

# 2022 Dynamos Cricket Curriculum

Each week of Dynamos Cricket involves a Fielding Energiser, followed by a skill builder focusing on batting or bowling and then a game at the end. We have produced a number of modified games that groups can play, along with the full Dynamos Cricket pairs format, and activators should judge the level their group are at to choose which game to play.

The weeks are laid out below but Activators should feel free to adjust to the needs of their group (FE=Fielding Energiser, SB = Skill Builder):

**Week 1:** (FE) All Change, (SB) Super Strike Bowling

**Week 2:** (FE) Team Juggling (SB) Great Length Bowling

**Week 3:** (FE) Further and Further (SB) Hit it Straight

**Week 4:** (FE) Inside Out (SB) Bowl the Perfect Line

**Week 5:** (FE) All Change (SB) Bat To the Sides

**Week 6:** (FE) Team Juggling (SB) Hit The Spot Bowling

**Week 7:** (FE) Further and Further (SB) Hitting into the gaps

**Week 8:** (FE) Inside Out (SB) Hit The Spot Bowling



# Fielding Energisers

Fielding Energisers are the start of your Dynamos Cricket sessions and get your group warm whilst developing fielding skills like throwing, catching and retrieving a moving ball. All the activities have several progressions that take a basic exercise and make it gradually more complex. The activities are designed to not only test skill and physicality but also challenge your groups communication, thinking, personal and social skills.

- ▶ **All Change**
- ▶ **Team Juggling**
- ▶ **Further and Further**
- ▶ **Inside Out**



# All Change

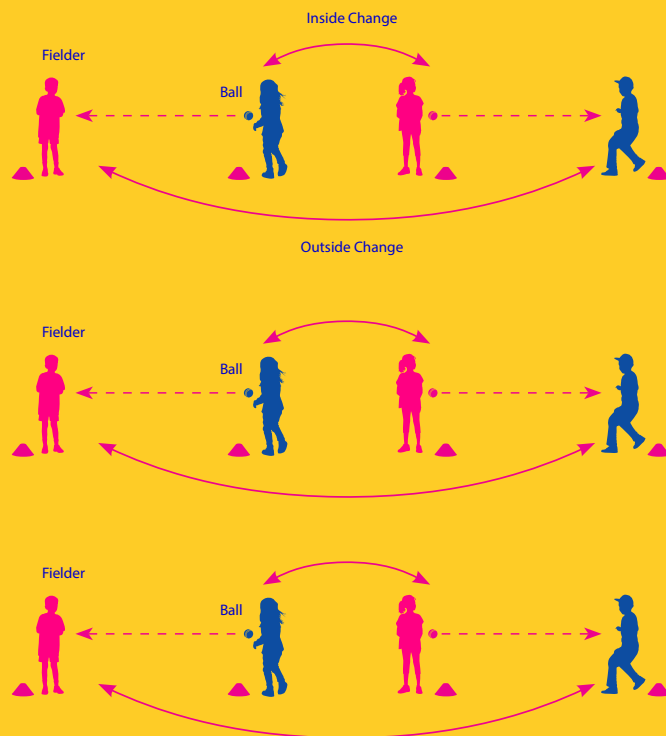
in partnership with



THE HUNDRED

Example Game Structure - 5 Rounds:

1. Roll the ball to your partner
2. Throw Underarm to your partner
3. Bounce ball to your partner
4. Throw overarm to your partner



## Fielding Energiser

### ► Aim:

Develop throwing and catching in pairs. Personal Focus on Doing Your Best and Staying on Task.

### ► Equipment:

Cone per person, ball per pair, spare mixture of balls

### ► Organisation:

1. Throw and catch with a partner
2. Call INSIDE CHANGE and the two inside players swap places (travel WITHOUT the ball).
3. Call OUTSIDE CHANGE and the outer players swap (travel to the right of middle people).
4. Call PARTNER CHANGE and partners swap positions (travel without ball)
5. Vary how partners pass and receive ball e.g. roll, bounce
6. Add ALL CHANGE and go to any position
7. Change rule - only travel WITH ball

### ► Change it - Easier/Harder

Progressive stages achieve this. Consider choice of balls, size of working area, mixing abilities, changing numbers in groups

- Extras:**
1. How did you make sure you were ready to do your best?
  2. What did you do when you made a mistake?
  3. Why is it important to recover from mistakes quickly?
  4. What things did you do to help your partner(s)?
  5. Why might you want to help others when you are playing cricket?

### Get the adults involved:

One per group trying it out too. Separate adults groups. Secret Stats - observing for specific behaviours ie Tally of number of times someone helped someone else or supported their team, or carried on when it went wrong. Could be a worksheet for this in the kids books or to print by Activators.

# Team Juggling

in partnership with



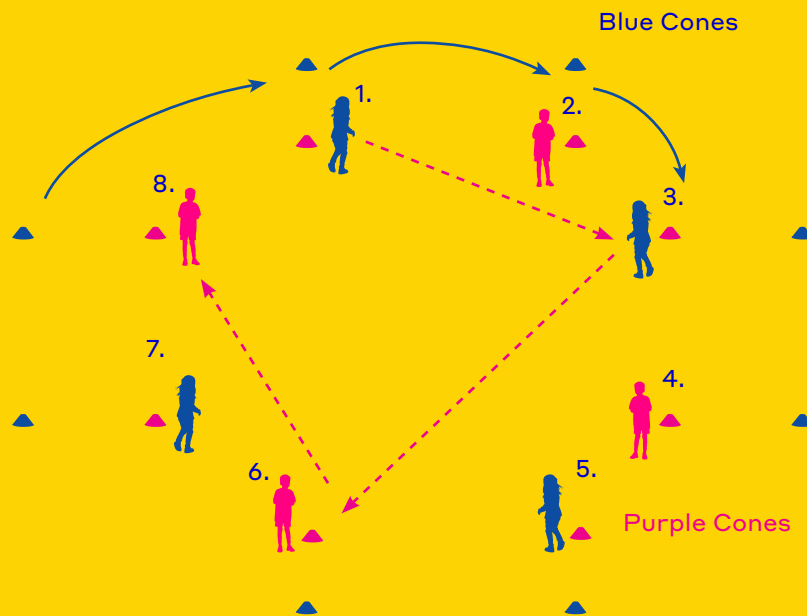
THE HUNDRED

## Example Game Structure - 5 Rounds:

1. Roll the ball to your partner
2. Throw Underarm to your partner
3. Bounce ball to your partner
4. Throw overarm to your partner (Introduce stumps they throw at/to.)



## Fielding Energiser



### ▶ Aim:

Develop throwing, catching and communication skills in larger groups. Personal Focus on Taking Control of the Activity and Trying to Improve.

### ▶ Equipment:

Cone per person to mark out a circle, 3/4 balls per group

### ▶ Organisation:

1. Teams of 5-8 in a circle pass the ball in sequence to each player. Can't pass to person next to you.
2. Decide on different ways of sending balls - roll underarm, throw overarm.
3. Instructions on which direction players travel, i.e. 1 cone left/right, change to outside cones.
4. Add an extra ball(s) as ready. How many balls can you keep going as a group?
5. Call "change" to get balls travelling in the opposite direction.
6. Once thrown, Players follow the ball to stand on a different cone.
7. Combine groups of the same size so there are 2 players at each point and they take turns.

### ▶ Change it - Easier/Harder

Progressive stages achieve this. Consider choice of balls, size of working area, mixing abilities, changing numbers in groups

### Extras:

1. How did you challenge yourself?
2. What things did you improve on as you practised?
3. When did it/would it have helped to organise others in your team?
4. What things did you/can you do to help your team?

### Get the adults involved:

One per group trying it out too. Separate adults groups. Secret Stats - observing for specific behaviours ie Tally of number of times someone helped someone else or supported their team, or carried on when it went wrong. Could be a worksheet for this in the kids books or to print by Activators.



# Further & Further

## Individual & Group Scoring

What other ways can you make catches more challenging for yourself?



## Fielding Energiser

### ▶ Aim:

1. Improve catching at a range of distances
2. Improve throwing over a range of distances
3. Challenge reaction catches
4. Work on picking up a moving ball

### ▶ Equipment:

One ball per pair and 3 lines of cones depending on how many you have available

### ▶ Organisation:

1. Pairs stand roughly a metre away from one another with a thrower holding a ball a catcher facing away.
2. The thrower calls "turn" and throws the ball to the catcher who turns and attempts to catch the ball.
3. If successful the catcher takes a further step away and repeats the process.
4. Players swap places if they drop a ball or if the catcher makes 5 catches in a row.
5. Develop the activity to include running out to retrieve a rolling ball and turning on the far cone to catch the ball moving.

