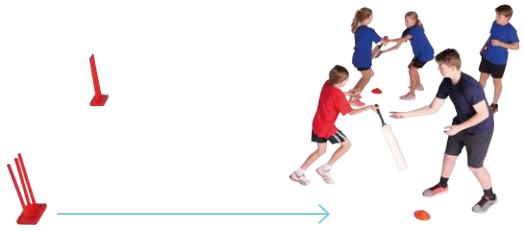


Follow The Leader

10 MINS | BALLS (ONE PER PLAYER) | LARGE GROUPS: 10+

AIM: To throw the ball accurately underarm

Instructions

01 The coach demonstrates an underarm throw by underarm throwing a ball as far as they can.

02 The players then all line up and get a turn trying to underarm throw their ball, with the aim being to get as close to the coach's ball as possible.

03 The ball that lands closest to the coaches wins.

Progressions

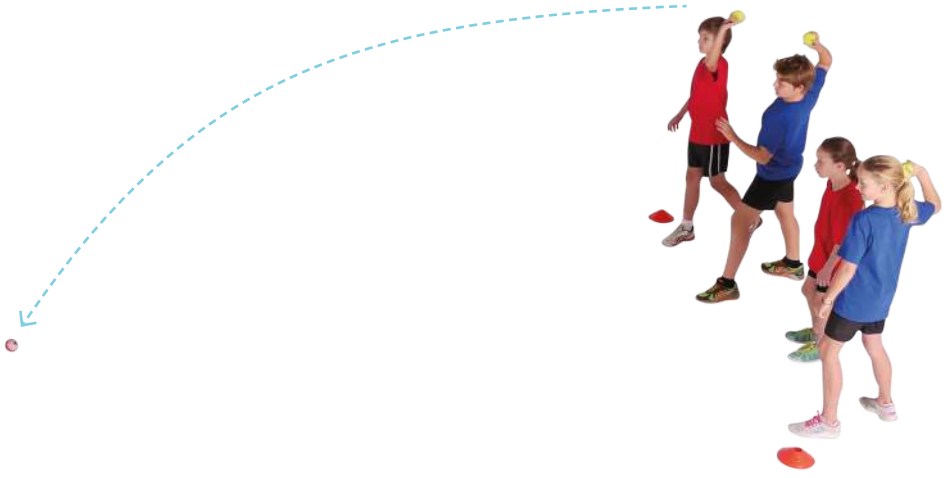
- Once the players start to get good at throwing underarm using their dominant hand, get them to use their non-dominant hand.
- The distance of the target can be increased or decreased by the coach.

Coaching points / Success criteria

- To increase the accuracy of a throw, point at the target with your non-throwing hand.
- Keep your eyes fixed on the target.

Key questions

- Where should you be looking?
  (At the target.)
- How does the distance you're throwing change how much power you need?
  (More power is required to throw further.)



Run Out

10 MINS | **2 CONES, STUMPS, BALL, 2 BATS, BATTING TEE** | **SMALL GROUPS: 2-4**

AIM: To out run and beat the other team

Instructions

01 This game is ideally played four vs. four (batters vs. fielders).

02 Set the game up as per the diagram, with a ball placed on the batting tee opposite the set of stumps.

03 On "Go" the first batter runs out to the stumps and back and the first fielder runs out to collect he ball and bring it back.

04 The first person back gets a point.

05 Continue until everyone has had a turn.

Progressions

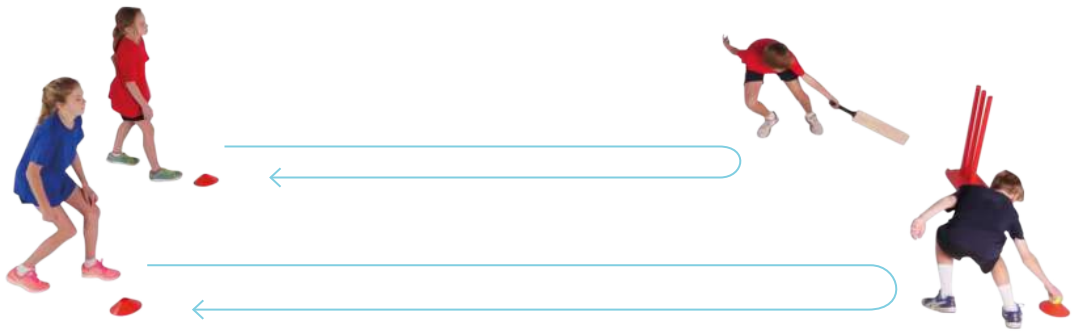
- Move the fielding cone further away, and the batter must complete 2 runs.
- The batter hits the ball off the batting tee and runs. The fielder chases the ball and brings it back.
- Place two cones along the batting line. It's up to the batter to choose whether to run to the first cone for 2 runs or second cone for 4 runs.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Hold the bat in one hand when running.
- Reach and touch the stumps with the bat.
- Turn quickly.

