

2022 ALL STARS CRICKET CURRICULUM

The curriculum for All Stars Cricket is laid out in the following pages. As mentioned in the Changing activities section, this should be used as a blueprint with which to deliver to your own group and should be adjusted and changed to the needs of your All Stars. On each curriculum card you will find a diagram of the setup, details on how to make it harder or easier and also advice on how to engage grown ups and make sessions competitive. Don't forget to visit www.icoachcricket.co.uk to see videos of each activity and additional "how to" videos on a range of subjects.

WEEK BREAKDOWN

WEEK 1. CATCHING

WEEK 2. COMMUNICATION

WEEK 3. BATTING

WEEK 4. RUNNING

WEEK 5. TEAMWORK

WEEK 6. BOWLING

WEEK 7. THROWING



CATCHING

"Catches win matches!"

Time to get your first badge - catching! Catching is a really important skill in cricket. Always remember to cup your hands together and watch the ball as it lands in your palms.



KEY POINTS FOR CATCHING

- Position yourself under the ball
- Watch the ball when it is in the air
- Cup hands to catch the ball

Warm Up:

Head Shoulders Knees, Ball

Bowling:

Star Shapes

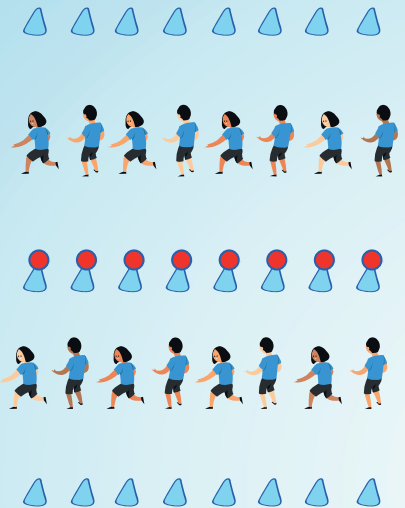
Batting:

The Space Race

Fielding:

Star Skills

HEADS, SHOULDERS, KNEES, BALL



COMPETITION CORNER

Scores can be kept in one to one matches or accumulate scores for one team versus another. A great way to rotate who plays against who is by forming a competition ladder where after five rounds, the winners move in one direction and the losers move the other way.

COVID-19 Modifications

- Cones and pairs to be >2m apart
- Balls and cones to be sanitised after activity
- Amend so that each child is working with their own ball and it is a race to put their own ball back on the cone.
- If working in pairs, remain in the same pair for the duration of the activity



Aim

- ✓ Fast reactions
- ✓ Listening
- ✓ Competition

Equipment



Organisation

- ✓ All Stars find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each All Star is another cone.
- ✓ All stars touch body parts as instructed by activator.
- ✓ When they hear 'cone' they race around the cone behind them.
- ✓ When they hear 'ball' they race to pick up the ball quicker than their partner.

CHANGE IT! Adaptation / Variation

Easier:

- More time between each instruction.
- Use small number of instructions.
- Shorten distance to cone behind them.
- Use larger balls.

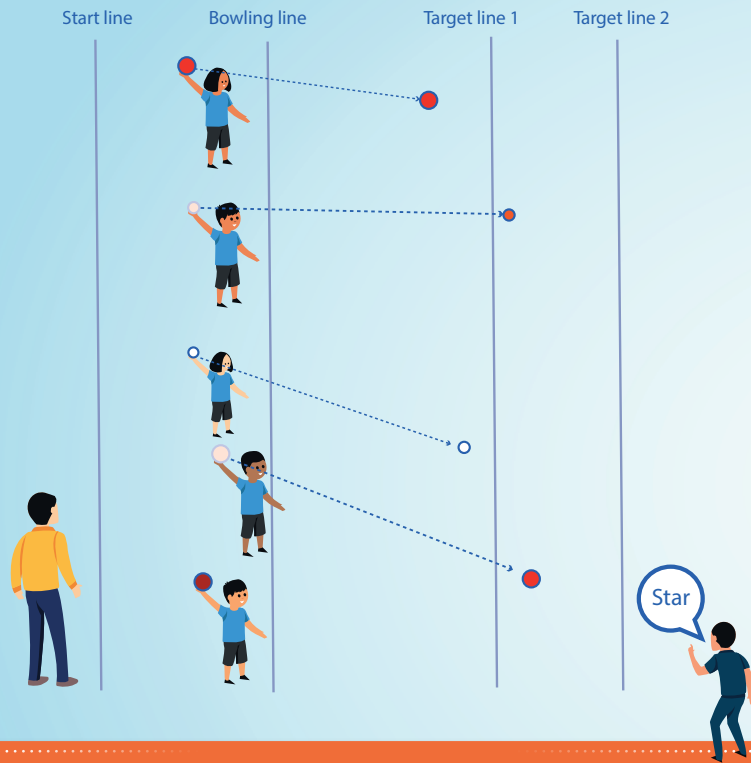
More Challenging:

- Speed up the rate of instructions.
- Vary instructions to complete tasks as well as finding body parts.
- Start with their backs to each other.
- Increase distance to cone behind them.