### ▶ Change it - Easier/Harder

**Easier:** Start facing the thrower. Thrower allows time for the catcher to turn and set themselves before release. Throw slowly and at an easy height to catch.

**Harder:** Thrower releases the ball quicker on the turn from the catcher. Harder/faster throws. Catch one handed. Thrower varies height and direction of throws.

## Understanding the game

Talk to your Dynamos about how different fielding positions might have to make different types of catches. (i.e close fielding positions making reaction catches and deeper fielding positions having to sometimes move a longer distance to make a catch.

## Get the adults involved:

As a pairs drill, this is a great activity to involve kids working with their grown up.

# Inside Out

in partnership with



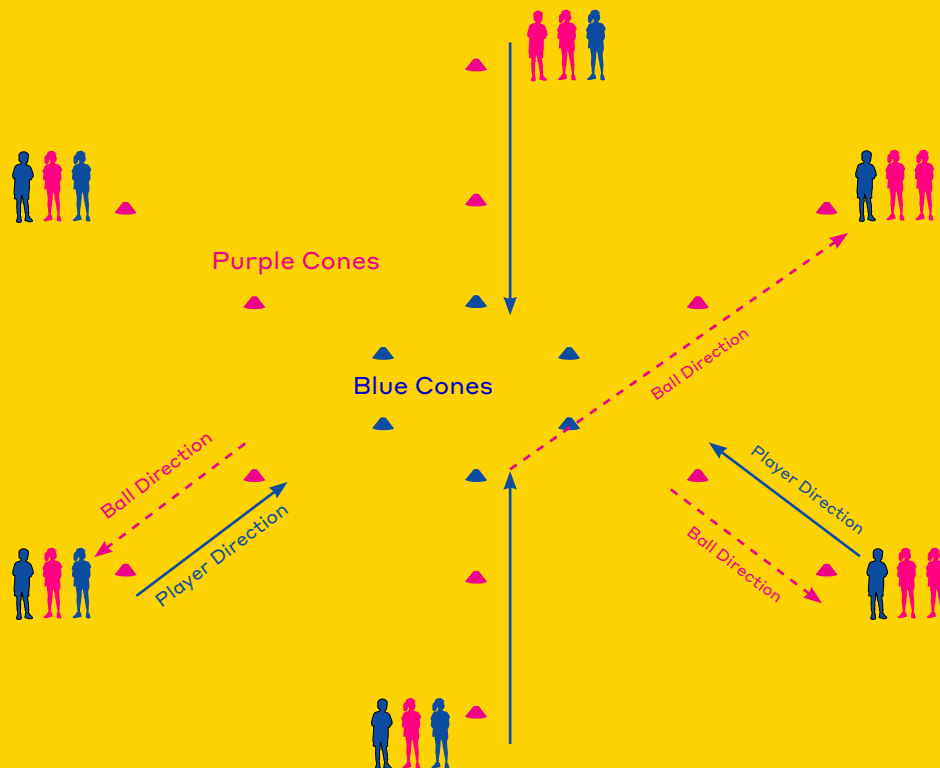
THE HUNDRED

## Example Game Structure - 5 Rounds:

1. Bounce ball to your partner
2. Throw overarm to your partner
3. Throw ball at a target (Introduce Stumps to front of line earlier)



## Fielding Energiser



## ▶ Aim:

Develop Throwing Catching and communication skills in larger groups with distraction from other groups. Cognitive Focus on knowing what we are doing well and How to Improve

## ▶ Equipment:

3 cones per group of 4. All arranged in an interlinking star formation. Ball per group

## ▶ Organisation:

1. In teams of 4, first person travels to nearest cone, circles cone and throws back to next in queue
2. Players run to first cone, then underarm roll back to next player. Progress to choice of either overarm/underarm/bounce back to next player
3. Players run out to cone, as they turn, next player will underarm roll out. Pick up and throw back, then ball passed to next in line
4. Players can choose to travel to furthest cone if they wish and choose their method of returning the ball (carry, roll, throw, other)
5. Steps 1-4 to furthest cone
6. From Step 4, once player has returned the ball, they will move groups, in a clockwise direction. Additional, once thrown players can choose any new cone to start from
7. Add stumps to the front of the line, roll to hit or throw to keeper

## ▶ Change it - Easier/Harder

Progressive stages achieve this. Consider choice of balls, size of working area, mixing abilities, changing numbers in groups

## Extras:

1. What things did you do well?
2. Why is it useful to know this?

## Get the adults involved:

One per group trying it out too. Separate adults groups. Secret Stats - observing for specific behaviours ie Tally of number of times someone helped someone else or supported their team, or carried on when it went wrong. Could be a worksheet for this in the kids books or to print by Activators.

# Skill Builders

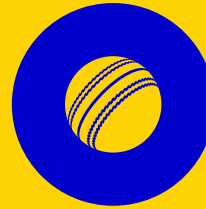
The Skill Builder section of your session is where your group develop the bowling and batting skills to enable them to play games. The activities should be fast flowing and quick giving those players that are bowling or batting lots of opportunities to try things and get better. Although you might like to give some advice on how to bowl or what to do batting wise, the Dynamos Cricket approach is very much about players having a go, making mistakes and working out how to get better

- ▶ **Super Strike Bowling**
- ▶ **Great Length Bowling**
- ▶ **Hit it Straight**
- ▶ **Bowl the perfect line**
- ▶ **Bat to the sides**
- ▶ **Hit the spot Bowling**
- ▶ **Hitting into the gaps**
- ▶ **Bowling variations**



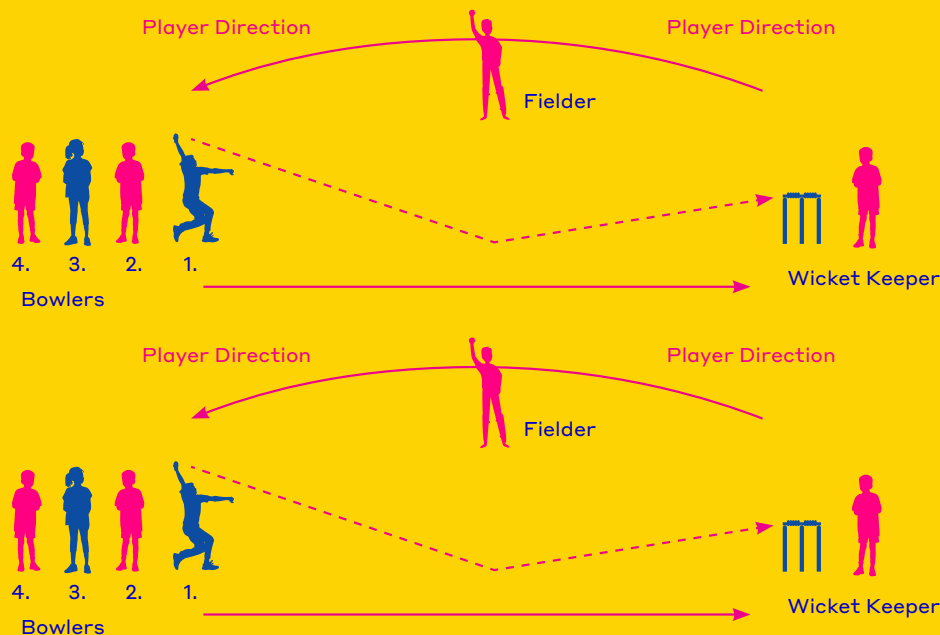
# Super Strike Bowling

Bowl like Saqib Mahmood & Freya Davies



## BOWLING

1. Just let players have a go bowling in the game
2. Introduce scoring system, and ask players to score themselves
3. Try to beat their first individual score
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score plus time trial bonus points



### Individual Group Scoring:

- 1 point:** the ball is bowled and reaches the wicketkeeper  
**2 points:** the ball bounces and reaches the wicketkeeper  
**3 points:** the ball bounces once and reaches the wicket keeper

### ▶ Aim:

Learn and develop the basic overarm bowling action over a Dynamos Cricket pitch length and introduce the wicket-keeping position.

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long.
2. The bowler will bowl the ball, aiming to bounce before the wicket keeper, and rotate through the different positions as the diagram suggests: Bowler > Wicket Keeper > Fielder > Bowling Queue
3. Players will continue rotating until they have bowled at least 5 balls each in each round
4. After each round, bring the children together and ask them to discuss how they could improve their individual/team score.

### ▶ Change it - Easier/Harder

**Easier:** 1. Introduce underarm bowling 2. Bowl overarm but standing still 3. Move the target closer / allow the child to bowl from closer

**Harder:** 1. Progress to bowling with a run up 2. Introduce stumps as a target 3. Bring an adult in act as batter to block ball

### ▶ Understanding the Game

Introduce the concept of 'countdown cricket' to the children, where the number of balls bowled counts down, and the runs or points for the team increase.