Key questions

- What is the slowest part of the activity for the batters and fielders?
  (Batters: turning. Fielders: getting the ball back to the cone.)
- How can you speed this up?
  (Batters: by turning in a small space. Fielders: by relaying the ball back through the fielding team.)



STAGE 1
SESSION 3

New Zealand Post

SUPERSTAR CRICKET ACADEMY

Umpire Tag

5 MINS | **4 CONES** | **EVERYONE**

AIM: To learn the cricket umpire calls

Instructions

01 Players spread out in a coned-off area, and one player starts as the tagger.

02 When tagged, players must stand on one leg with their arms out wide.

03 To be freed, another player must jump up and "high five" the tagged player.

04 Add the progressions to the freeing sequence one at a time.

05 Players cannot be tagged while they are freeing another player.

Progressions

- Perform and call the "four" signal.
- Perform and call the "six" signal.
- Perform and call the "leg bye" signal.
- Perform and call the "bye" signal.
- Perform and call the "wide" signal.
- Perform and call the "no ball" signal.
- Call "howzat" and perform the "out" signal.

Coaching points / Success criteria

- Make sure the players use clear signals.

Key questions

- When is a good time to free someone else?
  (When the tagger is attempting to tag someone else.)
- How will you communicate your calls clearly?
  (Call out to a free player to free you.)

‘Let It Fly’

15 MINS | BALL | SMALL GROUPS: 2-4

AIM: To perform the correct bowling action

Instructions

01 Player stands side-on from their target. The player then uses the “bunny ears” grip and starts with the ball under their chin.

02 They stand side-on with feet apart. Pointing front arm towards the target.

03 Swing your bowling arm straight over like a windmill and release the ball at the top.

04 Follow through with bowling arm across the front of your body.

Progressions

- Take additional steps walking into the bowling action.

Coaching points / Success criteria

- How to grip the ball.
- Both arms working at the same time.
- Rhyme to help children remember the motions.
- *Bite the Apple:* Put the ball beside chin.
- *Reach for the Sky:* Front arm up to the sky.
- *Point your Toes:* Step forward towards the target.
- *Let it Fly!:* Swing arm down releasing the ball at the top of the arc.

Key questions

- What’s the bowling rhyme?
  (Bite the apple, reach for the sky, point your toes and let it fly.)

1

2

3

4

Channel Cricket

10 MINS | **4 CONES, BALL, BAT, BATTING TEE** | **SMALL GROUPS: 2-4**

AIM: Hit the ball accurately

Instructions

01 Create small groups (one batter and two fielders).

02 Create and set channel with two cones and place a batting tee 10 metres away.

03 Hit a ball off the batting tee through the channel, with a straight bat. If the ball passes through the cones then it's worth 2 runs.

04 The fielder retrieves the ball and passes it to the other fielder, who places it back on the batting tee.

05 Players swap roles after six turns.

Progressions

- Move the batting tee further away, encouraging the batters to strike harder.
- Make the channel narrower so that the batters need to strike more accurately.

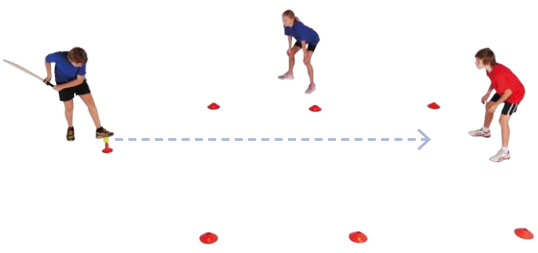
Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Swing the bat down straight hitting the ball with the full face of the bat.

Key questions

- Where does your bat have to point when you follow through?
  (Towards the target.)
- How can you hit the ball past the fielder?
  (By hitting the ball harder.)

1



2

Catch Me If You Can

10 MINS | **1 BALL PER PERSON** | **LARGE GROUPS: 6-8**

AIM: To catch the ball using the correct technique

Instructions

01 Create a coned area where players are to stay within.

02 Each player has a ball and walks around holding the ball.

03 The coach calls a number and the players stop and throw up and catch the ball to themselves the number of times called out by the coach.

04 After completing their catches they then move around again until another number is called out by the coach.

Progressions

- Throw, clap once and catch – or you could increase the number of claps in between catches.
- Keep walking while catching.
- Introduce different locomotor skills, i.e. skipping, hopping etc.

Coaching points / Success criteria

- Eyes on the ball.
- Cup your hands together with little fingers touching.
- Palms should always face the ball when catching.
- Always cushion the ball into your hands.

Key questions

- Is it easier to catch the ball when you are moving or still?
  (When you are still and balanced.)
- How are your hands to be positioned when catching the ball?
  (Palms facing up and little fingers touching.)

1

2

Caterpillar Cricket

15 MINS | **2 SETS OF STUMPS, BALL, BAT, BATTING TEE** | **LARGE GROUPS: 6-8**

AIM: To score as many runs as possible

Instructions

01 Create groups of six - three batters and three fielders. Place stumps 10 metres away from the batting tee.

02 The batters line up behind the batting tee. The first batter hits the ball into the field and the whole batting team runs between the batting tee and the stumps as many times as possible.

