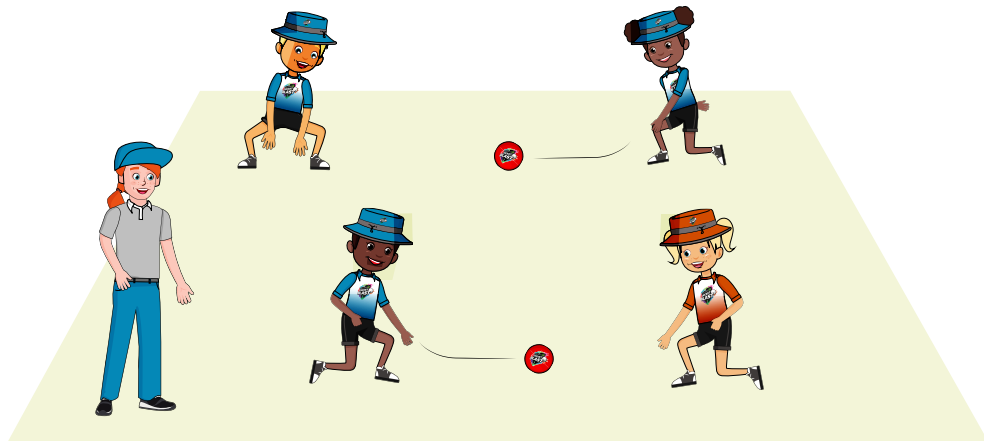


BLASTER'S CHALLENGE

Sessions 1 & 2 – Rolling

COMPLETE EACH ACTIVITY
BEFORE MOVING ON!



Activity 1

- Find a partner and stand with your toes touching theirs, now take four big steps backwards.
- Roll the ball along the ground to you partner who fields the ball with two hands.

Activity 2

- Find a partner and stand with your toes touching theirs, now take four big steps backwards.
- Roll the ball along the ground to you partner who fields the ball with one hand.

Activity 3

- Find a partner and stand with your toes touching theirs, now take four big steps backwards.
- One person stands with their feet apart, the other person tries to roll the ball between their legs.

Activity 4

- Find a partner and stand with your toes touching theirs, now take four big steps backwards.
- One person stands with their feet apart, the other person tries to roll into one of their feet.

COACHING



- Eyes are focused on the target.
- Stand front on to the target.
- Rolling arm moves straight back and then straight at the target.
- Step towards the target with foot opposite to rolling arm during the throw.
- Make sure you stand with feet shoulder width apart and watch the ball all the way into your hands when fielding.

CONGRATULATIONS!

You have now completed
The Blasters ROLLING Challenge!

BLASTER'S CHALLENGE

Sessions 3 & 4 – Catching

COMPLETE EACH ACTIVITY
BEFORE MOVING ON!



Activity 1

Throw the ball up with one hand and catch it with two hands.

Activity 2

Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.

Activity 3

Find a partner and stand with your toes touching theirs, now take two big steps backwards.

Underarm the ball to each other, each time catching the ball with TWO hands.

Activity 4

Find a partner and stand with your toes touching theirs, now take two big steps backwards.

Underarm the ball to each other, this time catching the ball with ONE hand.

COACHING



- Make sure you watch the ball all the way into your hands.
- Try to make your hands into a big bowl for the ball to land in.
- Stand with your feet shoulder width apart.
- Catch the ball in your hands with your elbows in front of your body.
- Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.

CONGRATULATIONS!

You have now completed
The Blasters CATCHING Challenge!

BLASTER'S CHALLENGE

Sessions 5 & 6 – Throwing

COMPLETE EACH ACTIVITY
BEFORE MOVING ON!



Activity 1

Throw the ball into the ground and try and make it bounce above your head then catch it on its way down.

Activity 2

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball into the ground so it bounces up and your partner can catch it without moving.

Activity 3

Find a partner and stand with your toes touching theirs, now take four big steps backwards. One person stands with their feet apart, the other person tries to throw the ball between their legs.

Activity 4

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball to your partner so they can catch it before the ball bounces.

COACHING



- Try and stand side on to your target when throwing.
- Your arm should nearly straighten behind you before you throw it.
- Step towards your target with your front foot when you throw.
- Finish with your throwing arm down and across your body.
- Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.

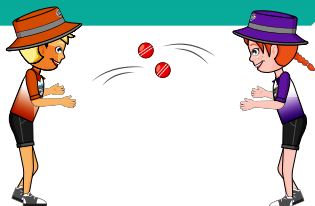
FANTASTIC!

You have now completed
The Blasters THROWING Challenge!

BLASTER'S CHALLENGE

Sessions 7 & 8 – Games

COMPLETE EACH ACTIVITY
BEFORE MOVING ON!



Game 1 Pairs catch and release

In pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. Underarm the ball to each other at the same time and catch it with 2 hands.

For an extra challenge, try working with your partner to say the letters of the alphabet, names of countries or even names of animals each time you take a catch rather than counting.

COMPLEXITY



POINTS

4 points for attempting this game.



Game 3 Cross country skiing

In pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. Underarm the ball to each other at the same time and catch it with 2 hands.

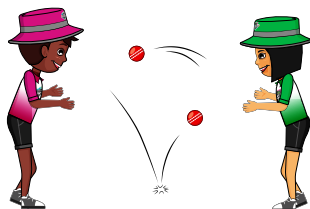
For an extra challenge, try working with your partner to say the letters of the alphabet, names of countries or even names of animals each time you take a catch rather than counting.

COMPLEXITY



POINTS

4 points for attempting this game.



Game 2 Pairs bouncing catching

In pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. One person throws the ball overarm and bounces it to their partner. One person throws an underarm catch to their partner without the ball bouncing.

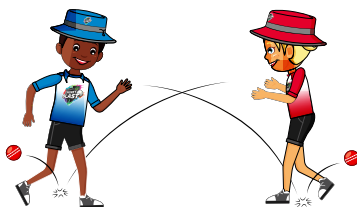
For an extra challenge, try swapping roles each time so that ball 1 is always bouncing and ball 2 is always catching.

COMPLEXITY



POINTS

4 points for attempting this game.



Game 4 Goal getter

In pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball and be standing with your feet shoulder width apart.

Each person tries to score a goal by under arming the ball through their partner's legs.

COMPLEXITY



POINTS

4 points for attempting this game.

FANTASTIC!

You have now completed
The Blaster's Challenge!

Batting

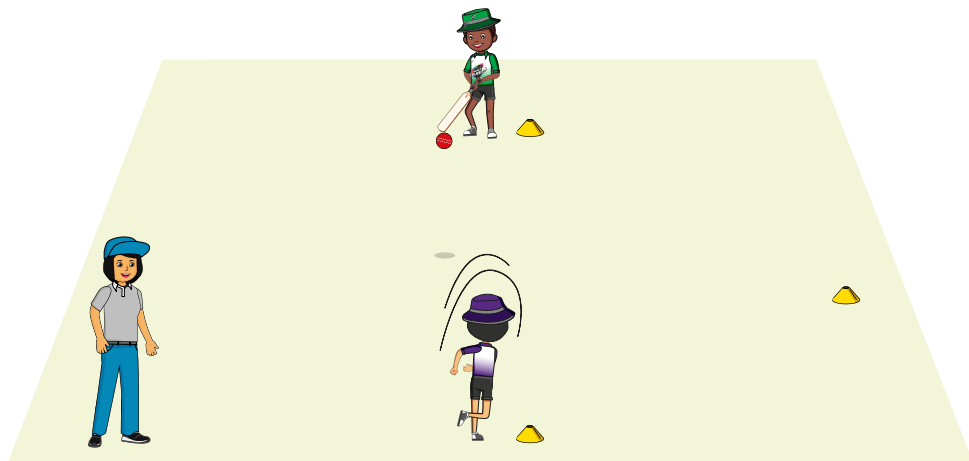
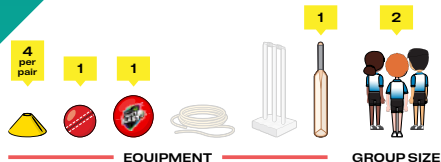
THE BIGGEST HIT



COMPLEXITY



SETUP TIME



How to play

- Pairs
- 1 x bowler and 1 x batter
- Bowler delivers 3 balls to the batter, who tries to hit it as hard and far as they can.
- Bowler collects the ball and places a cone where the batter's ball finished.
- The batter tries to hit further than the cone on their next attempt to beat their best!
- If a batter beats their distance, then they receive 4 runs and bowler moves the cone back.
- If bowler catches the ball then they receive 5 bonus runs.
- Swap over roles every 3 deliveries.
- Blast Crew help with ball collection and make sure Blasters are swapping roles.

COACHING



- Make sure batters are keeping their eye on the ball, are stepping into different areas to make the shot, and freely swinging the bat to help hit the ball.

Change it!

LEVEL 1 – BALL DELIVERY

- Start with underarm delivery and progress through to the full bowling action.

LEVEL 2 – TYPE OF BALL

- Change the type of ball used. Maybe start with a scorchers ball and progress to the smaller Cricket Blast ball.
- Ball of their choice (e.g. Scorchers or rubber ball).

LEVEL 3 – ALONG THE GROUND OR IN THE AIR

- Try to vary shots. Try to only hit the ball along the ground or only in the air.

SAFETY

- Make sure groups are spaced at least 4 metres apart.

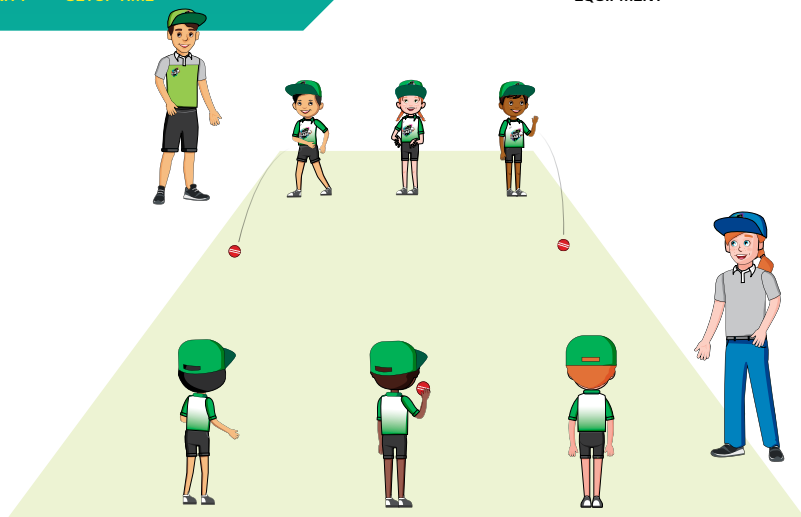
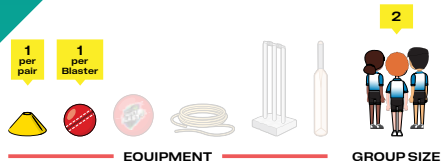
CATCHING ALL STARS



COMPLEXITY



SETUP TIME



How to play

- Pairs stand 3-5m apart with 1 ball.
- Blasters underarm back and forth taking turns throwing and catching.
- Create your own catching challenges:
 - Catch with 1 hand and alternate hands.
 - Clap between catching the ball.
 - Introduce a second ball. Underarm your ball while simultaneously catching your partner's ball.

TIP

A great way to engage your Blast Crew in the beginning of the program.

COACHING



- Watch the ball until it's in your hands.
- Cup hands together and give with the ball.

ASK THE BLASTERS



- Why do you need to give with the ball when catching?
- How did you position your hands? Why?

Change it!

LEVEL 1 – CONE CATCHING

- Introduce a cone.
- Catch holding the cone like a bowl or like a pyramid.

LEVEL 2 – RACES

- Race to complete 20 catches or see how many catches you can complete in 30 seconds.

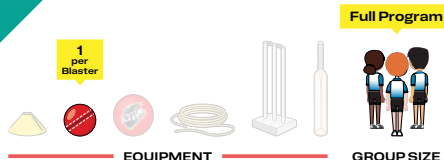
LEVEL 3 – DISTANCE

- If you take a catch, step away from your partner. If you drop a catch, step closer. See how far you can separate.

LEVEL 4 – CATCHING CROSSFIRE

- 4-6 Blasters stand in a 5m wide circle facing their partner.
- Pairs continually underarm the ball to each other aiming for the ball to bounce off other moving balls before catching.

FIELDING FANATICS



How to play

- Each Blaster has a ball, or if not enough balls, 1 between 2.
- Create fun ball handling and catching challenges. Use the examples or come up with your own.
- Ball Handling
Call out and demonstrate a ball handling challenge that Blasters copy. Keep it fast, fun and provide skill variations to challenge different abilities.
- Wrap the ball around your head/waist/knees/ankles.
- Race up and down the body.
- Figure 8s between knees.

CATCHING

Pairs stand 3-5m apart and underarm the ball back and forth taking turns throwing and catching:

- Catch with 1 hand and alternate hands.
- Clap between catching the ball.
- Introduce a second ball. Underarm your ball while simultaneously catching your partner's ball.

COACHING



- Watch and track the ball all the way into your hands.
- Listen to the instruction being given and respond accordingly.

ASK THE BLASTERS



- Which challenge was the easiest or hardest and why?
- What are 3 things you need to remember when catching?

Change it!

LEVEL 1 – RACES

- Race to complete 20 catches or see how many catches you can complete in 30 seconds.
- Race to see who can wrap the ball around their head, waist, knees, ankles the fastest.

LEVEL 2 – DISTANCE

- If you take a catch, step away from your partner. If you drop a catch, step closer. See how far you can separate.

LEVEL 3 – CHALLENGE CATCHING

- Throw the ball in the air to yourself clap/spin/jump/ touch the ground before catching.
- Throw the ball under 1 leg and catch it.
- Throw the ball in the air or let it bounce.
- Hold the ball in 1 hand and the other hand underneath ready to catch. Drop the ball and catch.
- Try catching with 1 hand and alternate hands.