### ▶ Get the adults involved:

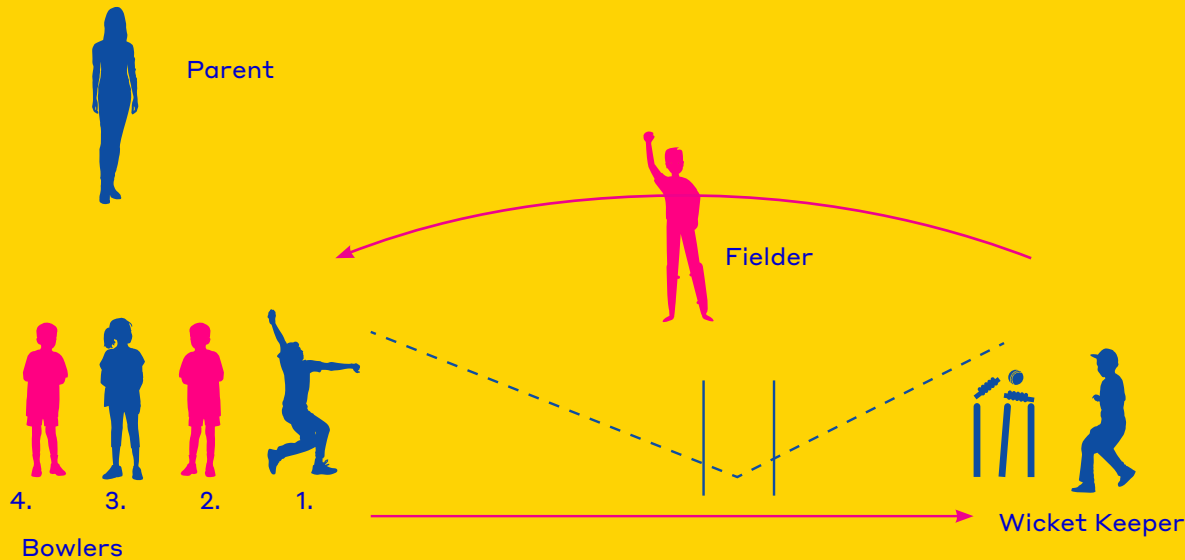
Ask parent to help by backing up for any missed catches



# Great Length Bowling

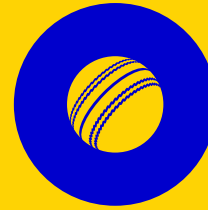
## Bowl like Kate Cross & Jofra Archer

1. Just let players have a go bowling in the game
2. Introduce scoring system, and ask players to score themselves
3. Try to beat their first individual score
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score plus time trial bonus points



### Individual Group Scoring:

- 0 point:** the ball is bowled and reaches the wicket keeper  
**2 points:** the ball bounces once outside the "good length" zone  
**3 points:** the ball bounces once inside the "good length" zone



## BOWLING

### ▶ Aim:

To continue to develop the bowling action. Learn to develop an understanding of how far up the pitch that players should aim to bowl the ball – learn about 'length' in cricket.

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long
2. The bowler will bowl the ball, aiming to pitch / bounce the ball in the "good length" zone and rotate through the different positions as the diagram suggests: Bowler > Wicket Keeper > Fielder > Bowling Queue
3. Players will continue rotating until they have bowled at least 5 balls each in each round
4. After each round, bring the children together and ask them to discuss how they could improve their individual/team score.

### ▶ Change it - Easier/Harder

**Easier:** 1. Introduce underarm bowling 2. Bowl overarm but standing still 3. Remove stumps as a target 4. Move the target closer / allow the child to bowl from closer

**Harder:** 1. Progress to introducing a bowling run up 2. Reduce the number of stumps to make a smaller target 3. Bring an adult in to act as a batter to block the ball

### ▶ Understanding the Game

Introduce the concept of a 'no ball'. A ball can only bounce once, or reaches the batter below their waste. Teach the umpire signal that goes with it, one arm outstretched to your side.

### ▶ Get the adults involved:

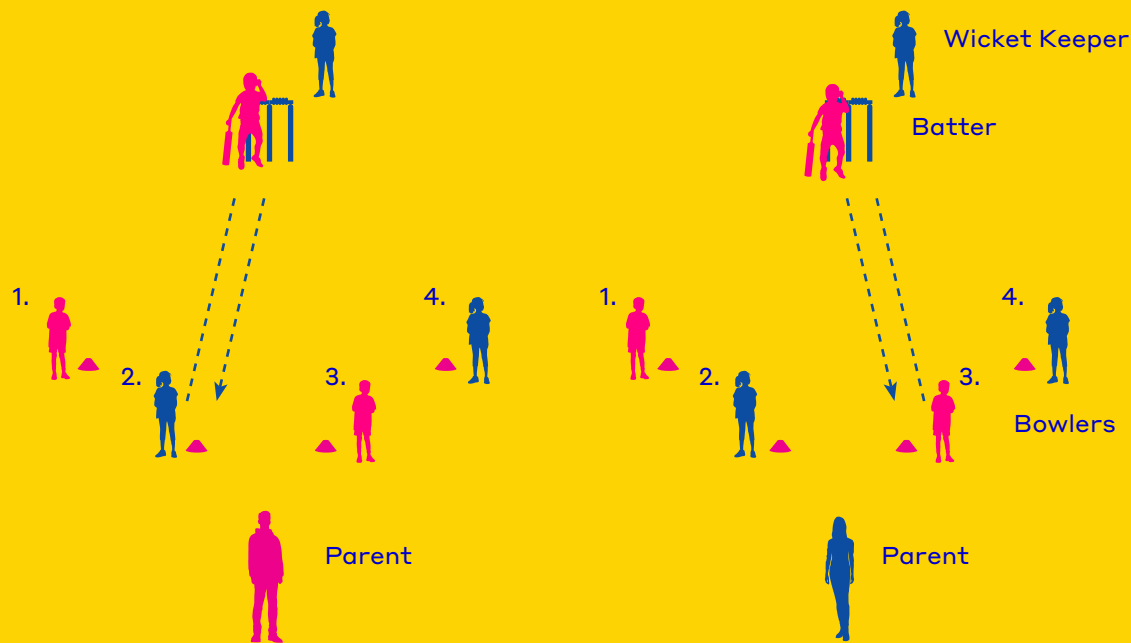
Ask parents to help by signalling when a no ball occurs.

# Hit it Straight like Tammy Beaumont & Joe Root



## BATTING

1. Just let players (batters) have a go bowling in the game
2. Introduce scoring system, and ask players to score themselves
3. Try to beat their first individual score
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score plus time trial bonus points



### Individual Group Scoring:

- 1 point:** each time the batter hits the ball
- 2 points:** each time the batter hits the ball back to the feeder/fielder
- 3 points:** each time the batter hits the ball past the feeder/fielder

### Aim:

- To develop batting skill and ability to hit towards a target. Develop fielder skills of moving to the ball positively, and stopping or catching a moving ball.

### Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6, 1 bat per 6

### Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long
2. The batter will be thrown a ball under arm from each of the other players stood in between the cones.
3. Once the batter has faced a ball from all fielders, all players rotate through the different positions as the diagram suggests
4. Players will continue rotating until they have batted for at least 5 balls each in each round
5. After each round, bring the children together and ask them to discuss how they could improve their individual score as a batter, or taking wickets as a fielder.

### Change it - Easier/Harder

**Easier:** 1. Bring the feeders / fielders in closer 2. A drop feed from the activator / parent – activator can gradually move back until reaching the full length.

**Harder:** 1. Feeders / fielders move further back 2. Aim to hit the ball between the fielders 3. Hit the ball over the fielders

### Understanding the Game

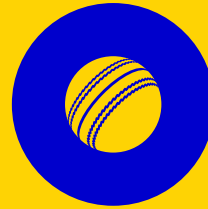
“Introduce the concept of a ‘four’. A four is a shot from the batter that bounces over the boundary line. Teach the signal that goes with it – one arm outstretched waving 4 times in front of the body”

### Get the adults involved:

Ask parents to help by signalling when a four occurs.