03 The fielding team collect the ball and pass between each other and then place the ball back on the batting tee.

04 The batting team stop running when the ball is back on the batting tee. Each batter gets two turns before teams swap over.

05 The winner is the team with the most runs.

Progressions

- Challenge the batters by increasing the distance between the stumps.
- Run as a relay.
- The coach may choose to underarm bowl to the batter.

Coaching points / Success criteria

- Make sure the bat is gripped correctly.
- Stand side-on to the batting tee.
- Step forward with front foot next to the batting tee and follow through with a straight bat.

Key questions

- How can your team get the ball to the batting tee faster? *(By throwing it between fielders to whoever is closer.)*
- Why is it important to communicate in the field? *(So that you don't do the same job – in other words, so that not everyone is chasing after the ball.)*
- Why is it important to communicate when batting? *(So that you don't get run out.)*

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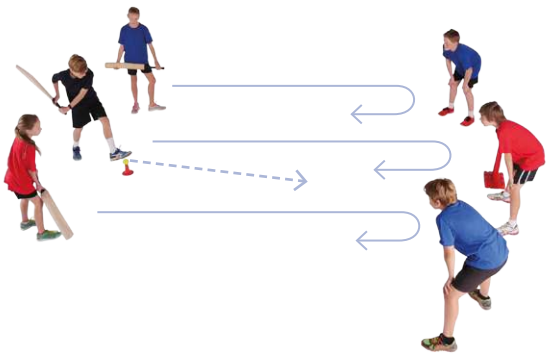

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STAGE 1
SESSION 4

New Zealand Post

SUPERSTAR CRICKET ACADEMY

Between The Wickets Relay

10-15 MINS | **2 CONES, 2 SETS OF STUMPS, 2 BATS** | **SMALL GROUPS: 2-4**

AIM: To run between wickets as fast as possible

Instructions

01 Set up playing areas, as shown in the diagram.

02 Divide the children into even groups behind sets of stumps.

03 When the coach shouts: "Go!" players take turns to run out to the opposite set of stumps and back again.

04 The bat is passed along to the next person to have their turn. The first team to have everyone complete the run to the stumps and back again are the winners.

Progressions

- Players to run 2, 3 or 4.
- Make the relay a shuttle.
- Hit a ball out into the field before running.

Coaching points / Success criteria

- When turning, face the side of field that the coach is standing on.
- Swap the bat into the opposite hand, stretch over the line, and turn.
- Get low when stretching the bat over line.

Key questions

- Why should you stretch for the line with the bat? *(It makes the distance you have to run shorter.)*
- How can you make your turn quicker? *(Turn in a smaller circle.)*

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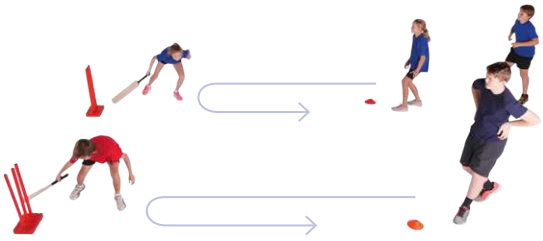

2

Box Bowling

15 MINS | 4 CONES, BALL | SMALL GROUPS: 2-4

AIM: Bowl the ball accurately

Instructions

01 Using the cones, set up a boxed area that is 3 metres x 3 metres, approximately 10 metres in front of the bowling cone (as per diagram).

02 One partner bowls the ball towards the target so that it bounces within the coned zone, the other partner is outside of the zone and is ready to catch the ball and return back to the bowling partner.

03 Bowlers bowl five balls before swapping with their partner.

04 Each successful bowl that bounces in the coned zone is worth 1 point.

Progressions

- The coach can make a smaller target within the main target zone, or may wish to add two sets of stumps (side-by-side) as a large target.

Coaching points / Success criteria

- Ensure players are keeping their front arm and bowling arm high to make the ball go straight.
- Eyes are locked on the target zone!

Key questions

- Where do we look when we bowl?
  (Always keep your eyes fixed on the target.)

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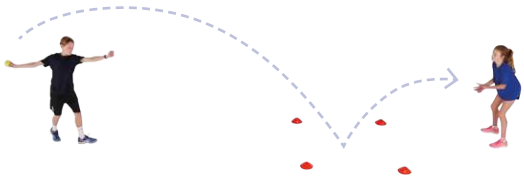

2

Beat The Ball

20 MINS | **4 CONES, BALL, BAT, BATTING TEE** | **SMALL GROUPS: 2-4**

AIM: To score as many runs as possible

Instructions

01 Create equal numbered teams (players bat in pairs while the others field).

02 Set up four bases in a diamond shape.

03 One batter hits the ball off a batting tee and into the field, and then runs as fast as possible around each of the bases.