GET THE ADULTS INVOLVED

All Stars can play against their adults. Adults can also keep score between a pair of All Stars.

STAR SHAPES



COMPETITION CORNER

Embed competition into this game by grouping the players into teams and creating an aggregate score.

COVID-19 Modifications

- Setup children at least 2m apart.
- Children retrieve their own ball.



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ Players start holding a ball at a start line with a bowling line 5–10 metres away and two target lines beyond that.
- ✓ On the call of 'go' players can move forward towards the bowling line.
- ✓ When the Activator shouts 'stars' the players jump into a side-on 'star shape' with the ball in their outside hand and other hand facing forward.
- ✓ If any players don't get into a star shape within an allotted time they go back to the start line.
- ✓ Once the players reach the bowling line they must jump into the star shape and bowl the ball with a straight arm.

CHANGE IT! Adaptation / Variation

Easier:

- Start with players on the bowling line for their first go already in a star shape.
- Reduce the distance to the target line.
- Start at walking pace.
- Give the All Stars more time to adopt a star shape.

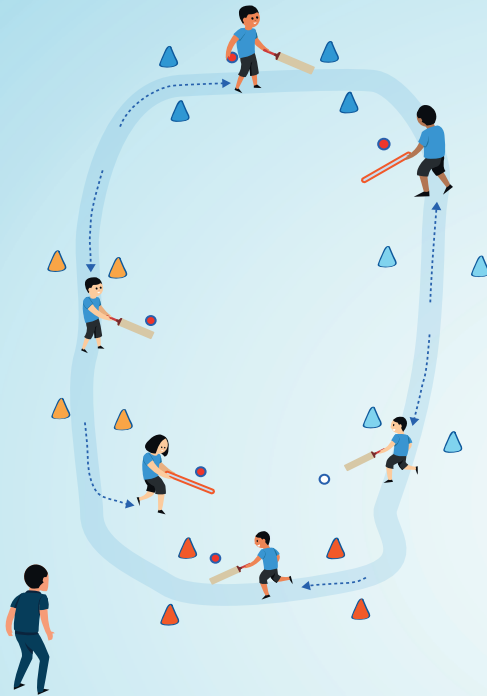
More Challenging:

- Reduce the time to get into star shape.
- Increase the distance between bowling and target line.
- Decrease the distance between the target lines where the ball has to bounce.

GET THE ADULTS INVOLVED

Asking adults to field the ball and throw it back to their All Star, as well as judging the bowl and keeping score, could be a way to speed up the activity and keep everyone involved.

THE SPACE RACE



COMPETITION CORNER

Working in pairs and having a time limit to meet as many planets as possible will create a more exciting and competitive game.

COVID-19 Modifications

- Creating more stations (planets) increases the distance between participants.
- Children use their own equipment.
- By increasing the space, there is less chance of children going near each other.



Aim

- ✓ Watch and hit a moving ball with a free swing of the bat.

Equipment



Organisation

- ✓ Players need to visit as many 'planets' (sets of cones) as possible by dribbling the ball with their bat.
- ✓ Players can visit the planets in any order.
- ✓ Activator should aim to get as many players moving as possible.
- ✓ With more space, include more planets.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger ball.
- Decrease the size of the course and /or increase the size of the planets.
- Play in teams.
- Move around without the ball.

More Challenging:

- Sidestep/different ways of moving between each planet; figure of 8 at each planet.
- Bounce ball on bat.
- Use stump instead of a bat.

GET THE ADULTS INVOLVED

To make things more fun and challenging for your All Stars introduce adults into the space to act as 'aliens' that get in the way and other adults with beanbags that they can throw at the balls as 'meteors'.

STAR SKILLS



COMPETITION CORNER

See how many times an All Star can perform a designated skill in 20 seconds. Repeat the exercise to see if they can beat their own personal best.

COVID-19 Modifications

- Use a larger area to maintain social distancing.
- Children to use their own ball.
- Create a grid with cones and or ropes whereby children stay in their own part of the grid.



Aim

- ✓ Different whole-body movements.
- ✓ Watch and catch a ball.

Equipment



Organisation

- ✓ Ensure every player has a ball or beanbag.
- ✓ All activity should happen whilst moving continually.
- ✓ Start by instructing players to try different skills – eg low catch, bounce and catch, roll and retrieve.
- ✓ Develop skills that require interaction – eg place your ball on the floor and collect someone else's, swap balls with a partner.
- ✓ Encourage players to create the next challenge or skill.

CHANGE IT! Adaptation / Variation

Easier:

- Start with simple skills where the ball doesn't leave the body – ie 'roll it around your belly'.
- Start with players standing still to perform the skills.
- Decrease the size of the space.
- Use larger ball.

More Challenging:

- Increase the amount of and speed of commands.
- Move around the space in different ways, such as hopping or sidestepping.
- Introduce one-handed catching.
- Designate different skills numbers rather than names.

GET THE ADULTS INVOLVED

Kids can be really challenged to be creative by pairing up with their adults and asking each to come up with a skill that their partner can copy.

WEEK 2

COMMUNICATION

"LISTEN UP!"

This week the achievement badge is for **communication**. To communicate well, you need to be able to **talk** and **listen** well.

