

COACHING CARDS FOR TEACHERS



**CHANCE TO SHINE
SCHOOLS**

YOU ARE PART OF SOMETHING SPECIAL

You are part of Chance to Shine,
a charity's campaign to spread the
power of cricket in schools
and communities.

Our vision

Our vision is simple: to give all young people the opportunity to play and learn through cricket. But we can't achieve this without your help.

Power of cricket

We believe passionately that cricket can help children learn and develop by:

- teaching leadership, discipline, teamwork and respect
- allowing children to learn how to win and to lose graciously, giving them the resilience to bounce back from setbacks
- drawing together children from different cultures and backgrounds
- giving opportunities to boys and girls as well as children with special educational needs
- teaching individual and collective responsibility

Help us

As a charity, we need to raise money to pay for cricket coaches to support schools like yours. Help us fundraise and spread the word about Chance to Shine to other teachers, parents and children at your school.

Follow us on social media

@Chance2Shine

facebook.com/chancetoshinecricket

#powerofcricket

Download extra coaching cards and other free resources from our website at chancetoshine.org/schools

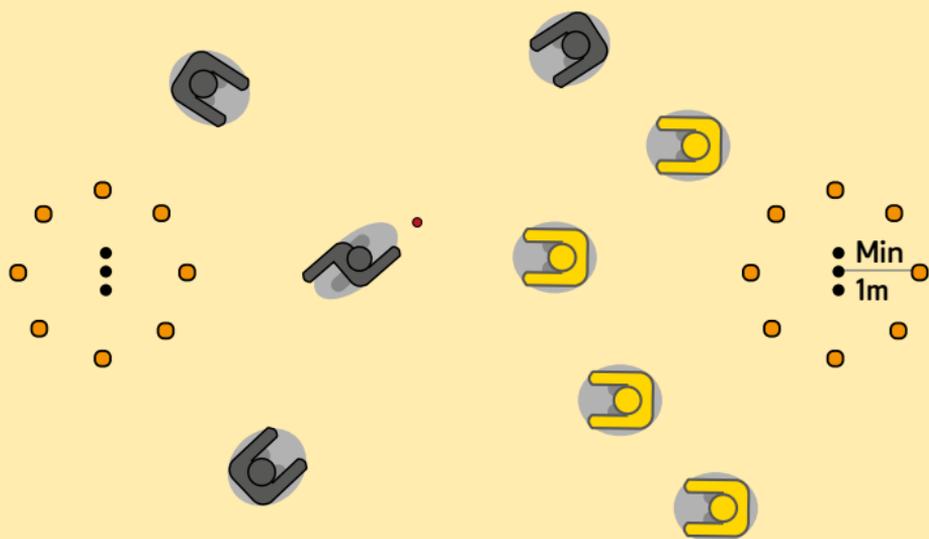


**CHANCE TO SHINE
SCHOOLS**

Reg. Charity no.: 1123385

1. HAND HOCKEY

A game to improve catching and throwing skills
– can be used as a warm up or main activity



Safety!

— Use a soft ball



0



2



1



16



5–10 mins



8+



Batting
team



Fielding
team

● ● ● Wickets

● Cone

1. HAND HOCKEY

A game to improve catching and throwing skills

– can be used as a warm up or main activity

Organisation:

Divide the group up into two equal teams and set up the pitch as the diagram.

The Game

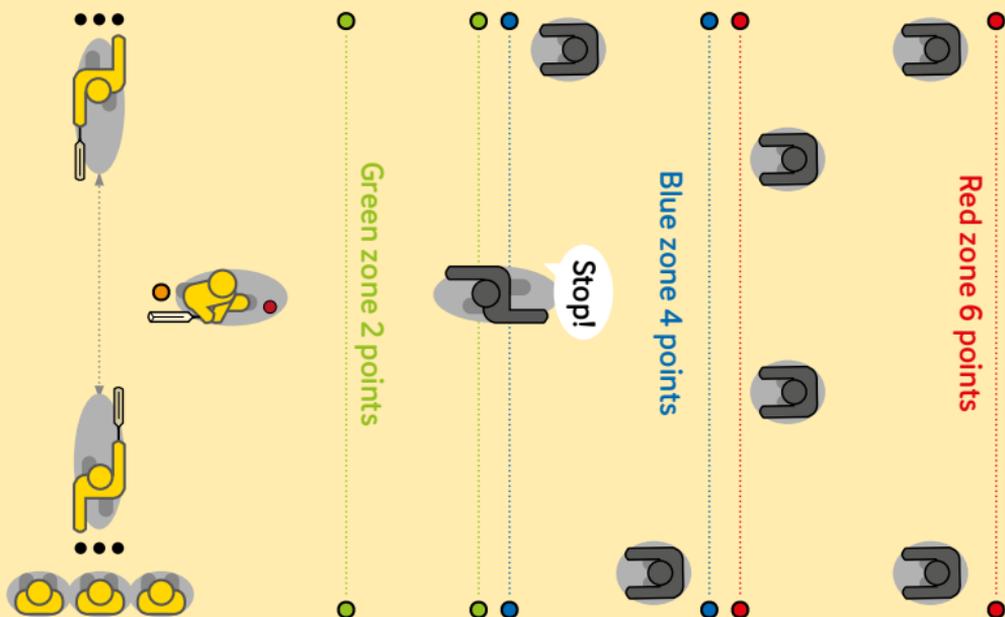
- Similar to netball or football, the teams must make passes between players and score points by hitting the stumps with the ball.
- Players must not move with the ball, it is a non-contact game, and a coned area around the stumps is marked as an exclusion zone – shooting must be from outside this.
- Passes can be made in whatever way the teacher chooses: overarm, underarm, rolled, bounced, in the air.

