

CATCHING ALL STARS



SKILL FOCUS

GROUP SIZE

EQUIPMENT

Fielding

2

1 ball, 1 cone between each pair

TIP

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

INSTRUCTIONS

- 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.

ASK THE KIDS

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

BLAST CREW

Pair Blast Crew with Junior Blasters.



COACHING

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

CHANGE IT UP!

LEVEL 1 - CONE CATCHING

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

LEVEL 2 - RACES

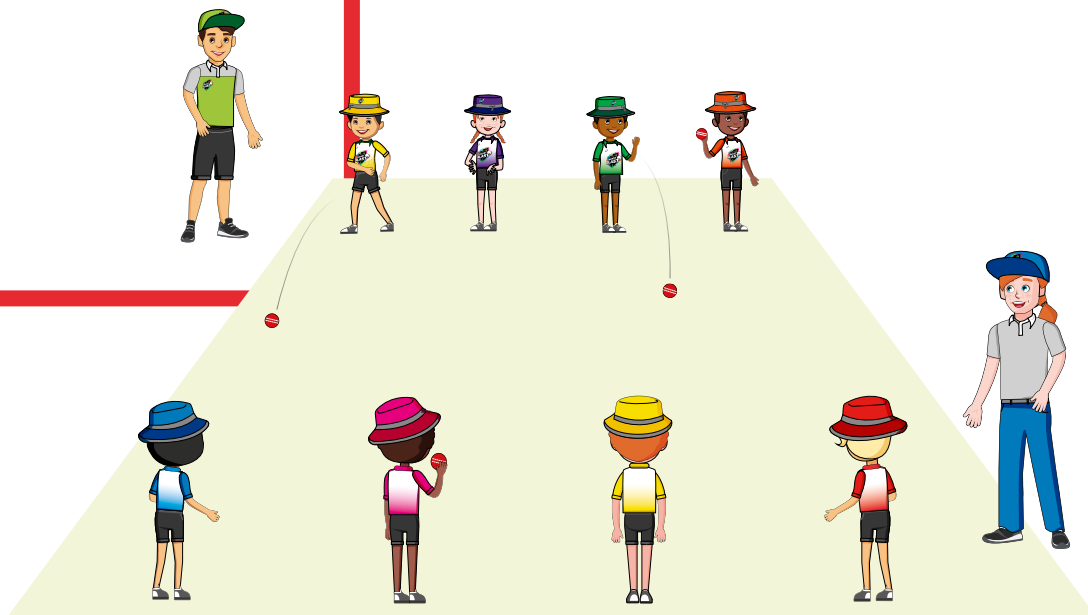
- Race to complete 20 catches or see how many catches you can complete in 30 seconds.

LEVEL 3 - DISTANCE

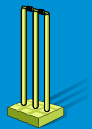
- If you take a catch, step away from your partner. If you drop a catch, step closer. See how far you can separate.

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.



BOWLING FUNDAMENTALS



SKILL FOCUS	GROUP SIZE	EQUIPMENT
Bowling	2-4	1 ball, 1 set of stumps, 1 cone per pair, 2 ropes



- Ensure removed stumps are safely positioned not to become a tripping hazard.
- Ensure enough space between pitches.

INSTRUCTIONS

- Pair Junior Blasters.
- Make 1 a bowler and 1 a wicket keeper.
- Bowlers bowl 3 deliveries at the stumps then swap roles with the wicket keeper.
- If space or equipment are limited place Junior Blasters in groups of up to 4.
- If Junior Blasters find the activity too challenging, shorten the pitch or place 2 stumps together to create a larger target.

ASK THE KIDS

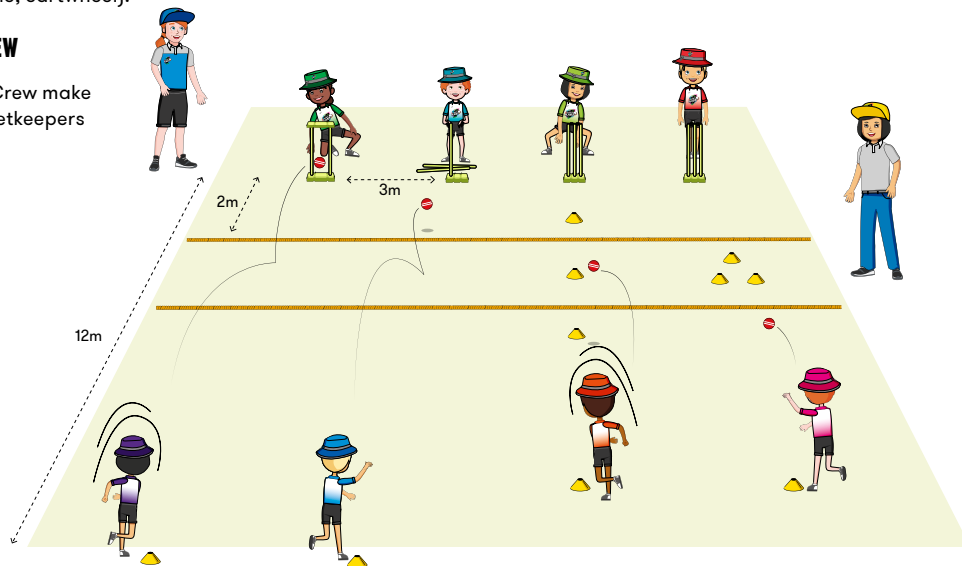
- How did you grip the ball in your hand?
- What other actions are like a bowling action? (windmill, airplane, cartwheel).