LEVEL 4 – CATCHING CROSSFIRE

- 6 Blasters stand in a 5m wide circle facing their partner.
- Pairs continually underarm the ball to each other aiming for the ball to bounce off other moving balls before catching.

Fielding

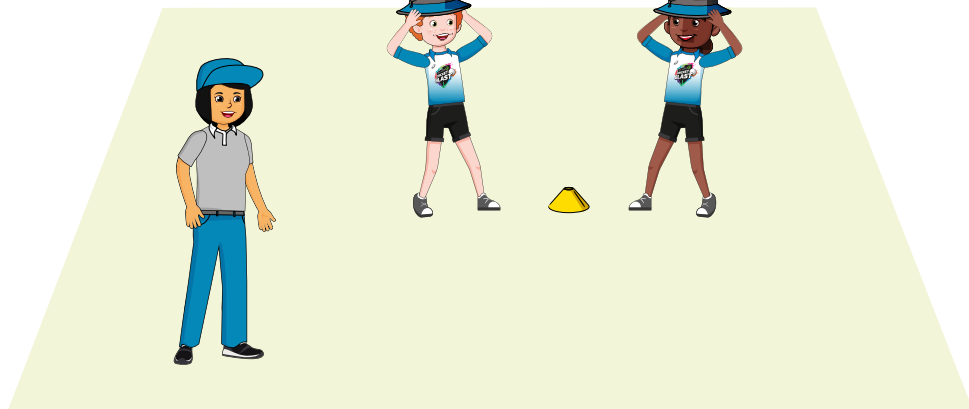
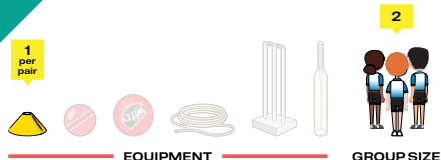
HEAD SHOULDERS KNEES TOES CONE



COMPLEXITY



SETUP TIME



How to play

- Blasters are in pairs.
- Pairs stand opposite one another with a cone evenly placed between them.
- Give the following commands:
 - Heads (Blasters place hands on their head).
 - Shoulders (Blasters place hands on their shoulders).
 - Knees (Blasters place hands on their knees).
 - Toes (Blasters place hands on their toes).
 - Cones (if they hear cones they need to be the first one to grab the cone to win).

ASK THE BLASTERS



- How can you continue to improve with your reaction time?
- What do you need to consider?
- What can I learn from my partner that can enhance my performance?

Change it!

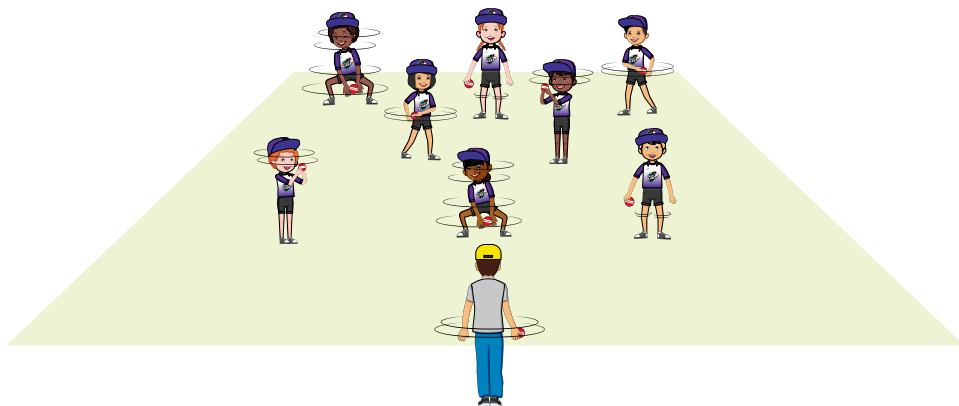
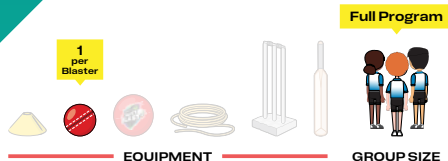
LEVEL 1 – CHALLENGES

- Add in new commands that connect with muscles or bones eg. deltoids or sternum etc.
- Place a ball on top of the cone and add in the command "Ball". Blasters need to grab the ball the quickest.

LEVEL 2 – CHALLENGES

- Instead of getting your Blasters to indicate a body part, add in movements instead. For example, Hopping, jumping jacks running on the spot etc.

HURRICANE HANDLING



How to play

- Each Blaster has a ball.
- The coordinator calls out and demonstrates a ball handling challenge and Blasters copy.
- Keep it fast, fun and provide skill variations to challenge different abilities.
- Get creative and make your own ball handling challenges!
- If Blasters are finding the activity too challenging, use scorcher balls.

COACHING



- Watch the ball all the way into your hands.
- Cup hands together and give with the ball.

ASK THE BLASTERS



- Which challenge was the hardest and why?
- Why do you need to watch the ball?

SAFETY

- Ensure the area is large enough to move around safely.

Change it!

LEVEL 1 – BALL WRAPS

- Wrap the ball around your head/waist/knees/ankles.
- Race up and down the body.
- Figure 8s between knees.
- Listen to the specific cue being given and react accordingly.

LEVEL 2 – CHALLENGE CATCHING

- Throw the ball in the air to yourself clap/spin/jump/ touch the ground before catching.
- Throw the ball under 1 leg and catch it.
- Throw the ball in the air or let it bounce.
- Hold the ball in 1 hand and the other hand underneath ready to catch. Drop the ball and catch.
- Try catching with 1 hand and alternate hands.

LEVEL 3 – RACES

- Race to complete 20 catches or see how many catches you can complete in 30 seconds.
- Race to see who can wrap the ball around their head, waist, knees, ankles the quickest.

JOKER CATCH

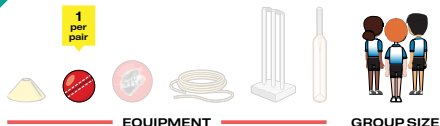


COMPLEXITY



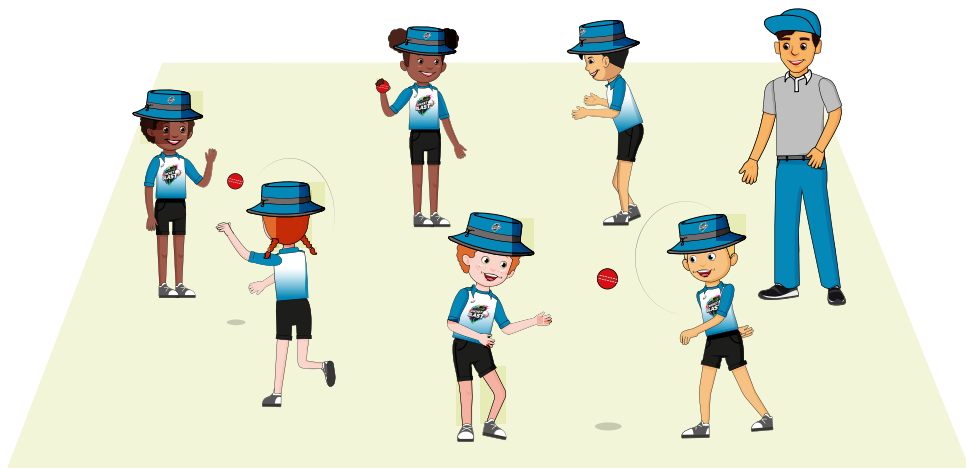
SETUP TIME

Full Program



EQUIPMENT

GROUP SIZE



How to play

- Group Blasters in groups of 6 – 8. In each group divide Blasters into pairs with 1 ball per pair.
- Blasters compete to see who can earn the most points.
- Blasters throw the ball to each other, but must clap once before they catch the ball.
- Points are awarded for the following:
 - No clap before the catch – point to the thrower.
 - The ball is dropped – point to the thrower.
 - The catcher is tricked and claps when no ball is thrown – point to the thrower.
 - The throw is off target or too hard to catch – point to the catcher.
- After a short time limit, Blasters find a new partner. To start this new match, pairs shake hands and share something to build rapport with the partner ie. favourite type of ball to catch.
- Then a new catching challenge begins.

COACHING



- See Catching and Throwing Coaching Tips (Pages 23 - 24)

Change it!

LEVEL 1 – DIFFERENT BALLS

- Add in different ball types.

LEVEL 2 – BALANCE

- Balance on one foot.

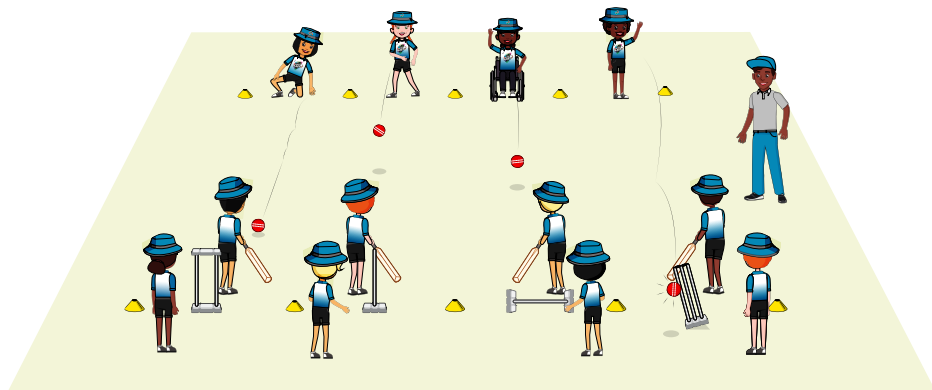
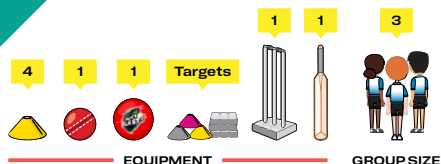
ASK THE BLASTERS



- What does your ready position look like to ensure you are successful to clap and catch?
- What distance and speed is acceptable to be challenged but safe for your fingers, head and body?

Batting

PROTECT YOUR CASTLE



How to play

- Divide Blasters into groups of 3.
- One Blasters is the batter, one is the bowler and one is the wicket keeper or fielder.
- The bowler begins by rolling the ball along the ground trying to knock down the castle of the batter.
- The batter attempts to strike or block the ball and defend their castle.
- The fielder or wicket keeper stands behind the castle ensuring that the ball doesn't pass them.
- If the batter can hit the ball then they receive 1 run, if they hit it past the bowler's cone along the ground they receive 4 runs and if they can hit it past the bowler's cone on the full then they receive 6 runs.
- The bowler is awarded 5 bonus runs every time they can knock down the castle.
- Rotate roles every 3 deliveries with the wicket keeper becoming the batter, the batter becoming the bowler and the bowler becoming the new wicket keeper.
- Encourage Blasters to come up with their own scoring systems to create their own games.

COACHING



- Eyes on ball when striking
- Bowling with straight arm trying to brush your ear with your arm.

SAFETY

- Ensure that groups are at least 4 metres apart from each other.

Change it!

LEVEL 1 – DELIVERY METHOD

- Begin with rolling the ball along the ground, then progress to underarm throws, overarm throws and then finally bowling.

LEVEL 2 – DISTANCE

- Move the cone forward or backward to increase or decrease the pitch length.

LEVEL 3 – SMALLER TARGET

- To make the game more challenging, decrease the size of the target.

ASK THE BLASTERS



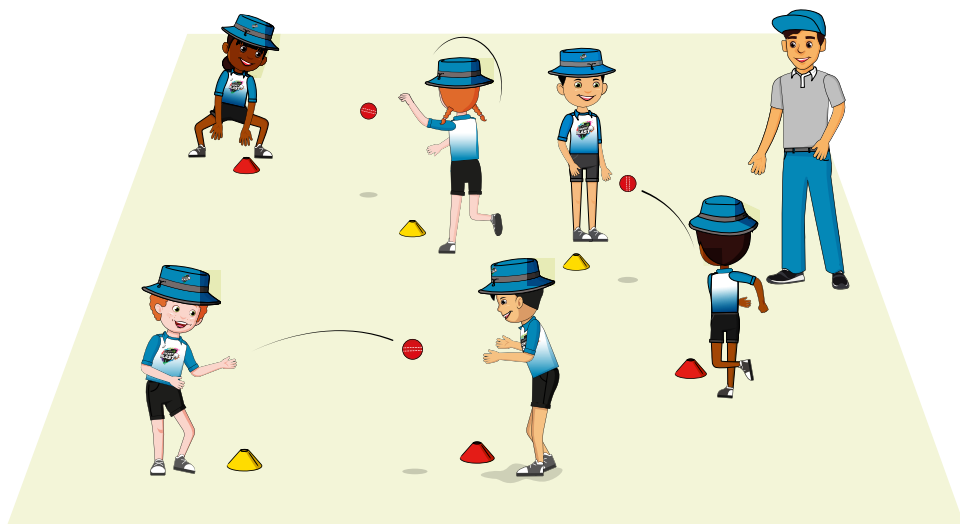
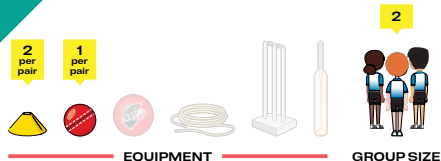
- Where do you look when you're hitting the ball?
- How can you make your game easier or harder?

Fielding

PROTECT YOUR CONE

★★★★
COMPLEXITY

★★★★
SETUP TIME



How to play

- Each Blaster has a cone. Every second Blaster also has a ball.
- Blasters defend their cones from a ball knocking it over and attack by rolling the balls at other Blasters cones.
- When a Blaster's cone is knocked over by a ball or they accidentally knock it over themselves they are 'out'.
- To keep Blasters moving when 'out' they take part in a physical challenge on the sideline.
- Once the challenge is complete they join in the game again.

Change it!