Adaption / Variation

- Restrict or change the type of throw: overarm, underarm, rolled, bounced, in the air etc
- One-handed catching, or enforce catch with one hand and throw with the other
- Specific number of passes before a shot can be made
- Restrict that you can't pass back to player from whom you received ball.
- Use a different type of ball (larger to make it easier, harder/smaller to make it more difficult).
- Reduce the number of stumps to aim at.

2. RANGE STRIKE

A competitive batting game focusing on range hitting with a clean strike of the ball



Safety!

- Make sure your cones are a safe distance away from the batsman striking

Tip!

- Solid base, eyes on the ball, fast hands!



3



2



10–15 mins



12



1



13



Batting team



Fielding team



Wickets



Cones

2. RANGE STRIKE

A competitive batting game focusing on range hitting with a clean strike of the ball

Organisation:

Sort groups out into 2 even teams, Minimum of 6 per group. Fielding and Batting team. Set up 2 sets of stumps for batting side to run between. Separate scoring zones with cones for batter to strike towards.

The Game:

Once all stations and teams are sorted, explain that the aim of the game is the batsman to strike the ball as far as they can without bouncing. Coach will bowl with a one bounce feed to batsman waiting on cone.

Once the batsman has struck the ball, points are initially awarded for which colour zone the ball bounces in first. 2 people from the batting team are also running between the wickets once the ball has been struck, to score extra points!

The fielding team must retrieve the ball, throw the ball to each member of their team, before the ball makes it back to the coach – who then shouts stop! The total number of points is the strike zone + amount of runs between the wickets. Allow everyone a turn, add up the total and swap round with a small amount of people queuing so maximum fun for all!

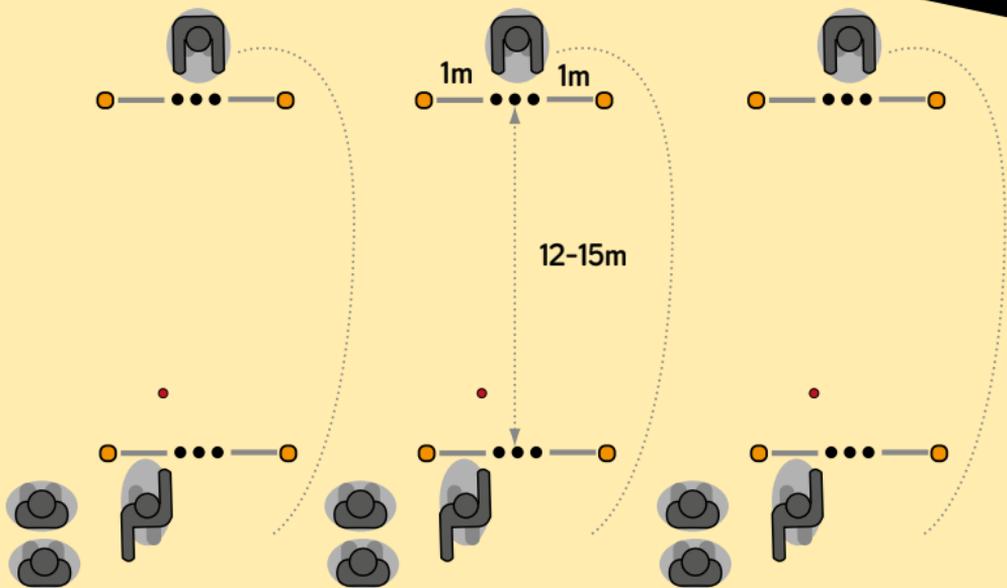
Adaption / Variation

- One handed catches only between fielding team.
- Extra points if you hit the back wall/boundary.
- Larger area makes it harder for fielding side

More coaching cards and free resources are available to download at chancetoshine.org/schools

3. TARGET BOWLING

A game to help practise bowling accuracy



Safety!

- Ensure next bowler does not bowl until new wicket-keeper is ready and in place
- Wicket-keeper running to back of bowlers' queue must run well away from bowling activity



0



3+



5-15 mins



12+



3



12

● ● ● Wickets

● Cone

3. TARGET BOWLING

A game to help practise bowling accuracy

Organisation:

Divide group into teams of three to five. One of the team starts as the wicket-keeper, others are bowlers.