BLAST CREW

The Blast Crew make great wicketkeepers if needed.

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.



CHANGE IT UP!

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 Junior 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 Junior Blasters experiment with their run up. Keep it simple!

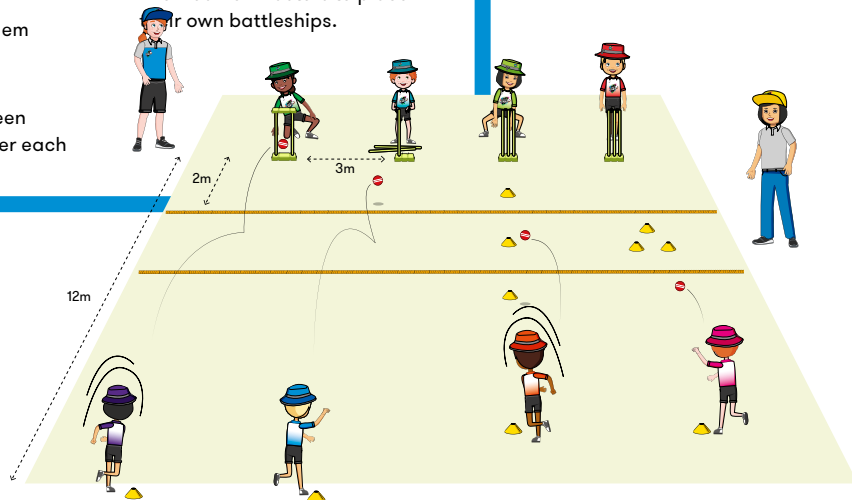
LEVEL 3 - KNOCK EM DOWN, BUILD EM UP

- If Junior 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 Junior 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 Junior Blaster hits a 'battleship', it is 'sunk' and removed from the game.
- The first team to sink all battleships is the winner.
- Allow Junior Blasters to place their own battleships.



RENEGADES RELAYS



SKILL FOCUS	GROUP SIZE	EQUIPMENT
Fundamental Movement Skills	3-4	1 bat, 1 set of stumps, 1 scorcher ball, 1 small ball, 2 cones per group

INSTRUCTIONS

- Junior Blasters line up behind their cone facing the stumps.
- On the Blast Captain's call Blasters run to the top cone and back following the Captain's movement or skill instruction.
- Get creative and make your own skill and movement challenges including running, skipping, backwards, hopping, jumping.
- Stagger the start to challenge all Junior Blasters.

TIP

Movement demonstration is key. To ensure everyone's success is acknowledged have an award for 'most improved movement'.

COACHING

- Listen to the cue being given before reacting.
- Move in a straight line towards the target.

ASK THE KIDS

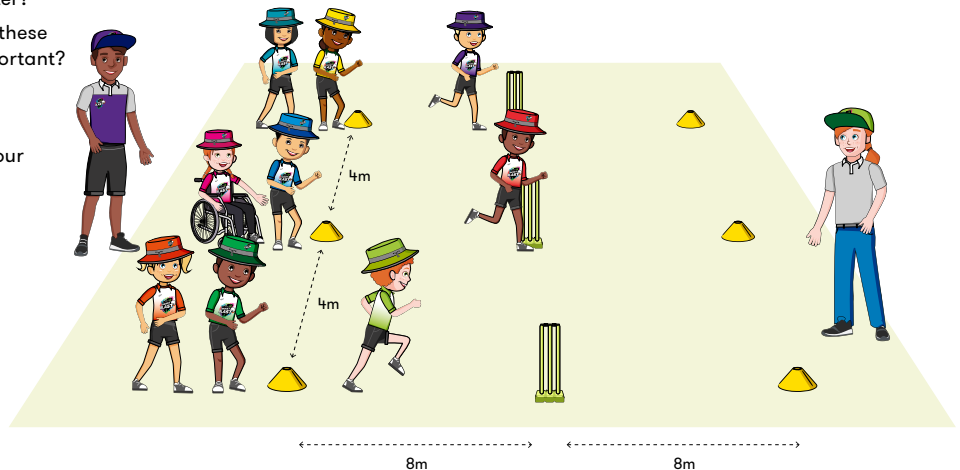
- How can you get to the cone faster?
- Why are these skills important?

BLAST CREW

Encourage your Blast Crew to join in and give it a go.



- Ensure removed stumps are safely positioned not to become a tripping hazard.
- Ensure the groups are spread apart, especially if batting is included.



CHANGE IT UP!