LEVEL 1 – CHALLENGES

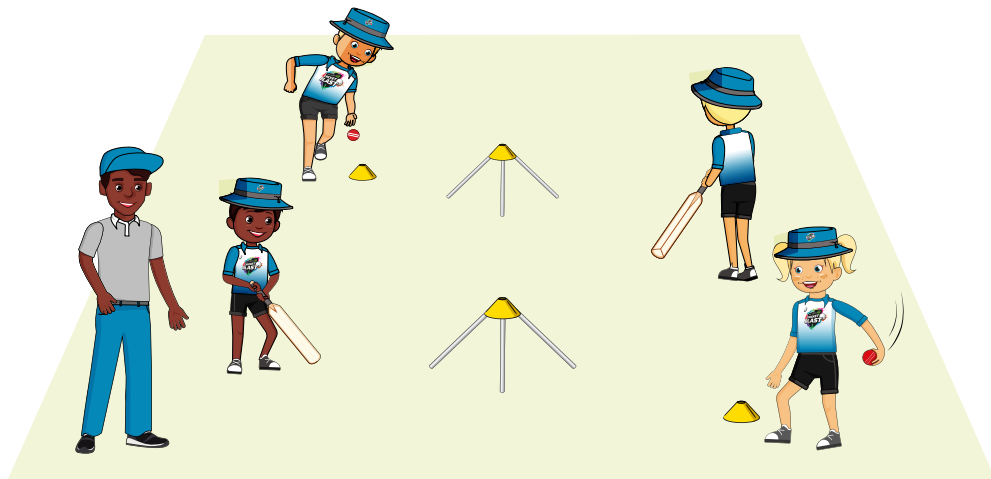
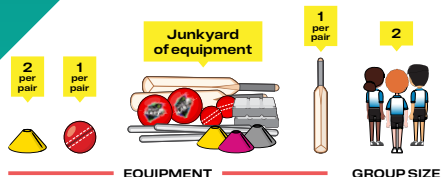
- Throw the ball in the air, spin and catch x10.
- Flip a cone the right way up x5.
- Throw the ball up and catch behind your back x3.
- Stork balance and spin a ball from one hand to the other x10.

COACHING



- Use the colour of the cones to create teams.

STRUCTURE SMASH



How to play

- Instructions
- Set up targets for batting pairs to attempt to 'smash'.
- Blasters are in pairs. Each game has 2 pairs.
- One pair is batting the other throwing.
- The first pair underarm the ball to the batting pair who attempt to 'smash' the target with their ball.
- 10 points = if the batter's ball 'smashes' the target.
- 5 points = if the batter hits the ball.
- Pairs then swap.
- After the first pair has had two goes they find another pair to challenge.
- First pair to 100 points win!

COACHING



- See Cricket Coaching Tips (Pages 27-28).

ASK THE BLASTERS



- How do you adjust your body to give yourself the best opportunity to smash the structure?
- What adjustment can you make from your last strike to improve your next performance?

Fundamental movement skills

BOWLING TAG



EQUIPMENT

Full Program



GROUP SIZE



How to play

- 2 or more Blasters are taggers.
- Everyone else are runners and avoid being tagged.
- If a runner is tagged, they stand stationary, with 1 hand held high above their head.
- Runners free Blasters that have been tagged, by giving them a 'bowling high 5' (high 5 with a bowling motion).
- Rotate taggers once all runners have been tagged or every minute.
- If runners are finding the activity too challenging, reduce the number of taggers or introduce a slower movement style such as power walking.

COACHING



- Bowl with a straight arm to high five.
- Scan around to have be aware of your team mates when playing the game.

ASK THE BLASTERS



- How does this connect to bowling in a real game?
- How can you avoid being tagged?

Change it!

LEVEL 1 – LOCOMOTION

- Call out a specific movement and all runners must respond accordingly (running, hopping jumping, bounding, running backwards etc.).

LEVEL 2 – LAKES AND ISLANDS

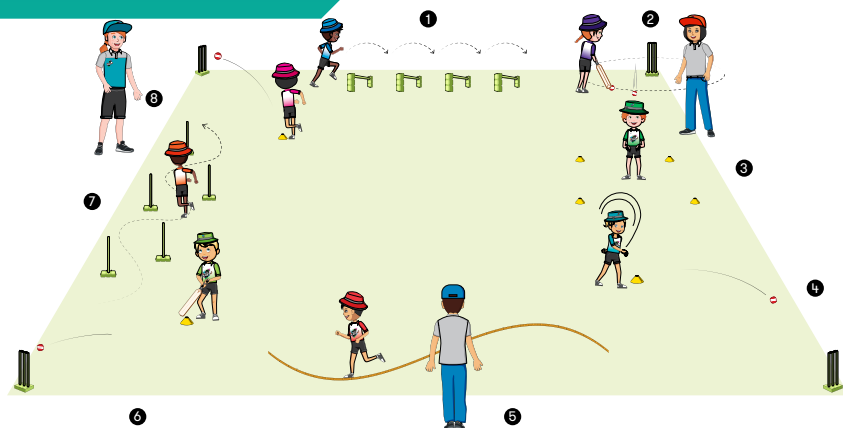
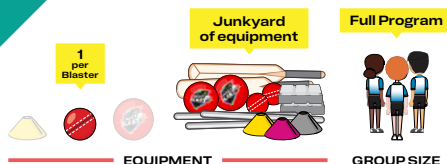
- Using cones, create small 'lakes' or 'islands' in the playing area.
- Lakes are out of bounds and taggers and runners must dodge around them.
- Islands are safe zones where runners may not be tagged. Runners may only stay on an island for 3 seconds.
- Give each runner a ball and Blasters try a ball handling challenge when they are on an island.

SAFETY

- Ensure the playing area is large enough to move around safely.

Fundamental movement skills

CAPTAIN'S CIRCUIT



How to play

- Coordinators use a variety of equipment to create an obstacle circuit for their Blasters.
- Blasters have their own ball which they carry to use around the circuit.
- Coordinators get creative and include a range of cricket skills and movement styles and seek feedback from Blasters about their favourite obstacles.
- Example course:
 1. Fundamental Movement Skills – Jump or hop over hurdles.
 2. Batting – Using your bat, dribble around the stumps.
 3. Catching – Take 5 clap catches.
 4. Throwing – Throw at the target.
 5. Fundamental Movement Skills – Balance along the rope.
 6. Batting – Hit at the target.
 7. Fundamental Movement Skills – Weave through the stumps.
 8. Bowling – Bowl at the target.

COACHING



- Emphasise the basics – free swing of the bat, bowl with a straight arm, keep your eye on the ball, point at your target, cup hands together.
- Get creative and work as a team.

ASK THE BLASTERS



- What part of the course was the easiest and why?
- What part of the course was the hardest and why?

Change it!

LEVEL 1 – FUNDAMENTAL MOVEMENT SKILLS

- Begin with fundamental movement skills only including running, skipping, hopping, jumping, side stepping.
- Add cricket skills once Blasters get the hang of it.

LEVEL 2 – GET CREATIVE

- Allow Blasters to get creative and encourage them to use any equipment they like and get imaginative to create challenges and obstacles.

LEVEL 3 – ON YOUR MARKS

- Make it a race – Race your partner, your team and/or the clock.
- Make it a relay – Each Blaster is responsible for a specific section of the circuit. Once the first Blaster has completed the first skill, they tag the second and they complete the next skill... and so on. Mix up the allocation of skills each time so they get a chance to experience a variety of different skills.

TIP

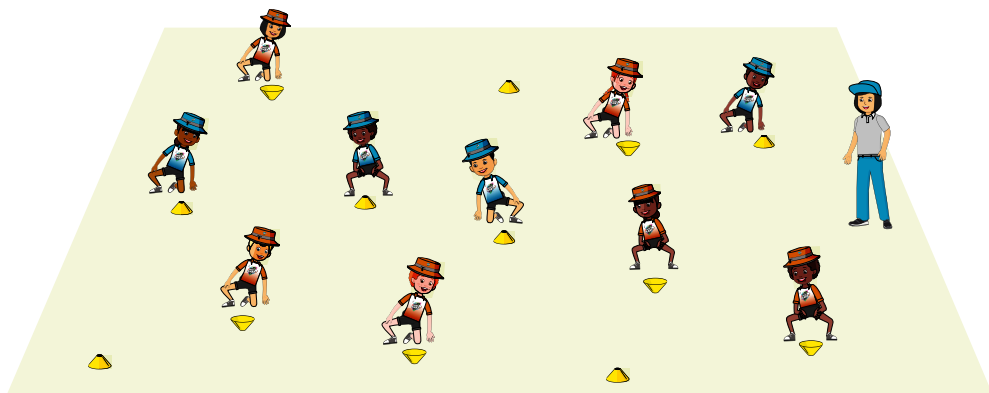
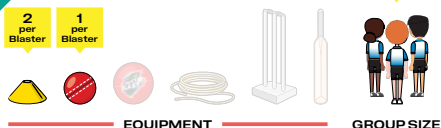
As a starting point, consider using 4 sets of stumps as the corners of the square to create your obstacle course.

Fundamental movement skills

DERBY CONES



Full program



How to play

- Divide Blasters into two teams, 'bowls' and 'pyramids'.
- Spread cones across the playing area, half are upside down (bowls) and half are the right way up (pyramids).
- Blasters race to turn cones to match their teams nominated position.
- Cones must be turned with hands.
- Cones can't be protected or guarded.
- The team with the most cones matching their nominated position at the end of the game wins.
- Make it easier by beginning with power walking.

COACHING



- Bend the knees when flipping the cones.
- Be aware of your surroundings.

ASK THE BLASTERS



- What cricket skill or movement is like bending down and flipping cones?
- How can we make this activity harder?

SAFETY

- Ensure cones are not set up too close together.
- Spread them out to prevent Blaster collisions.

Change it!

LEVEL 1 – INDIVIDUAL CHALLENGE

- Blasters don't compete in teams, instead they see how many cones they can individually turn in 1 minute and then try to beat that score the following game. Blasters may not turn the same cone more than once.
- If you have different coloured cones, challenge Blasters to see how many different colours they can turn in 1 minute.

LEVEL 2 – MOVEMENT

- Each time a Blaster turns a cone, they must perform a movement challenge (tuck jumps, star jumps, hop etc) before they move to their next cone.
- The first cone they perform 1 repetition, the second cone they perform 2 repetitions, and so on.
- Challenge Blasters to see how many cones they can turn/repetitions they can complete in the allocated time.
- Get creative with your movement instructions.

LEVEL 3 – BALL HANDLING

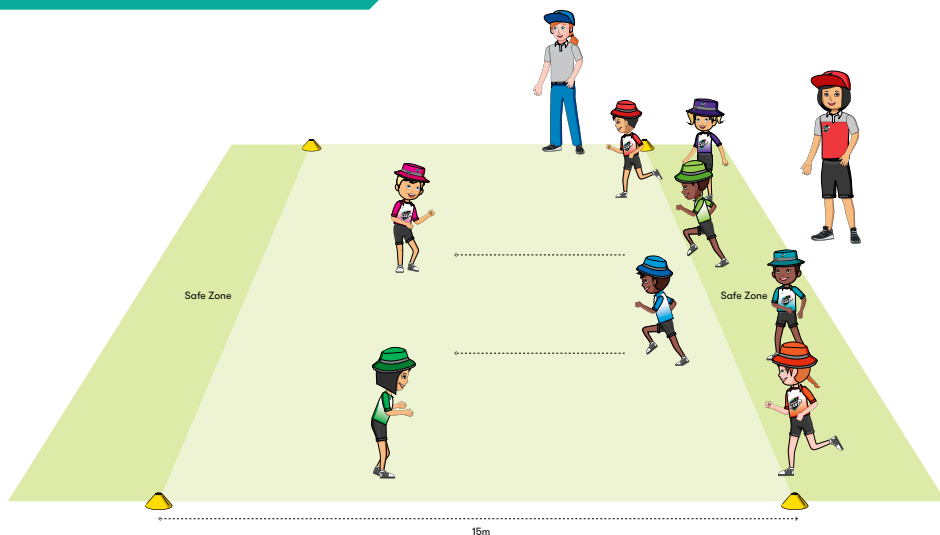
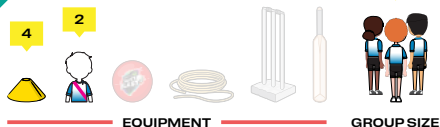
- Introduce balls. Place balls sitting on top (pyramids) or inside (bowls) some or all the cones.
- When a Blaster turns a cone with a ball, they complete a ball handling (See Hurricane Handling – Page 40) by themselves and then move to the next cone.
- Once at the next cone, they place the ball either on or in that cone.

Fundamental movement skills

RED ROVER



Full Program



How to play

- 2 or more Blasters are taggers and begin in the middle of the playing area.
- All other Blasters are runners and start at one end.
- The coordinator calls 'red rover all over'.
- Tagged runners put one hand in the air above their head to be tagged back into the game by other runners.
- Runners that are tagged become taggers and must stand stationary and try to tag runners.
- The coordinator continues to call 'red rover all over' until just 1 runner remains. They are the winner.
- The coordinator may call out variations of runners, ie. 'red rover all over, runners wearing black shorts'.

COACHING



- Listen to the specific instructions and respond accordingly.
- Be aware of your classmates around you.

ASK THE BLASTERS



- How does this activity relate to the game of cricket?
- How can you avoid being tagged?

Change it!

LEVEL 1 – LOCOMOTION CALL

- The coordinator calls out a specific movement and all runners must respond accordingly (running, hopping, jumping, bounding, running backwards etc).

LEVEL 2 – LAKES AND ISLANDS

- Using cones, create 'lakes' or 'islands' in the playing area.
- Lakes are out of bounds. Taggers and runners must dodge around them.
- Islands are safe zones where runners may not be tagged. Runners may only stay on an island for 3 seconds.

LEVEL 3 – LINKED RUNNERS

- The coordinator calls out a specific number. Based on this number, Blasters link arms together and coordinate their movements to get across the square.

SAFETY

- Ensure the playing area is big enough to move around safely.