The Game

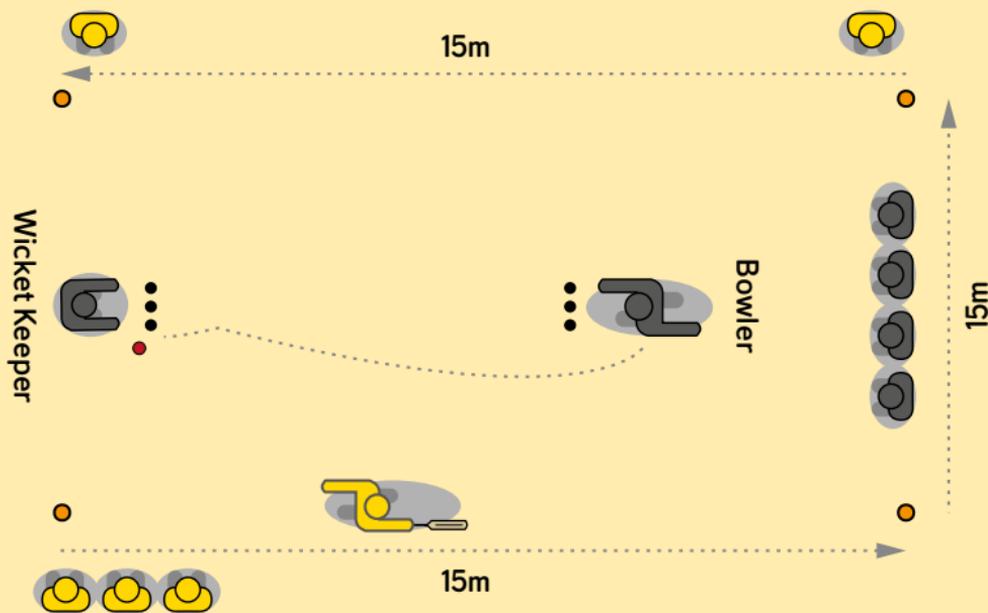
- The aim of the game is to score the most points.
 - Bowler bowls at stumps and scores 10 points for hitting stumps, or one point for getting the ball between the coned area.
 - You can add more targets with cones or markers if you like.
 - Wicket-keeper retrieves ball and runs to back of bowlers' queue to wait his/her turn to bowl.
 - Once bowler has bowled, s/he runs and becomes wicket-keeper for the next bowler.
- Next bowler should not bowl until new wicket-keeper is in position and ready.
 - Continue for selected number of deliveries for each bowler and then count up individual and team scores.

Adaption / Variation

- Change scoring amounts
- Add more targets to aim at (e.g. a hoop/cones placed on the ground in front of the wicket)
- Reduce target area to make more challenging
- Remove stumps from wickets when bowlers hit them to make target even smaller

4. GOLDEN CHILD

A fun bowling game



Tip!

— Let the participants create tactics to be successful



1



2



10-15 mins



12



1



4



Batting team



Bowling team



Wickets



Cones

4. GOLDEN CHILD

A fun bowling game

Organisation:

Two teams of even numbers, where one will bowl and the other will be the runners. Set up a field of play which is around 15m by 15m. Set up a wicket using the two sets of stumps at one end of the square. The remaining bowlers will be behind a cone 5 ft from the bowler's end.

The Game:

The first runner starts at the first cone, aiming to make it the whole way around the area. In the meantime, the bowlers are trying to hit the stumps before the runner makes it back to the stumps. If the runner does not make it, then they are "stuck" and must remain where they are. If the batter does make it the whole way round, then they will achieve a point for their team.

The last batter in the group is called "Golden Child" and tags all the team mates that are "stuck" who will continue to follow the "Golden Child." If they hit the stumps before the last runner makes it all the way round then the bowlers win but if they do not, then the runners win.

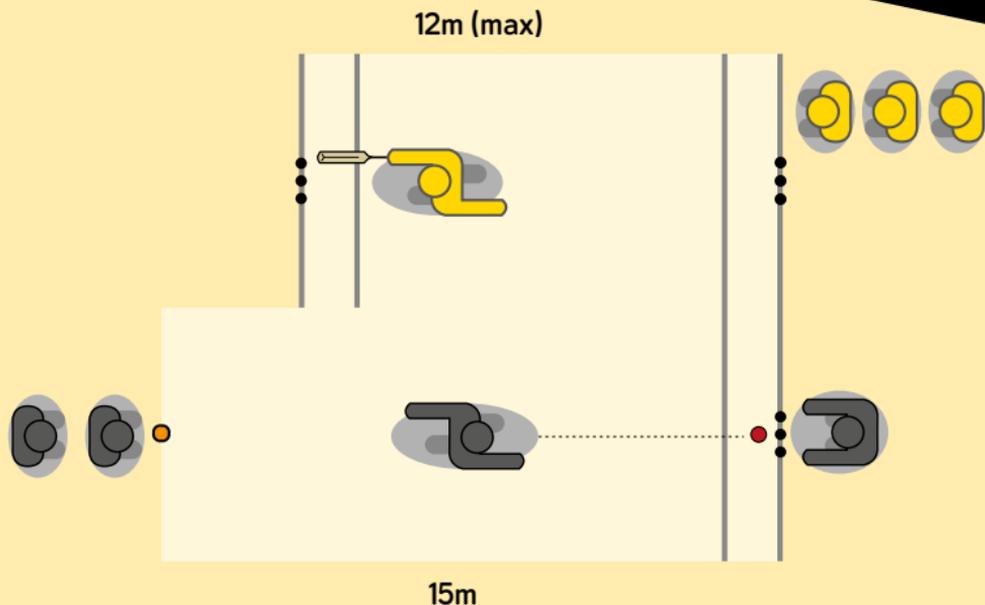
Adaption / Variation

- Increase distance for runners
- Increase bowling distance
- Use throwing instead of bowling

More coaching cards and free resources are available to download at chancetoshine.org/schools

5. RUN THEM OUT

A game to improve running between the wickets and fielding skills



Safety!