LEVEL 1 - HURRICANE HANDLING

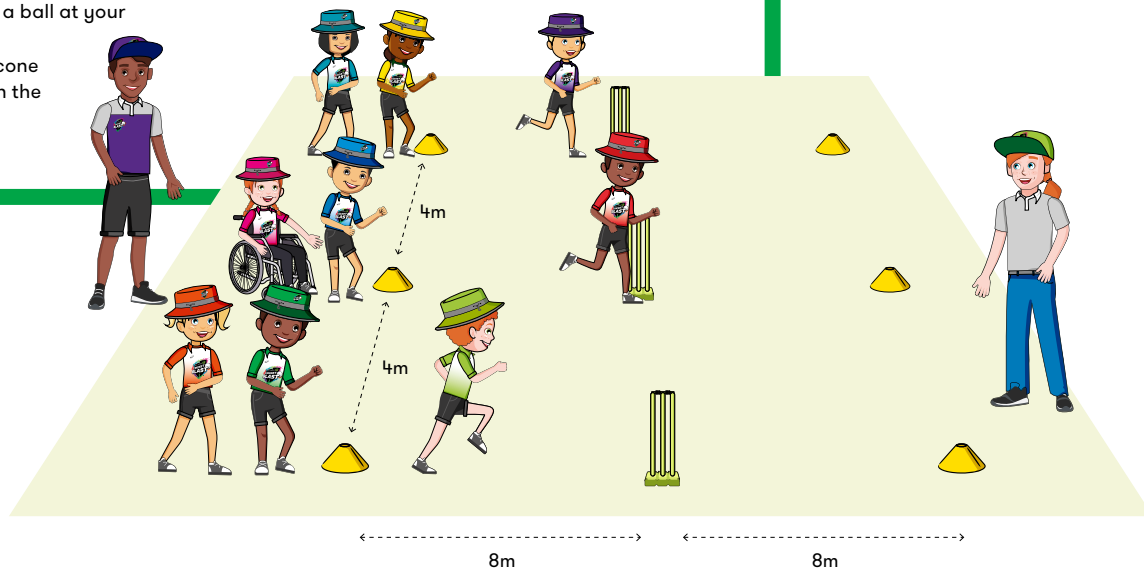
- Perform a ball handling challenge at the top of the run (see Hurricane Handling – Sessions 3 & 4).
Example Routine: Hop to the cone with your ball, complete 3 figure 8s between your knees and run back to your group.

LEVEL 2 - RELAY SKILLS

- Perform a cricket skill at the top of your run such as hitting, throwing or bowling a ball at your set of stumps.
Example Routine: Skip to your cone with your ball, place the ball on the cone and hit it towards your stumps.

LEVEL 3 - KNOCK EM DOWN

- Can be used when incorporating a batting, bowling or throwing skill into a relay.
- 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.
- The first team to hit the base and 'knock em down' is the winner.





BATTING BLAST



SKILL FOCUS	GROUP SIZE	EQUIPMENT
Batting	2	1 bat, 1 small ball, 1 scorcher ball, 2 cones per pair



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

INSTRUCTIONS

- Pair Junior Blasters.
- Make 1 the batter and 1 the bowler. If space or equipment is limited, group Junior 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, players swap roles.
- Make up your own scoring system, kids 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.

TIP

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

COACHING

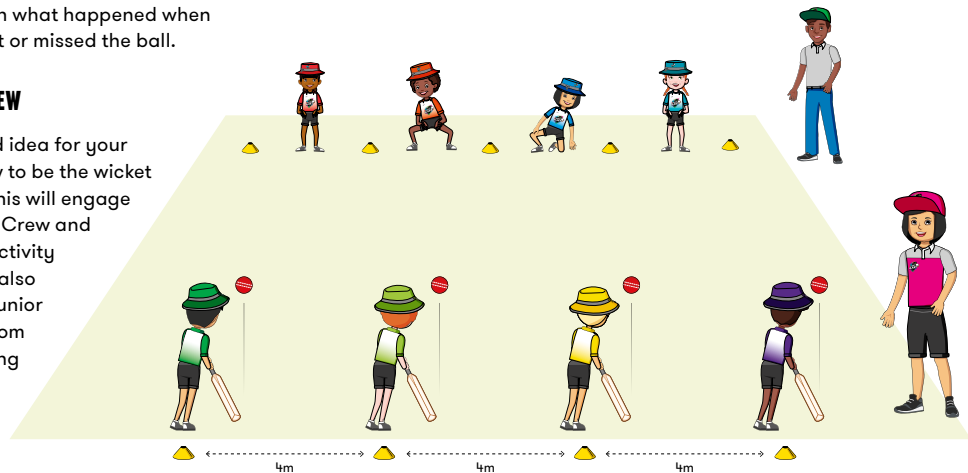
- Watch the ball.
- Move towards the ball and have a free swing of the bat.

ASK THE KIDS

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

BLAST CREW

It is a good idea for your Blast Crew to be the wicket keepers. This will engage your Blast Crew and keep the activity moving. It also removes Junior Blasters from the swinging bat area.



CHANGE IT UP!