Fundamental movement skills

ROB THE NEST

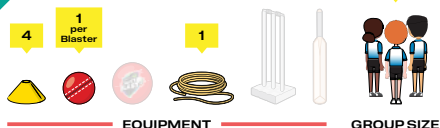


COMPLEXITY



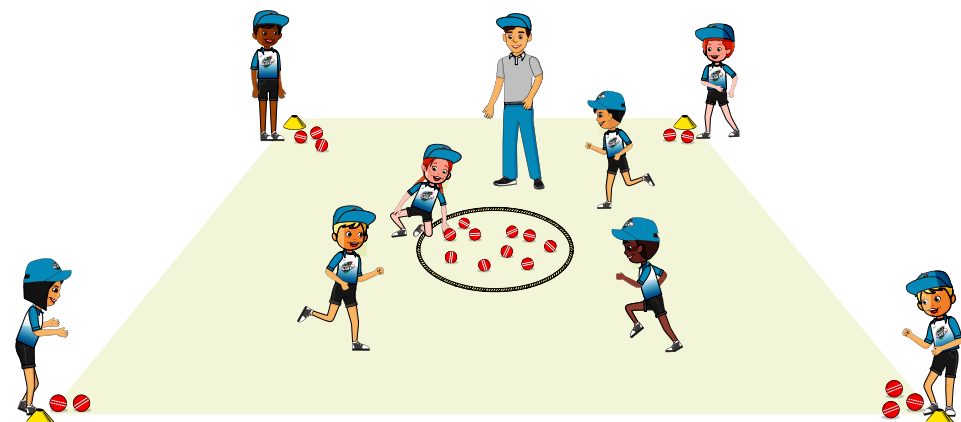
SETUP TIME

Full Program



EQUIPMENT

GROUP SIZE



How to play

- Use cones to make a 'nest' for each team, as well as a central nest with the rope. All balls begin in the central nest.
- Split your program into 4 teams and assign them to a corner (nest) of the square, making one child the keeper to start with.
- On the Coordinators instruction, a runner from each team leave their nest to steal a ball 'egg' from the central nest and return it to their team's nest.
- Once a runner returns to their nest with a ball, the next player is tagged and takes their turn.
- The 'keeper' guards the central nest and tries to tag Blasters. If a Blaster is tagged they become the keeper and the former keeper returns to their nest empty handed for the next runner to go.
- Once the central nest is empty, Blasters may steal eggs from other team's nests.

COACHING



- Get your body low when fielding the ball off the ground.
- Be aware of your team mates around you.

ASK THE BLASTERS



- What did you notice about your body when you were picking up the ball?
- Why should you get low to the ground when fielding?

Change it!

LEVEL 1 – LOCOMOTION

- The coordinator calls out a specific movement and all runners must respond accordingly (running, hopping, jumping, bounding etc.)

LEVEL 2 – STEAL AND PASS

- Blasters steal an egg from the nest and underarm roll, throw or bowl it back to their teammates in the nest. Blasters must communicate with their team to ensure they are ready to field.

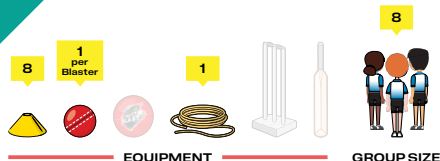
LEVEL 3 – EMPTY THE NEST

- The coordinator calls out to change the objective of the game from robbing the nest to filling the nests. See how quickly teams can respond.

SAFETY

- Ensure balls are slightly spread in the 'nest' to avoid collisions.

SINK THE SHIP



How to play

- Create a circle, 'ship', with a rope or cones and fill with balls.
- The Blasters stand in the circle. They are the throwers, 'pirates'.
- Blasters surround the circle. They are the fielders.
- Pirates empty the circle of balls as quickly as possible by throwing balls in all directions.
- Fielders field and return balls to the ship as quickly as possible to sink the ship.
- If fielders are finding the activity too challenging, slow down the speed of the throw.

TIP

Pirates challenge fielders with their throws through ground balls, flat catches, and high catches.

COACHING



- Keep your eyes on the ball.
- Move towards the ball in a straight line.

ASK THE BLASTERS



- How can you increase your chance of stopping the ball?
- Why do you need to communicate with your team mates?

Change it!

LEVEL 1 – LINKING PLAY

- Pass the ball a predetermined amount of times (2, 3, or 4 times) between team mates, before returning to the ship. Remember to have teams communicate.

LEVEL 2 – MULTIPLE CIRCLES

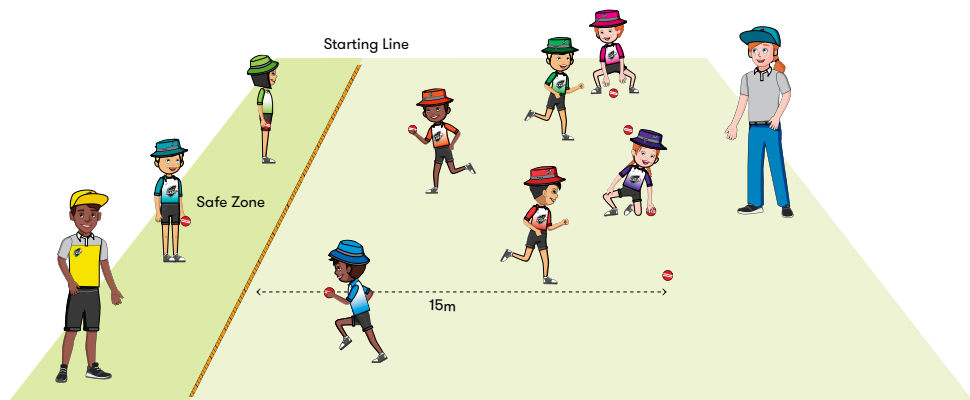
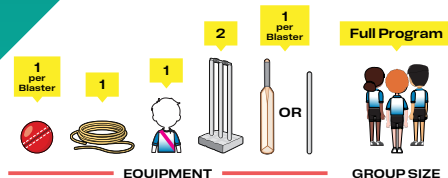
- Create a second or third circle for pirates to throw and fielders to return balls to.
- Use cones to highlight the colour of the circle.
- Challenge Blasters by changing the cues, such as red, blue or green cones to determine which circle is in play.
- Have all circles in play and award and vary points for balls returned to circles.

SAFETY

- Blasters are pirates. Blasters may not have the sense to avoid fielders with throws as they return balls to the circle.

Fundamental movement skills

SNEAKY SINGLES



How to play

- Blasters line up at 1 end of the playing area.
- Each Blaster has a ball placed directly opposite them at the other end of the playing area.
- One Blaster is the catcher and stands facing away from the Blasters just behind the balls.
- When the catcher isn't looking, Blasters sneak up the field and try to steal their ball.
- When the catcher turns around the players freeze.
- If the catcher spots someone moving, then that Blaster must return to the starting line.
- When a Blaster gets to their ball they grab it and shout 'Sneaky Singles!'.
- All other Blasters quickly follow, grabbing their ball, and run back to the safe zone, behind the starting line, while the catcher chases, trying to tag as many Blasters as possible.
- If Blasters get back to the starting line without getting tagged they win!

Change it!

LEVEL 1 – RUN OUT THE CATCHER

- Place one or multiple stumps behind the starting rope.
- Once Blasters grab their ball, they try to 'run out' the catcher by hitting the stumps with their ball.
- Blasters can either knock the stumps with their ball or throw at the stumps.

LEVEL 2 – RUNNING BETWEEN THE WICKETS

- A rope is placed as a crease line at the opposite end of the playing area.
- In this game no balls are laid out. Each Blaster starts with a bat in their hand.
- Blasters continue to sneak to the crease line at the opposite end of the playing area. When they reach the other end, rather than collecting a ball, they slide their bat over the crease line, before shouting 'Sneaky Singles' and running back avoiding being tagged and completing 2 runs (up and back).

COACHING



- Look for and listen to any cues and respond accordingly.
- Move towards the target in a straight line.

ASK THE BLASTERS



- How can you avoid being tagged?
- Explain what your body did when you turned back to run to the safe zone.

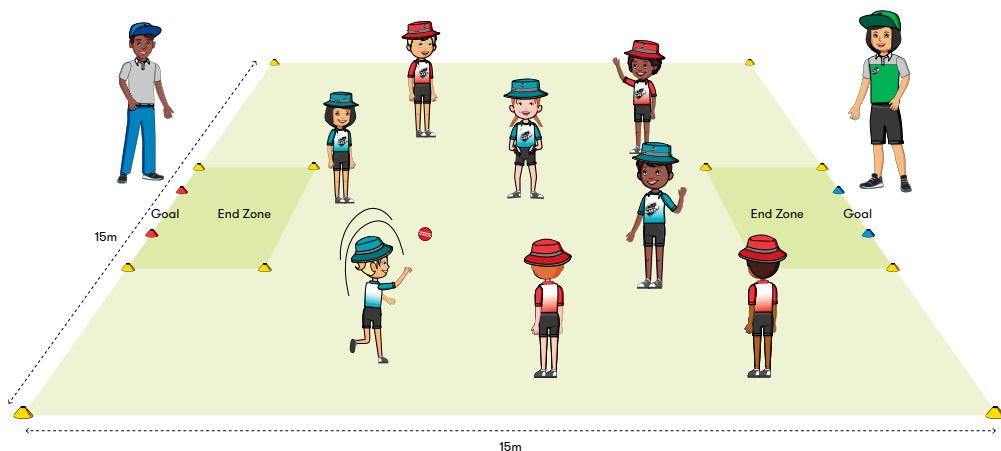
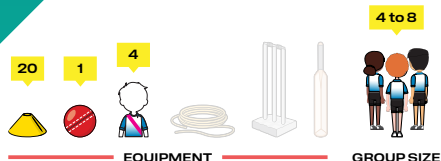
TEAMWORK TEST



COMPLEXITY



SETUP TIME



How to play

- Divide your program into teams of 4.
- Depending on program size, you can get multiple games happening at once.
- Blasters pass the ball to their team mates as they move up the field to score by throwing the ball through the goals.
- Blasters on the defensive team try to intercept the ball.
- Blasters must not run with the ball.
- Blasters must keep clear of the 'end zone' in front of the goals.
- Vary the style of passing between underarm throws, overarm, rolling along the ground, or bounce passes.

COACHING



- Watch the ball all the way into your hands.
- Cup hands together and give with the ball.

ASK THE BLASTERS



- Which passes were the easiest or most difficult to catch?
- How can you work better with your team mates?

Change it!

LEVEL 1 – VARY THE GOALS

- Create an easier scoring method such as passing the ball to a goalie in the end zone.
- Create a more difficult scoring method such as throwing the ball at stumps in the middle of the end zone.

LEVEL 2 – ADDITIONAL GOALS

- Challenge Blasters by adding additional goals. Once they score in a goal, that goal is shut and teams must work to score the remaining goals.

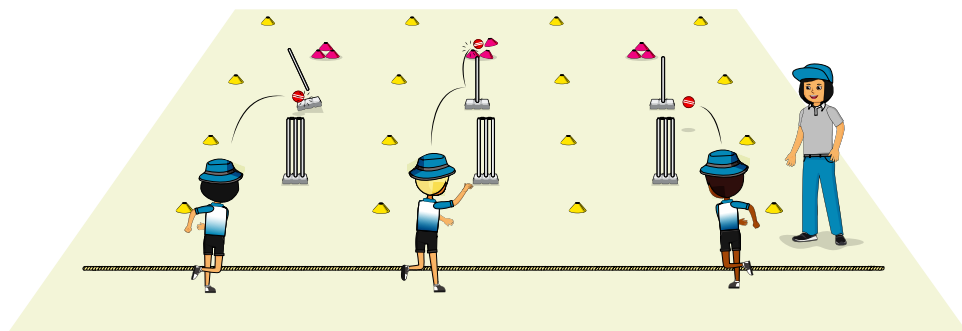
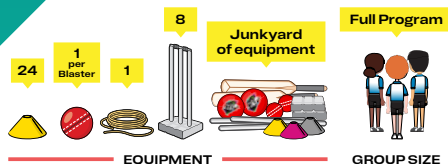
LEVEL 3 – KEEPIES OFF

- No goals, instead use the existing boundaries to play 'keepies off' in 2 teams.
- You may introduce multiple balls and vary the method of passing.

SAFETY

- The ball must be thrown below shoulder height.

THROWING RANGE



How to play

- Use cones to make up different distance to create throwing zones.
- Include targets of different sizes for Blasters to aim at to work on their accuracy.
- All Blasters start behind the rope/line and on the coordinators call, they throw their balls to try and hit the targets in different zones. Level 1 are large targets, Level 2 are medium sized targets and level 3 are the smallest targets.
- Blasters should throw/bowl the ball at the same time and on the coordinators call, the Blasters go and collect the balls and return for the next round.
- Coordinators can challenge Blasters to come up with their own scoring systems and try to beat their score from the previous round.

ASK THE BLASTERS



- How do you move your feet when throwing?
- Why is it important to throw side on?

Change it!

LEVEL 1 – DELIVERY METHOD

- Begin with rolling scorcher balls along the ground, then progress to underarm throws, overarm throws and then finally bowling.