04 It's up to the fielding team to collect the ball and pass it around each of the bases, starting from base one.

05 The batter scores a run for getting home before the ball, and vice versa.

Progressions

- Choose to either bowl or throw underarm.
- Increase or decrease the size of diamond.
- The batter is 'run out' and cannot run further if the ball is thrown past them. The next batter has their turn to try and get the first batter back home.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Follow through.

Key questions

- Where should you hit the ball to score the most runs? *(Into the empty spaces.)*
- How can the fielders work together to get batters out or stop them from scoring? *(Make sure to communicate with each other.)*

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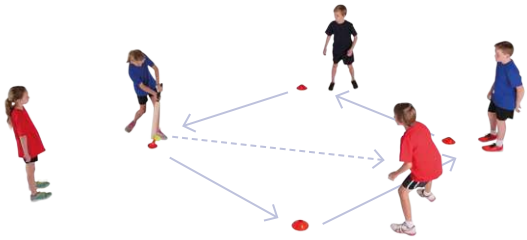

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Stump Destruction

10 MINS | 2 CONES, STUMPS, BALL | SMALL GROUPS: 2-4

AIM: To knock over the stumps

Instructions

01 Create small groups (ideally of two-four players per group), facing each other with a set of stumps between each group.

02 One player starts with the ball and throws to hit the stumps. They then run to join the back of their team's line.

03 Each time the stumps are hit, one stump is removed.

04 The first team to remove all their stumps is the winner.

Progressions

- When there is only one stump left, the stumps are replaced one at a time for every successful hit.
- Increase or decrease the distance between the sets of stumps.

Coaching points / Success criteria

- Stand side-on to the target.
- Fingers should be on top of the ball, and the throwing elbow higher than the shoulder.
- Non-throwing arm should be pointed towards the target.
- Step forward with opposite foot and follow through down and across the body.

Key questions

- How do you make your throw more accurate? *(Point at the target with your non-throwing arm.)*

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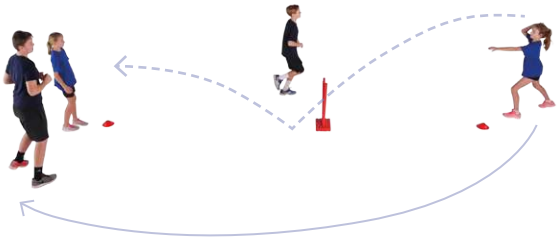

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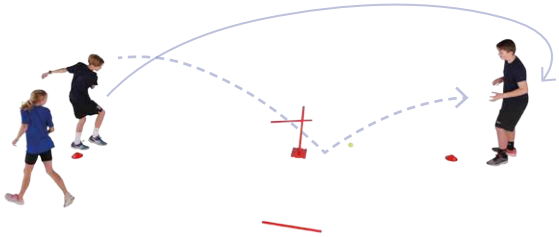

Round The World Cricket

15-20 MINS | 5 CONES, BALL | LARGE GROUPS: 6-8

AIM: To score more runs than the opposing team

Instructions

01 Split the group into two equal teams (ideally eight per team). Aim to have an even number of batters and fielders.

02 Create a diamond shape using four cones, with five metres between each.

03 Batters take turns to throw the ball out into the field and run around the cones. Each cone passed is worth 1 run.

04 Fielders need to quickly return the ball back to the home base. When the ball is back at home base, the batters must stop running.

05 The teams swap over after the batters have had two turns each.

Progressions

- Hit the ball off the batting tee.
- Increase or reduce the number of cones.

Coaching points / Success criteria

When rolling or throwing underarm:

- Step forward with the opposite foot.
- Keep your arm straight.
- Release towards the target.

Key questions

- Where is the best place to send the ball?
  (Anywhere with no fielders.)
- Where is the best place to stand as a fielder?
  (In a space away from other fielders so you have a greater chance of intercepting the ball.)
- How can you work together in the field to get the ball back faster?
  (One person chases the ball and then throws it to another fielder.)

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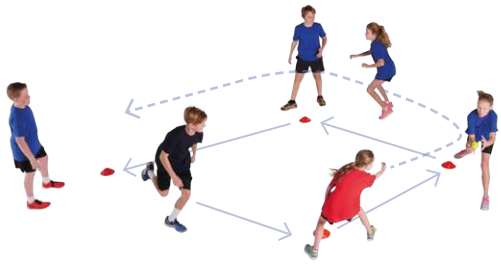