LEVEL 1 - DELIVERY

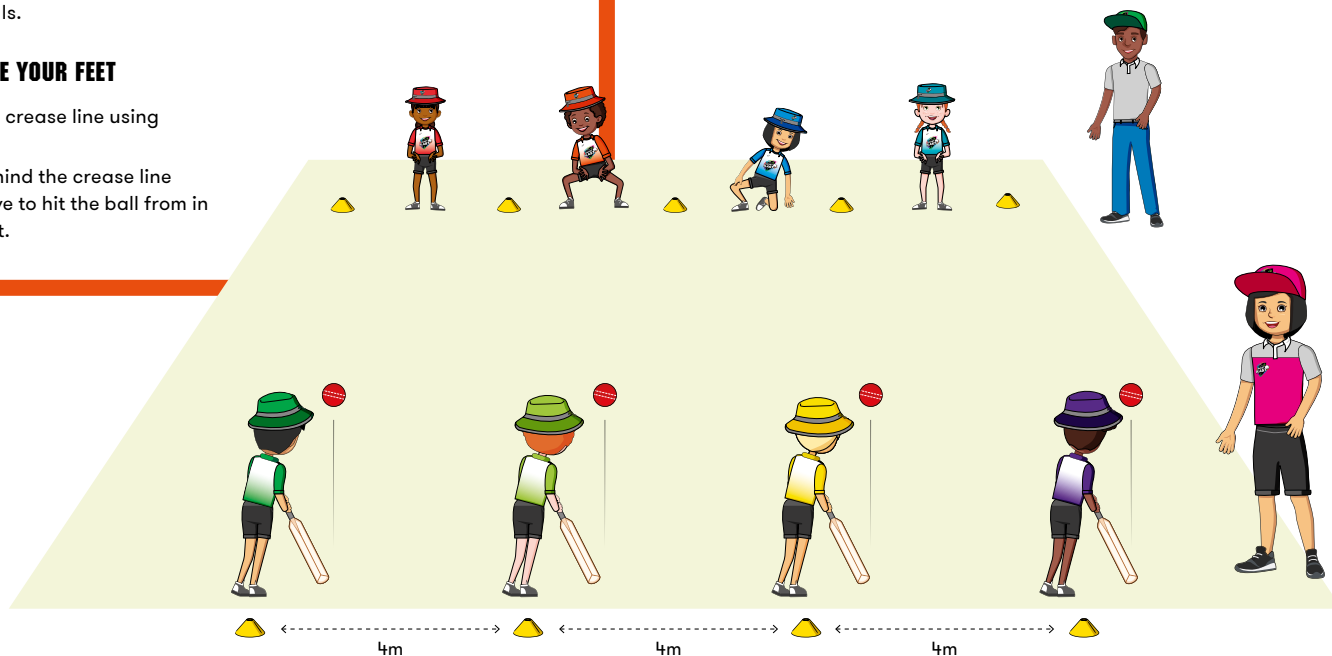
- Bowlers begin with underarm throws and scorchers balls.
- When appropriate, Junior Blasters may progress to overarm bowling and small balls.

LEVEL 3 - SWEEP SHOTS

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

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.





ANYWHERE CRICKET



SKILL FOCUS

Modified
Cricket Game

GROUP SIZE

3-5

EQUIPMENT

1 bat, 1 set of stumps,
1 ball, 1 cone per group



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

INSTRUCTIONS

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

BLAST CREW

Ensure at least 1 Blast Crew member is involved in each game to assist and ensure Junior Blasters have an equal turn.

TIP

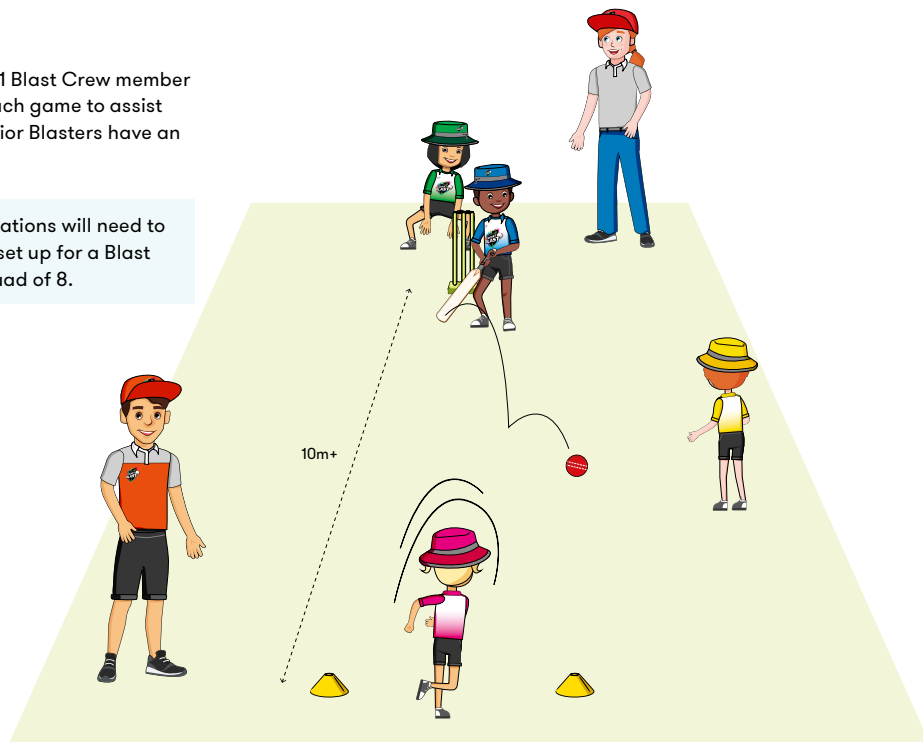
2 stations will need to be set up for a Blast Squad of 8.

COACHING

- Use your imagination – get creative!
- Remember to include all members of your squad.

