

## Isle of Man Secondary School Girl's Lesson Plans



### Lesson 1 - Batting

Lesson Objective - Learn how to play the pull shot and use in a game situation.

#### Warm Up

Bat Taps (if there is enough bats) - introduce the 5 different levels (scroll down the school resources page)

#### Main Skill - Pull Shot

In pairs - 1 feeding and 1 batting hitting towards a wall/fence  
6 goes, player feeds a full toss above waist height and the ball is hit into the fence/ or target area and swap

Move onto playing the pull shot to a one bounce feed above waist height - introduce technical points (grip, stance and back lift).

If time - introduce the sweep shot - lower feed and played in a lunge position.

#### Game - Pull Shot Game

In 4s - 1 feeder, 1 batter, 1 wicket keeper, 1 fielder

##### Batter

The batter has 4 attempts and if the ball is hit over the boundary the player gets 6 runs, if it rolls over the boundary 4 runs, if it stays within the boundary the player can run between the wickets.

##### Bowler/Feeder

The feeder does a bounce feed towards the batter.

##### Fielder/Wicket Keeper

The fielder attempts to stop the ball from going over the boundary and returns the ball to the wicket keeper for a run out.

Everyone has a go at each role and the player with the most runs wins.

#### Game - Square game

##### Batter

Every batter has a go and all the remaining batters run around the outside of the square of wickets.

##### Fielders

The fielder returns the ball to wicket 1, then to 2, then to 3, then 4 and the stumps are taken. Fielding team gain a point if a batter is bowled or caught.

If all the batters have got round the square then they score a run, if the ball beats the batters round then the fielding team get a point. Everyone has a bat and then swaps with the fielding team.

### Lesson 2 - Bowling

Lesson Objective - To introduce over arm bowling and to use in a game situation.

#### Main Skill - Over Arm Bowling

In pairs - bowl across to each other trying to hit the spot. Introduce technical points (grip, mid way position, feet angled and arm comes over straight).

Place one stump in the middle of 3 pairs and they bowl across to each other with the stump in the middle. First group to 10 hits.

#### Game - Connector Game

Players select their own equipment. The players decide on the rules their game will follow. Players bowl over arm and decide how everyone will get a bat and a bowl, how they score runs and when the game finishes.

## Lesson 3 - Batting

Lesson Objective - Learn how to play the drive and to use in a game situation.

### Warm Up

Bat taps (if there is enough bats).

### Main Skill - Drive

Recap on technical points - grip, stance and backswing. Introduce the drive as a straight bat shot, played to a lower bouncing ball, head leads to create a base to hit from.

In 3s, 1 feeding, 1 batting and 1 fielding. The batter hits through a straight target area has 4 attempts and swaps. The feeder uses a drop feed first and then moves onto a bobble feed.

### Game - Driving Game

In 4s - 1 feeder, 1 batter, 1 wicket keeper, 1 fielder

#### Batter

The batter has 4 attempts and if the ball is hit over the boundary the player gets 6 runs, if it rolls over the boundary 4 runs, if it stays within the boundary the player can run between the wickets.

#### Bowler/Feeder

The feeder does a bobble feed towards the batter.

#### Fielder/Wicket Keeper

The fielder attempts to stop the ball from going over the boundary and returns the ball to the wicket keeper for a run out.

## Lesson 4 - Game Play

Lesson Objective - To use the batting skills they have practiced in a game situation.

### Warm Up - Hand Hockey

One team starts with ball. Start with rolling the ball to one another and a point is scored when the ball is thrown at the stumps in the zoned area. Players can't move with the ball or go into the zoned area

#### Progressions:

Catching (two hands and one hand)

Weak hand only

Teams must complete 5 passes before scoring.

Players rotate and play -

Square game (as above)

### Diamond cricket

Any fielder may bowl to any batter around the diamond at any time. All other players in the fielding team, field outside the diamond of wickets. When a batter hits a bowled ball, all 4 batters run with their bat anti-clockwise to their next wicket. The fielding team attempts to get the batting team out while the batting team tries to score as many runs as possible.

> A batter is 'out' if:

- a bowled ball hits the wickets

- they are caught on the full by a fielder

All the players are numbered and the next number comes into bat.

### Non Stop Cricket

The ball is bowled underarm from the wicket. The bowler can bowl whenever the ball is available.

#### Batters

The batter must attempt to hit the ball after one bounce and, if successful, must run to the other wicket and to the back of the queue.

Batters are out if they are caught or bowled out.

Once the batter is out, the whole batting team swap with the fielding team  
Fielders  
Return the ball to the bowler ready for the next delivery.

Progression  
Introduce run out