**Woolworths Blast (Cricket) Lesson Plans**

**⭐ Lesson 1: Introduction to Cricket**

**Objective:** Introduce cricket, basic skills, and safety  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Cricket Freeze* – Players jog around the field while the coach calls out cricket-related actions like “bat”, “ball”, “field”, etc. When the coach calls a word, the players freeze in the corresponding action.
* **Skill Activity (15 mins):** *Batting Basics* – Players practice holding the bat correctly and swinging through the ball. Use soft balls for safety and fun.
* **Game-Based Activity (20 mins):** *Target Batting* – Set up cones or targets to aim for with soft balls. Players take turns trying to hit the targets with their bat.
* **Mini-Game (10 mins):** *T-ball Cricket* – Use a T-ball stand to practice batting. Players hit the ball off the tee, then run to the next base (cone).
* **Cool Down (5 mins):** Gentle stretching in a circle while reviewing what was learned.  
  🗨 “How do you feel when you hit the ball?”

**⭐ Lesson 2: Bowling & Batting Basics**

**Objective:** Introduce bowling action and improve batting technique  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Bowling to the Wicket* – Players roll a ball to hit a cone (acting as the stumps) from a short distance. Focus on smooth bowling actions.
* **Skill Activity (15 mins):** *Batting & Running* – Players practice hitting the ball and then running to a designated point (a cone) as if they were running between wickets.
* **Game-Based Activity (20 mins):** *Bowling Targets* – Players bowl at targets (cones or buckets). Add points for hitting targets to keep it competitive.
* **Mini-Game (10 mins):** *Mini Cricket Match* – Short game with emphasis on bowling and batting in pairs.
* **Cool Down (5 mins):** Stretching while talking about how to improve.  
  🗨 “What part of batting or bowling felt tricky today?”

**⭐ Lesson 3: Fielding Fundamentals**

**Objective:** Develop basic fielding skills such as catching, stopping, and throwing  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Catching Relay* – Players pass a soft ball back and forth in pairs, aiming for accuracy while running.
* **Skill Activity (15 mins):** *Catching Practice* – Practice catching underarm and overarm throws with soft balls, focusing on soft hands and catching above the head and below the waist.
* **Game-Based Activity (20 mins):** *Throw and Catch Challenge* – Players throw the ball to each other, aiming for the target (cone). If the ball hits the target, they score a point.
* **Mini-Game (10 mins):** *Cricket Fielding Scramble* – Players field and throw to hit a cone (stump). The coach can call out different commands for players to react to.
* **Cool Down (5 mins):** Gentle stretching and a review of the day’s activities.  
  🗨 “What’s the most important thing to focus on when you’re fielding?”

**⭐ Lesson 4: Batting & Bowling Techniques**

**Objective:** Improve batting skills and introduce bowling action  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Ball Dribble Relay* – Players dribble a ball while running to a point and back. Focus on hand-eye coordination.
* **Skill Activity (15 mins):** *Bowling Action Drill* – Players practice a basic bowling motion, emphasizing smooth arm action and stepping forward.
* **Game-Based Activity (20 mins):** *Batting to Hit the Mark* – Players take turns batting, aiming to hit the target (cones or markers) placed around the field.
* **Mini-Game (10 mins):** *Bowling Competition* – Players bowl at a wicket target, scoring points for each successful hit.
* **Cool Down (5 mins):** Team circle for stretching and reviewing bowling and batting techniques.  
  🗨 “How can you improve your batting stance to hit the ball better?”

**⭐ Lesson 5: Running Between Wickets**

**Objective:** Teach running between wickets and awareness of scoring  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Relay Races* – Players run back and forth while practicing running with their bat in hand.
* **Skill Activity (15 mins):** *Run & Hit* – Batters hit a ball and practice running between wickets, with one player batting and one player fielding.
* **Game-Based Activity (20 mins):** *Wicket Running* – Players try to score as many runs as possible by running between wickets. Coaches encourage good timing and awareness.
* **Mini-Game (10 mins):** *Quick Run Cricket* – A fun game where players bat, run, and try to hit a “home run” by making it to the opposite wicket.
* **Cool Down (5 mins):** Walking laps while discussing the key points of running between wickets.  
  🗨 “What’s the most important thing to remember when running between the wickets?”

**⭐ Lesson 6: Bowling Practice & Batting Shots**

**Objective:** Refine bowling and introduce different batting shots  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Bowling Tag* – Players practice bowling to a target while dodging a soft ball thrown by the coach.
* **Skill Activity (15 mins):** *Batting Shot Drill* – Players practice hitting the ball using different shots (forward defense, back foot, sweep) with the coach offering guidance.
* **Game-Based Activity (20 mins):** *Batting to Score* – Players take turns batting and aiming for the targets placed around the field. Bowling team tries to field the ball and prevent runs.
* **Mini-Game (10 mins):** *Cricket Rounders* – Players run around cones, similar to rounders, with batting and bowling.
* **Cool Down (5 mins):** Team stretching while reflecting on batting and bowling.  
  🗨 “How do you decide which batting shot to play?”

**⭐ Lesson 7: Cricket Fielding & Awareness**

**Objective:** Build awareness in fielding, teamwork, and communication  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Catch the Ball Relay* – Players pass the ball in a relay, practicing catching with both hands and throwing accurately.
* **Skill Activity (15 mins):** *Fielding Positions* – Set up fielding zones (slips, gully, outfield, etc.), and players practice throwing the ball to each position.
* **Game-Based Activity (20 mins):** *Fielding Competition* – Teams field and try to stop as many runs as possible by collecting and returning balls to a target cone.
* **Mini-Game (10 mins):** *Cricket Smarts* – Small groups play cricket with emphasis on teamwork and fielding strategy.
* **Cool Down (5 mins):** Stretching in a circle while reflecting on how fielding can help the team.  
  🗨 “What was the most challenging part of fielding today?”

**⭐ Lesson 8: Cricket Blast Fun Day**

**Objective:** Combine all skills in a fun, relaxed match day  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Cricket Movement Challenge* – Players go through a fun circuit of batting, bowling, and fielding skills.
* **Activity Stations (25 mins):** Players rotate through stations:
  + Bowling accuracy (aiming at a target)
  + Batting practice (hitting the ball through cones)
  + Fielding challenge (stopping balls and making throws)
  + Running between wickets challenge
* **Mini-Game (15 mins):** *Cricket Blast Match* – A friendly game where all the skills come together. Coaches give feedback and encouragement.
* **Cool Down (5 mins):** Group circle with a review of everyone’s favorite part of the day.  
  🗨 “What did you enjoy most today?”