**Cricket Lesson Plans - Juniors**

**⭐ Lesson 1: Batting Basics & Footwork**

**Objective:** Introduce basic batting techniques and footwork  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Dynamic Stretching & Footwork Drills* – Incorporate movements like high knees, leg swings, and side shuffles to warm up.
* **Skill Activity (15 mins):** *Basic Batting Grip & Stance* – Teach players how to grip the bat and adopt a proper batting stance. Practice soft hands and proper foot placement.
* **Game-Based Activity (20 mins):** *Throwdowns* – Players face throwdowns or underarm bowling, focusing on playing straight and using the correct foot movement to meet the ball.
* **Mini-Game (10 mins):** *Batting Target Practice* – Players aim to hit the ball into specific areas of the field (e.g., behind square or through the covers).
* **Cool Down (5 mins):** Stretching and feedback on footwork and grip.  
  🗨 “What did you find challenging about positioning your feet when batting?”

**⭐ Lesson 2: Bowling Action & Accuracy**

**Objective:** Develop bowling technique and accuracy  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Bowling Arm Drills* – Focus on shoulder mobility and arm rotation, warming up the muscles needed for bowling.
* **Skill Activity (15 mins):** *Bowling Action* – Teach the basics of a bowling action, including the run-up, delivery stride, and follow-through.
* **Game-Based Activity (20 mins):** *Target Bowling* – Set up cones or markers for players to bowl at, focusing on hitting a specific line and length.
* **Mini-Game (10 mins):** *Bowling at the Stumps* – Players bowl to the stumps with an emphasis on accuracy, working on both pace and length.
* **Cool Down (5 mins):** Stretching and reflection on the bowling action and accuracy.  
  🗨 “What tips can you share to bowl more accurately?”

**⭐ Lesson 3: Fielding Skills & Catching**

**Objective:** Improve fielding technique, with a focus on catching  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Fielding Circuits* – Players move through different stations to practice fielding skills like diving, stopping, and catching.
* **Skill Activity (15 mins):** *Catching Drills* – Practice high catches and low catches, with a focus on soft hands and proper positioning.
* **Game-Based Activity (20 mins):** *Fielding Challenge* – Fielders work in pairs to stop and throw balls accurately to targets, rotating after each round.
* **Mini-Game (10 mins):** *Catching in the Field* – In a small-sided game, players are challenged to take catches while on the move.
* **Cool Down (5 mins):** Stretching and discussion on the importance of catching technique.  
  🗨 “How do you ensure you’re in the right position to catch the ball?”

**⭐ Lesson 4: Batting Under Pressure**

**Objective:** Teach players to bat under pressure and build partnerships  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Footwork & Running Drills* – Practice moving quickly between wickets and focusing on footwork for batting.
* **Skill Activity (15 mins):** *Running Between the Wickets* – Players practice calling for runs and running between the wickets efficiently and quickly.
* **Game-Based Activity (20 mins):** *Batting Pairs Challenge* – Pairs of batters work together to score as many runs as possible within a set time while focusing on good communication and shot selection.
* **Mini-Game (10 mins):** *Pressure Batting* – Players bat under pressure (e.g., limited overs) where they must rotate the strike and build partnerships.
* **Cool Down (5 mins):** Stretching and team discussion on batting under pressure.  
  🗨 “What’s your strategy when you have to run quickly between the wickets?”

**⭐ Lesson 5: Spin Bowling & Flight**

**Objective:** Introduce spin bowling, focusing on flight and accuracy  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Bowling Arm & Wrist Exercises* – Focus on wrist movement and rotation to prepare for spin bowling.
* **Skill Activity (15 mins):** *Spin Bowling Technique* – Teach the basics of spin bowling, focusing on wrist position, flight, and accuracy.
* **Game-Based Activity (20 mins):** *Bowling to a Target* – Players bowl spin deliveries targeting a specific area of the wicket, aiming for consistency and control.
* **Mini-Game (10 mins):** *Spin Bowling Challenge* – Players bowl a set number of overs, with each bowler trying to keep runs low and take wickets.
* **Cool Down (5 mins):** Stretching and feedback on spin technique.  
  🗨 “What was the trickiest part of spin bowling for you today?”

**⭐ Lesson 6: Fast Bowling & Aggression**

**Objective:** Develop fast bowling techniques with a focus on aggression and consistency  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Fast Bowling Drills* – Focus on strengthening legs and shoulders with sprints, shuttle runs, and arm circles.
* **Skill Activity (15 mins):** *Fast Bowling Action* – Practice the bowling run-up and action, focusing on building speed and maintaining accuracy.
* **Game-Based Activity (20 mins):** *Bowling to the Stumps* – Fast bowlers aim to bowl straight at the stumps, challenging the batter’s defensive technique.
* **Mini-Game (10 mins):** *Bowler vs. Batter* – Fast bowlers bowl at batters with the goal of trying to take wickets. Batters focus on defending deliveries while looking for scoring opportunities.
* **Cool Down (5 mins):** Stretching and reflection on bowling action and speed.  
  🗨 “How do you stay focused on your line and length while bowling fast?”

**⭐ Lesson 7: Batting Against Pace**

**Objective:** Teach players to face fast bowling and adjust to pace  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Footwork Drills* – Focus on foot movement, especially for playing fast deliveries (e.g., backfoot, front foot).
* **Skill Activity (15 mins):** *Facing Fast Deliveries* – Practice playing straight drives and cut shots to both short-pitched and full-length deliveries.
* **Game-Based Activity (20 mins):** *Fast Bowling Simulation* – Players face bowlers delivering a mix of short-pitched and full-length deliveries. Focus on keeping the ball down and playing shots with control.
* **Mini-Game (10 mins):** *Defensive Batting Under Pressure* – Batsmen practice surviving against fast bowlers for a set number of overs, aiming to defend well and rotate the strike.
* **Cool Down (5 mins):** Stretching and discussion on playing fast bowling.  
  🗨 “What techniques helped you defend better against fast bowlers?”

**⭐ Lesson 8: Match Simulation & Game Awareness**

**Objective:** Improve match awareness, strategy, and game situations  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *General Warm-Up* – A mix of light jogging, dynamic stretches, and quick sprints to get the body ready for action.
* **Skill Activity (15 mins):** *Fielding Positions* – Teach players about various fielding positions and the responsibilities of each, from slips to the boundary.
* **Game-Based Activity (20 mins):** *Mini Match* – Divide the players into two teams and simulate a short 5-overs match, allowing both batting and bowling to be practiced in a game context.
* **Mini-Game (10 mins):** *Scenario Game* – Present specific scenarios (e.g., needing 20 runs off 6 balls, defending a target) and challenge players to execute strategies for those situations.
* **Cool Down (5 mins):** Stretching and group discussion on decision-making and strategies during match scenarios.  
  🗨 “How did you make decisions when facing tricky situations during the match simulation?”