

Wicket Keeping - Lesson Plan 1

- Bend knees & stay in a low position.
- Catch with fingers up, down or to the side.
- Extend arms out in front and draw ball into hip - catching with soft hands, giving with the ball.



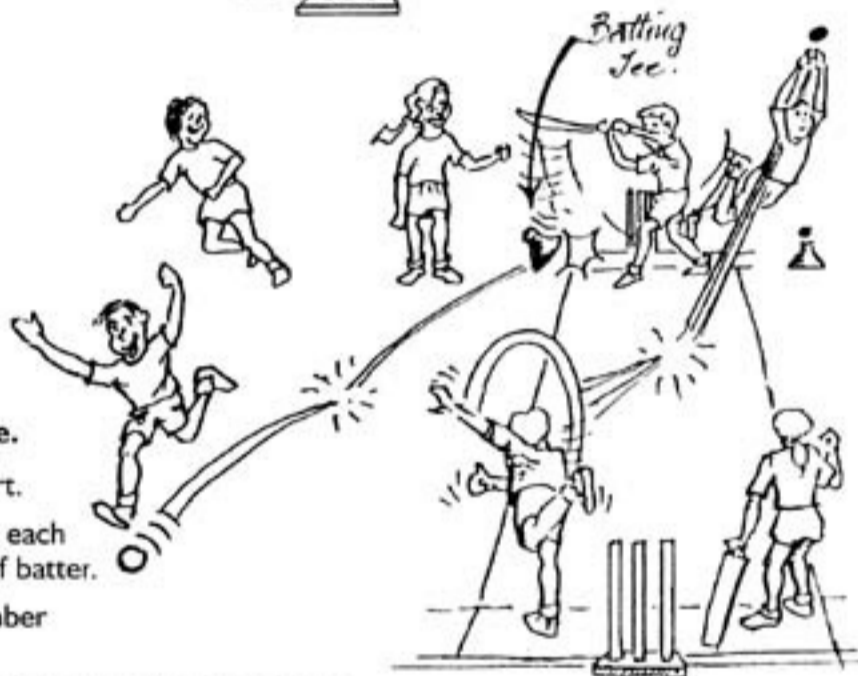
GAME APPLICATION DOUBLE CHANCE PAIRS CRICKET

AIM

Batters in pairs to hit either a ball bowled or off a tee to score as many runs as possible.

To start: Set up stumps 13 – 16m apart.

- Place 2 batting tees with a ball on each either side of pitch just forward of batter.
- Organise players into pairs & number each pair.
- Maximum 10 per group (8 playing the game, 2 being coached to the side rotate through the game).



Game

- Each pair bats for 2 overs (12 balls) & bowls for 2 overs (6 balls each partner). Bowling can be underarm if required.
- When partner is bowling, other partner wicketkeeps.
- If 'bowled' ball is missed (& doesn't hit the stumps) or can't be reached, batter hits ball from a tee of their choice.
- Only the hit ball is in play.
- Batters can be 'out' Bowled, Caught or Run Out only.
- IF BATTERS GO OUT THEY SWAP ENDS & CONTINUE TO BAT.
- If pairs are not batting or bowling they are fielding.
- EVERYONE BATS, BOWLS, FIELDS & WICKETKEEPS.



Assess

- Are the bowlers putting spin on the ball?
- Are the players wicketkeeping confidently enough to "keep up" to the stumps?

Modify

- **Game:** Nominate a number of balls per over that the bowler must attempt to use spin.
- **Skills:** It is encouraged to have 2 players in turn practicing spin bowling and wicket keeping with the helper coach and then rotated through the game.

Encourage

- Encourage players to copy their favourite cricketers when bowling or fielding.