

Bowling — energy towards the target

Players

u11s who have already played (or aspire this summer to play) hard ball cricket. Most already have sound basic cricket skills, so the emphasis is on putting skills into action.

Theme

Energy towards target; bowling straight (always!).

Format

- Warm-up/restricted bowling (20 mins)
- Bowling challenge — Knock ‘em down (20 mins)
- Game — Super over (15 mins)

Activities

Warm-up — restricted bowling

- “bowling” knee grounded, non-bowling knee raised and forward (i.e. right knee grounded for RH bowler, left knee raised & advanced)
- bowling knee raised and forward, non-bowling knee grounded bowling, from one knee & from standing start/one pace only
- “Long bowl” — no run-up, bowl across hall (4 lanes if available) or into wall.

Knock ‘em down (team target bowling— remove one stump for each successful strike) — bowling with hard ball. If we had 3 wicket keepers, I’d have had them keep, but instead the coaches kept, with catching mitts.

Super-over (each batter to face 1 over, bowlers deliver 1 delivery in rotation) — indoor rules (1 run for hitting side or back net, boundaries for hitting the net behind the bowler without first hitting side net).

Better Cricket – more than just a game!

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Notes

The restricted bowling was intended as a challenge to what the players already knew about bowling.

“Can you follow-through with back knee down?” “How about with front knee down, back knee raised?”

“Can you generate energy from a standing start?” “What does it feel like?”/“what do you have to do?”

Emphasise the role of shoulder rotation (esp. when front knee raised) and follow-through after release (back knee forward & raised).

We played Super over in 2-net wide “corridors” to reinforce the straight hitting from the previous week — it was easy enough to get singles by hitting the side nets, but the ball quickly rebounds to a fielder so additional runs are difficult to score. Hence, much greater scoring opportunities for straight hitting.

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