This could help you when deciding whether to run or not when in bat. Or when fielding, it will help you decide where to throw the ball to try and run the batter out.



KEY POINTS FOR COMMUNICATION

- Emphasise listening skills are important
- Encourage lots of talk in fielding activities

Warm Up:
Volcanoes and Craters

Bowling:
Orbit bowling

Batting:
Rocket Fuel Batting

Fielding:
Meteor Catch

VOLCANOES AND CRATERS



Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

Equipment



Organisation

- ✓ Two teams – volcanoes and craters
- ✓ Spread cones out over playing area as volcanoes (down) and craters (up)
- ✓ The teams turn as many of their opposition's cones over as possible
- ✓ Cones cannot be protected
- ✓ Use different types of movement around playing area
- ✓ Count the cones at the end to decide a winner.

CHANGE IT! Adaptation / Variation

Easier:

- Use cones only without balls
- Use two hands to turn cone over
- Match players to ability/age
- Decrease size of playing area

More Challenging :

- Different movement pattern around the space - eg hop/skip/side gallop
- Introduced balls or beanbags
- Play with uneven numbers in team
- Give one team a head start

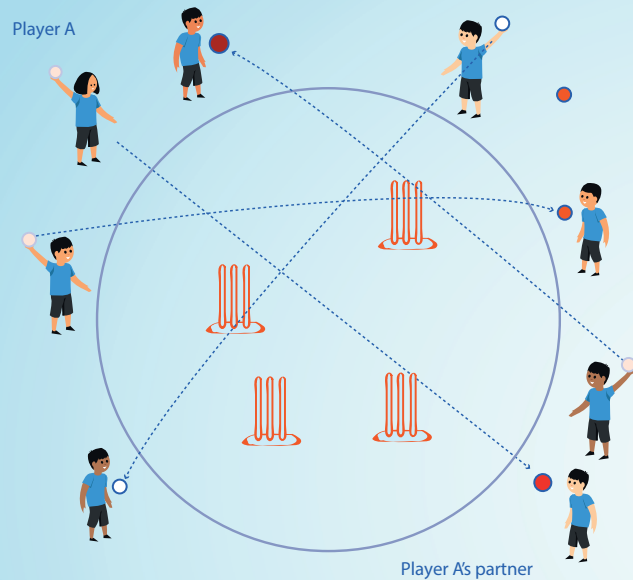
COMPETITION CORNER

Creating teams with uneven numbers, with less developed or younger All Stars in the bigger team, can be a great way of levelling the playing field and challenging older and more developed All Stars.

GET THE ADULTS INVOLVED

Adults versus All Stars in this game can be great fun but maybe also ask the kids to come up with different ways to move around the space.

ORBIT BOWLING



Aim

- ✔ Straight arm when bowling
- ✔ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✔ Set up a circle using ropes or cones that is an appropriate size to challenge the group
- ✔ Players work in pairs with their partners stood directly opposite them across the circle
- ✔ To start the activity pairs bowl using a star shape and straight arm across the circle
- ✔ Introduce sets of stumps into the middle of the circle and ask players to knock them down as a group
- ✔ Once all stumps are knocked down the group put them back up and repeat.

CHANGE IT! Adaptation / Variation

Easier:

- Make the circle smaller
- Use larger balls
- Group the stumps closer together
- Change the shape to make some directions easier – (ie short side of rectangle).

More Challenging:

- Make the circle larger, spread out stumps, turn them side-on or remove stumps
- Ask more developed players to have a run up to bowl
- Use adults in the circle defending the stumps with bats.

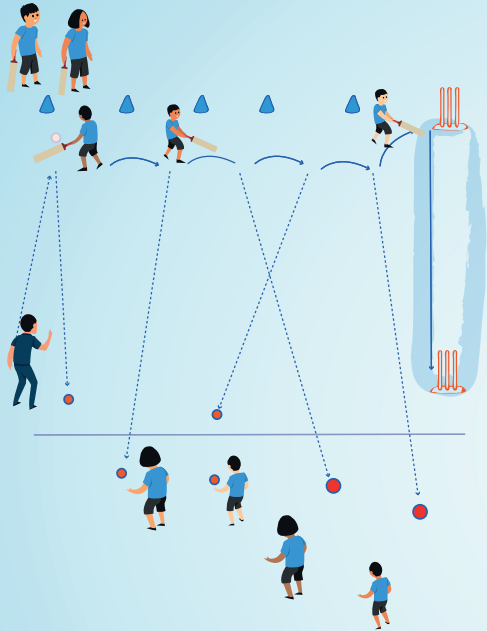
COMPETITION CORNER

Get two different groups competing against each other by creating two shapes with the winning team being the first to knock down their stumps.

GET THE ADULTS INVOLVED

Adults can be used to make this game flow easier by fielding balls and kicking balls out from inside the circle, ensuring All Stars get to spend more time bowling.

ROCKET FUEL BATTING



Aim

- ✓ Watch and hit a moving ball with a free swing of the bat
- ✓ Run between the wickets
- ✓ Stop, catch, throw!
- ✓ Teamwork.