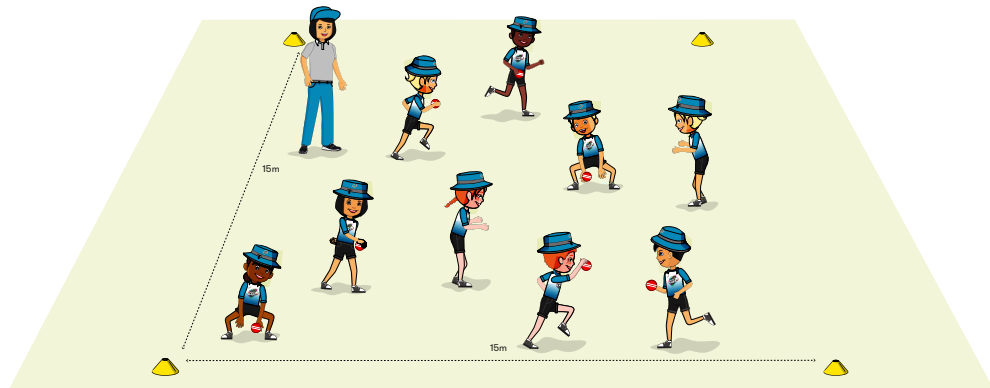
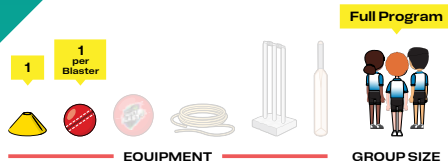
LEVEL 2 – DISTANCE

- Place an angle rope to act as the throwing line for the Blasters. At the beginning of the rope the targets are closer with the targets being further away at the other end of the rope. Blasters choose their level challenge based on where they position themselves on the rope and if they achieve success they can move further along the rope to challenge themselves further.

SAFETY

- Ensure that all Blasters throw at the same time and that Blasters wait for the coordinators call before going to collect their ball.

TUNNEL TAG



How to play

- 2 or more Blasters are taggers.
- Everyone else are runners and avoid being tagged.
- Each runner has a ball.
- If a runner is tagged, they stand stationary, with their legs spread apart, creating a tunnel, and hands on heads.
- Runners free Blasters that have been tagged by rolling the ball through the 'tunnel', legs, and gathering the ball on the other side.
- Rotate taggers once all runners have been tagged or every minute.
- If runners are finding the activity too challenging, reduce the number of taggers or introduce a slower movement style such as power walking.

COACHING



- Watch the ball into your hands.
- Soft hands when catching.

ASK THE BLASTERS



- What can you feel happening to your body when you run around?
- Does it get easier or harder?

SAFETY

- Ensure the area is large enough to move around safely.

Change it!

LEVEL 1 – LOCOMOTION

- The coordinator calls out a specific movement and all runners must respond accordingly (running, hopping, jumping, bounding, running backwards etc).

LEVEL 2 – LAKES AND ISLANDS

- Using cones, create small 'lakes' or 'islands' in the playing area.
- Lakes are out of bounds and taggers and runners must dodge around them.
- Islands are safe zones where runners may not be tagged. Runners may only stay on an island for 3 seconds.
- To provide a further challenge, runners attempt a ball handling challenge when they are on an island.

LEVEL 3 – LAST PERSON STANDING

- Taggers have balls, runners do not.
- While holding the ball taggers can tag runners but can't run. Instead they must throw the ball to one another to move about the field.
- Once a runner is tagged they get a ball and become a tagger.
- The last runner wins.

Bowling

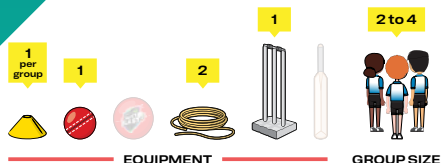
BOWLING FUNDAMENTALS



COMPLEXITY



SETUP TIME



How to play

- Pair Blasters.
- Make one a bowler and one a wicket keeper.
- Bowlers bowl 3 deliveries at the stumps then swap roles with the wicket keeper.
- If space or equipment are limited place Blasters in groups of up to 4.
- If Blasters find the activity too challenging, shorten the pitch or place 2 stumps together to create a larger target.

COACHING



- Grip the ball comfortably in your hand.
- Stretch your arm as high as possible, brush your ear and release the ball with a straight arm.

ASK THE BLASTERS



- How did you grip the ball in your hand?
- What other actions are like a bowling action? (windmill, airplane, cartwheel)

Change it!

LEVEL 1 – LENGTH BOWLING

- Lay ropes across the pitch and have bowlers try to land the ball between the ropes.
- Gradually bring the ropes closer together if Blasters are finding it too easy.

LEVEL 2 – RUN UP AND BOWL

- Lay a rope a few meters behind the bowler's stumps. Bowlers start behind this rope to create a run up.
- Let Blasters experiment with their run up. Keep it simple!

LEVEL 3 – KNOCK 'EM DOWN, BUILD 'EM UP

- If Blasters hit the stumps, remove a single stump. If they miss, leave the stumps alone. Keep removing stumps when they are hit until only the base is left.
- Once the base is hit add a stump back in. Add a stump every time a Blaster hits the stump to rebuild.
- The first team to 'Knock 'Em Down, Build 'Em Up' is the winner.
- Have pairs rotate between wicket keeper and bowler each time the stump is hit.

LEVEL 4 – BATTLESHIPS

- Use a variety of equipment as bowling targets, or 'battleships', on the pitch.
- When a Blaster hits a 'battleship', it is 'sunk' and removed from the game.
- The first team to sink all battleships is the winner.
- Allow Blasters to place their own battleships.

Bowling & fielding

CLEAR YOUR CRICKET BACKYARD

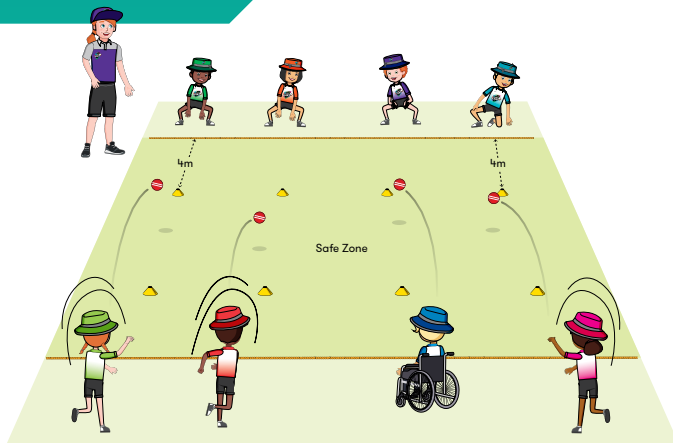
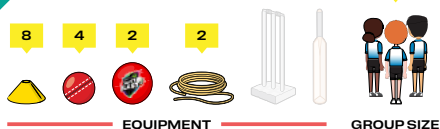


COMPLEXITY



SETUP TIME

Full Program



How to play

- 2 teams line up behind the ropes at opposite ends of the playing area.
- Blasters deliver the balls continuously across to the other side for a set period.
- The team with the most balls on the other side is the winner.
- Begin with underarm throws then progress to overarm throwing and then bowling.

COACHING



- When fielding, keep your eyes on the ball and get your body low to the ground.
- When bowling, stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.

ASK THE BLASTERS



- Explain the difference between throwing and bowling.
- What will help you get the ball closer to the target when throwing?

TIP

This is a great opportunity to provide instruction on the difference between throwing (bent arm) and bowling (straight arm) as you move between skills.

Change it!

LEVEL 1 – MIXED METHOD REACTION

- Call out a specific way to get the ball to the opposite side, ie. rolling along the ground, overarm, underarm, bowling, bounce once, throw to catch on the full or which hand to use.

LEVEL 2 – SCORCHER BALL

- Introduce scorcher balls to the middle of the safety zone.
- Blasters aim to hit the scorcher balls past the opposing team's cones.

LEVEL 3 – LINKING PLAY

- Pass the ball a predetermined amount of times (2, 3, or 4 times) between team mates, before releasing it to the other side. Remember to communicate with your team.

SAFETY

- Instruct and demonstrate to Blasters to bounce the ball in the middle of the safety zone when throwing or bowling. You may also have to increase the playing area for safety.
- Only coordinators may enter the 'safety zone' between the ropes, to collect balls and remove targets.

Bowling & fielding

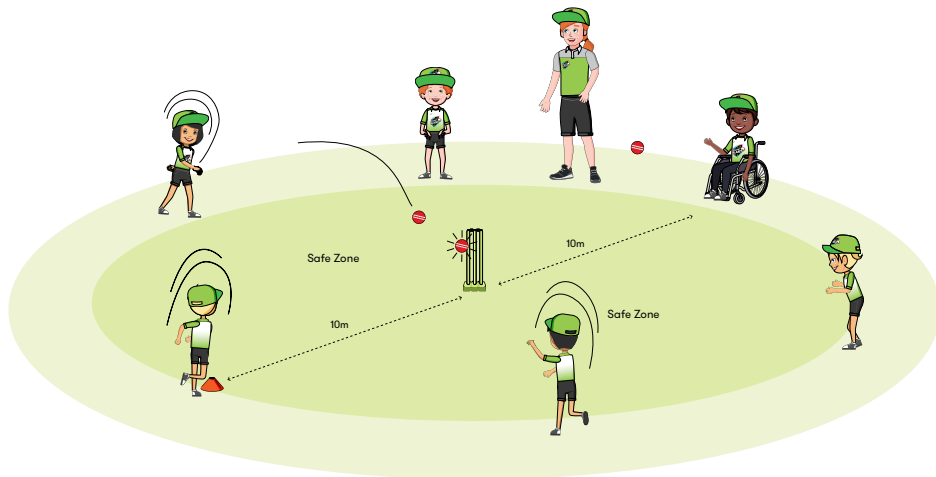
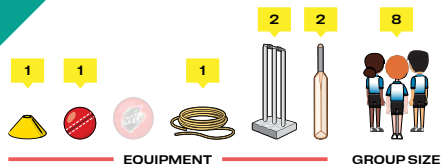
CRICKET CROSSFIRE



COMPLEXITY



SETUP TIME



How to play

- Pair Blasters with 1 ball per pair.
- Depending on program size, you can get multiple games happening at once.
- Blasters stand in a circle, facing their partner approximately 15m away.
- Stumps are placed in the middle as a target.
- Deliver the ball back and forth aiming at the stumps.
- Begin with underarm throws then progress to overarm and then bowling.
- Blasters score 10 points every time they hit the stumps or create your own scoring challenges.

COACHING



- Momentum towards the target.
- When bowling, stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.

ASK THE BLASTERS



- Why do we need momentum towards the target when throwing?
- What is the difference between throwing and bowling?

Change it!

LEVEL 1 – TARGET CHALLENGE

- Place 2 stumps together to create a larger target or position the stumps to accommodate less skilled Blasters or to challenge advanced Blasters.

LEVEL 2 – KNOCK DOWN THE CASTLE

- Encourage Blasters to get creative with any equipment they like to build an exciting target, 'castle', in the middle of the circle.
- Following the coordinators skill instruction, Blasters try to beat the clock to knock down the castle.

TIP

This is a great opportunity to provide instruction on the difference between throwing (bent arm) and bowling (straight arm) as you move between skills.

SAFETY

- Only coordinators may enter the 'safety zone' to collect balls.

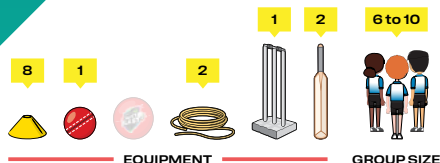
Bowling

GOLDEN DUCKS



COMPLEXITY

SETUP TIME

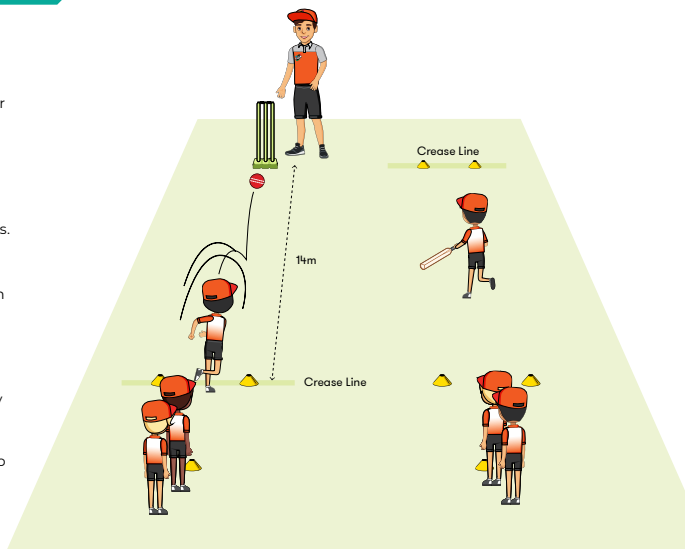


EQUIPMENT

GROUP SIZE

How to play

- 2 teams – 1 team are bowlers and the other are runners.
- 2 pitches of 12m are set up parallel to each other.
- Set up a 'crease' line which bowlers must bowl behind, and runners must run until.
- On the coordinators call the activity begins.
- On the first pitch, bowlers take turns to bowl at the stumps continuously.
- On the second pitch, runners run between wickets holding the bat.
- When the bowling team hit the stumps, they call out 'HOWZAT!' and the runner stops running.
- The runner attempts to complete as many runs as they can before the bowling team hits the stumps.
- Swap roles when all Blasters have had a go at running between the wickets.
- Select one player from the running team as the 'golden duck', their runs are worth double.
- If bowlers are finding the activity too challenging, shorten the pitch or place 2 stumps together to create a larger target.



COACHING



- When bowling, stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.
- When running between the wickets, reach out using the full length of the bat to slide over the crease.

ASK THE BLASTERS



- How did you carry the bat when you were running between the wickets?
- Why do you need to slide the bat over the crease?

SAFETY

- Place a cone or rope well back from the stumps to manage the teams and ensure no collisions with runners or bowlers.

Change it!

LEVEL 1 – BOWLING BONUS RUNS

- Introduce ropes and lay them across the pitch. Lay the first rope approximately 1m away from the crease and the second rope 1m from the first rope (ie. 1m apart).
- If the ball lands between the ropes, a bowling bonus run is given, even if the ball doesn't hit the stumps.
- Bowling bonus runs can be added to the team bank, like the runs accumulated while running between the wickets.
- Add the bowling bonus runs and runs completed while running between the wickets after both teams have had a go at each component of the activity. The team with the highest combined score is the winner.

LEVEL 2 – DOUBLE IT UP

- Introduce a second runner so that there is a runner at either end of the pitch, like in a real game. Practice calling while running between the wickets (yes/no/wait) and turning different ways (left/right). Try alternating the hand that the bat is carried in.