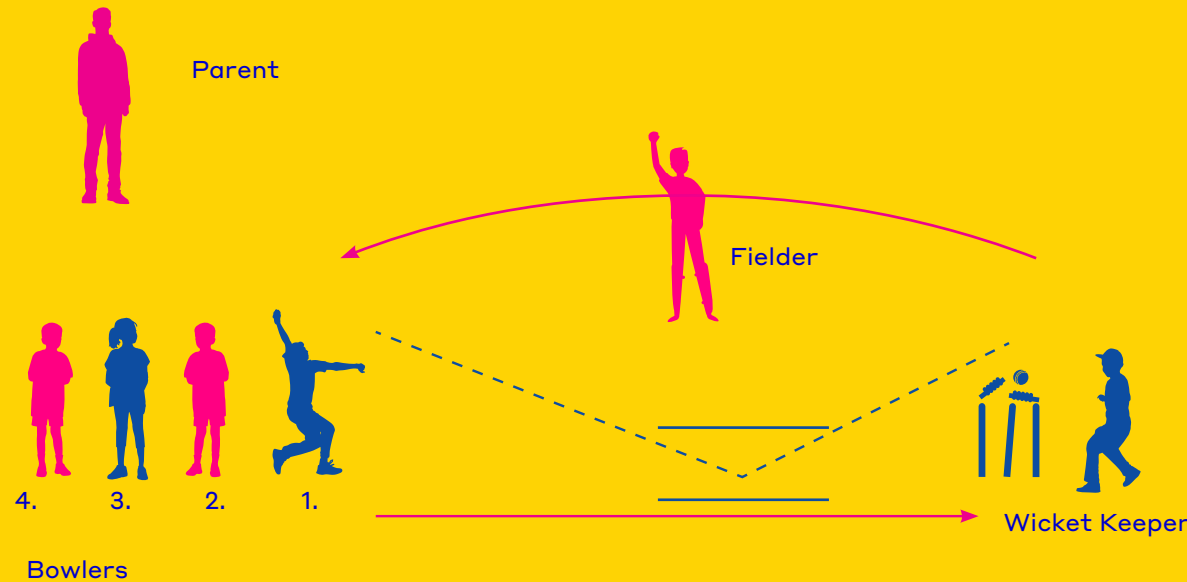
# Bowling The Perfect Line

## Bowl like Katherine Brunt & Ben Stokes



### BOWLING

1. Just let players have a go bowling in the game
2. Introduce scoring system, and ask players to score themselves
3. Try to beat their first individual score
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score plus time trial bonus points



#### ▶ Aim:

To continue to develop and understand the bowling action. Learn to develop an understanding of how players should aim to bowl the ball to hit the stumps – learn about 'line' in cricket.

#### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

#### ▶ Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long
2. The bowler will bowl the ball, aiming to pitch / bounce the ball in the "good line" zone and rotate through the different positions as the diagram suggests: Bowler > Wicket Keeper > Fielder > Bowling Queue
3. Players will continue rotating until they have bowled at least 5 balls each in each round
4. After each round, bring the children together and ask them to discuss how they could improve their individual/team score.

#### ▶ Change it - Easier/Harder

**Easier:** 1. introduce underarm bowling 2. Move the target closer / allow the child to bowl from closer 3. Don't apply points scoring on the first rotation

**Harder:** 1. Progress to introducing a longer bowling run up 2. Take out a stump or two to make a smaller target 3. Narrows the cones to make a smaller target"

#### ▶ Understanding the Game

Introduce the concept of a 'wide'. A ball that is outside of the batters reach. Teach the umpire signal that goes with it – both arms outstretched to the side .

#### ▶ Get the adults involved:

Ask parents to help by signalling when a wide occurs.

#### Individual Group Scoring:

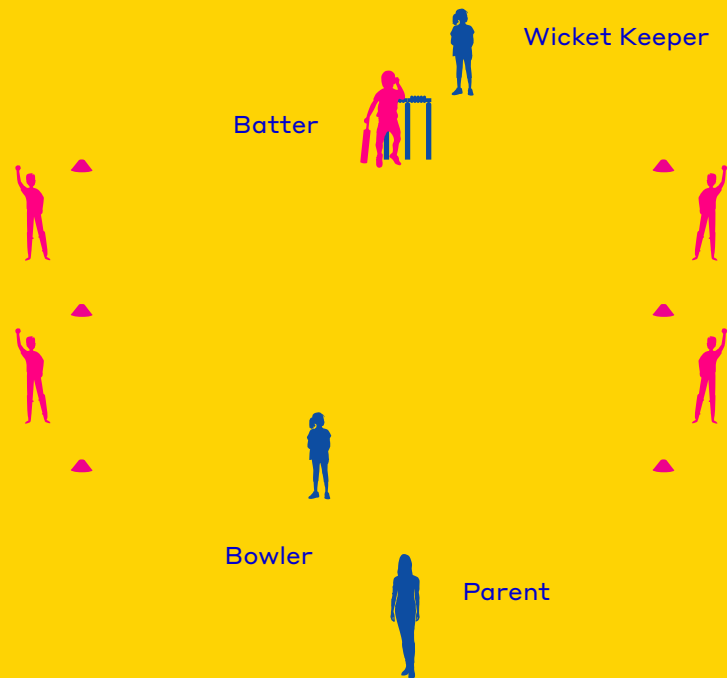
- 1 point: the ball reaches the wicketkeeper bouncing inside the "good line" zone
- 2 points: the ball bounces inside the narrowest cones
- 4 points: the ball bounces inside the cones and hits the stumps

# Bat to the Sides like Jonny Bairstow & Nat Sciver



## BATTING

1. Just let players (batters) have a go at hitting the ball
2. Introduce scoring system, and ask batters to score themselves
3. Try to beat their first pairs score
4. Ask each group to choose a team name and work out their total team score
5. Boundary Challenge vs the other groups – how many boundaries can each team score?



### Individual Group Scoring:

- 1 point:** each time the batter hits the ball into the straight zone
- 2 points:** each time the batter hits the ball into either of the side zones
- 4 points:** each time the batter hits the ball past the fielder in the side zones
- 6 points:** each time the batter hits the ball over the fielder in either zone

### ▶ Aim:

To develop batting skill and ability of children to hit towards a target. This game will develop children's ability to bat in pairs, and hit on both sides of the wicket. Continue to develop fielder skills of moving to the ball positively, stopping or catching a moving ball and throwing to the stumps

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6, 1 bat per 6

### ▶ Organisation:

1. Set up a group of up to 6 players as per the diagram, across a pitch roughly 15 yards long.
2. Break group into pairs: one pair batting, one pair fielding, and one pair bowling/wicket keeping.
3. Players will face 10 balls per pair, before rotating with the other pairs so each player has an opportunity to play in each role. Batter > Wicket Keeper & Bowler > Fielders
4. Batters should swap/cross with their partner after each ball so they have 5 balls batting each.
5. Players will continue rotating until they have tried all roles
6. After each round, bring the children together and ask them to discuss how they could improve their individual/team score as batters, or taking wickets as fielders.

### ▶ Change it - Easier/Harder

**Easier:** 1. Make size zones bigger 2. Feed the balls underarm 3. Feed the ball without a bounce 4. A drop feed from the activator / parent – activator can gradually move back until reaching the full length  
**Harder:** 1. Narrow the size of the scoring zones 2. Complete runs to the other end after each hit 3. Complete 2 runs before the fielder returns the ball

### ▶ Understanding the Game

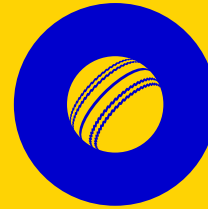
Introduce the concept of a 'six'. A six is a shot from the batter that goes over the boundary line on the full / without bouncing. Teach the umpire signal that goes with it – both arms raised straight above your head

### ▶ Get the adults involved:

Ask parents to help by signalling when a four or six occurs.

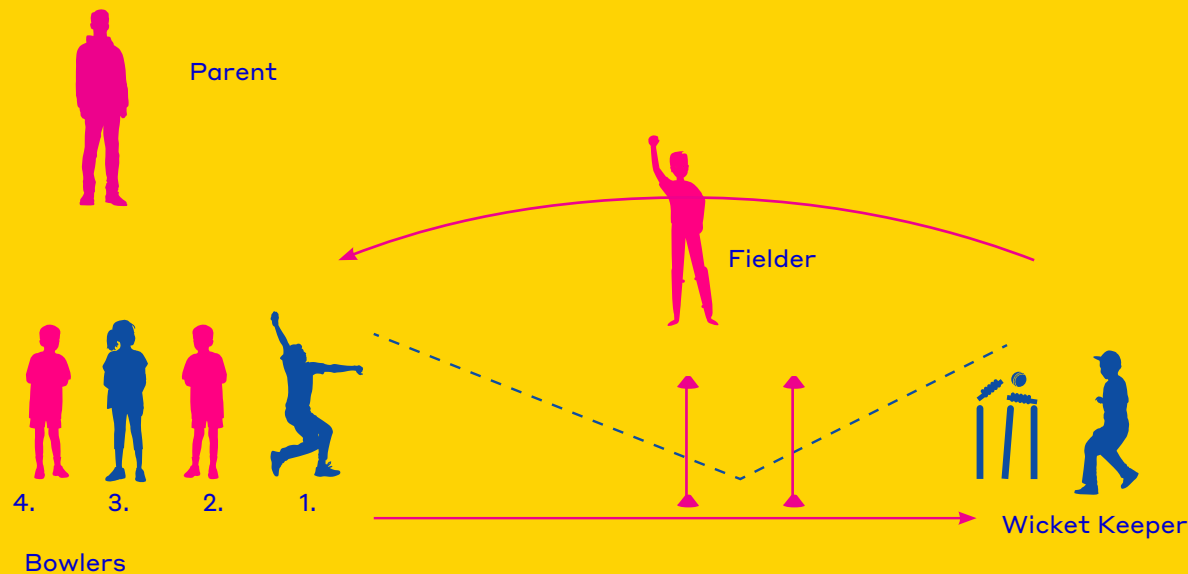
# Hit The Spot Bowling

Bowl like Chris Woakes & Katie George



## BOWLING

1. Just let players have a go bowling in the game, asking to bowl full
2. Introduce scoring system, and ask players to count their score
3. Ask players to score themselves bowling short
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score when all bowling full or short plus time trial bonus points