Equipment



Organisation

- ✓ One batting team and one fielding team
- ✓ Waiting batters take part in catching challenges with a volunteer until last ball is hit
- ✓ Batter hits four balls in a row as far as they can
- ✓ After last ball, they complete as many runs as possible
- ✓ Fielders must remain behind a safety line
- ✓ Fielders cannot move until last ball is hit
- ✓ Fielders return all balls to bowler to stop batter running
- ✓ Both teams bat.

CHANGE IT! Adaptation / Variation

Easier:

- Drop feed rather than throw
- Roll ball feed
- Decrease running distance
- Use larger ball.

More Challenging:

- Increase running distance
- Deliver the ball quicker
- Give more scoring areas or a boundary
- Use smaller ball.

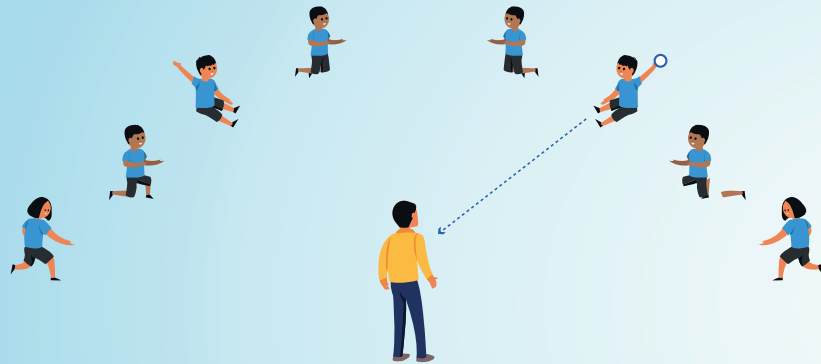
COMPETITION CORNER

To develop basic tactics around running and make the game even more competitive you give the batter 'out' by reducing runs from the score if they are in mid-run when the last ball comes in.

GET THE ADULTS INVOLVED

Whilst our All Stars are waiting to bat in this game they are encouraged to take catches between themselves to score runs. Adults can be used to help organise this and keep score.

METEOR CATCH



Covid 19 Modifications

- Cone off space to ensure social distancing
- Clean the ball and hand sanitise between rounds

COMPETITION CORNER

This activity is very competitive with kids aiming to compete with themselves. Splitting into smaller groups and asking the all stars themselves to act as the thrower will really challenge them. Maybe set a timer and see how many successful catches each group can make.



Aim

- ✓ Practice catching
- ✓ Develop and challenge reactions
- ✓ Develop focus

Equipment



Organisation

- ✓ All Stars stand in a semi circle facing the activator or adult helper with a ball.
- ✓ Activator will throw the ball to All Stars in turn.
- ✓ If All stars catch or drop the drop the ball they drop down a step or come up a step as below.
- ✓ Step 1 : One knee down, Step 2 : Two knees down, Step 3 : Sitting, Step 4 : Lying Down.
- ✓ Introduce moving back and forth from a cone between throws

CHANGE IT! Adaptation / Variation

Easier:

- Slow down the pace of the ball
- Allow more time between delivering the ball
- Call a name or make eye contact with the All Star you are throwing too

More Challenging:

- Increase the speed of the throw
- Vary height and direction of the throw
- Give less indication to catcher that they are going to have it thrown their way

GET THE ADULTS INVOLVED

Grown ups can easily be mixed into this activity to compete alongside their All Stars in staying up as long as possible. Just make sure to make it a little tougher for them.

BATTING

"WATCH IT AND WHACK IT!"

This is one of our most popular badges - it's for **batting!** It's such a nice feeling when you hit a great shot - so make sure you **watch** the ball, give the bat a swing and make good **contact**.

If you can do this, you'll soon be scoring **lots of runs!**



KEY POINTS FOR BATTING

- Try to hit with the bat straight on to the ball
- Watch the ball throughout the swing

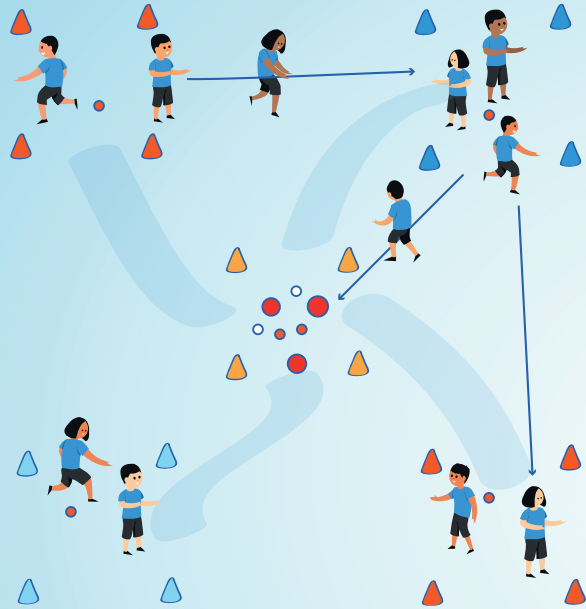
Warm Up:
Space Invaders

Bowling:
Bowl a goal

Batting:
Hit Through the Milky Way

Fielding:
Clean your Planet

SPACE INVADERS



Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

Equipment



Organisation

- ✓ In small teams, one at a time, players take turns to steal balls from the middle and return to their planet
- ✓ Once all balls are taken from the middle, teams can steal balls from other planets
- ✓ The team with the most balls on their planet wins.