Bowling

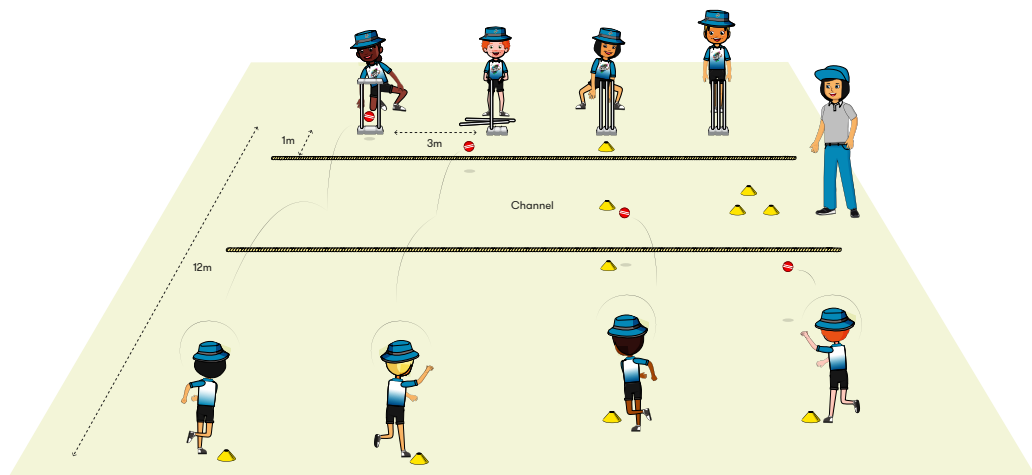
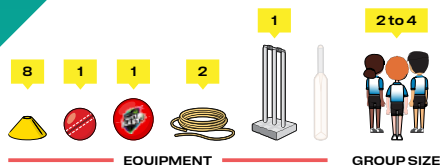
KNOCK 'EM DOWN BUILD 'EM UP



COMPLEXITY



SETUP TIME



How to play

- Group Blasters in small groups of up to 4.
- Make one a wicket keeper and others bowlers.
- Bowlers bowl at the stumps, if they hit the stumps, remove a single stump. If they miss, leave the stumps alone. Keep removing stumps when they are hit until only the base is left.
- Once the base is hit, add a stump back in. Add a stump every time a Blaster hits the stumps to rebuild.
- The first team to 'Knock 'Em Down, Build 'Em Up' is the winner.
- Have pairs rotate between wicket keeper and bowler each time the stump is hit.

COACHING



- Watch the ball into your hands.
- Stretch the arm as high as possible, brush your ear and release the ball with a straight elbow.

ASK THE BLASTERS



- How can you make it easier or harder?
- When aiming at the target, is it important to throw as hard and fast as possible?

Change it!

LEVEL 1 – LENGTH BOWLING

- Lay ropes across the pitch and have bowlers try to land the ball between the ropes.
- Gradually bring the ropes closer together if Blasters are finding it too easy.

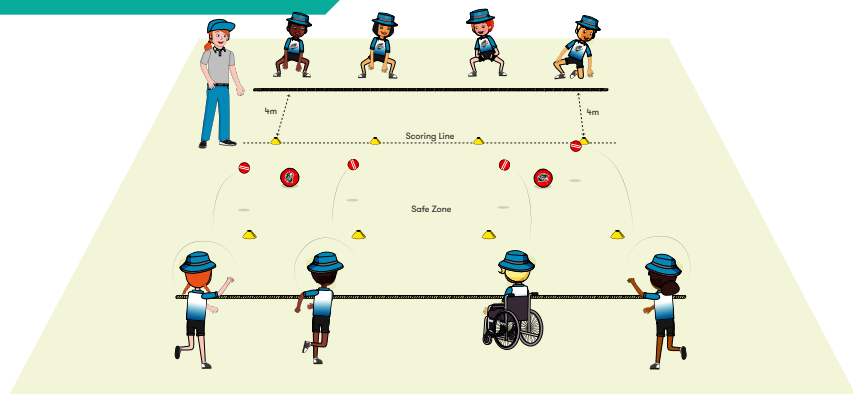
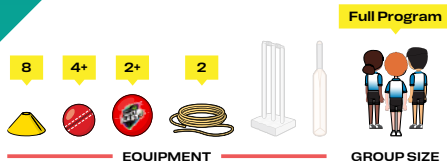
LEVEL 2 – RUN UP AND BOWL

- Lay a rope a few meters behind the bowler's stumps. Bowlers start behind this rope to create a run up.
- Let Blasters experiment with their run up. Keep it simple!

LEVEL 3 – BATTLESHIPS

- Use a variety of equipment as bowling targets, or 'battleships', on the pitch.
- When a Blaster hits a 'battleship', it is 'sunk' and removed from the game.
- The first team to sink all battleships is the winner.
- Allow Blasters to place their own battleships.

Bowling & fielding SCORCHER BALL



How to play

- Set up two ropes at opposite ends of the playing area.
- In front of each rope place a line of cones the same colour.
- Split your program into 2 teams.
- Teams line up behind the ropes with a ball each.
- Place 2 or more scorcher balls in the middle of the safety zone.
- Blasters aim to hit the scorcher balls past the opposing team's scoring line cones.
- The team to get the most scorcher balls across the team's scoring line cones is the winner.

COACHING



- Soft hands when catching.
- Surf position, and point to the target when throwing.

ASK THE BLASTERS



- How is this related to cricket?
- How could we get more people involved in the game?

SAFETY

- Instruct and demonstrate to Blasters to bounce the ball in the middle of the safety zone when throwing or bowling. You may also have to increase the playing area for safety.
- Only coordinators may enter the 'safety zone' between the ropes, to collect balls and remove targets.

Change it!

LEVEL 1 – DELIVERY METHOD

- Begin with underarm throws then progress to overarm throwing and then bowling.

TIP

This is a great opportunity to provide instruction on the difference between throwing (bent arm) and bowling (straight arm) as you move between skills.

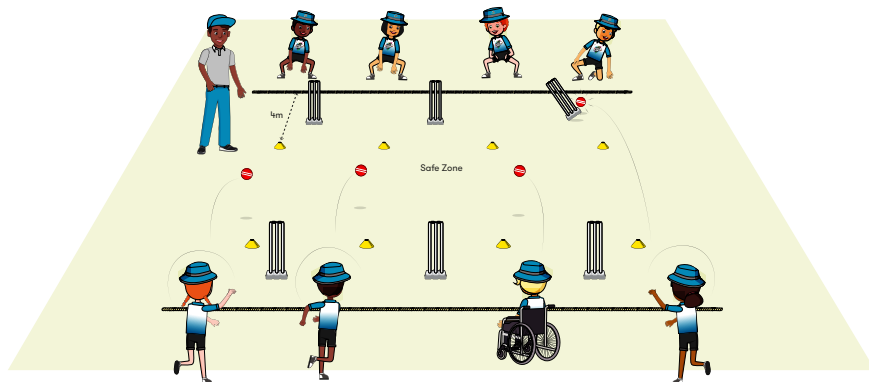
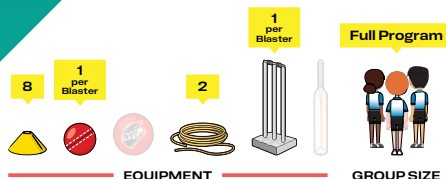
LEVEL 2 – LINKING PLAY

- Pass the ball a predetermined amount of times (2, 3, or 4 times) between team mates, before releasing it to the other side. Remember to communicate with your team.

LEVEL 3 – BATTLESHIPS

- Use a variety of equipment as targets, or 'battleships', in the playing area.
- When a Blaster hits a battleship, it is 'sunk' and removed from the game.
- The team to sink the most battleships is the winner.

SKITTLE THE STUMPS



How to play

Note: The playing area is the same as **Scorcher Ball**.

- Set up two rope, at opposite ends of the playing area.
- In front of each rope place a line of cones to mark out the safety zone.
- Place a stump between the safety zone and the rope.
- Split your program into 2 teams and have them line up behind the ropes.
- Blasters aim to hit the stumps at the opposing team's end by bowling or throwing the ball.
- Once a set of stumps is hit, it is eliminated from the game and laid down.
- The first team to hit and eliminate all opposition team's stumps wins!

COACHING



- Surf position, and point to the target when throwing.
- When bowling, stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.

ASK THE BLASTERS



- When aiming at a target, is it important to throw as hard and fast as possible?

Change it!

LEVEL 1 – DELIVERY METHOD

- Begin with underarm throws then progress to overarm throwing and then bowling.

TIP

This is a great opportunity to provide instruction on the difference between throwing (bent arm) and bowling (straight arm) as you move between skills.

LEVEL 2 – TARGET CHALLENGE

- To challenge the winning team, remove a stump pole from each of the sets of stumps on the opposition team's side, to make their targets smaller.
- Add additional joint targets to the centre of the safety area. Come up with your own scoring system and give bonus points for hitting these central, joint targets.
- Get creative with your targets!

LEVEL 3 – LINKING PLAY

- Pass the ball a predetermined amount of times (2, 3, or 4 times) between team mates, before releasing it to the other side. Remember to communicate with your team.

SAFETY

- Ensure the size of the playing area is adequate to accommodate of thrown balls safely.
- Only adults should go in the safe zone.

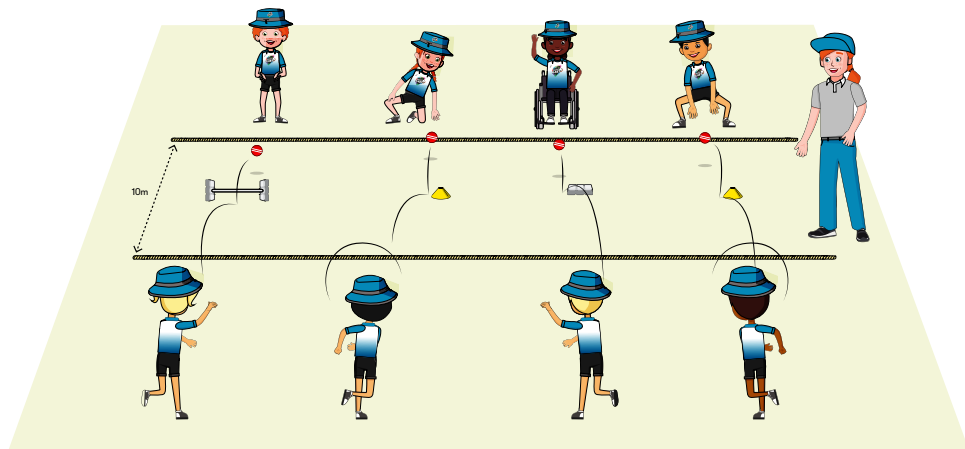
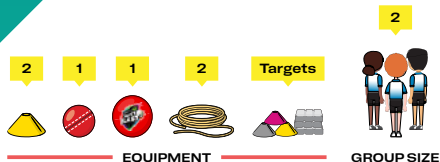
TARGET TAKEDOWN



COMPLEXITY



SETUP TIME



How to play

- Blasters form pairs and stand on opposite sides of ropes 10m apart.
- Pairs create their own targets with whatever equipment is available.
- Pairs deliver the ball back and forth at their target.
- Blasters score 10 points every time the target is hit or create your own scoring challenges.
- Begin with underarm throws then progress to overarm throwing and then bowling.

COACHING



- Momentum towards the target.
- Stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.

ASK THE BLASTERS



- What is the main difference between throwing and bowling?
- What is the purpose of a run up?

Change it!

LEVEL 1 – DISTANCE

- Every time the target is hit, the Blaster steps away from the target.
- See how far partners can separate.

TIP

Pirates challenge fielders with their throws through ground balls, flat catches, and high catches.

LEVEL 2 – RUN IN AND BOWL

- Encourage Blasters to experiment with their run up, prior to releasing the ball.
- Don't over complicate it – keep it simple!

LEVEL 3 – TRY A NEW TARGET

- Vary the challenge by rotating pairs to another pairs target, or challenge Blasters to build a more difficult target.

TIP

This is a great opportunity to provide instruction on the difference between throwing (bent arm) and bowling (straight arm) as you move between skills.

Batting

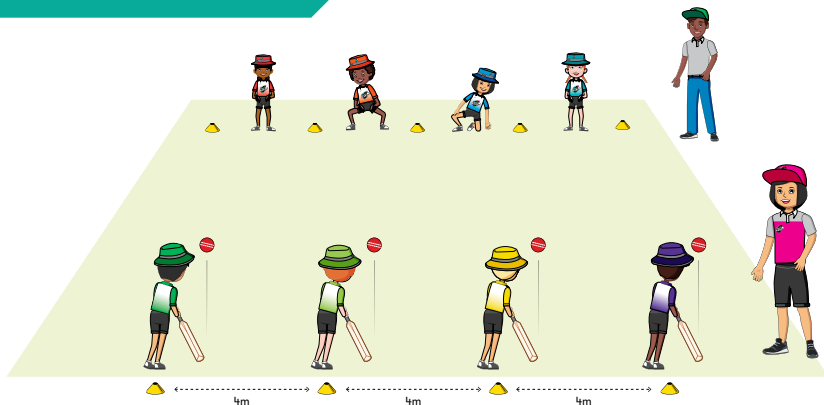
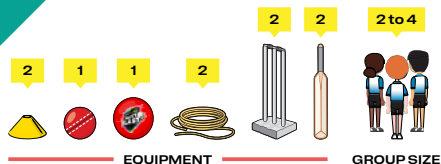
BATTING BLAST



COMPLEXITY



SETUP TIME



How to play

- Pair Blasters.
- Make one the batter and one the bowler. If space or equipment is limited, group Blasters in groups of 3 and include a fielder behind the bowler.
- The bowler delivers the ball to the batter who hits between the target or at their own target.
- Once a bowler completes 3 deliveries, Blasters swap roles.
- Make up your own scoring system, Blasters love scoring challenges.
- If batters are finding the activity too challenging, shorten the pitch, create a larger target or roll the ball along the ground.