ASK THE KIDS

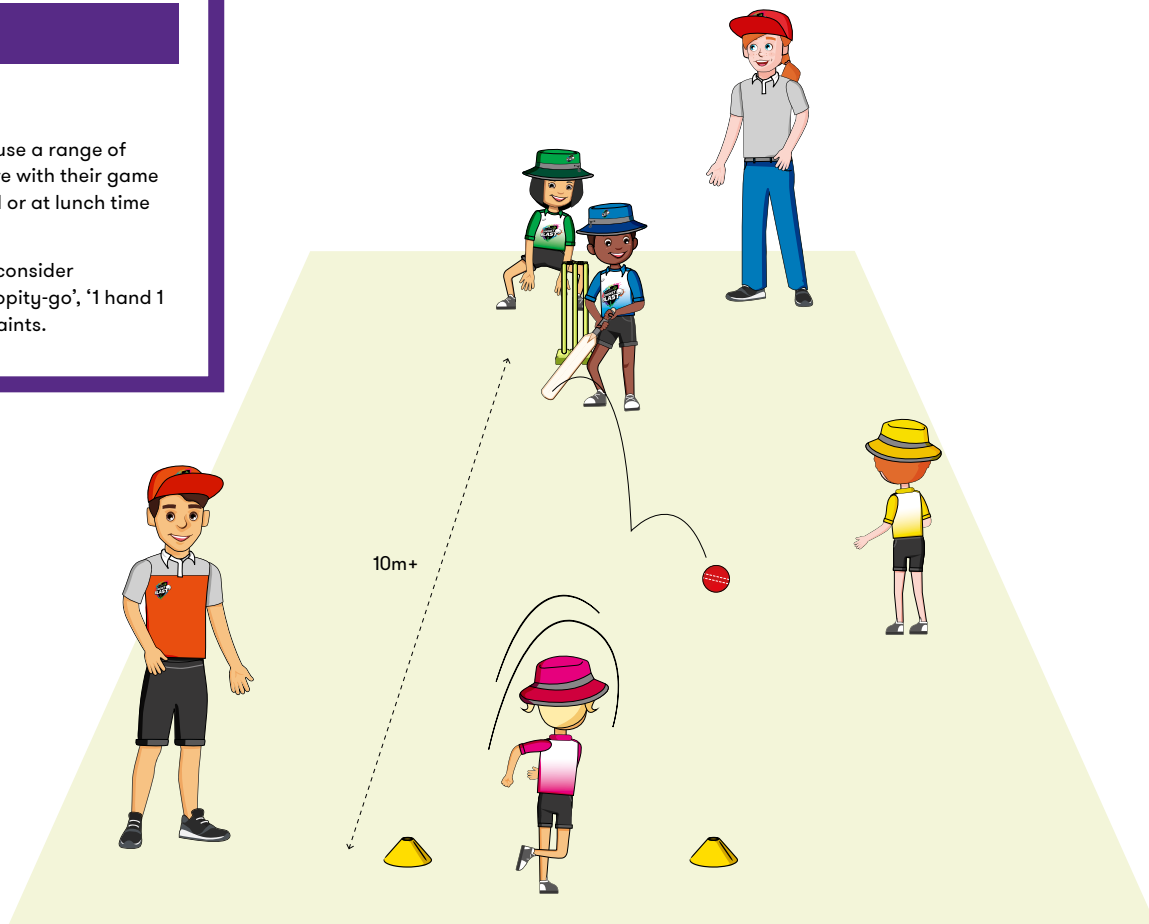
- Ask Junior Blasters to explain their game to the whole group.
- How could your game be improved?



CHANGE IT UP!

LEVEL 1 - GET CREATIVE

- Encourage Junior 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 Junior Blasters to consider introducing rules including 'tippity-go', '1 hand 1 bounce' or other game constraints.





HURRICANE HANDLING



SKILL FOCUS

Fielding

GROUP SIZE

1

EQUIPMENT

1 ball per Junior Blaster



Ensure the area is large enough to move around safely.

INSTRUCTIONS

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

COACHING

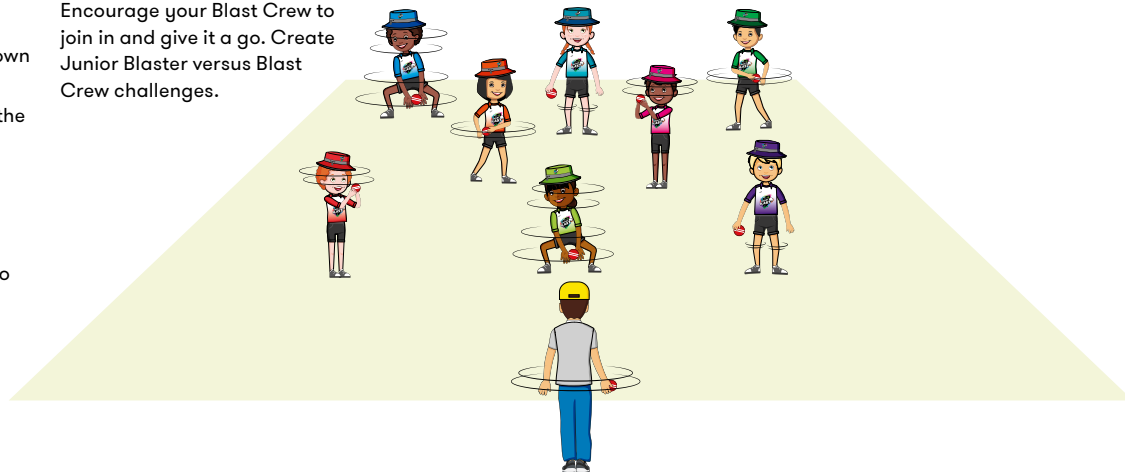
- Watch the ball all the way into your hands.
- Cup hands together and give with the ball.

ASK THE KIDS

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

BLAST CREW

Encourage your Blast Crew to join in and give it a go. Create Junior Blaster versus Blast Crew challenges.



CHANGE IT UP!