CHANGE IT! Adaptation / Variation

Easier:

- Reduce running distance
- Simplify rules
- Use one type of ball
- Increase numbers in teams.

More Challenging:

- Reduce numbers in teams
- Increase the size of the playing area
- Change how players move across the space to and from balls
- Introduce a throw back to the other players BUT it only counts if they catch it cleanly.

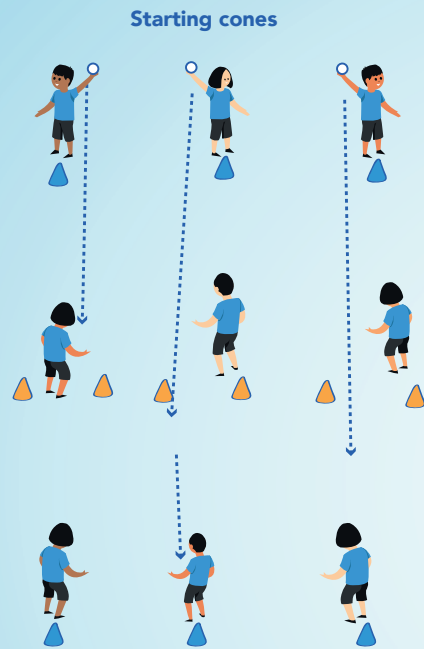
COMPETITION CORNER

Designate different points values to different balls/beanbags and watch the kids get more competitive and try to work out tactically which balls to take.

GET THE ADULTS INVOLVED

One challenge with running this game is organising lots of groups and ensuring our All Stars don't set off too early. Engaging parents to control this area can be really helpful.

BOWL A GOAL



COMPETITION CORNER

Splitting into three teams, fielders and two teams of bowlers rotating around, can allow for a group score to make the game more competitive.

COVID-19 Modifications

- Play in pairs rather than in threes.
- No defender in the middle of the activity fielding.



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ Create a goal using two cones and have two bowling lines either end of the playing area.
- ✓ All Stars play in threes with a bowler either end and a fielder defending the goal in the middle.
- ✓ The fielders defend three balls bowled from each end before rotating and taking their turn to bowl.
- ✓ Players score 1 point for getting the ball in the goal, 5 points for getting it past the fielder and 10 points for getting it to their partner.

CHANGE IT! Adaptation / Variation

Easier:

- Bowl from stationary position through goal.
- Increase the size of the goals.
- Decrease bowling distance between partners.
- Use larger ball.

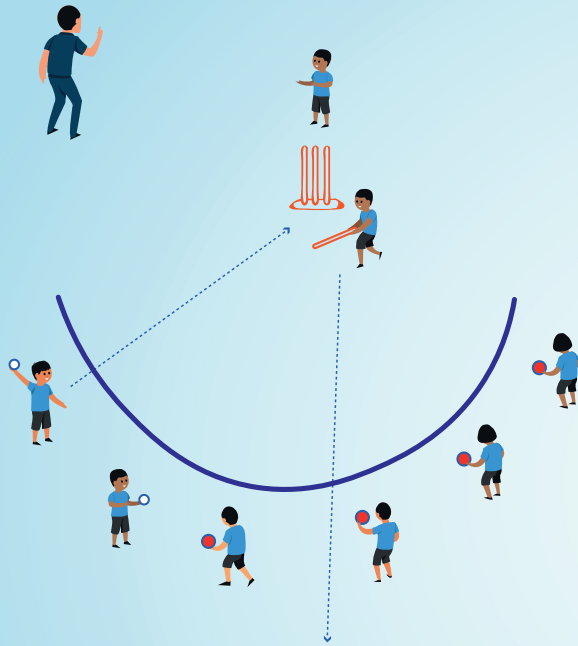
More Challenging:

- Reduce the size of the goals.
- Increase the bowling distance.
- Introduce a run up to bowl.
- Use smaller balls.

GET THE ADULTS INVOLVED

Introducing an adult team, with a really small goal, into this activity can really increase the level of competition and make the game even more exciting for our All Stars.

HIT THROUGH THE MILKY WAY



Covid 19 Modifications

- Make sure kids are evenly spaced with adequate distance between them on the line
- Ensure cleaning of equipment between rounds
- Players use their own bat and ball throughout the activity

COMPETITION CORNER

Place a score on certain shots or outcomes (e.g. hit in the air over the top), with kids keeping their own score and trying to improve it each time, will make this activity super competitive. You can also increase the challenge by having an automatic change over if the stumps are hit.



Aim

- ✓ Get lots of goes hitting the ball
- ✓ Hitting the ball coming from different angles (Varying line)
- ✓ Hitting over the top

Equipment



Organisation

- ✓ One player bats in front of stumps. Bowlers/feeders stand along semi circle of rope a safe distance back.
- ✓ Batter faces balls in turn from the feeders/bowlers.
- ✓ Once they have faced all deliveries the group rotate with wicket keeper becoming batter and feeders moving across.

