



WEEK 1

CRICKET

SPORT

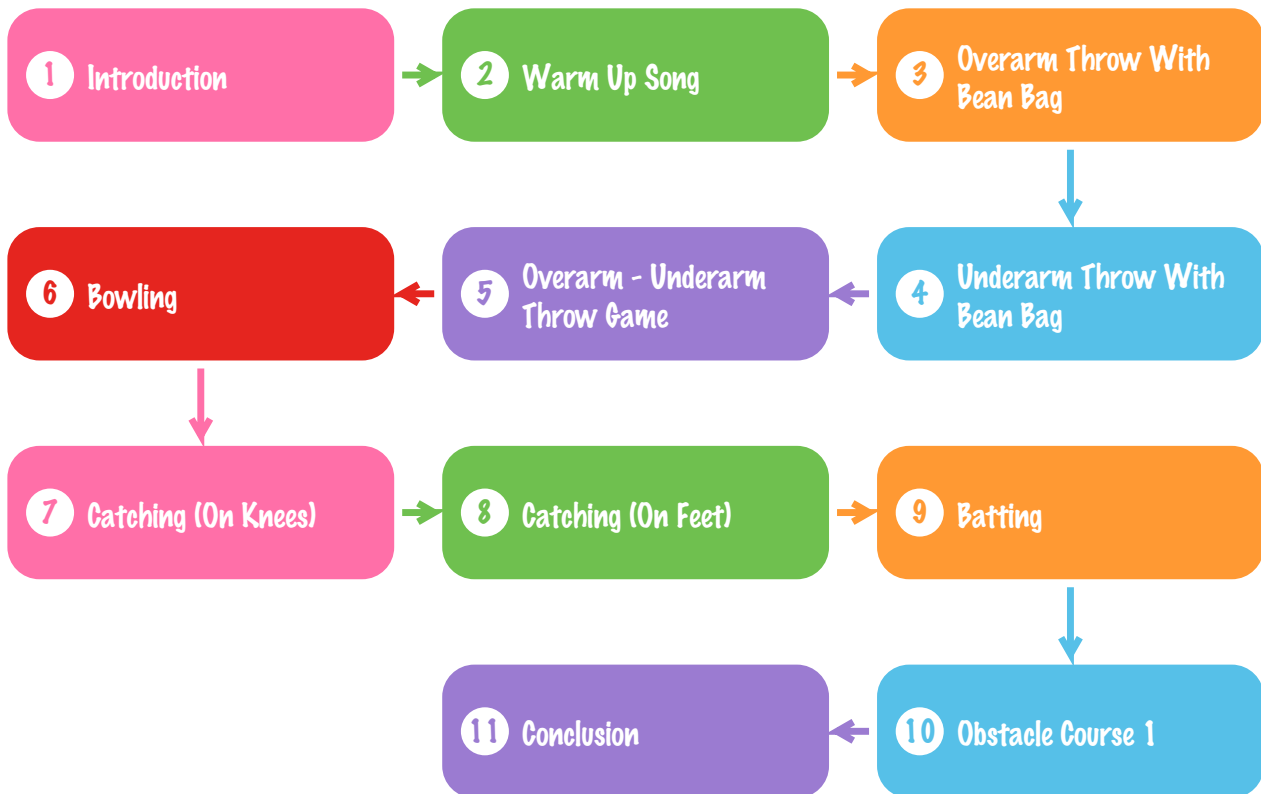


WELCOME TO WEEK 1

YOUR SPORT SESSION

LET'S GET MOVING!

SESSION FLOW · 11 ACTIVITIES



1

Introduction

Welcome the children and the teachers to the first week of cricket. Go over the rules and the equipment of cricket and the importance of listening. Cricket can be dangerous due to swinging the cricket bats.

WARM UP ACTIVITIES

2

Warm Up Song

Our kids band, The Mini Monstars, have made a warm up song. Follow along to the song and the actions it says to do.

3

Overarm Throw With Bean Bag

Line the children up in a straight line and place the bean bag in one hand (this could be the left or right hand). The children are to jump up and land with their 'aeroplane arms out', then ball to ear, step forward, and release. Practice 4-5 times.

4

Underarm Throw With Bean Bag

Line the children up in a straight line and place the beanbag in one hand (this could be the left or right hand). The children are to underarm the bean bag by following the coaching cues (having the children say the coaching cue after you will help them remember the cues): Arm Straight, Knees Bent, Back And Forward. They are then to run after the bean bag and return to where they started. Repeat 4-5 times.

5

Overarm - Underarm Bean Bag Throw Game

Line the children up in a straight line and place the beanbag in one hand (this could be the left or right hand). The children are to listen to the coach and perform an overarm throw or an underarm throw, depending on what the coach says. When they hear either 'Overarm' or 'Underarm', they perform the throw, run to their beanbag, and wait for the coach to call out again. Make sure you let the kids know to be careful when they are throwing. Repeat for 1-2 minutes.

SKILL ACQUISITION

6

Bowling

Hand all the children a tennis ball and line them up in a straight line. Tell the children that when we are bowling, we have to keep our 'bowling arm' straight. Have the children repeat after you: Soldier, Jump / Aeroplane, Rock Back, Rock Forward, Rock Back, Rock Over. Make sure the kids are keeping their arm straight. The children are then to run to their ball and run back to where they started. Repeat 4-5 times.

7

Catching (On Knees)

Get the children to kneel down with their ball on the ground out in front of them. The children are to make a bowl with their hands. (When teaching this, ask the children if they ever eat food or breakfast with a broken bowl.) Grab the ball and place it in the 'bowl'. The children are to practice little throws and landing / catching the ball in the bowl. Repeat 5-6 times.

★ Emphasise the importance of 'closing the lid' when the ball lands in the bowl.

8

Catching (On Feet)

As above, but standing on their feet. This time, encourage the children to start off with small throws and slowly build up to bigger throws. Let the children know the higher the ball is in the air, the harder it will be to catch.

9

Batting

The kids are to be sitting down on the mat with their listening ears on. The amount of 'batters' will depend on the size of the area you are using - usually we should be aiming for 6 batters. (Explain to the children that when we are batting, we are to hit the ball with the 'flat' side, not the 'roof' side; also explain how you can be left or right handed.) Pick 6 children to line up behind the bats / cones / balls, waiting for the next instruction. The children are to pick up the bat with 2 hands on the handle, then stand next to their cone. The coach is to yell out 'Three, Two, One' and the children are to hit their ball, drop their bat, run after the ball, pick it up and take it back to their cone. Repeat for a total of three times for those batters, then rotate the next 6 children into batting, continuing until all the kids have had at least one turn batting.

10

Obstacle Course 1

Working on their running, balancing, hurdles, crocodiles / ladder, side or forward roll, and tackling of Mikey Monstar.

11

Conclusion

Sit the children down and run through all the different skills and activities we have learned in today's session. Ask the children what their favourite part of cricket is, and let them know that they will be playing cricket next week.



**END OF
WEEK 1**