LEVEL 1 - BALL WRAPS

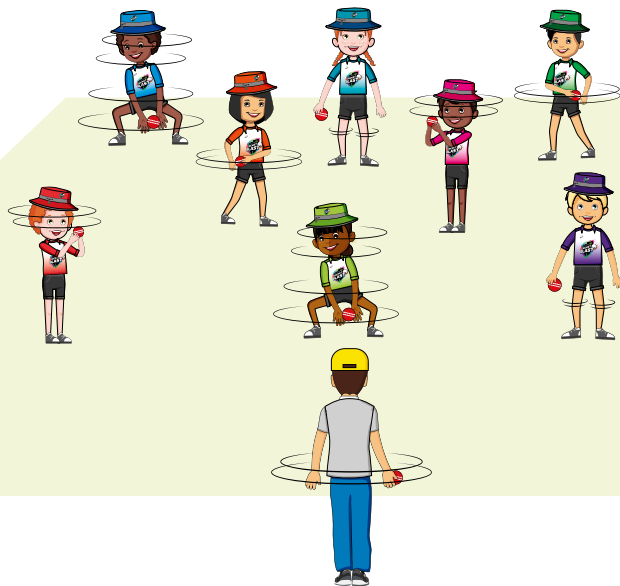
- Wrap the ball around your head/waist/knees/ankles.
- Race up and down the body.
- Figure 8s between knees.
- Listen to the specific cue being given and react accordingly.

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.

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.





CRICKET CROSSFIRE



SKILL FOCUS

Fielding & Bowling

GROUP SIZE

Blast Squad of 8

EQUIPMENT

1 cone each, 1 ball per pair,
1 set of stumps per group



Only adults may enter the 'safety zone' to collect balls.

INSTRUCTIONS

- Pair Junior Blasters with 1 ball per pair.
- Junior 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.

- Junior Blasters score 10 points every time they hit the stumps or create their 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 KIDS

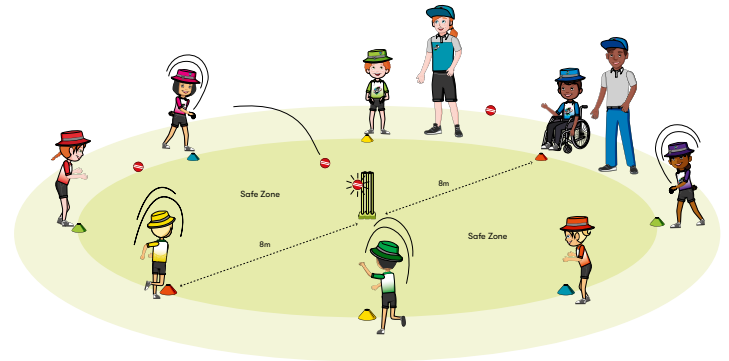
- Why do we need momentum towards the target when throwing?
- What is the difference between throwing and bowling?

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.

BLAST CREW

Pair Blast Crew with Junior Blasters.



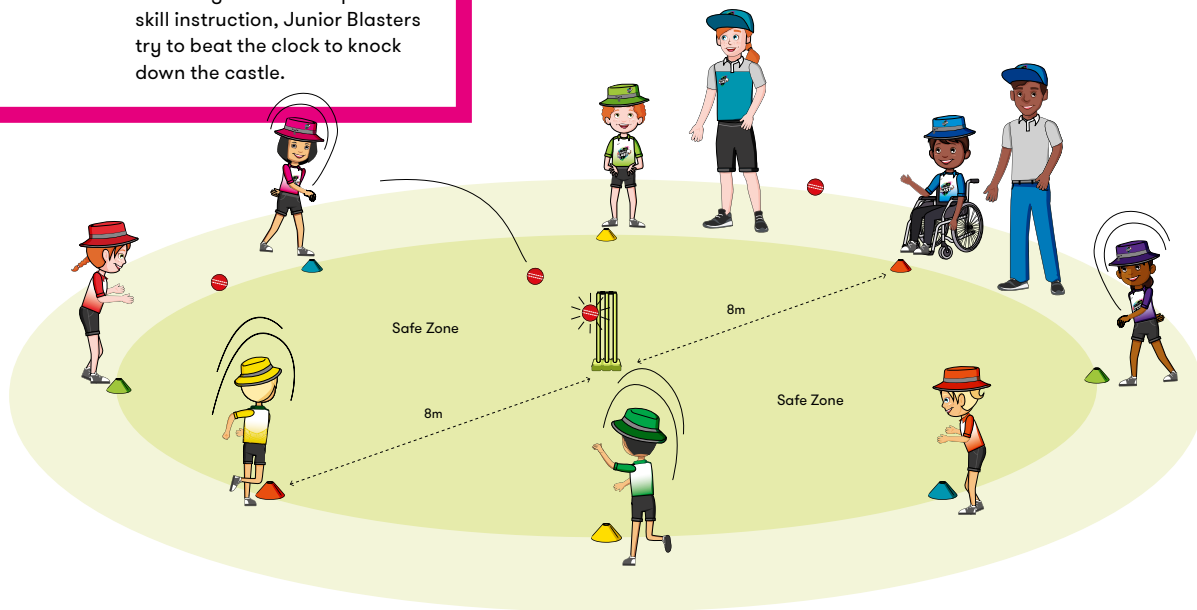
CHANGE IT UP!