STAGE 1
SESSION 5

New Zealand Post

SUPERSTAR CRICKET ACADEMY

Empty The Rubbish

5 MINS | **8 CONES, 20 BALLS** | **EVERYONE**

AIM: To have the least amount of rubbish (balls) on your side

Instructions

01 Create two equal teams, facing each other, with a dividing line inbetween.

02 The balls are rubbish!

03 Divide the balls/rubbish between the two groups. The aim is to throw the rubbish onto the other team's side.

04 After a predetermined amount of time, the balls are counted to see who has the least.

Progressions

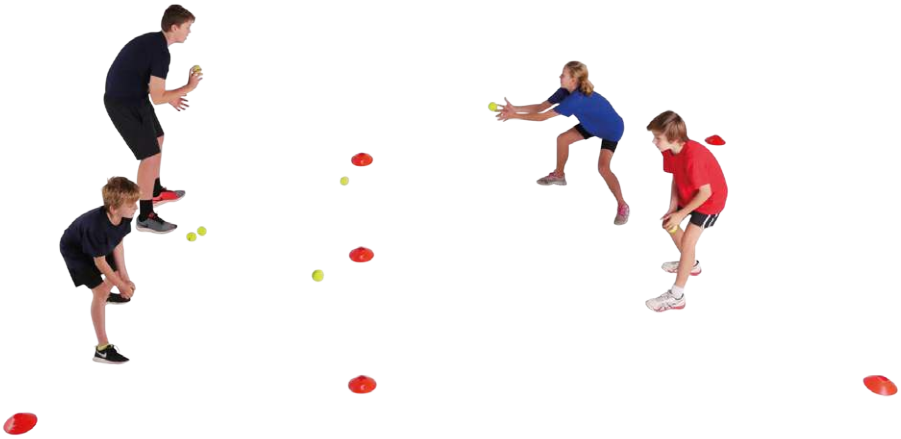
- Make the area between the players larger so that the children have to move around more and throw harder.
- Increase or decrease the amount of balls for some extra fun.

Coaching points / Success criteria

- Throwing underarm.
- Opposite foot forward when throwing.
- Swing backwards with your arm first, then brush the ball past your thigh and follow through.

Key questions

- How would calling for the ball help each other? *(Call your name when going for a catch.)*
- Why is calling for the ball important? *(To avoid collisions with other players in your team.)*



Run-Up Rabbits

15 MINS | 2 CONES, 2 SETS OF STUMPS, BALL | SMALL GROUPS: 2-4

AIM: Run up, jump, gather and bowl to target

Instructions

01 Set up two cones as bases, facing opposite each other.

02 Lay a stump on the ground, running parallel to the bases so that it's essentially a 1 inch hurdle.

03 Firstly without a ball, players should practice jumping off their non-dominant foot and landing on their dominant foot (same side as bowling arm) to bowl. The player is to do this jumping over the laid down wickets (hurdle).

04 Now players can repeat that step with a ball, and bowl towards a target.

05 Finally, get the player to run in from 5 metres and repeat step four.

Progressions

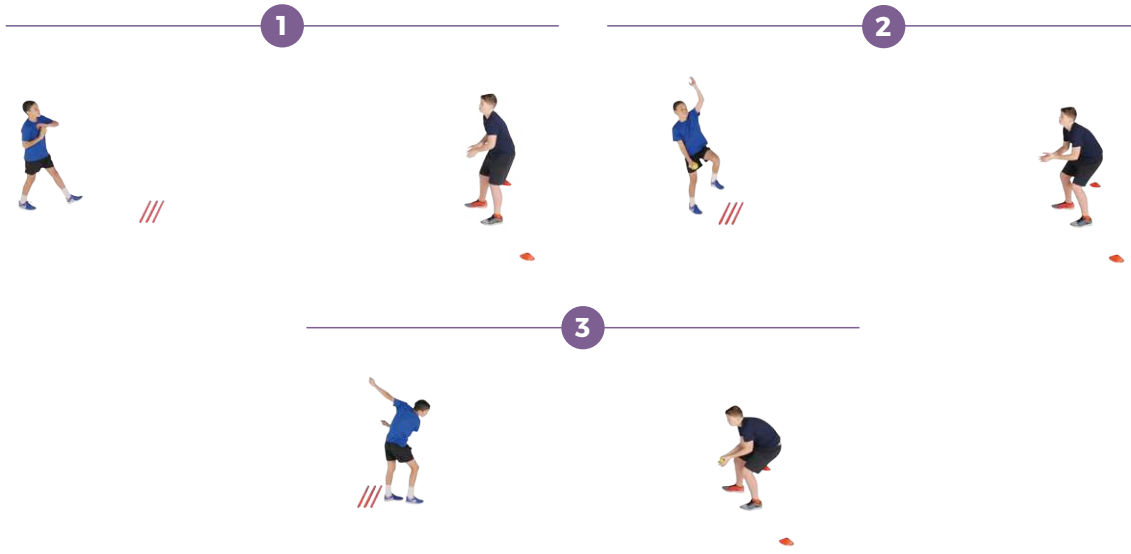
- Place cones to make a target zone about 1 metre from the bowler's stumps. The bowler should look at and aim for the target when running in.

Coaching points / Success criteria

- Make sure players run in a straight line from their first step until they release the ball. If you think this might be difficult, use cones to make a channel and guide the bowler.
- Make sure player jumps off the correct foot to bowl.

Key questions

- Do we run in a straight line or a wobbly line?
  (Straight, or else who knows where the ball might end up!)