COACHING



- Watch the ball.
- Move towards the ball and have a free swing of the bat.

ASK THE BLASTERS



- What happens if you lift your head?
- Explain what happened when you hit or missed the ball.

TIP

Rather than tees, use scorchers! The objective of batting is to judge and respond to a moving ball.

Change it!

LEVEL 1 – DELIVERY

- Bowlers begin with underarm throws and scorchers balls.
- When appropriate, Blasters may progress to overarm bowling and small balls.

LEVEL 2 – USE YOUR FEET

- Create a crease line using a rope.
- Start behind the crease line then move to hit the ball from in front of it.

LEVEL 3 – SWEEP SHOTS

- Batter's play sweep shots and reverse sweep shots though the target.

LEVEL 4 – CREASELINE CRICKET

- Create groups of 4 with a wicket keeper, 2 batters and a bowler.
- Place a set of stumps up the batter's end and a cone up the bowler's end.
- Batters try to hit a moving ball away from fielders.
- Batter must run if they hit the ball and there are no outs.
- Batter's and fielders swap every 6 balls.

SAFETY

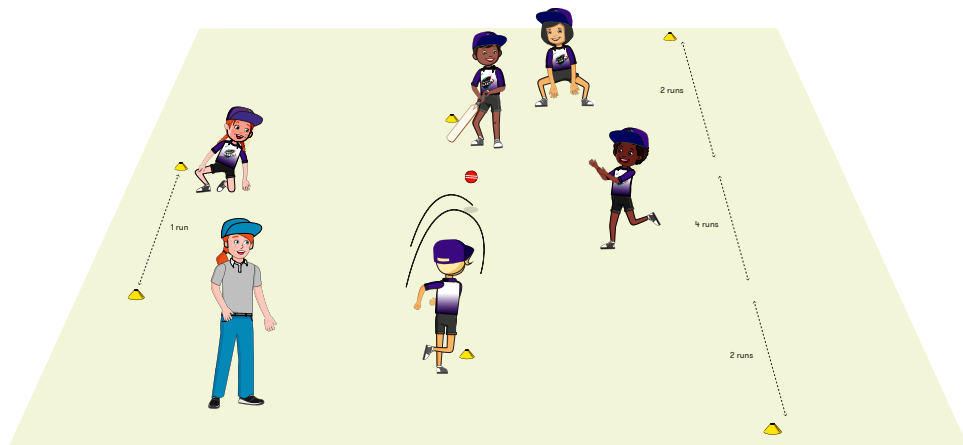
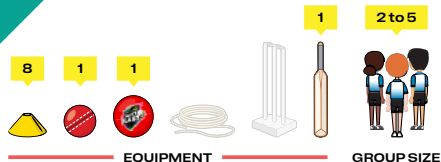
- Allow plenty of room between batters with at least 4m either side.

Batting

SCORING ZONES

★★★★
COMPLEXITY

★★★★★
SETUP TIME



How to play

- Divide your program into small groups.
- In each group one is the batter, one the bowler and remaining Blasters are fielders.
- Bowlers underarm the ball to the batter who hits into the Scoring Zones to score as many runs possible.
- Fielders protect Scoring Zones.
- Blasters agree on safe Scoring Zones. For example:
 - Between the cones = 1 run.
 - Between the tree and cone = 2 runs.
 - Between the trees = 4 runs.
 - Hit the pole = 6 runs.
- After 6 deliveries, Blasters switch roles. The Blaster who scores the most runs from the 6 deliveries wins.

COACHING



- Move your feet to the ball.
- Free swing of the bat.

ASK THE BLASTERS



- Why is it important to practice hitting?

Change it!

LEVEL 1 – ZONES

- Make the Scoring Zones easier or more challenging by altering the size of the scoring zone.

LEVEL 2 – DELIVERY

- Bowlers begin with underarm throws and scorchers.
- When appropriate, progress to overarm with bowling and small balls.

LEVEL 3 – SWEEP SHOTS

- Batters play sweep shots and reverse sweep shots through the Scoring Zones.

SAFETY

- Allow plenty of room between groups.
- Ensure fielders are at least 10m away from the batter.

Batting

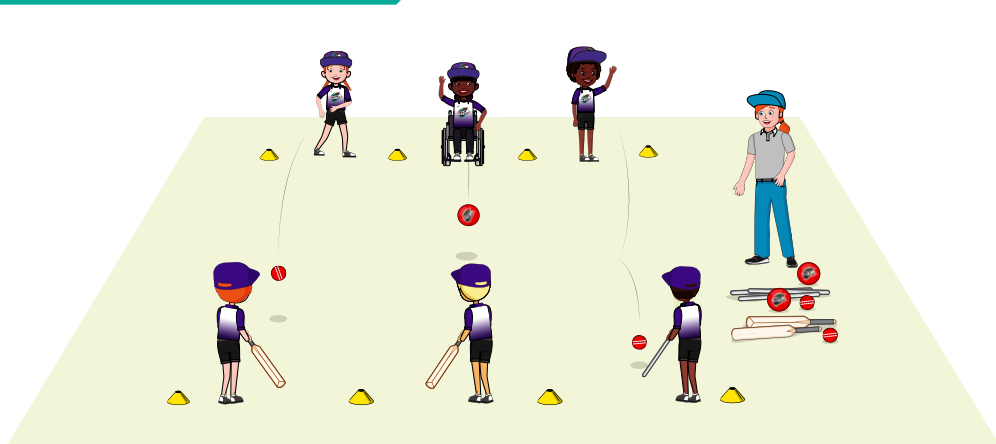
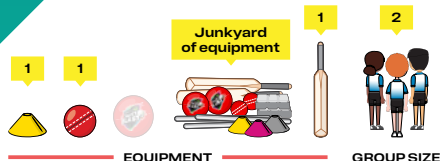
STRIKING LEVELS



COMPLEXITY



SETUP TIME



How to play

- Blasters work in pairs with one bowler and one batter.
- One Blaster goes to the junkyard and select the bat and ball to be used in the activity.
- The bowler delivers the ball to the batter who attempts to strike the ball with their bat or item to strike with.
- Pairs should swap roles every 3 balls.
- Coordinators can challenge Blasters to be creative and come up with their own scoring systems to create their own games.

COACHING



- Eyes on ball when striking.
- Bowling with straight arm trying to brush your ear with your arm.

ASK THE BLASTERS



- Why is it important to keep your eyes on the ball?
- Why is it important to move your feet when batting?

SAFETY

- Pairs begin 10m apart and ensure they are 4m away from other groups.

Change it!

LEVEL 1 – ROLL, STOP AND HIT

- Batter stomps ball and hits.

LEVEL 2 – ROLL AND HIT

- Bowler rolls the ball with the batter hitting the moving ball.

LEVEL 3 – UNDERARM AND HIT

- Bowler underarm throws the ball to the batter who strikes the moving ball. Blasters should aim for the ball to bounce once in front of the batter.

LEVEL 4 – OVERARM AND HIT

- Bowler overarm throws the ball to the batter who strikes the moving ball. Blasters should aim for the ball to bounce once in front of the batter.

LEVEL 5 – BOWL AND HIT

- Bowler overarm throws the ball to the batter who strikes the moving ball. Blasters should aim for the ball to bounce once in front of the batter.

Modified cricket game

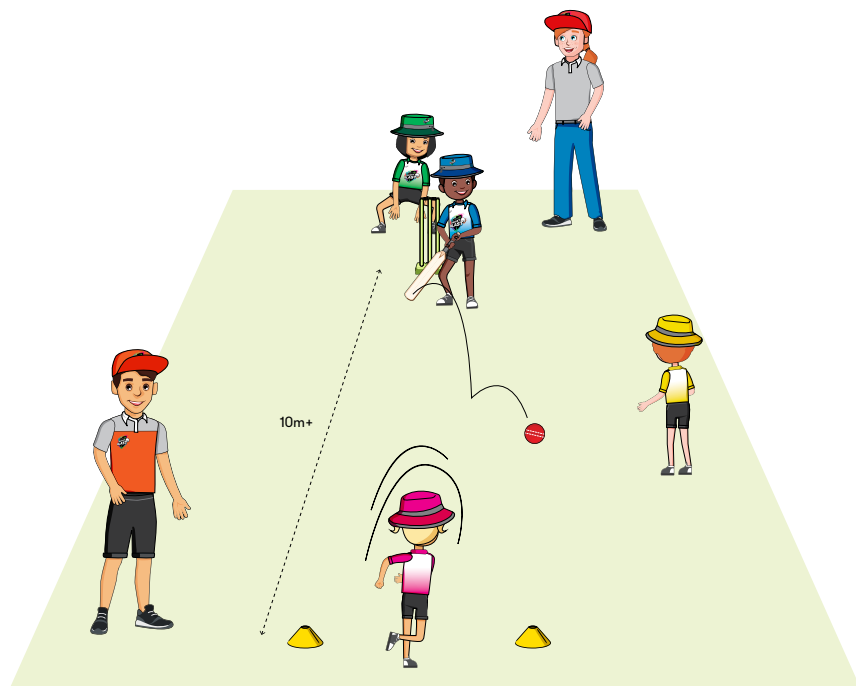
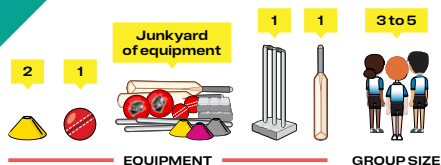
ANYWHERE CRICKET



COMPLEXITY



SETUP TIME



How to play

- Set in a large open space.
- Blasters form smaller groups of 3-5 and creates their own cricket game.
- Each Blaster should get an equal turn batting and bowling.

COACHING



- Use your imagination – get creative!

ASK THE BLASTERS



- Ask Blasters to explain their game to the whole group.
- How could your game be improved?

Change it!

LEVEL 1 – GET CREATIVE

- Encourage Blasters to use a range of equipment and get imaginative with their game as they would in the backyard or at lunch time at school.
- Encourage Blasters to consider introducing rules including 'tippity-go', '1 hand 1 bounce' or other game constraints.

SAFETY

- Ensure fielders are at least 10m away from the batter.

Modified cricket game

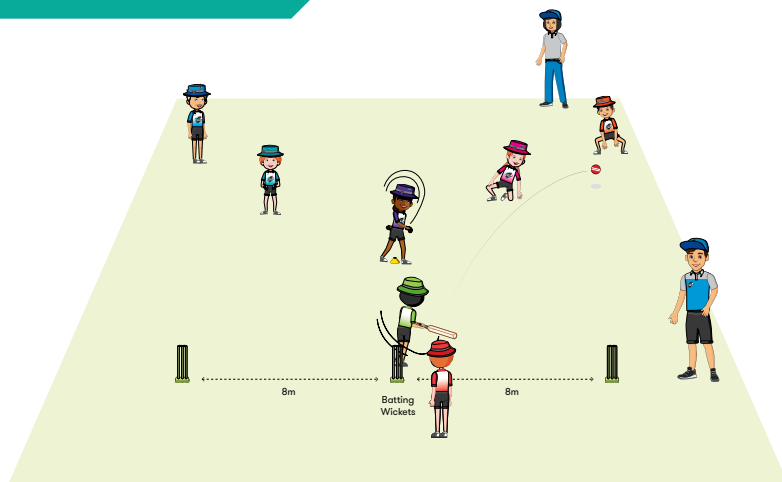
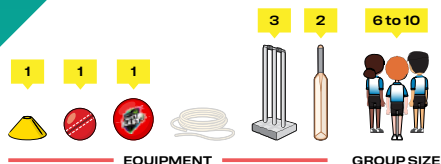
CONTINUOUS CRICKET



COMPLEXITY



SETUP TIME



How to play

- The bowler bowls underarm to the batter who hits the ball and then runs around the stumps. Batters must run if they hit the ball.
- Fielders field the ball and return it to the bowler. Bowlers may bowl at any time. The game is continuous.
- 1 run is scored each time the batter runs around the stumps and back.
- If a batter is caught or bowled, they score no runs. If caught, the catcher adds 2 runs to their score. If bowled, the bowler adds 2 runs to their score.
- Batters aim to score as many runs as possible in 6 deliveries and then retire regardless of the number of times they get out.
- Bowlers swap after 3 deliveries.

COACHING



- Emphasise the basics – free swing of the bat, bowl with a straight arm, keep your eye on the ball, and point at your target.
- Clear communication is required between fielders.

ASK THE BLASTERS



- Where did you hit the ball to make it easiest to complete a run?
- What was the best way to get the ball back to the bowler?

Change it!

LEVEL 1 – DELIVERY

- Bowlers begin with underarm throws and scorchers.
- When appropriate, Blasters may progress to overarm bowling and small balls.

LEVEL 2 – TWO BATTERS

- Add a second batter.
- The ball must be bowled to the 'batting wicket' and the batters change places as they run between the wickets.
- Batters now run half the distance, they are only required to run 'up', rather than 'up and back', extend the distance between wickets as appropriate.

LEVEL 3 – LINKING PLAY

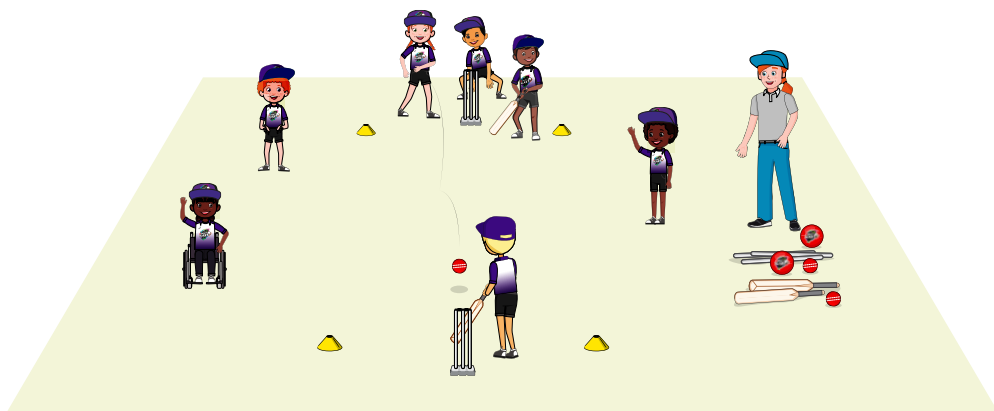
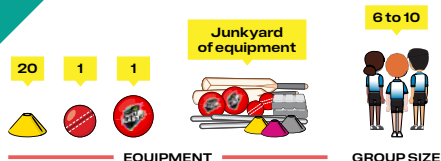
- Pass the ball a predetermined amount of times (2, 3 or 4) between team mates, before releasing it to the other side. Blasters should communicate with their team mates.