### Individual Group Scoring:

- 2 points:** the ball lands in the targeted zone (full or short)  
**4 points:** the ball hit's the stumps when bowling full  
**4 points:** the ball bounces directly over the stumps when bowling short

### ▶ Aim:

To continue to develop and understand the bowling action. Develop an understanding of bowling terms and skills like 'short' and 'full'

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long.
2. The bowler will bowl the ball, aiming to pitch / bounce the ball in either the 'short' or 'full' zone and rotate through the different positions as the diagram suggests: Bowler > Wicket Keeper > Fielder > Bowling Queue
3. Players will continue rotating until they have bowled at least 5 balls each in each round
4. After each round, bring the children together and ask them to discuss how they could improve their individual/team score.

### ▶ Change it - Easier/Harder

**Easier:** 1. Increase the size of the target zones 2. Allow the children to bowl from closer to the target.

**Harder:** 1. Decrease the size of the target zones 2. Activator challenges the bowler to hit a nominated zone 3. Bonus points for consecutively hitting the zones

### ▶ Understanding the Game

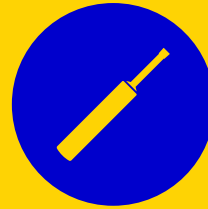
Introduce the terms of 'short' and 'full' bowling. Typically, a 'short' ball is one that bounces in the middle of the pitch and usually goes on to bounce above the batters waist. A 'full' ball is one that lands closer to the batter and bounces up to below the waist.

### ▶ Get the adults involved:

Ask parents to help by changing the group to focus on short or full deliveries at different times in the rounds

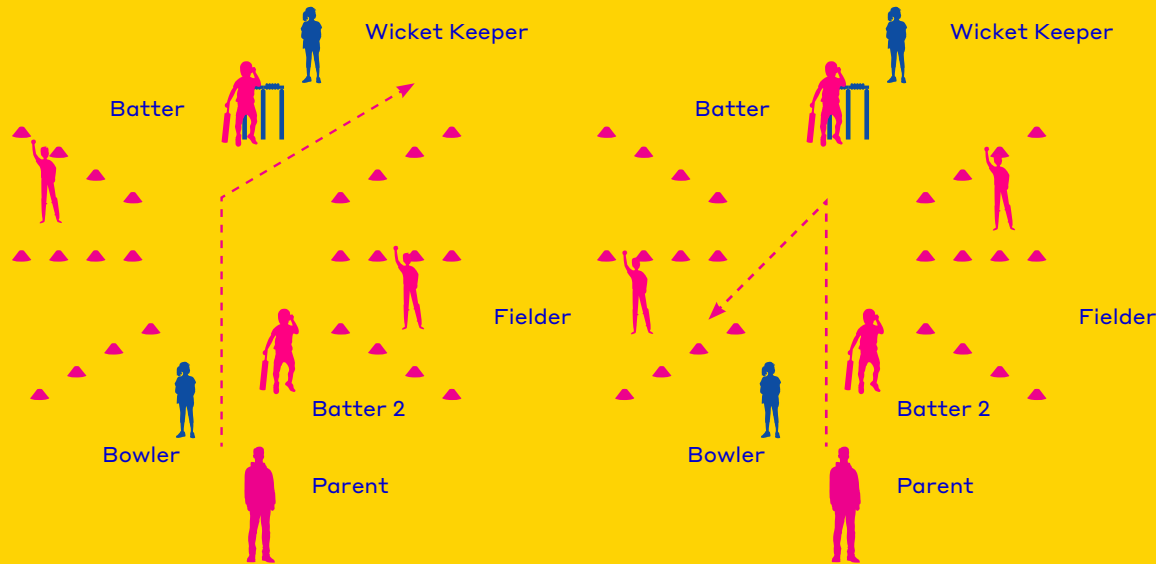


# Hitting Into The Gaps like Heather Knight & Jason Roy



## BATTING

1. Just let players (batters) have a go at hitting the ball
2. Introduce scoring system, and ask pairs to score themselves
3. Try to beat their first pairs score
4. Ask each group to choose a team name and work out their total team score
5. Top score challenge vs the other groups – which group can score the most runs?



- Individual** 0 points: All missed balls and wickets taken
- Group** 1 points: every run between the stumps that the batters do when hitting into a guarded zone
- Scoring:** 2 points: every run between stumps that batters do after hitting into an unguarded zone

**Get the adults involved:** Parents can help by scoring, but also doing all signals that have been learnt the previous weeks

### ▶ Aim:

To develop batting skill and ability of children to look at where the fielders are, and hit into the gaps. To develop fielding skill of taking wickets, by attacking the ball and catching, or stopping the ball and throwing at the stumps.

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6, 1 bat per 6

### ▶ Organisation:

1. Set up a group of up to 6 players as per the diagram, across a pitch roughly 15 yards long.
2. Break group into pairs: one pair batting, one pair fielding, and one pair bowling/wicket keeping.
3. Create 6 zones (see diagram), for the wicket keeper and 3 fielders to protect.
4. The fielders can choose which side zones they guard and cannot enter the other zones until the ball is hit.
5. There will be 2 unguarded zones – all batters runs count double when they hit it here
6. Players will face 10 balls per pair, ideally fed by the activator/adult helper before rotating with the other pairs so each player has an opportunity to play in each role. Batter > Wicket Keeper & Fielders
7. Batters should swap/cross with their partner after each ball so they have 5 balls batting each.
8. Players will continue rotating until they have tried all roles.
9. After each round, bring the children together and ask them to discuss how they could improve their individual/team score as batters, or take wickets as fielders.

### ▶ Change it - Easier/Harder

**Easier:** 1. Activators feed the ball closer or with a drop feed 2. Batters can choose which zones are left unoccupied.

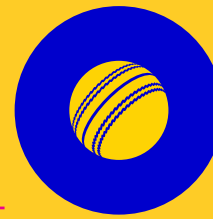
**Harder:** 1. Activator chooses where the fielders guard 2. Decrease sizes of the unguarded zones

### ▶ Understanding the Game

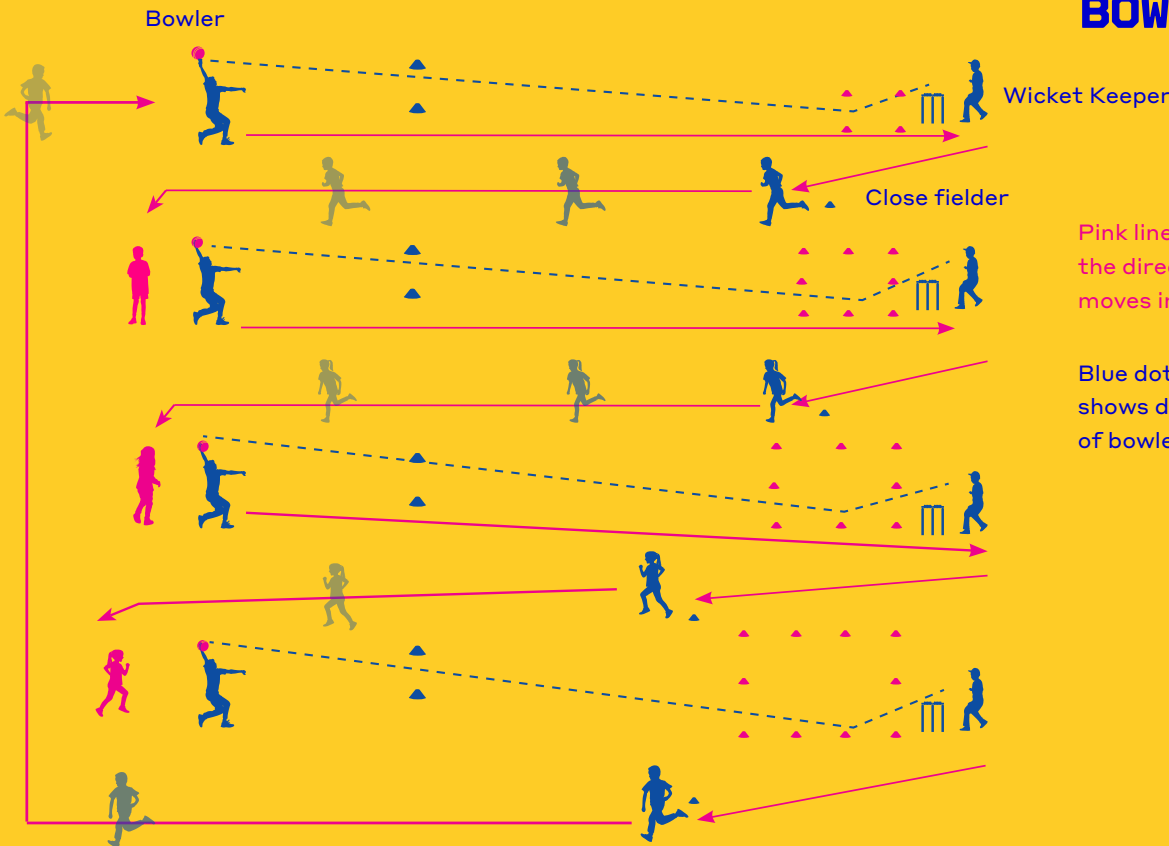
Focus on batsmen changing strike and hitting the gaps to score runs quickly, especially when it is difficult to score boundaries.