- Ensure there is a safe distance between the batting team running and where the ball is being picked up and thrown



1



3



10–15 mins



6+



1



3



Batting team



Fielding team



Wickets



Cone

5. RUN THEM OUT

A game to improve running between the wickets and fielding skills

Organisation:

Divide into two equal teams, or if there is a smaller group, just allocate two players as the batsmen and the rest as fielders.

Batting:

The batter stands at their stumps, with the rest of the batting team in a safe area waiting for their turn.

Fielding:

The fielding team has their wicket keeper at one end, with the rest of the fielders at a cone (as shown).

The Game

- The game is a race between batters and fielders.
- The wicket keeper rolls the ball along the ground towards the fielders.
- At the same time, the batter runs to the other stumps and back again as quickly as possible.

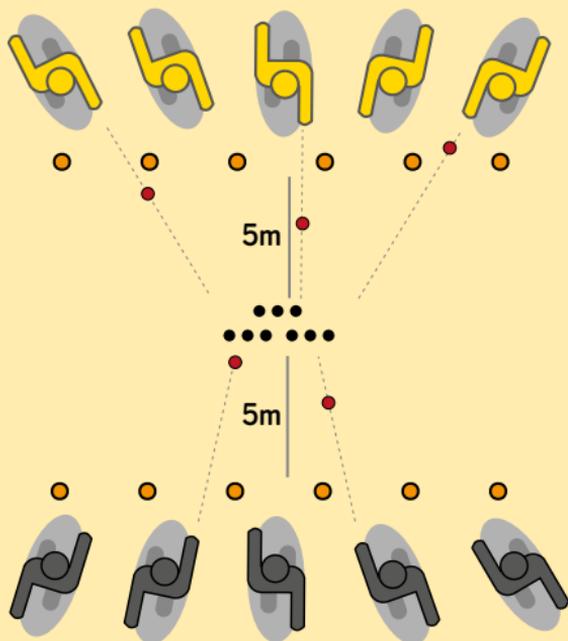
- The first fielder runs in to pick up the ball and throws underarm to the wicket keeper ('underarm pick-up'), who catches the ball and touches it onto the stumps.
- If the batter returns to the stumps before the ball does, s/he scores a run and has another turn.
- If the ball returns to the stumps before the batter, the batter is out and it is the next batter's turn.
- Once all the batters have been run out, the teams swap.
- The team with the most runs wins.

Adaption / Variation

- Make it easier - fielders pick up a stationary ball (on a tee/cone)
- Increase/decrease fielding distance and therefore use an overarm throw
- Increase/decrease distance for batters to run

6. HIT THE STUMPS

A game to improve catching and throwing skills
– can be used as a warm up or main activity



Safety!

- Use soft balls
- Restrict access to area around stumps to avoid danger of being hit
- Ensure there is a minimum of 5 meters between each teams and the stumps



0



3+



>5



12



5–15 mins



up to 30



Batting team



Fielding team



Wickets



Cone

6. HIT THE STUMPS

A game to improve catching and throwing skills

– can be used as a warm up or main activity

Organisation:

Divide the group into two equal teams and set up the area as in the diagram. Depending on how many sets of plastic stumps you have you may wish to place one on top of the other. It makes it more fun if a successful hit makes stumps come crashing down from a height!.

The Game

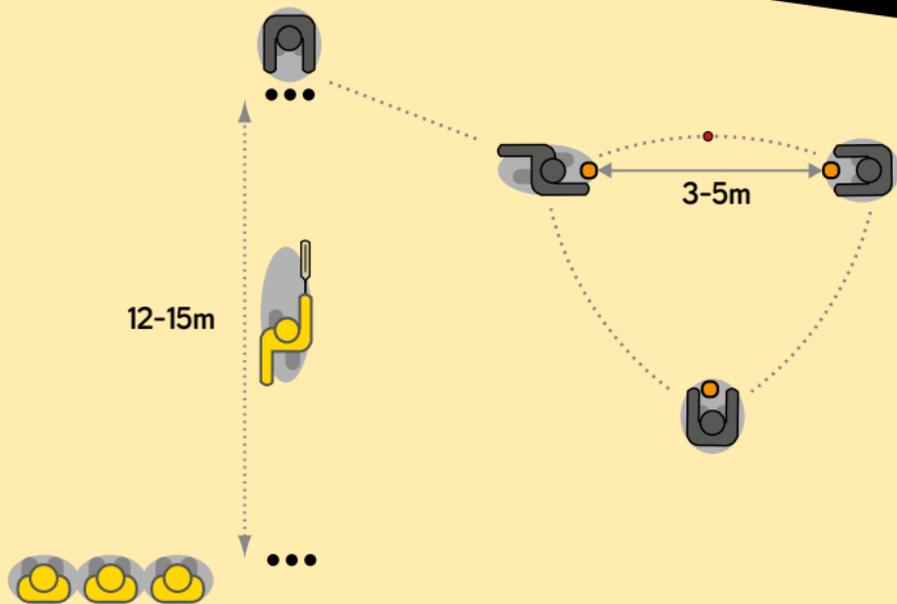
- The aim of the game is to knock the stumps over by throwing balls (overarm) at the target.
- Teams will be throwing from opposite sides so it's whoever knocks the stumps over into the other team's area first that wins.
- Throws can be as quick and often as the supply of balls allow .
- Children find a new ball to throw once they've thrown theirs.

