



WOOLWORTHS CRICKET BLAST WEEKLY SESSION PLANS



ACKNOWLEDGEMENT OF COUNTRY

Cricket Australia would like to acknowledge and pay our respects to the hundreds of First Nations and Traditional Custodians of the land and waters encompassing where we are privileged to live and play the great game of cricket. We pay our respects to all Elders past and present as we continue to grow with their guidance and walk together toward a connected Country.



SESSION PLAN OVERVIEW

Inspiring the fun through ready to go session plans

Your role as a Cricket Blast Coordinator is to ensure everyone has a great time, feels safe, and is part of the fun. We've created weekly plans to guide each of your Cricket Blast sessions. Each plan outlines the session's goals, the skills to emphasise, and suggested activities to make it enjoyable for all skill abilities.

For more information, visit play.cricket.com.au.

TIPS FOR GETTING STARTED

- At the start of the program set expectations around parent/guardian involvement. Kids love having fun with parents, guardians, and grandparents.
- Take the time to prepare for each session, this will help you to feel prepared and confident.
- Progression is an important component to the program. Don't underestimate the how competitive the kids are.
- Find the right level of challenge for the kids, if the activity is too easy they will disengage, too hard and they give up.

Each recommended session plan is broken down into six areas

Activity	Overview
Instant Activity	• A suggested easy and fun activity that energises Cricket Blasters, parents and guardians before the session starts. • Take this opportunity to ask parents/guardians to support the delivery of the session.
Introduction	• Welcome everyone to the Woolworths Cricket Blast Program. • Introduce yourself so that everyone knows who you are. • Make sure everyone knows what to expect. • Have some fun and build Cricket Blasters' excitement to get started.
Warm-up	• Each week we'll suggest a warm-up activity that is fun, fast-paced and gets kids moving.
Activities	• Build skills through a variety of game based activities. • All suggested activities focus on developing different cricket skills and can have a different level of challenge based on a Cricket Blasters experience and capability.
Mini-Game	• Run fun mini-games that begin to prepare kids for Junior Cricket.
Session Wrap	• Celebrate progress and thank everyone for their involvement.

WEEKLY SESSION PLANS



WEEK ONE

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Explore how to grip the ball when bowling.
- Learn the fundamentals of how to swing the bat and hit a ball.
- Play and collaborate with others through structured and unstructured play.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Cricket Blaster's Challenge (Rolling) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

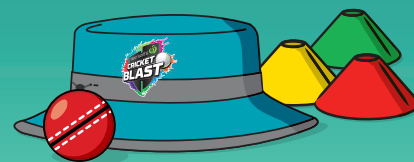
RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Tunnel Tag At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Batting Blast (Batting) • Target Take Down (Throwing) • Catching All Stars (Catching) • Knock Em Down Build Em Up (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Knock Em Down Build Em Up (Bowling)	7 min
Mini Games	Level 1 & 2	Anywhere Cricket (Play the game)	15 min
	Level 3	Anywhere Cricket (Play the game)	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – H.O.W.Z.A.T. • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK TWO

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Learn the fundamentals of how to bowl with a straight arm.
- Explore how to field a ball that bounces.
- Play and collaborate with others through structured and unstructured play.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Cricket Blaster's Challenge (Rolling) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Tunnel Tag At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Batting Blast (Batting) • Target Take Down (Throwing) • Catching All Stars (Catching) • Knock Em Down Build Em Up (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Knock Em Down Build Em Up (Bowling)	7 min
Mini Games	Level 1 & 2	Anywhere Cricket (Play the game)	15 min
	Level 3	Anywhere Cricket (Play the game)	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Fielding Fanatics • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK THREE

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Discover how to protect your wickets and score runs.
- Learn the basics of throwing the ball.
- Play positively and connect with others throughout the session.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Blaster's Challenge (Catching) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Bowling Tag At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Cricket Crossfire (Throwing) • Striking Levels (Batting) • Hurricane Handling (Catching) • Bowling Fundamentals (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Scorcher Ball (Throwing/Bowling)	7 min
Mini Games	Level 1 & 2	Pairs Cricket (Play the game)	15 min
	Level 3	Pairs Cricket (Play the game)	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Target Cricket. • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK FOUR