# Bowling Variations

Bowl like Issy Wong and Tymal Mills



## BOWLING



Pink line shows the direction player moves in

Blue dotted shows direction of bowled ball

### ▶ Aim:

1. Work on bowling different lines and lengths
2. Developing a follow through when bowling

### ▶ Equipment:

Stumps spaced around 5-6 metres apart with a coned gate where players should bowl from. In front of each set of stumps is a coned area that gets smaller as the bowling lanes progress. There is also a cone next to each bowling lane where a close fielder stands.

### ▶ Organisation:

1. Bowlers bowl from their coned gate aiming to pitch (bounce) the ball in the coned area in front of the stumps.
2. Once they have bowled they follow their ball and become the wicketkeeper
3. Once the player has received the next ball as wicketkeeper they pass the ball to a close fielder and then follow to take that position.
4. On the next turn they received the ball from the wicketkeeper and run to the next bowling lane to bowl there.
5. The process continues as they move down the line of bowling lanes and at the end they run back to the first lane and continue.

### ▶ Change it - Easier/Harder

**Easier:** Shorten the length of the pitch. Increase the size of the coned target area. Have two sets of stumps to aim at.

**Harder:** Increase the length of the pitch. Decrease the size of the coned target area. Remove individual stumps from the base.

**Individual & Group Scoring** - Each coned area is assigned a different score, with smaller areas scoring higher points. Players can also score double points if they go on to hit the stumps. Players keep their own score as they progress through the activity.

## Understanding the game

Talk to your Dynamos about the need to sometimes vary the length and line (direction) that you are bowling. Bowlers need to vary how they bowl to challenge batters and not become predictable.

## Get the adults involved:

Grown ups can be very useful in this activity by fielding balls that go past the Wicketkeepers. This allows the activity to flow more smoothly.

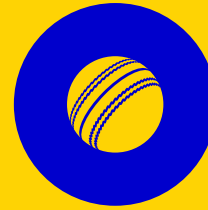
# Modified Games and Dynamos Cricket

Playing games is the main focus of the programme and we aim to build towards playing the full 6 a side Dynamos Cricket Format. We know not all groups will be ready to play straight away so we have also included a number of transition games that are easier to play for groups that are new to Cricket. Each activator should choose whichever game, from the list below, that they feel is appropriate for their group on any given week. Don't forget to download the Countdown Cricket App to score your games of Dynamos Cricket

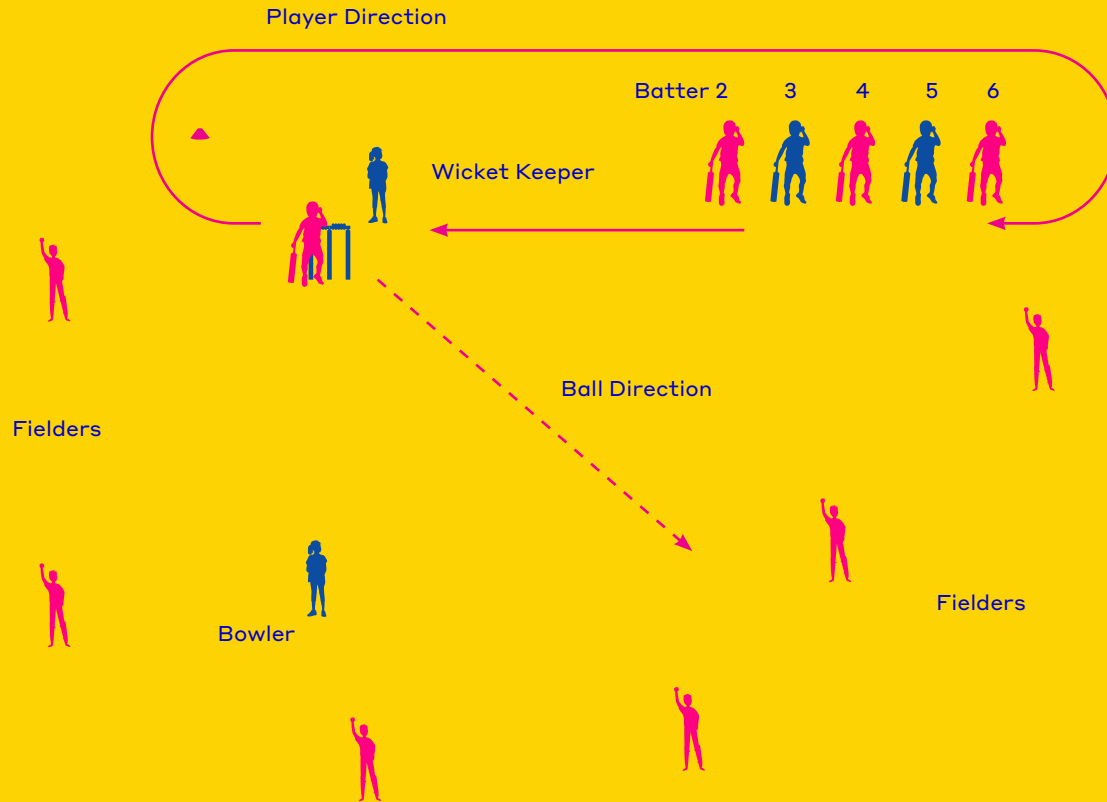
- ▶ **Countdown Bats**
- ▶ **Diamond Cricket**
- ▶ **Hit and Run**
- ▶ **Countdown Mini pairs**
- ▶ **Dynamos Cricket**



# Countdown Bats



## INTRODUCTION GAME



### ▶ Aim:

1. Learn to play a game
2. Watch and hit a moving ball with a free swing of the bat
3. Watch and catch or stop a ball
4. Straight arm when bowling
5. Co-ordinate body movements for bowling action
6. Different whole-body movements
7. Watch and catch/stop a ball
8. Throw a ball
9. Teamwork

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. Split into even groups (Min. 4, Max. 8 per team)
2. Batters face 5 balls each (Max 40 balls per team)
3. Activator feeds to batter, who faces one delivery and attempts to hit it to score a run.
4. If a child feels comfortable bowling, let them do so instead of the activator
5. Batter can hit ball past boundary to score 4 runs
6. Batter runs to end of batting line after their delivery, with next batter running to stumps to face the next ball
7. Player who faced the delivery, will pass their bat to the next player in the queue as they run back

### ▶ Change it - Easier/Harder

**Easier:** **S** - Increase the size of target  
**T** - Throw the ball underarm  
**E** - Use a larger ball  
**P** - Activator or volunteer feeds ball

**Harder:** **S** - Decrease size of target  
**T** - Change type of feed  
**E** - Use a smaller ball or bat with a stump  
**P** - Match players by ability

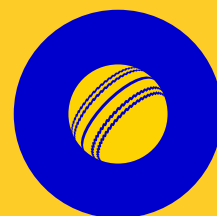
## Get the kids involved:

