

Cricket Skills - Secondary



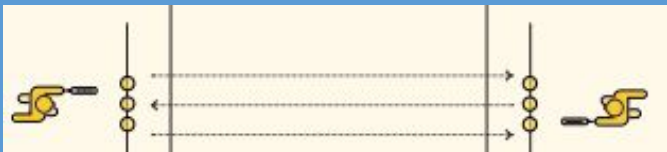
Challenge 1 – Run '3'

Set Up:

- Mark out a cricket pitch specific to the year group taking part:
- Y7: 18 yards
- Y8: 19 yards
- Y9: 20 yards (girls) 21 yards (boys)
- Y10: 21 yards (girls) 22 yards (boys)
- <https://vimeo.com/359499989>

Rules:

- Each player takes it in turn to run a 3 as fast as they can from a standing start
- Ensure that the bat is touched down behind the crease each time
- Fastest time is recorded



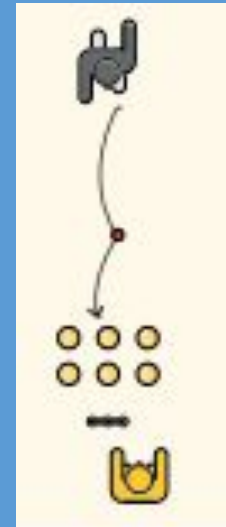
Challenge 2 – Star Strike

Set Up:

- Set up two sets of stumps with marked crease lines the relevant distance apart for the year group:
- Y7: 18 yards
- Y8: 19 yards
- Y9: 20 yards (girls) 21 yards (boys)
- Y10: 21 yards (girls) 22 yards (boys)
- Mark 10 cones in a cluster area approx. 1 metre in front of the stumps
- <https://vimeo.com/359499929>

Rules:

- Bowlers bowl an over (6 deliveries) to see how many points they can score
- Points: 1 for cone strike, 2 for stump strike – 3 for both



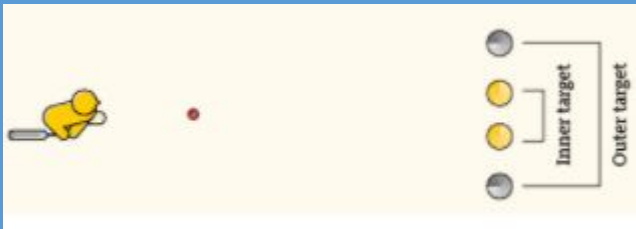
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Challenge 3 – Striking Star

Set Up:

- Set up striking area and a target area marked by 2 cones (inner target, 1m apart) and 2 further different coloured cones (outer target, a further metre apart).
- Ball to be bowled from 10m (with a bounce)
- <https://vimeo.com/359499864>



Rules:

- Batters have 10 goes to hit as many balls as possible through the target areas
- Inner target = 4 runs, Outer target = 1 run
- Players total and record score

**Deadline for entries is
Friday 28th May**

**Good Luck to all
participants!**

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Adaptations for Pupils Home-Learning:

Equipment:

- Instead of cones, you could use items such as upturned flower pots or plastic cups to mark out the target areas.
- If you don't have a suitable ball, you could use rolled up socks, or scrunched up newspaper (if you tape around the scrunched up paper it makes a much better ball)
- If you don't have a bat, you could use a tennis racquet or a walking stick, or even a newspaper rolled up into a long tube
- If you don't have stumps you can draw them on a wall or wheelie bin with chalk

- For Challenge 2, instead of using cones you could cut out circles of cardboard, or even draw cone-sized circles on the floor in chalk

Marking out distances:

- If you don't have access to a tape measure or ruler, you can roughly pace out the distances (one large pace is roughly equal to 1 metre)