Adaption / Variation

- Increase/decrease the number of stumps to hit
- Increase/decrease distance of throw (ensure safety)
- Increase/decrease target area
- Increase/decrease size of teams
- Use a football or fitball as a target – first over the line wins

7. QUICK RUNS, SAFE CATCHES

A game to practise running between the wickets and catching under pressure



Safety!

- Batters to run on the opposite side to where the catches are being made



2



2



10-15 mins



8



1



3



Batting team



Fielding team



Wickets



Cone

7. QUICK RUNS, SAFE CATCHES

A game to practise running between the wickets and catching under pressure

Organisation:

Divide group into teams of four. Two teams play each other. Set up as many games as you need as shown in diagram. Fielding team appoint a wicket-keeper, the three remaining fielders complete catches. You can adapt this game to work with the numbers you've got – catch in a square if you have four, for example.

The Game

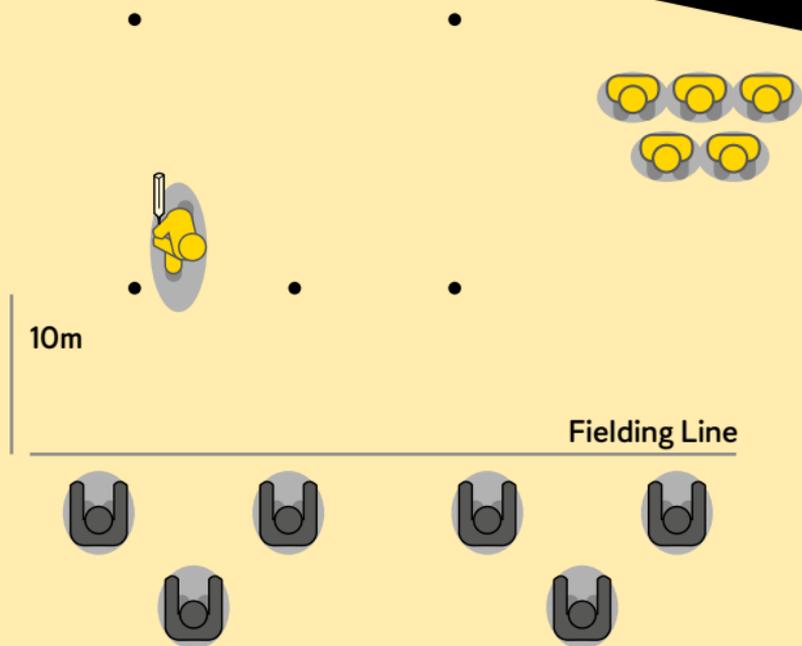
- The aim of the game is to score the most runs.
- When the umpire shouts 'go' the three fielders throw a ball clockwise to make 20 catches, meanwhile the batters run one at a time to score runs.
- When the twentieth catch is made (dropped catches do not count), the fielder throws the ball to the wicket-keeper who touches the wicket with the ball and shouts 'stop'.
- The number of runs the batters have made is noted and the teams swap.

Adaption / Variation

- Increase/decrease distance for batters to run
- Increase/decrease throwing distance.
- Place conditions on the catches (e.g. one hand only, alternate hands)
- Change the type of throw (over/underarm)

8. RAPID FIRE CRICKET

This game is perfect for Key Stage 1 Children



Safety!

- Batsmen line up in 'pavilion' in order of batting
- Fielders cannot move from behind the line until all three balls have been struck
- The running area should be 4-5m away from the striking area to avoid fielders and the batter running into each other



1



3



3



3+



10-15 mins



12



Batting team



Fielding team

● ● ● Wickets

● Cone

8. RAPID FIRE CRICKET

This game is perfect for Key Stage 1 Children

Organisation:

Either divide into two equal teams (best for larger group), or just select a batter and everyone else is a fielder (best for smaller group).

Batting side:

One batter at a time. Other batters wait in 'pavilion' to ensure their safety.

Fielding side:

Fielders line up behind the 'fielding line'. Once the batsman has hit all 3 balls the fielders retrieve the balls and replace them on the 'Tees' and return to the 'fielding line' to stop the batsman from scoring.

Bowler:

This game does not require a bowler.