Boundary Hunter

10-15 MINS | **6 CONES, 3 BALLS, BAT, 3 BATTING TEES** | **SMALL GROUPS: 2-4**

AIM: To score as many runs as possible

Instructions

01 Set out cones 10 metres, 20 metres, 30 metres, from the batting tee.

02 The batters get to hit balls off batting tee with a straight bat shot and see which zone they can get the ball too.

03 Fielders attempt to stop the ball entering each zone and collect it and return it the batting tee.

04 Each shot is scored 2 runs in the 10 metre zone, 4 runs in the 20 metre zone and 6 runs in the 30 metre zone.

05 After three hits you swap over with a fielder.

Progressions

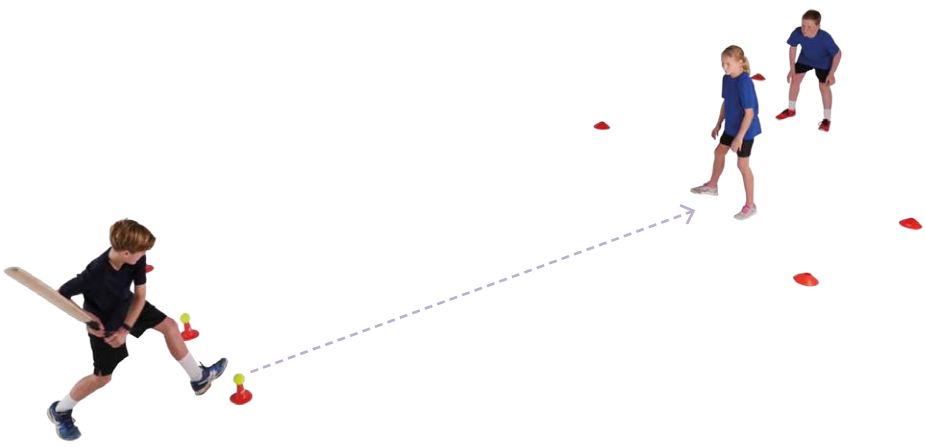
- Hit balls using the pull shot (horizontal bat).
- Get players to test their distance control and stop the ball within a zone.
- Set up a target and get batters to aim for the target rather than distance.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Follow through.

Key questions

- Where should you hit the ball to score the most runs? *(Into the empty spaces.)*
- How can the fielders work together to get batters out or stop them from scoring? *(Make sure to communicate with each other.)*



Stuck In The Field

5-10 MINS | **4 CONES, 10-20 BALLS** | **LARGE GROUPS: 10+**

AIM: For players to avoid being tagged, and catch correctly

Instructions

01 Set up a coned area of approximately 30 metres x 30 metres.

02 Two players are chosen as 'catchers', who get to tag the 'runners'. Each runner is given a ball.

03 If a 'runner' is tagged by a 'catcher', then the 'runner' must stand still with their legs apart and throw catches up in the air to themselves.

04 Any other runner can free a stuck runner by rolling their ball between the stuck runner's legs. The stuck runner is then free to run around again.

Progressions

- Instead of the runners throwing to themselves they can throw to another stuck runner who is closest to them.
- Stuck runners can clap their hands before catching the ball.
- Area can be made larger or smaller to increase or decrease difficulty.

Coaching points / Success criteria

- Underarm throw to yourself (just above head height).
- Eyes on the ball.
- Cup your hands together with little fingers touching
- Palms should always face the ball when catching.
- Always cushion the ball into your hands.

Key questions

- Where are you aiming?
  (At gaps between the fielders.)

Line 'em' Up

15-20 MINS | **3 CONES, BALL, BAT, 2 SETS OF STUMPS, BATTING TEE** | **LARGE GROUPS: 6-8**

AIM: **Hit the ball straight into the field and run between the wickets**

Instructions

01 Set up two sets of stumps 10 – 15 metres apart, having the batting tee at one end of the stumps and the fielders are all at the other end behind the cones.

02 Players are assigned a number – this is where they will be in the batting order.

03 Player one will bat first, all of the others will be fielders.

04 The batter hits the ball off the batting tee and then runs between wickets.

05 One fielder collects the ball, while all of the other fielders line up behind this fielder, and the ball is passed back between them. The last fielder to get the ball must run the ball back and put it on the batting tee.

06 Once the ball has been placed back on the batting tee, the batter stops running. The batter must count how many runs they get before the ball is placed back on the batting tee.

Progressions

- Introduce batting and fielding teams.

Coaching points / Success criteria

- Grip the bat with both hands around the middle of the handle.
- Stand side-on to the batting tee or the bowler.
- On impact, head must be still and eyes on the ball.
- Transfer weight onto back foot to allow your bat to come down and under in a scooping motion.
- Remain side-on at contact point.
- Extend hands fully through the ball.

Key questions

- Where is the best place to hit the ball?
  (In the gaps between the fielders.)
- Why is that the best place to hit it?
  (Because the fielders will be slower to reach that area, meaning the batter has the opportunity to score more runs.)