CHANGE IT! Adaptation / Variation

Easier:

- Feeders make the delivery slower
- Roll the large tennis balls along the line
- Use a larger ball for kids that struggle to hit smaller ones

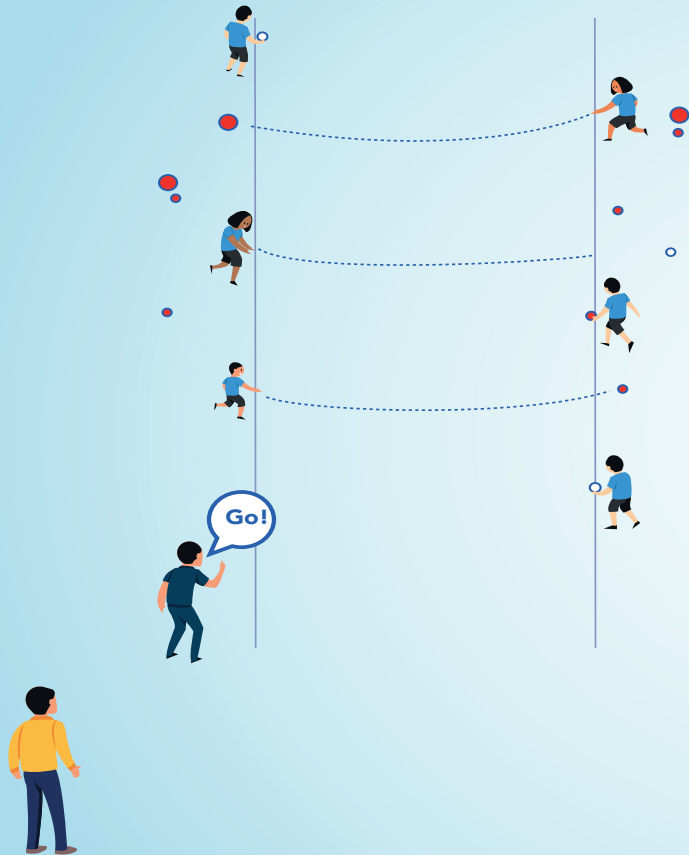
More Challenging:

- Feeders speed up delivery and reduce time between deliveries
- Allow feeders to bowl with a run up
- Increase the distance from the batter to the line
- Make batters perform a run to the line and back between shots

GET THE ADULTS INVOLVED

Grown ups are a great help in retrieving balls hit over the top. Although the kids could retrieve their own balls this may speed up the activity meaning kids get more goes.

CLEAN YOUR PLANET



Aim

- ✓ Watch and stop a ball then throw it
- ✓ Make quick decisions
- ✓ Teamwork.

Equipment



Organisation

- ✓ Two teams
- ✓ Activator shouts 'go', and players on both teams roll or underarm throw their balls to their opposition's planet
- ✓ Play should continue until the call of 'stop'

- ✓ The team with the fewest balls on their planet are the winners
- ✓ After several rounds, bowling can be introduced.

CHANGE IT! Adaptation / Variation

Easier:

- Seated roll a ball to a partner
- Roll ball to partner standing up
- Face opposite partner in a line – give a call to run and swap places
- Use larger balls.

More Challenging:

- Play with smaller team numbers
- Increase size of playing area
- Introduce a back line so balls only count if they remain in the area.

COMPETITION CORNER

As an extension to this game you can split up into smaller groups and create a number of circles to represent the planets that need cleaning.

GET THE ADULTS INVOLVED

Kids love to play 'Clean your planet' against adults and in our experience always seem to win.

WEEK 4

RUNNING



KEY POINTS FOR RUNNING

- Run hard towards the ball when fielding
- Shorten your steps and get low to change direction

"RUNS CAN WIN YOU THE GAME"

Are you a good **runner**?

Great - well you'll love this badge. In cricket, players are running all the time.

Batters run between the wickets to score runs, fielders run to stop the ball and bowlers run **VERY** fast to help them bowl as quickly as they can.

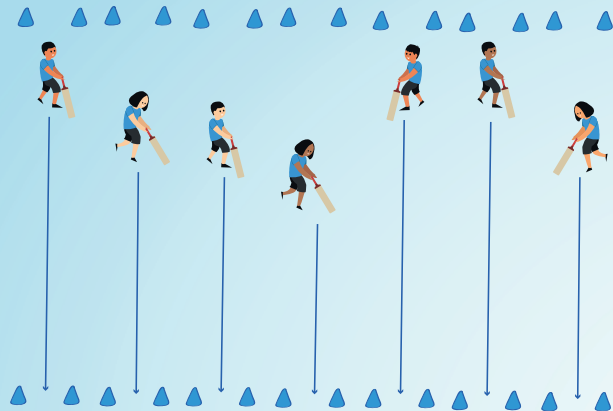
Warm Up:
Yes, No, Wait

Bowling:
Rapid Rocket Bowling

Batting:
Deep Space Batting

Fielding:
Visit the Solar System

YES, NO, WAIT



COMPETITION CORNER

Shorten the distance and see how many runs the players can make while the ball is hit and retrieved by the Activator BUT the score goes to zero if they're mid-run when the ball comes back in.