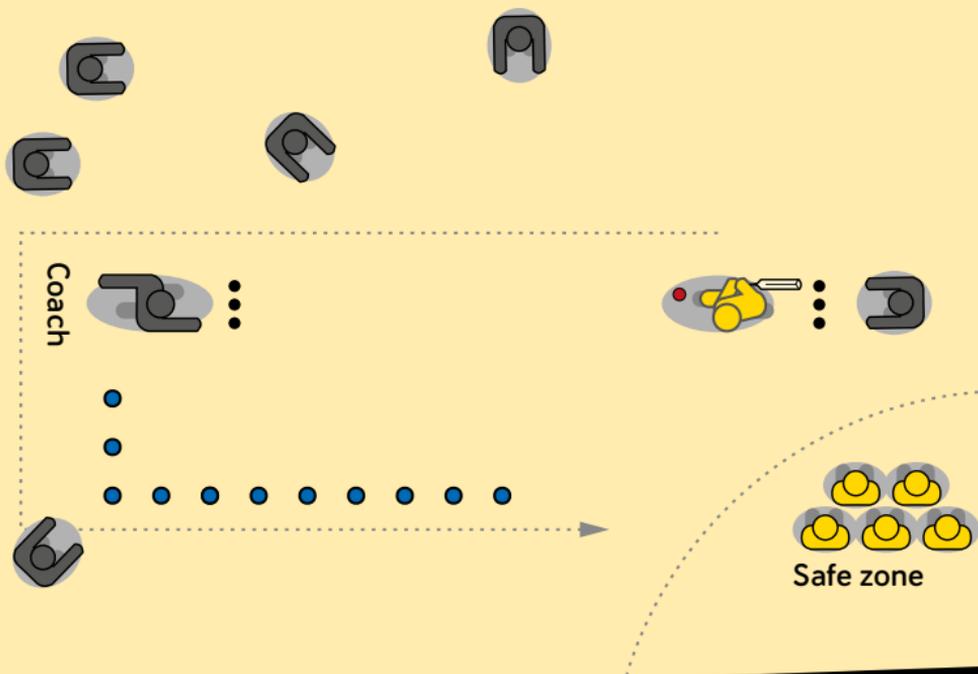
The Game

- Batsmen line up in 'pavilion' in order of batting (safety).
- First batsman comes out and hits the 3 balls off the 3 'Tees'.
- Fielders cannot move from behind the line until all three balls have been struck (safety).'
- Batsman runs between the cones/ stumps until all 3 balls are replaced on the 3 'Tees' and the fielders have returned to the 'fielding line'.
- One run is awarded for each run between the stumps.
- Next batsman follows until everyone has batted.

More coaching cards and free resources are available to download at chancetoshine.org/schools

9. FOUR BATS

A fun game combining batting and fielding testing your speed!



Safety!

- Participants must wait in the safe zone until batter returns. Fielders must be a safe distance away from the batter

Tip!

- Hit the ball into the gaps to make sure you have enough time to make it back into the safe zone!



4



1



10–15 mins



12



1



10



Batting team



Fielding team



Wickets



Cones

9. FOUR BATS

A fun game combining batting and fielding testing your speed!

Organisation:

Teams are split into a batting and fielding team by the coach.

The Game:

4 bats! The batting team has to score as many runs with your 4 bats as possible. Take it in turns to approach the stumps, strike the ball before running as fast as you can round the coach and the blue cones back into the safe zone! Fielding team must retrieve the ball and get the ball back to the coach as soon as possible. Once the coach has the ball, he can bowl at the stumps. If you make it back into the safe zone, your team scores 1 run. Keep going till you are out of bats, then swap round!

Ways of being out:

If you are out, your team lose a bat until you have none remaining!

You can be out by being bowled, or caught!

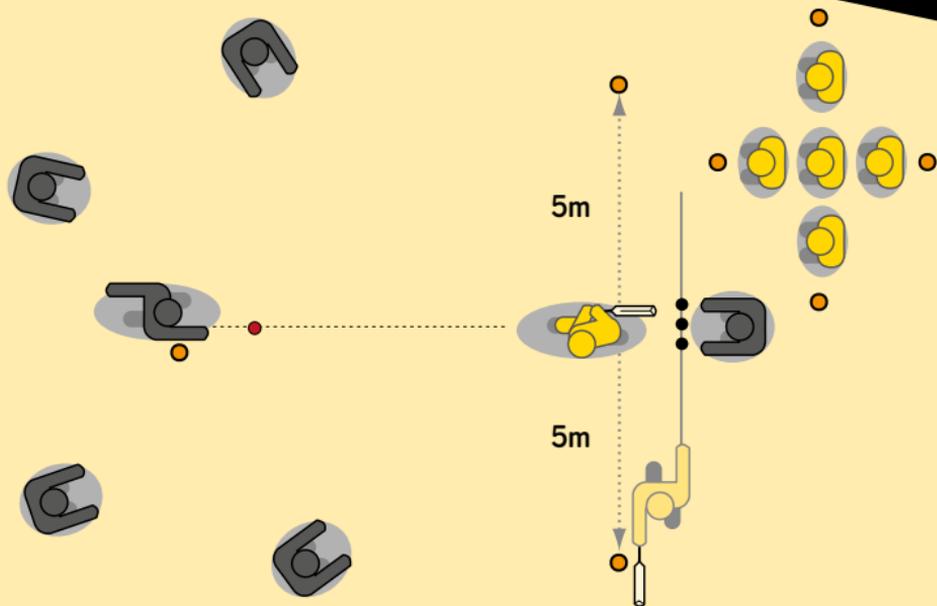
Adaption / Variation

- Increase distance for runners
- Increase bowling distance
- Use throwing instead of bowling

More coaching cards and free resources are available to download at chancetoshine.org/schools

10. CONTINUOUS CRICKET

A fast, fun game where everyone has a chance to contribute



Safety!