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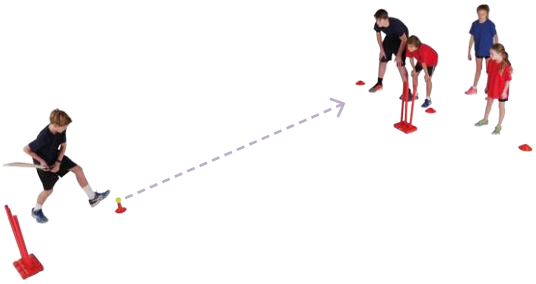

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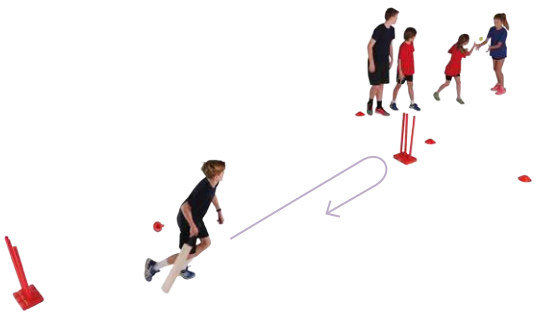

STAGE 1
SESSION 6

New Zealand Post

SUPERSTAR CRICKET ACADEMY

Cricket Relays

5-10 MINS | **8 CONES, 4 BATS, 4 BALLS** | **SMALL GROUPS: 2-4**

AIM: Get players running, warmed up, and ready to play cricket

Instructions

01 Create equal teams.

02 Set up one cone that the team is to stand behind, place the other cone 20 metres opposite.

03 Teams race to the opposite cone, go around it, come back to their teammates and tag the next person.

04 The team that finishes first are the winners.

Progressions

- Have players run with a bat in their hand and then pass onto the next runner.
- Have the players run with a bat and a ball, and once they reach the opposite cone, do 3 cricket bat taps (hitting the ball with the bat into the air 3 times).
- Make players run with a ball, and when they reach the opposite cone, have them do two clap-catches.

Coaching points / Success criteria

- Vary the game with progressions to keep the kids on their toes.
- Create even teams for fair competition.

Key questions

- Are we allowed to go before our teammate tags us or passes us the bat/ball?
  (No.)
- Do you have to go around the cone or just touch it?
  (If running with the bat, you must slide bat past the stumps using correct technique. If running with a ball you must run around the stumps.)

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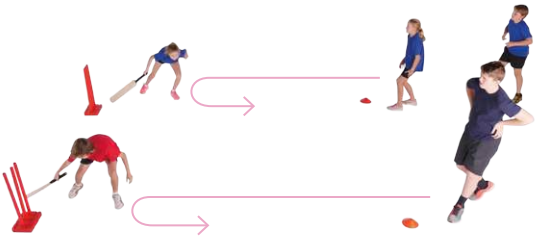

2

Returning Rebounds

15 MINS | CONES, BALL, BAT, STUMPS, | SMALL GROUPS: 2-4

AIM: To bowl the ball and react quickly

Instructions

01 Set up the stumps and a cone 18 metres apart.

02 The bowler bowls the ball to the stumps with a wicketkeeper behind. A fielder stands next to the stumps out of the line that the bowler is bowling to with another ball. The wicketkeeper collects the bowled ball, fielder underarm throws a catch to the bowler after they have bowled, testing their reaction time.

03 The bowler then becomes the wicketkeeper, the wicketkeeper becomes the fielder and the fielder becomes the bowler.

Progressions

- The player (or coach) throwing the ball can throw it flat or high to be caught.
- Two separate catches in quick succession can be thrown.

Coaching points / Success criteria

- Follow through towards the target, don't stop at the crease.
- Looking at the target will give a better chance to catch the ball.

Key questions

- What direction does the bowler follow through in? *(Towards the stumps they have just bowled at.)*

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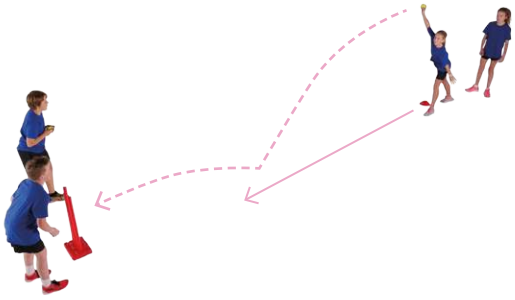

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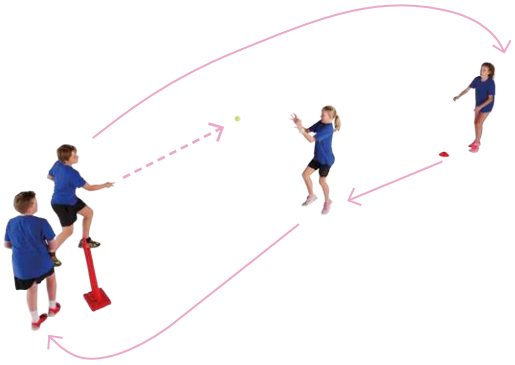


Traffic Light Strike

10 MINS | **6 CONES, BALL, BAT** | **SMALL GROUPS: 2-4**

AIM: Test if you can control how far you hit the ball

Instructions

01 This game is best played in groups of four, (1 batter and 3 fielders).

02 The coach should set up four cones in a line, each 5 metres apart (thereby creating zones).

03 The batter gets to test their accuracy by trying to hit the ball off the tee into the first zone, then the second zone, and finally the third zone.