1. Help put away
2. Add in help set up

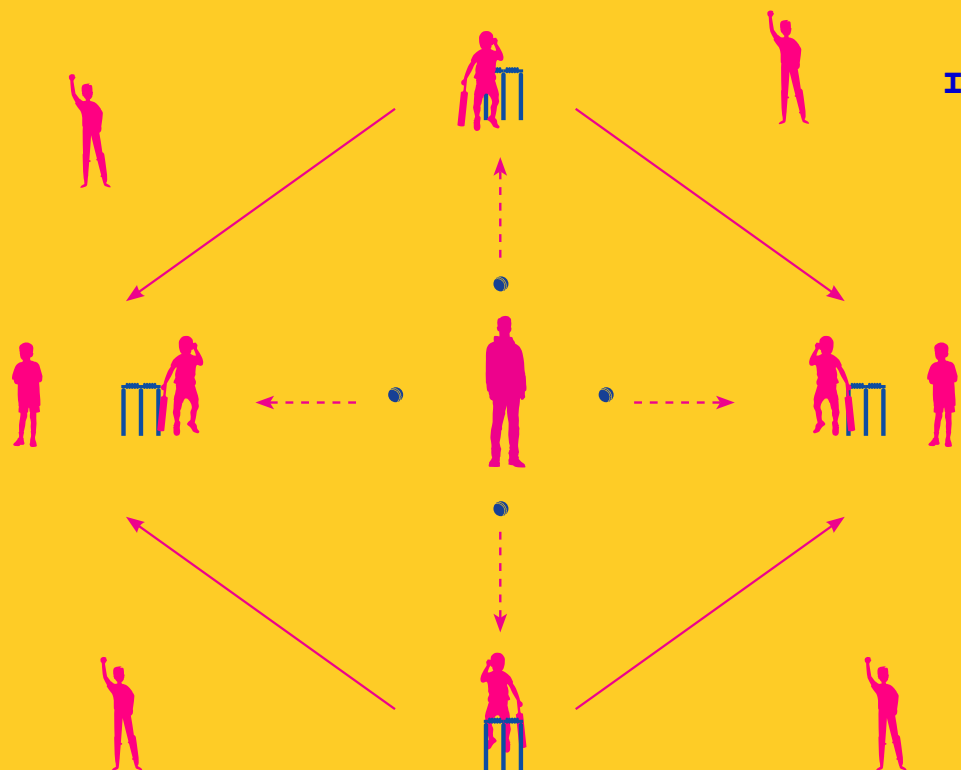
# Diamond Cricket

## Individual & Group Scoring

Teams score a run every time they pass a set of stumps or when they complete a whole circuit. Teams of 4 can stay until all players are out or swap individuals each time they are out.



## INTRODUCTION GAME



## ▶ Aim:

1. Improve ability to strike the ball.
2. Develop running communication for batters.
3. Develop focus on urgent fielding to get the ball in.

## ▶ Equipment:

4 stumps set in a diamond shape with cones between each to make up the diamond. There are 4 batters that each need a bat and the game is played with one ball.

## ▶ Organisation:

1. Activator stands in the middle and can bowl at any of the four batters.
2. Fielders start outside the cones making up the diamond area for safety.
3. Fielders retrieve the ball and return it to the bowler, who can bowl immediately.
4. All batters run anticlockwise while the ball is being fielded
5. Batters can be out caught, bowled or run out
6. Rotate when all 4 batters are out

## ▶ Change it - Easier/Harder

**Easier:** Reduce the speed of the ball/feed. Give time for players to make ground before feeding. Allow batters to be out more than once.

**Harder:** Rotate all batters when they lose one wicket. Feed the ball harder and more accurately. Increase the size of the diamond.

## Understanding the game

This game is a great opportunity to talk about the importance of clear communication when batters are running. Designate the batter that hits the ball as the person who decides on running. Challenge them to say "Yes" when they run, "No" when no run is available and "Wait" when they aren't sure.

## Get the adults involved:

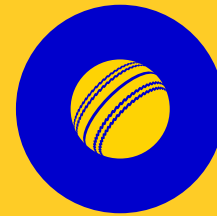
Why not play grown ups v Dynamos in this game? Obviously make sure you bowl a bit quicker at the grown ups though.



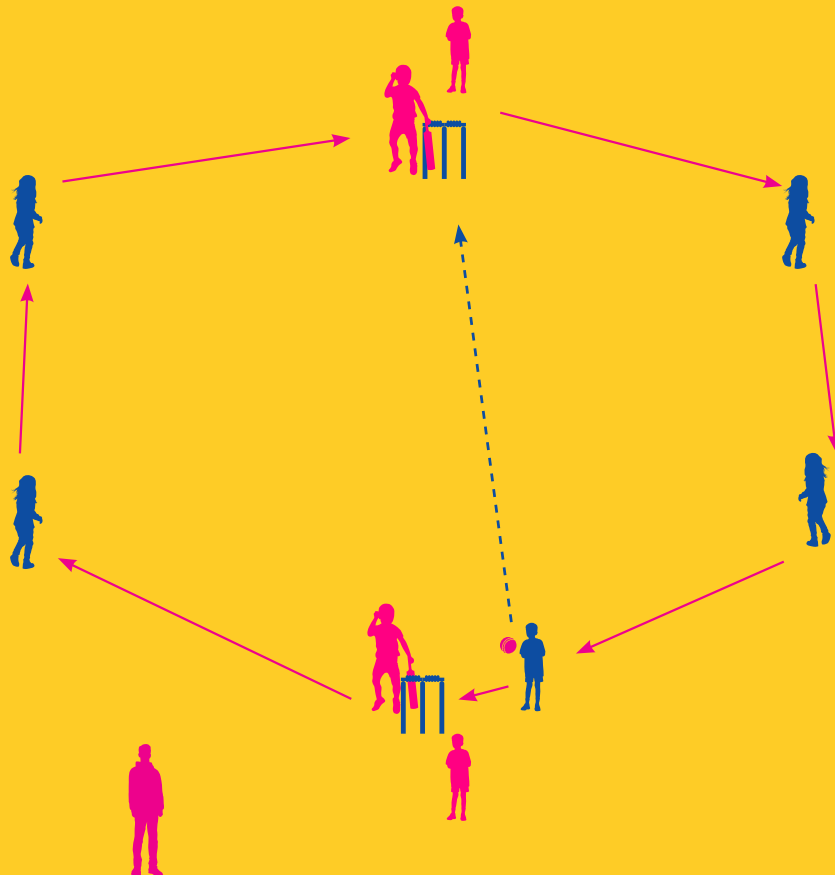
# Hit & Run

## Individual & Group Scoring

Batters score any runs they complete. Even if they are run out attempting the next run they keep their score.



INTRODUCTION  
GAME



## ▶ Aim:

1. Developing understanding of running quickly between the wickets
2. Working with a running partner to score runs
3. Developing urgency in the field to get the ball in and restrict runs.

## ▶ Equipment:

Two sets of stumps, 15 yards apart a bowler with a ball. Also, as with Dynamos Cricket, there are tees that make the crease with a ball on each for free hits.

## ▶ Organisation:

1. Each batter faces 5 balls from the bowler.
2. If the batter hits the ball they must run, swapping with their batting partner each time.
3. If they send up at the non strikers end, they return to the other end to face all of their 5 balls.
4. Batters can be caught, bowled or run out but will still face all balls and will still score any runs they completed in that ball (i.e if they are run out on their 2nd run they still keep the first run).
5. Once 5 balls have been faced, fielders rotate with the wicket keeper becoming the batter.

## ▶ Change it - Easier/Harder

**Easier:** If bowling is a challenge, players can bowl underarm. Reduce the running length. Give extra time for free hits.

**Harder:** Challenge fielders to pass the ball amongst themselves before getting in back in. Allow bowlers to bowl over a short distance. Increase the running distance.

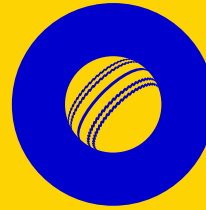
## Understanding the game

As fielders are rotating, this game is a great opportunity to talk about some basic fielding terminology. Introduce the wicket keeper and talk about fielders on the "Off Side" (the side to which the batter is facing) and the "On" or "Leg Side" (the side to which the batter is facing away from)

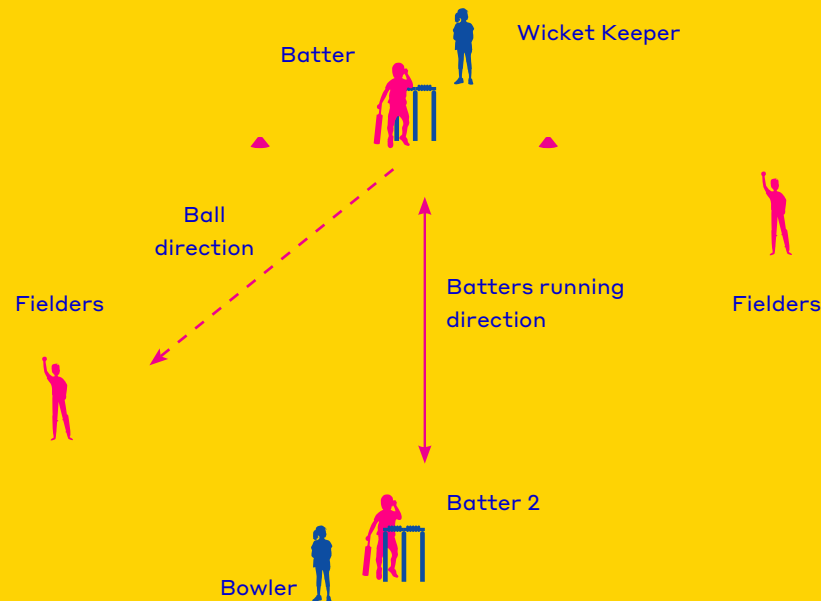
## Get the adults involved:

Your Dynamos might enjoy having their parent or grown up pairing up with them as their running partner.