COVID-19 Modifications

- Children to be >2m apart for activity.
- Children to use their own bat.



Aim

- ✓ Get ready for action.
- ✓ Run between the wickets in straight lines.
- ✓ Develop sliding the bat over the line.
- ✓ Respond to calls and make decisions.

Equipment



Organisation

- ✓ Line up all players behind cones on start line.
- ✓ Batters respond to Activator's calls.
- ✓ 'No' = stay still or return to line.
- ✓ 'Yes' = run through to other line.
- ✓ 'Wait' = slowly sidestep out from line dragging bat and prepare to return to line (no) or run through (yes).
- ✓ Encourage the group to repeat the call and all call 'yes' or 'no'.
- ✓ Once players have got the idea then ask them to react to the Activator hitting the ball.
- ✓ Activator hits ball out of the area (yes).
- ✓ Activator misses the ball (no).
- ✓ Activator hits the ball short into the area (wait).

CHANGE IT! Adaptation / Variation

Easier:

- Use only yes/no calls.
- Remove bats.
- Reduce running distance.

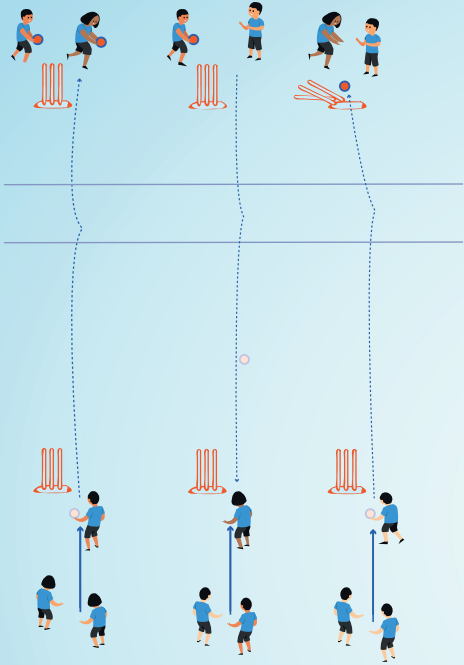
More Challenging:

- Hop/skip/jump variations to move between lines.
- Last one back is 'out'.
- Run with bat.
- Increase running distance.

GET THE ADULTS INVOLVED

Get adults on the pitch crossing over with their All Stars as batters do in the full game of cricket, even more fun if the kids get to choose how they move between the lines.

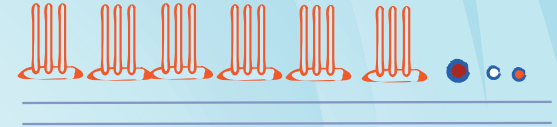
RAPID ROCKET BOWLING



Aim

- ✔ Straight arm when bowling.
- ✔ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✔ In small groups make one player a wicket keeper and ball returner and have the others bowling in turn.
- ✔ The aim is to bowl the ball and bounce it between the two ropes in the target area.
- ✔ If the ball bounces in the area teams score a point and if it then goes on to hit the stumps its 5 points.
- ✔ Swap the wicket keeper after 6 balls.

COMPETITION CORNER

Using another two ropes or cones, include a smaller target area inside the original target area. If it lands in the outer area, the bowler scores 5 points and if it lands in the inner area they score 10 points. Bowl six balls, keep their score and see what the highest score is that they can achieve.

COVID-19 Modifications

- Cones to be at least 2m apart.
- Children to work in pairs using the same ball.

CHANGE IT! Adaptation / Variation

Easier:

- Decrease pitch length.
- Aim for target rather than stumps.
- Use larger ball and/or two sets of stumps.
- Match players by ability.

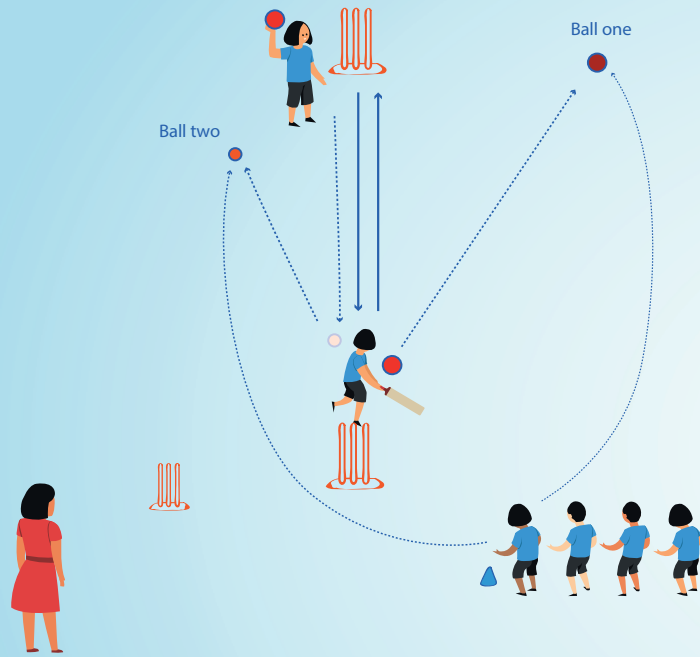
More Challenging:

- Increase pitch length.
- Remove stump each time one is hit until none are left.
- Use smaller ball.
- Compete in a relay against other pairs or teams.