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Gain an understanding of running up to bowl.
- Learn the fundamentals of swinging the bat horizontally to hit the ball.
- Play positively and connect with others throughout the session.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Blaster's Challenge (Catching) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Bowling Tag At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Cricket Crossfire (Throwing) • Striking Levels (Batting) • Hurricane Handling (Catching) • Bowling Fundamentals (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Scorcher Ball (Throwing/Bowling)	7 min
Mini Games	Level 1 & 2	Pairs Cricket (Play the game)	15 min
	Level 3	Pairs Cricket (Play the game)	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Bowling Battleships. • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK FIVE

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Explore how to catch the ball on the full to take a wicket.
- Find out how to run between the wickets to score runs.
- Learn to include others in the games and activities to ensure no one misses out.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Blaster's Challenge (Throwing) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

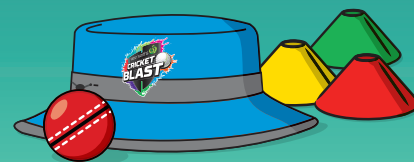
RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Sneaky Singles At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Risky Run Outs (Throwing) • Rapid Fire Batting (Batting) • Protect Your Cone (Fielding) • Scorcher Ball (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Saving Runs (Fundamentals)	7 min
Mini Games	Level 1 & 2	Cricket Blast Game	15 min
	Level 3	Cricket Blast Game	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Yes No Wait. • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK SIX

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Learn the basics of chasing the ball in the field.
- Build confidence in bowling with a straight arm
- Learn to include others in the games and activities to ensure no one misses out.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Blaster's Challenge (Throwing) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Sneaky Singles At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Risky Run Outs (Throwing) • Rapid Fire Batting (Batting) • Protect Your Cone (Fielding) • Scorcher Ball (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Saving Runs (Fundamentals)	7 min
Mini Games	Level 1 & 2	Cricket Blast Game	15 min
	Level 3	Cricket Blast Game	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Bucket Bowling. • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK SEVEN

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Discover how to protect your wickets and score runs.
- Learn the basics of throwing down the wickets.
- Learn the fundamentals of respect and being a team player.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Blaster's Challenge (Games) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session. • Explain what you want to achieve and what to expect.	5 min

RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Yes, No, Wait At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Clean Your Cricket Backyard (Throwing) • Protect Your Castle (Batting) • Joker Catch (Catching) • Skittle The Stumps (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Biggest Hit (Fundamentals)	7 min
Mini Games	Level 1 & 2	Cricket Blast Game	15 min
	Level 3	Cricket Blast Game	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Scoring Zones. • Build excitement about next week's program.	5 min

WEEKLY SESSION PLANS



WEEK EIGHT

SESSION OUTCOMES

Through a variety of fun and interactive activities kids will:

- Build confidence of swinging the bat horizontally to hit the ball.
- Continue creating confidence in running up to bowl.
- Learn the fundamentals of respect and being a team player.

GETTING STARTED

Activity	Suggested Activity	Timing
Instant Activity	• Blaster's Challenge (Games) – with Parent/Guardian	5-10 min
Introduction	• Welcome everyone to the session • Explain what you want to achieve and what to expect.	5 min

RUNNING THE SESSION

Activity	Level	Suggested Activity	Timing
Warm up	All Levels	• Yes, No, Wait At completion, divide the group into their smaller teams (Level 1-3).	5 min
Activities	Level 1 & 2	• Clean Your Cricket Backyard (Throwing) • Protect Your Castle (Batting) • Joker Catch (Catching) • Skittle The Stumps (Bowling) Rotate through each activity adjusting as you require to meet the needs of the participants. 7-8 minutes max.	30 min
	Level 3	Biggest Hit (Fundamentals)	7 min
Mini Games	Level 1 & 2	Cricket Blast Game	15 min
	Level 3	Cricket Blast Game	35-70 min

FINISHING THE SESSION

Activity	Suggested Activity	Timing
Wrap up	• Thank everyone for their efforts; recognise progress. • A quick Number Check Out for the kids to give you an indication of how they thought the session went. • Encourage practice at home – Continuous Cricket. • Build excitement about next week's program.	5 min



Thank you once again for playing
your vital role for cricket as a
Cricket Blast Coordinator.

Need further support?

Please contact your State or Territory Cricket Association
for any support required.

If you do not have a local contact, please contact the
Woolworths Cricket Blast Helpdesk via email at
cricketblast@cricket.com.au or call 1800 CRICKET
(1800 274 25 38) and they can assist you.

To find more Cricket Blast resources go to
www.community.cricket.com.au/clubs/

Official kids
program