# Countdown Mini Pairs



## TRANSITION PAIRS GAME



### ▶ Aim:

1. Learn to play a game
2. Watch and hit a moving ball with a free swing of the bat
3. Watch and catch or stop a ball
4. Straight arm when bowling
5. Co-ordinate body movements for bowling action
6. Different whole-body movements
7. Watch and catch/stop a ball
8. Throw a ball
9. Teamwork

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. Split into groups of 6(8) & create 3(4)x pairs
2. 4(6)x fielders & 2x batters at every point
3. Each batting pair will face 20(15) balls, and try to score as many runs as possible
4. Bowler bowls to batter, who can run between wicket to score runs or hit boundary
5. Next pair to bat after 20(15) balls
6. Fielding team rotate around every 5 bowls, with each player bowling 5 bowls in a row

### ▶ Change it - Easier/Harder

**Easier:** S - Increase the size of target  
 T - Throw the ball underarm  
 E - Use a larger ball  
 P - Activator or volunteer feeds ball

**Harder:** S - Decrease size of target  
 T - Change type of feed  
 E - Use a smaller ball or bat with a stump  
 P - Match players by ability

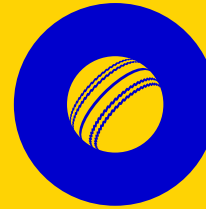
## Get the kids involved:

1. Ask kids who are confident to score or umpire

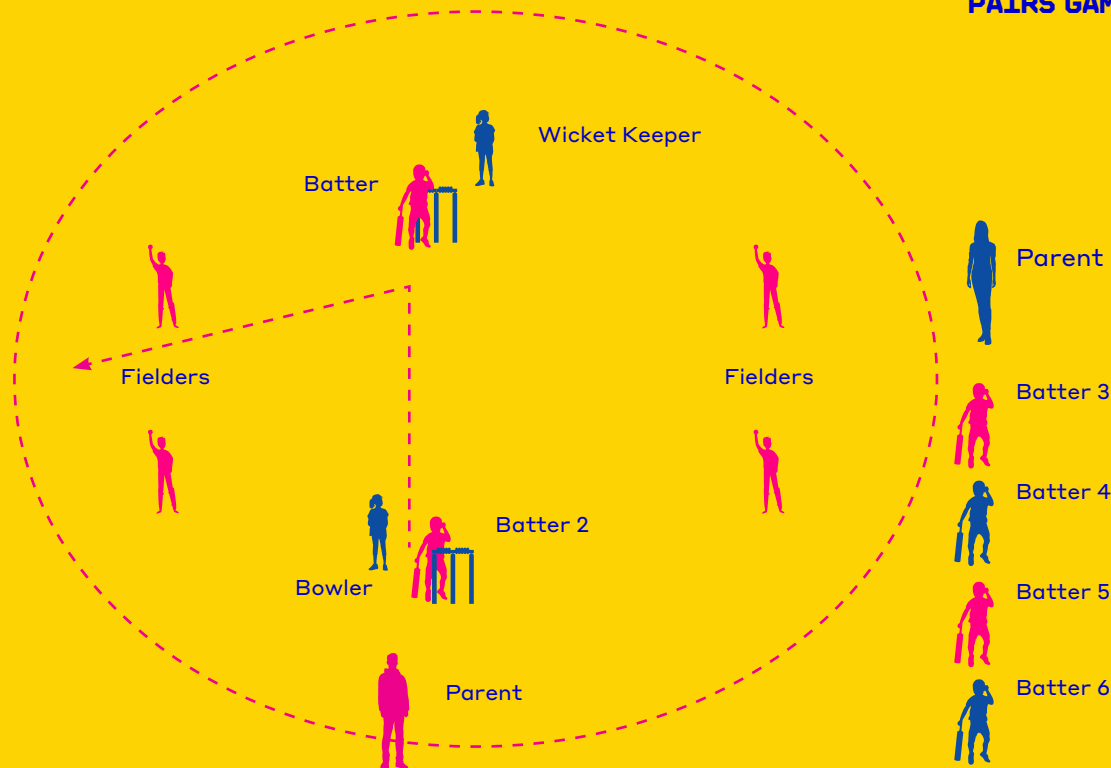
### ▶ Get the adults involved:

Ask parents to signal any no balls, wides & boundaries. Ask parents to score for each pair

# Dynamos Cricket



## PAIRS GAME



### ▶ Aim:

1. Learn to play a game
2. Watch and hit a moving ball with a free swing of the bat
3. Watch and catch or stop a ball
4. Straight arm when bowling
5. Co-ordinate body movements for bowling action
6. Different whole-body movements
7. Watch and catch/stop a ball
8. Throw a ball
9. Teamwork

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. 2 teams (6v6)
2. Fielding team, with 1 WK, 1 bowler and 4 fielders.
3. Batting team with 2 at crease, with the other 4 helping with game management (scoring/umpiring)
4. Pairs face 20 balls each, and try to score as many runs as possible
5. Bowler bowls to batter, who can run between wicket to score runs or hit boundary
6. Next pair in team to bat after 20 balls
7. Fielding team rotate around every 5 bowls, with each player bowling 5 bowls in a row

### ▶ Change it - Easier/Harder

**Easier:** **S** - Increase the size of target  
**T** - Throw the ball underarm  
**E** - Use a larger ball  
**P** - Activator or volunteer feeds ball

**Harder:** **S** - Decrease size of target  
**T** - Change type of feed  
**E** - Use a smaller ball or bat with a stump  
**P** - Match players by ability

### Get the kids involved:

1. Ask kids who are confident to score or umpire

### Get the adults involved:

Ask parents to umpire and signal any no balls, wides, boundaries & wickets. Ask parents to score with players who are waiting to bat

# Format & Rules



## Format

- 6-a-side per team.
- Each batting pair will face 20 balls with 60 balls total per team.
- Bowlers will bowl 5 balls and then rotate with next fielder due to bowl.
- Fielders will rotate around the field, with 2 fielders on each side of the pitch and a wicket keeper at a safe distance behind the stumps, in a clockwise direction each time the bowler is changed.
- 15yrd pitch length & 30m boundary from where the batter stands.
- Scope to play 8-a-side and 80 balls per team if numbers dictate.

## Bowling

- All bowling is from the same end.
- Both underarm and overarm bowling is allowed, with a straight arm encouraged.
- A ball will be called a no ball if it is considered unhittable due to
  1. Arriving at the bowler at an unhittable or dangerous height (normally above the waist)
  2. Bouncing too many times to be able to be hit, rolling along the ground or stopping
- A ball will be called a wide if it is considered unhittable due to being too wide from the batter to be hit fairly and safely.
- No-balls & wides are scored as 2 runs to batting team, and no extra delivery to be bowled.
- Following a no ball or a wide, the batter receives a "free hit" from the batting tee, and any runs scored are added to the total for that delivery (for example 2 runs for a wide, plus 1 run from the "free hit" = 3 runs).
- The person running the game should use their discretion on what is considered unhittable and always consider safety first but enjoyment of all as a close second. Don't be held to having to stick to the rules if the kids are enjoying the game as it is.

## Batting

Runs are scored by hitting past (4 runs) or over (6 runs) the boundary or completing 'runs' between the wickets.

- Batters can be out bowled, caught or run out.
- For run outs the crease (i.e. area that the batter is considered to be safe) is marked by the batting tees at the batters end and a pair of cones at the bowlers end.
- When a batter is out, swap ends and continue (5 runs added to fielding teams total per wicket).
- Umpire's should use discretion to swap batters to ensure each batter faces approximately 10 balls each.
- Wherever possible the four waiting batters should be engaged with the game or practice. This can be through supporting with scoring the game via the app, assisting with activator umpiring the game, or – if Activators allow – practicing their skill and taking learning from the game.

## Ground & Session Setup