- No fielders closer than 10 meters from the batsman
- Batting team members to stand a safe distance behind game in coned 'clubhouse' area

Tip!

- Coach/teacher can bowl if necessary



1



1



10–20 mins



6+



1



2



Batting team



Fielding team



Wickets



Cone

10. CONTINUOUS CRICKET

A fast, fun game where everyone has a chance to contribute

Organisation:

Divide into two equal teams, or if there is a smaller group, just allocate one player as the batsman and the rest as fielders.

Batting:

Batter number 1 starts in front of the stumps ready to hit the ball. All remaining batters stand a safe distance behind the game.

Fielding:

Fielders spread out, no closer than 10 metres from the batter.

Bowling:

There needs to be one bowler (under or overarm dependent on ability, bowled from the cone) and one wicket keeper. Teacher can be the bowler if necessary.

The Game

- The bowler 'bowls' the ball underarm (with one bounce) to the batter.
- If contact is made, the batter runs around either cone and back to the stumps to score a run.
- Batter must run regardless of whether or not they hit the ball... and for any subsequent balls bowled which they miss whilst running.
- Fielders try to catch the batter out, or stop the ball and pass it back to the bowler.
- The bowler can bowl the ball again as soon as s/he receives it, even if the batter is not back in time.
- When all the batters have been dismissed, the teams swap.
- The team that scores the most runs wins.

Ways of being out

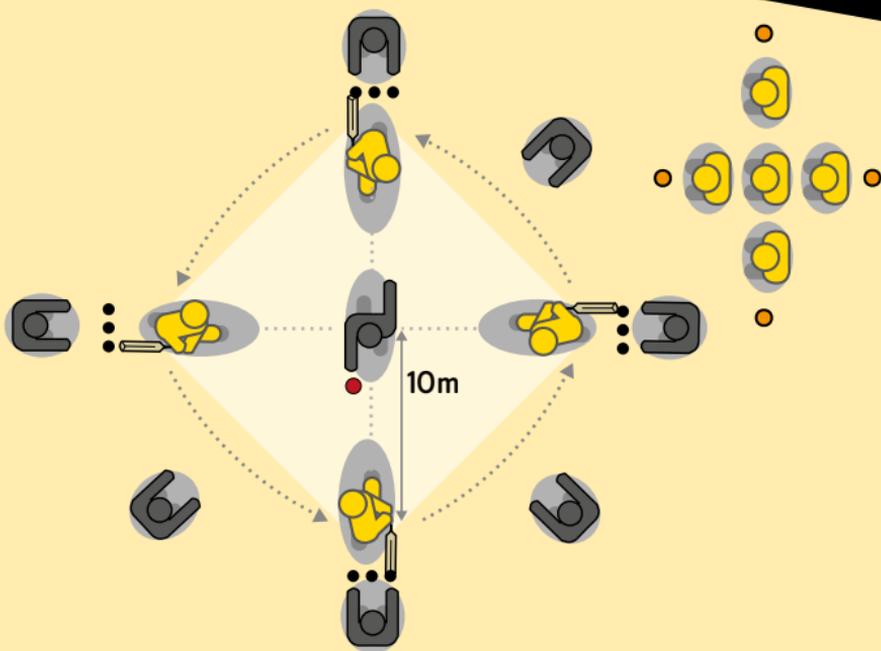
- Caught
- Bowled

Adaption / Variation

- Make it easier: use a larger ball
- Make it harder: overarm bowling, increase running distance

11. DIAMOND CRICKET

A great game that combines cricket and rounders and requires tactical thinking



Safety!

- All fielders must start outside the diamond
- Batting team members waiting to bat to stand a safe distance out of the way in the coned 'clubhouse' area

Tip!

- Coach/teacher can bowl if necessary



4



4



10–30 mins



12+



1



1



Batting team



Fielding team

● ● ● Wickets

● Cone

11. DIAMOND CRICKET

A great game that combines cricket and rounders and requires tactical thinking

Organisation:

Either divide into two equal teams (best for larger group), or can just select four batters (best for smaller group).

Batting:

Only four players can bat at one time; the remaining batters should wait in a safe area ready to come in. Switch batters as the game/ allocated time requires to ensure everyone gets a chance to bat.

Fielding:

Fielders spread out (but no-one can start by standing inside the 'diamond'). A fielder at each set of stumps (as a wicket-keeper) is a good idea.

Bowling:

The bowler (child or teacher, dependent on standard) stands in the middle of all four stumps.