04 When the batter is finished, the fielders collect the balls and return them to the batting tee.

05 Continue until all of the players have had a turn batting.

Progressions

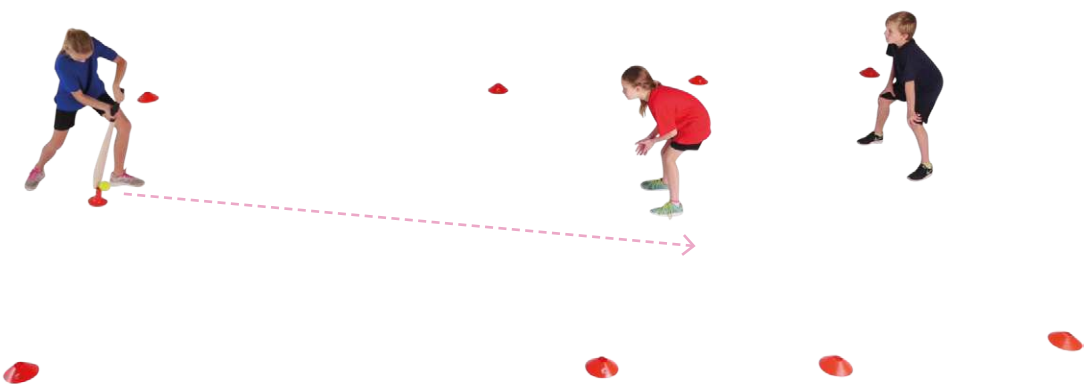
- If the ball lands in the correct zone then the player is awarded a point.
- Mix things up by changing the order of where the batter has to hit, e.g., third zone to first zone, and then second zone.
- Or get the fielders more involved by having them call out which zone the batter should hit into.

Coaching points / Success criteria

- Make sure the bat is held with the correct grip.
- Stand side-on to the tee when striking.

Key questions

- What do you need to do if the ball went too far or not far enough?
  (Hit the ball softer or harder.)
- What can you do as a team of fielders to help each other?
  (Call and relay the ball back to the cone.)



Couples' Tag

5-10 MINS | 4 CONES, 10-20 BALLS | LARGE GROUPS: 10+

AIM: Run quickly, catch correctly

Instructions

01 Players are in pairs, and one is given a ball.

02 When the coach shouts 'Go,' the player with the ball chases the player without the ball, trying to tag them.

03 If the player without the ball is tagged, the pair must do 3 catches before swapping over.

Progressions

- Use different body movements to chase each other, e.g. having to hop or skip.
- Increase the number of catches that pairs have to do once they are caught.

Coaching points / Success criteria

Catching

- Underarm throw to just above head height.
- Keep your eye on the ball.
- Create a kind of nest shape with your hands.
- When you catch the ball, bring hands towards body.

Key questions

- What do you need to be aware of when running around?
  (Just make sure to watch where you are running.)

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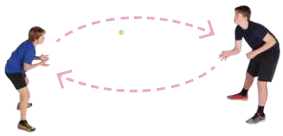

2 Ball Smash

15 MINS | **2 CONES, 2 SETS OF STUMPS, 2 BALLS, 2 BATTING TEES** | **LARGE GROUPS: 10+**

AIM: Hit the ball straight into the field and run between the wickets

Instructions

01 Create two teams, one batting team and one fielding team.

02 One batter hits two balls off two batting tees. While two fielders run after the balls, the batter can then run between the wickets with their batting partner.

03 As soon as the fielders return the balls to the hitting tees, the batters must stop running.

04 Each batting pair get two strikes each.

05 Each team should count how many runs they score, and the team with the highest score wins.

Progressions

- Add a third ball for the batters to hit.
- The coach can make it harder for the batter by allowing them to only hit between two cones.
- Have the batters use a 'pull shot' and drive the shot with their front foot.

Coaching points / Success criteria

- Hit the ball hard and into parts of the field where you will be able to get the most runs.
- Stand side-on when batting.
- Your head and whole weight should be pointed towards the ball as you swing.

Key questions

- How do you hit the ball a long way?
  (Make sure to swing the bat hard while keeping an eye on the ball.)
- Where should you hit the ball to get the most runs?
  (At gaps between the fielders – that means it takes more time for them to reach it!)

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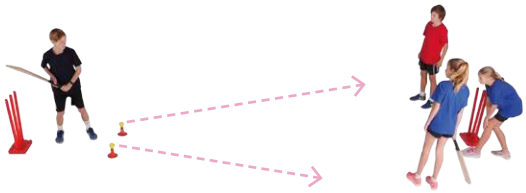

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SUPERSTAR CRICKET ACADEMY