SAFETY

- Ensure fielders are at least 10m away from the batter.

Modified cricket game

SCENARIO CHALLENGE



How to play

- Create group of 6-10.
- Divide groups into 2 teams, with one batting and one being the fielding team.
- The batting team creates a target score or a scenario to achieve, eg. they must make a certain number of runs from a nominated number of balls and wickets remaining.
- The fielding team then try to win the game by restricting the batting team from successfully achieving their run target score and completing the scenario.
- Rotate the batter and bowler every 3 deliveries.
- Once one team has finished batting, then the teams swap roles with a new target set and new scenario created and the challenge begins again.
- Come up with a new scenario.

COACHING



- Eyes on ball when striking.
- Bowling with straight arm trying to brush your ear with your arm.

ASK THE BLASTERS



- How did you work well with your team in the field to decrease the scoring opportunities of the batting team?
- Where did you hit the ball to maximise scoring?

Change it!

LEVEL 1 – BAT OR BALL SIZE

- Increase the size of the bat or ball to increase Blaster success when striking the moving ball. Encourage Blasters to experiment with different sizes to increase success in the game.

LEVEL 2 – FIELD SIZE

- Increase field size to make it harder to score runs.

LEVEL 3 – BALL/BAT CHALLENGE

- Use a different ball and bat size for each of the 3 deliveries. Remembering that once the ball or bat has been used, it cannot be used again for those 3 remaining deliveries.

SAFETY

- Ensure that fielders are at least 10 metres from the batter when hitting.

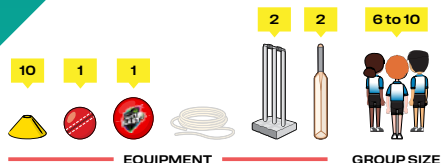
Modified cricket game

PAIRS CRICKET



COMPLEXITY

SETUP TIME



EQUIPMENT

GROUP SIZE

How to play

- In groups of 6-8, divide Blasters into pairs.
- Pairs bat for 2 overs. Each pair may have multiple rotations of batting depending on time.
- Pitch: 12m (approximately), Boundaries: 20m
- 'Free hit' (explained below) with cones placed either side of the batter with the ball on top.

BOWLING AND FIELDING

- Bowl from one end.
- After each over, the fielding team rotates in a circular formation to ensure an equal turn in each position.
- No fielder is allowed within 10m of the bat until the ball is hit.
- 'No balls' and 'wides' are not re-bowled. Following a no ball or a wide, the batter receives a 'free hit' from the cone. The batter must hit the ball forward. A no ball or wide is deemed to be any ball that is dangerous, above waist high on the full, or cannot be hit because it is too wide or bounced too many times/rolling.

BATTING

- Pairs bat for 2 overs.
- Batters swap ends when dismissed and at end of the over.
- Batters swap ends if a batter faces 3 balls in a row or to ensure an equal turn on strike.

COACHING

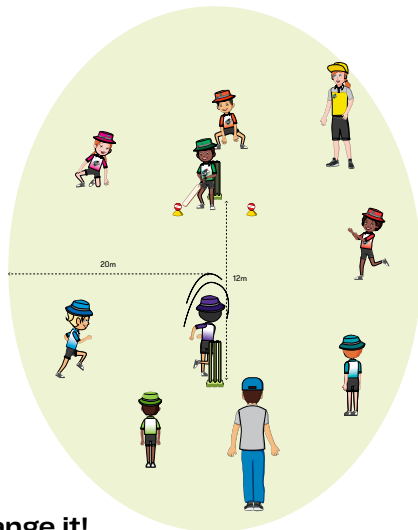


- Emphasise the basics – free swing of the bat, bowl with a straight arm, keep your eye on the ball, and point at your target.
- Introduce some cricket etiquette components (passing the ball back to the bowler, acknowledging a good shot or ball etc.)

ASK THE BLASTERS



- How do you think you could have scored more runs?
- What happened when you took your eyes off the ball?



Change it!

LEVEL 1 – SCORCHER BALL BLAST

- If your Blasters are finding bowling difficult, rather than bowling overarm, the bowler bowls an underarm scorching ball from a shortened pitch.

TIP

Through simplifying the most difficult skill, bowling, Blasters can learn more quickly about other aspects of a game of cricket.

LEVEL 2 – TIPPITY GO

- Batters must run each time the ball is hit. This will increase action for everyone!

LEVEL 3 – POWER PLAY

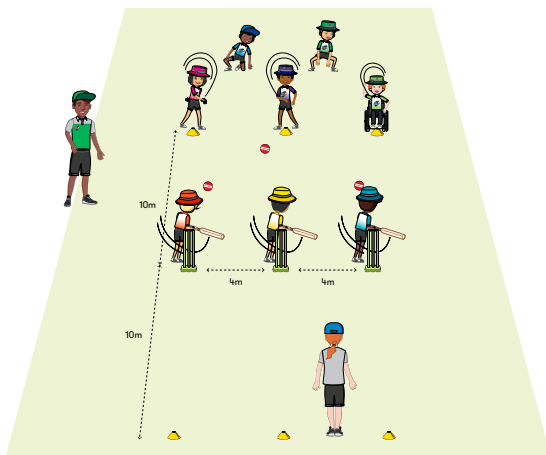
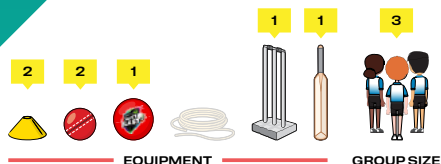
- In a Power Play, any runs scored from a ball hit in the area past the bowler's stumps are doubled. This will encourage batters to hit the ball straight down the ground.
- Use cones to create your own Power Play and double scoring zone to challenge players to hit to particular part of the ground and try new shots. Or make up your own scoring rules!

TIP

Consider introducing a Power Play if batters are continually playing to the leg side.

Modified cricket game

RAPID FIRE BATTING



How to play

- Divide Blasters into batters, bowlers, and fielders.
- Each batter begins in front of their stumps.
- Bowlers get ready behind their bowling marker cone, each with a ball.
- On the coordinators call, bowlers deliver the ball and batters hit into the playing area.
- Once balls are hit, batters run back and forth between their stumps and rope to score.
- Bowlers and fielders chase and field the ball before returning to their markers.
- Once all bowlers have returned with their ball, the bowling team shout out 'HOWZAT' and batters stop running.
- Batters score as many runs as they have completed.
- Bowlers and fielders receive 4 runs if they catch the ball on the full.
- Batters have 3 hits and then swap roles.

COACHING



- Watch the ball.
- Move towards the ball and have a free swing of the bat.

ASK THE BLASTERS



- How do you think you could have scored more runs?
- What happened when you took your eyes off the ball?

Change it!

LEVEL 1 – DELIVERY

- Bowlers begin with underarm throws and scorchers.
- When appropriate, Blasters may progress to overarm bowling and small balls.

TIP

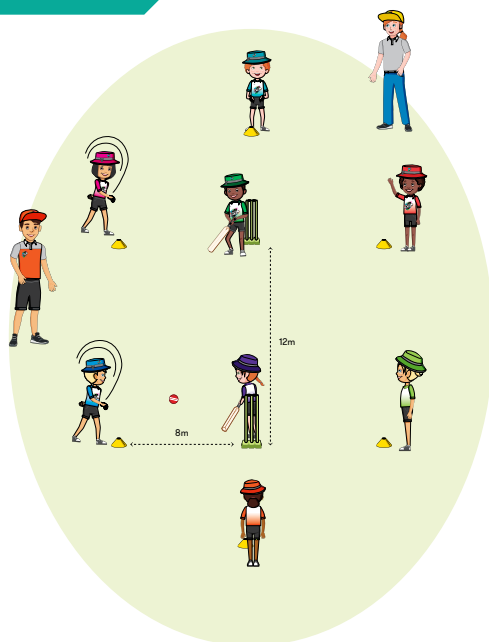
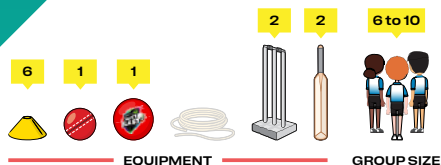
The objective of batting is to judge and respond to a moving ball, only allow batters to hit a stationary ball from a cone if completely necessary.

SAFETY

- As there are multiple batters, pay close attention to the safety of Blasters around swinging bats.
- Allow maximum room between batters, minimum 4m either side.

Modified cricket game

6ERS CRICKET



How to play

- 2 batters – 1 at each end.
- The remaining Blasters are fielders, who spread out.
- 1 ball is in play.
- Any fielder can also be a bowler and bowl from either of the 6 bowling stations (approximately 8m from the stumps).
- Bowlers may bowl at any time, at any stump. The game is continuous.
- The batters hit the ball into the field. If the ball is hit, batters must run. Runs are scored by running between the stumps.
- If a batter is 'caught' or 'bowled' they receive 0 runs and the fielder or bowler receives 2.
- Batters aim to score as many runs as possible in 6 deliveries.

Change it!

LEVEL 1 – DELIVERY

- Bowlers begin with underarm throws and scorchers balls.
- When appropriate, Blasters may progress to overarm bowling and small balls.

LEVEL 2 – LINKING PLAY

- Pass the ball a predetermined amount of times (2, 3, or 4) between team mates, before bowling. Blasters should communicate with their team mates throughout.

COACHING



- Emphasise the basics – free swing of the bat, bowl with a straight arm, keep your eye on the ball, and point at your target before bowling.
- Clear communication when running between the wickets is also key.

ASK THE BLASTERS



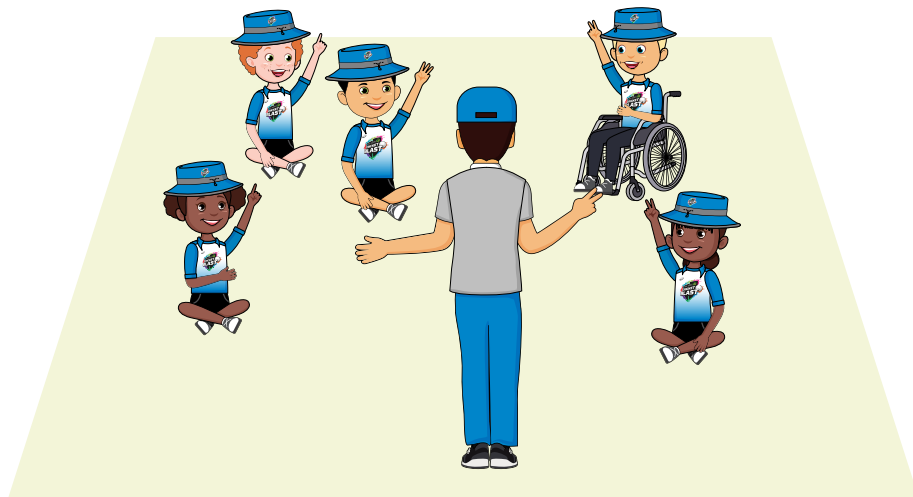
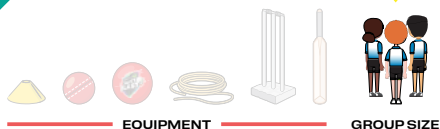
- How do you communicate with the other batters?
- When fielding, how could you tell where the batter was going to hit the ball?

Reflection activity

NUMBER CHECK OUT



Full Program



How to play

- Invite Blasters to sit down in a comfortable area at the end of the session.
- The coordinator or a nominated Blaster asks the Blasters to raise 1, 2 or 3 fingers above their head in response to a question which relates to the session. Eg. How well did you keep your arm straight today when bowling?
- 3 being the highest score a Blaster can give, 2 being a medium score and 1 being a low score.
- Blasters are invited to think back across the session and in response to different questions from the coordinator they raise that number of fingers above their head that best reflect how they have gone within that session regarding the question asked.

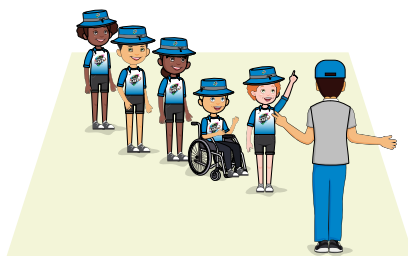
COACHING



- Use wide open space.

If you run out of time

- You can simply invite your Blasters to line up at the end of the session and ask them to respond to your question by raising 1, 2 or 3 fingers.
- Remember that reflection is a key aspect of the learning process.



Reflection activity

TAP OUT



COMPLEXITY



SETUP TIME



Scan here to
download the
Tap Out Cards.

Full Program



GROUP SIZE

EQUIPMENT



How to play

- Coordinators can place the Tap Out card at the exit of the Blast Zone.
- These cards feature 5 different levels relating to how the Blasters have worked within that session.
- The Blasters read the 5 line descriptions on the card and self-assess by pointing to the appropriate card that best describes how they have gone in that session.
- Level 5 is the highest level with Level 1 being the lowest.
- This card is not skill-based assessments but more a measure of how Blasters have shown respect for themselves, their teammates, the coordinator and rules and equipment during that session.
- Remember that reflection is a key aspect of the learning process.
- Try and encourage parents/guardians to read the cards with their child and reflect together.