The Game

- Bowler bowls underarm or overarm at any set of stumps.
- Batters can run if they hit or miss the ball.
- All four batters run at the same time
 - in an anti-clockwise direction
 - with no overtaking.
- One run is scored when all batters advance safely to next wicket.
- As soon as the bowler receives the ball back s/he can bowl it again so the batters always need to be ready.
- The team with the most runs wins.

Ways of being out

- Caught
- Bowled
- Hit wicket
- Run out (optional)

When a batter is out, the next batter comes in to replace them. The innings can either be played until all the batters are 'out', or can be time-based (i.e.10 mins per innings), which means that batters

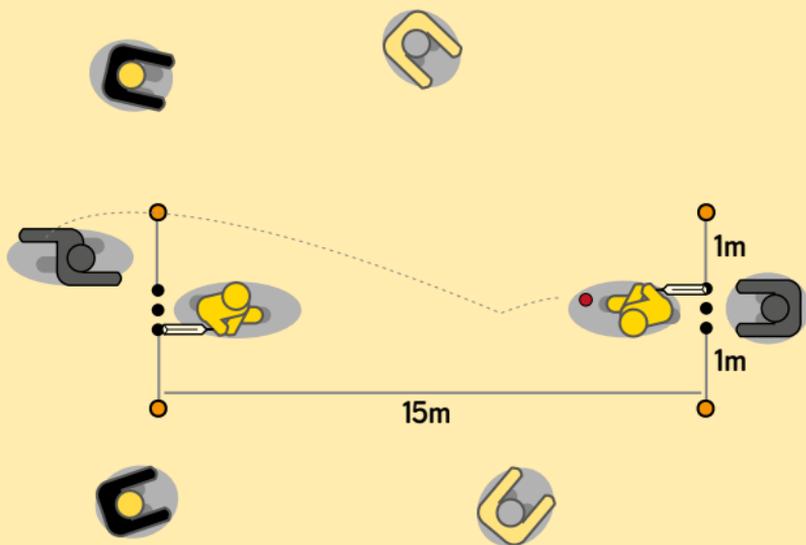
may have a chance to bat again. Batting and fielding teams swap when the innings is concluded.

Adaption / Variation

Bowler and fielders rotate positions every six balls. Individual batters can decide to have an overarm bowl and score double for that hit. Innings length can be based on a length of time or the number of wickets lost. Three misses by the batter and you're out.

12. PAIRS (KWIK) CRICKET

The type of game primary school teams will play at tournaments



Safety!

- Ensure fielders do not field any closer than 10 meters from the bat
- Use appropriate ball (harder/softer) for ability of group



2



2



5–30 mins



8+



1



4



Pair 1



Pair 2



Wickets



Cone



Pair 3



Pair 4

12. PAIRS (KWIK) CRICKET

The type of game primary school teams will play at tournaments

Organisation:

Set up groups of eight, and then divide into pairs. Pair 1 bat; pair 2 bowl and wicket-keep; other two pairs are fielders. You can also play with fewer players but won't have as many fielders! Set the pitch up as in the diagram.

The Game

- The aim of the game is to score as many runs as possible.
- Each batting pair faces two overs (12 balls in total – this can be adjusted to suit the time available.)
- If ball bowled passes outside coned area, then a 'wide' is called.
- Runs are scored when the batter hits the ball and the pair run. The batting pair starts on 20 runs and loses three runs each time they are out (bowled, caught, hit wicket or run out).
- Pair two swap bowlers after six balls; all pairs rotate to new role after 12 balls.

Adaption / Variation

- Can play this in a larger group with batters waiting to go in, so you have team scores rather than pair scores. Start team on 200 runs
- Use harder/softer ball
- Set up a boundary with cones (4 runs for bounced ball, 6 runs when hit over without bouncing)
- Set up specific scoring areas to score extra runs (e.g. if practising hitting a new shot).

FUNDRAISE FOR CHANCE TO SHINE

A FEW FUN IDEAS:



Vs

Kids v Teachers cricket match

– if enough parents are interested, get them involved too!



Sponsored catch

– in pairs, kids attempt to catch the ball as many times in 2 minutes as they can.



'Cricket-tea' bake sale

– think scones, cake and orange squash.



Guess the number of 'runs'

– children guess the total number of runs that will be scored in your school's next match.



Non uniform day

– students wear their cricket kit -
or simply their favourite clothes – for a day.



Keep things simple

– donate funds from your next general fundraiser (e.g. your school fete or talent show) to help spread the power of cricket.

Once you've raised your funds, please send a cheque payable to 'Chance to Shine' to 'FREEPOST CHANCE TO SHINE' or pay them directly into our bank account (account no: 90154288, sort code: 20-74-63 and include your school's name as the reference).

For all questions or more advice, please contact 020 7735 2881 or info@chancetoshine.org

FUNDRAISE FOR CHANCE TO SHINE!

We want to give millions more children, just like the ones in your school, the chance to play and learn through cricket. But to do this, we need your help!

Providing quality cricket coaching (and even these cards in your hand right now) requires us to raise lots of money each year. We're asking you and your pupils to play your part by fundraising for Chance to Shine.

There are a few fun ideas over the page to help you get started and additional tips and advice can be found at:

www.chanceotshine.org/schools

Thank you and good luck!