GET THE ADULTS INVOLVED

Adults are essential to keep the balls being thrown beyond the All Stars. Adults can also perform the role of batters trying to stop the balls hitting the stumps

DEEP SPACE BATTING



COMPETITION CORNER

This can be turned into a pairs game by having two batters running between the wickets and facing double the amount of balls alternately.

COVID-19 Modifications

- Adapt into smaller groups or pairs, and have ball retrieval zones for fielders or batters to avoid increased sharing of balls.

BATTING

Aim

- ✓ Watch and hit a moving ball with a free swing of the bat.
- ✓ Run between the wickets.
- ✓ Stop, catch, throw!
- ✓ Teamwork.

Equipment



Organisation

- ✓ Players play as one batter, 4–6 fielders and a wicketkeeper.
- ✓ Fielders start on a cone and are designated a ball each to field.
- ✓ The Activator feeds the balls to the batter who hits each ball and the designated fielder comes out from the cone, chases the ball and runs it back into the Activator.
- ✓ The Activator feeds the balls quickly so all fielders are out at the same time, once all four are delivered the batter can run to score as many as they can.
- ✓ If the batter misses the ball, the wicketkeeper retrieves it and throws it into the playing area to be fielded.
- ✓ After playing one round players rotate with the wicketkeeper becoming the batter.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger balls.
- Drop feed or roll the ball to the batter.
- Shorten the running distance to help score more runs.
- Activator can assist younger or less developed players by kicking balls further if they don't hit it far.

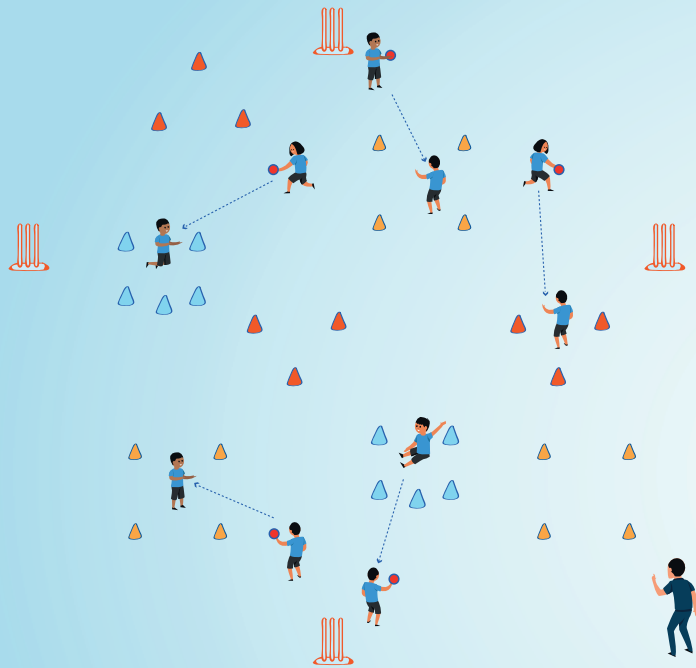
More Challenging:

- Increase the speed of the bowling.
- Encourage the fielders to throw the ball back to Activator.
- Vary where the ball is delivered to encourage more developed players to play different shots.

GET THE ADULTS INVOLVED

Although this game works great with six fielders, the more games with small numbers the better, so ask adults to help with running a group.

VISIT THE SOLAR SYSTEM



Covid 19 Modifications

- Spread shapes out in a larger area to avoid mixing closely
- Clean balls in between rounds of the game
- Avoid mixing up pairs up once they are set

COMPETITION CORNER

Putting a timer on the game and challenging pairs to score as many points as they can will make this a really competitive game. Also why not consider having one group that tries to intercept catches to make it more challenging.



Aim

- ✓ Practice catching
- ✓ Develop throwing
- ✓ Communicate and work together

Equipment



Organisation

- ✓ Cones are set up into different coloured shapes (planets) around the playing area.
- ✓ In pairs with a ball players begin by visiting all "planets of the same shape.
- ✓ The player without the ball runs to the shape and the player with the ball throws it into the shape for them to catch.
- ✓ Introduce scoring and throwing the ball at stumps, on a call from the activator, that are set up on the outside of the playing area when the group are ready

CHANGE IT! Adaptation / Variation

Easier:

- Use bigger tennis balls for players that struggle to catch initially.
- Allow players to roll the ball into the area
- Double up on the sets of stumps, or use an All Stars Pop up banner, as a larger target

More Challenging:

- Increase the size of the playing area
- Increase the distance that the stumps are away from the playing area.
- Keep changing the score of each planet to challenge thinking skills.

GET THE ADULTS INVOLVED

Once All Stars have had a go with their partner, send them off to grab their parent or guardian and challenge them to beat their score.