LEVEL 1 - TARGET CHALLENGE

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

LEVEL 2 - KNOCK DOWN THE CASTLE

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



ROB THE NEST



SKILL FOCUS

Fundamental
Movement Skills

GROUP SIZE

Blast Squad of 8

EQUIPMENT

Lots of balls (1+ per Junior Blaster),
1 rope, cones



Ensure balls are slightly spread in the “nest” to avoid collisions.

INSTRUCTIONS

- Use cones to make a ‘nest’ for each team, as well as a central nest. All balls begin in the central nest.
- Junior Blasters form teams of 2.
- On the Blast Captain’s instruction, a runner from each team leaves their nest to steal 1 ball, ‘egg’, from the central nest and return it to their own nest.
- Once the central nest is empty, Junior Blasters may steal eggs from other team’s nests.
- Once a runner returns to their nest with a ball, the next player is tagged and takes their turn.
- The Blast Captain is the ‘keeper’ and guards the central nest, tagging Junior Blasters.
- If tagged by the keeper, Junior Blasters return their ball to the central nest and return to their nest empty handed.

COACHING

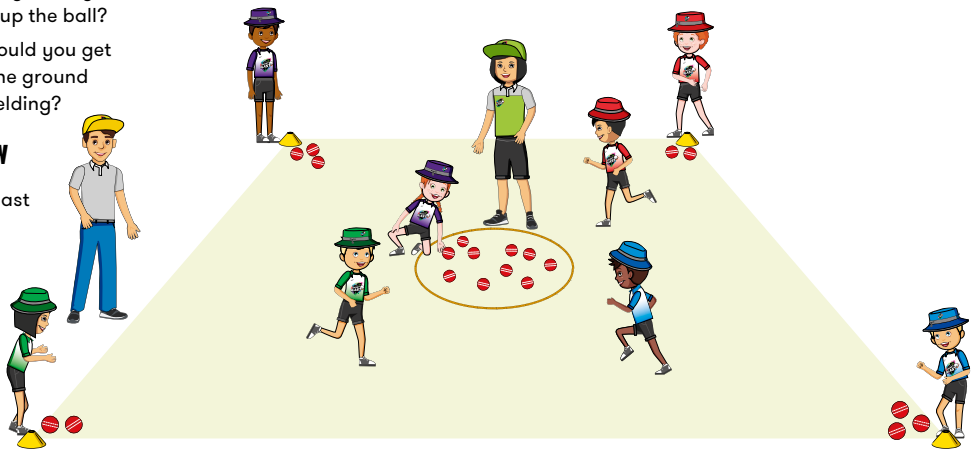
- Get your body low when fielding the ball off the ground.
- Be aware of your team mates around you.

ASK THE KIDS

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

BLAST CREW

Introduce Blast Crew as additional keepers.



CHANGE IT UP!

LEVEL 1 - LOCOMOTION

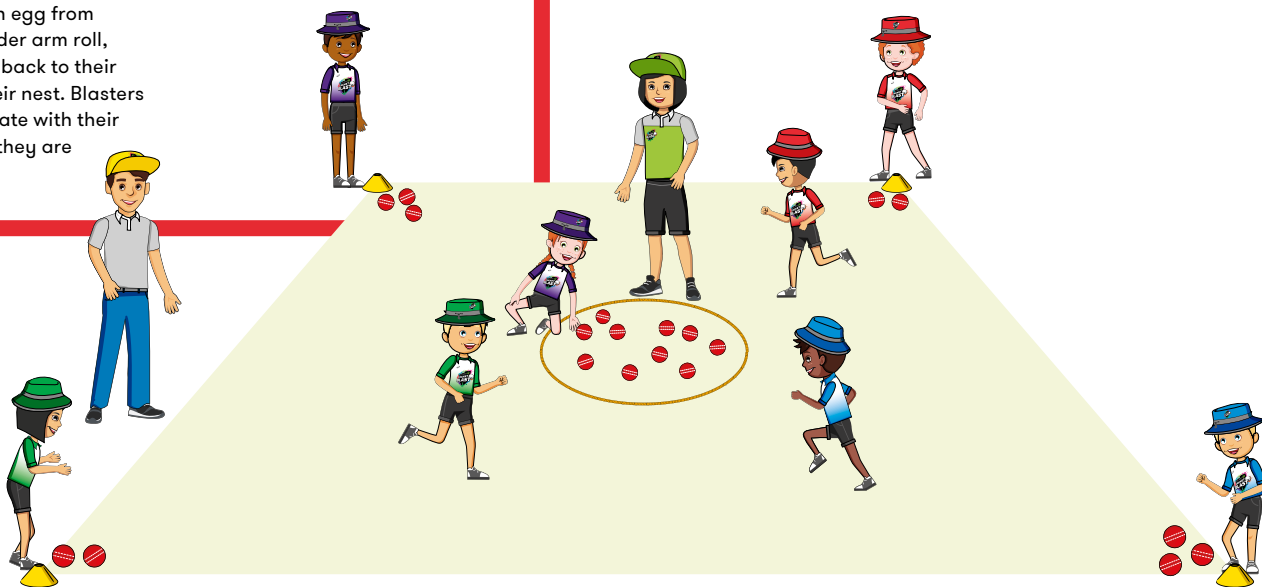
- The Blast Captain calls out a specific movement and all runners must respond accordingly (running, hopping, jumping, bounding etc.)

LEVEL 2 - STEAL AND PASS

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

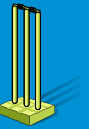
LEVEL 3 - EMPTY THE NEST

- The Blast Captain calls out to change the objective of the game from robbing the nest to filling other nests. See how quickly teams can respond to a cue.





GOLDEN DUCKS



SKILL FOCUS	GROUP SIZE	EQUIPMENT
Bowling	Blast Squad of 8	1 ball for each bowler, 1 set of stumps, 1 bat, and cones

INSTRUCTIONS

- 2 teams. 1 team are bowlers and the other are runners.
- 2 pitches of 12m are set up in parallel to each other.
- Set up a “crease” line which bowlers must bowl behind, and runners must run until.
- On the Blast Captain’s 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 ‘HOWZATI!’ 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 Junior Blasters have had a go at running between the wickets.
- Select 1 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.



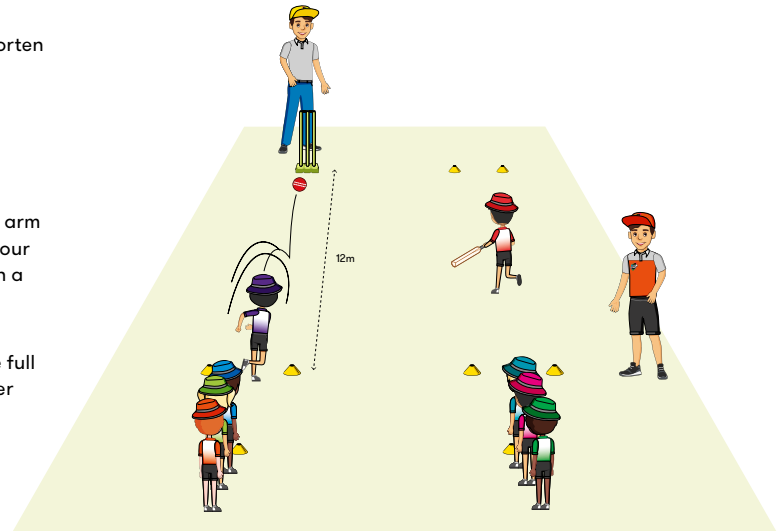
Place a cone or rope well back from the stumps to manage the teams and ensure no collisions with runners or bowlers.

ASK THE KIDS

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

BLAST CREW

Some Blast Crew members can act as wicket keepers on the bowling pitch. This will keep the game moving.



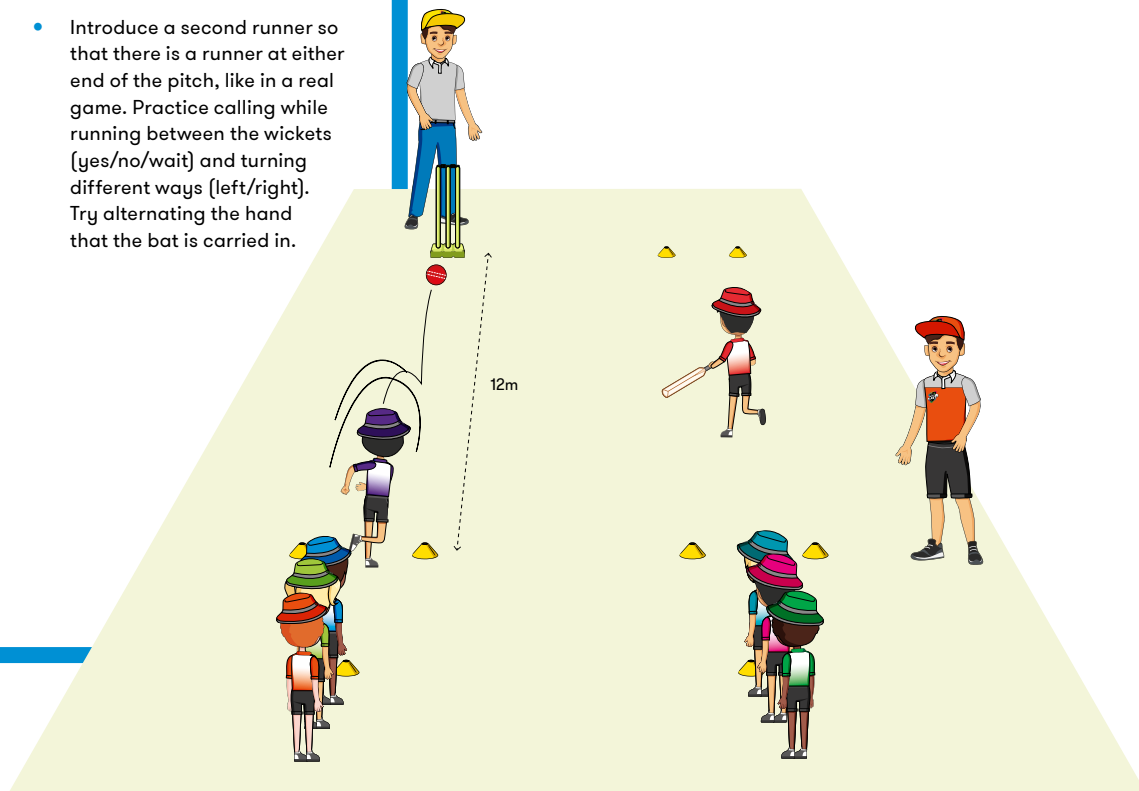
CHANGE IT UP!

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 (i.e. 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.





RAPID FIRE BATTING



SKILL FOCUS	GROUP SIZE	EQUIPMENT
Modified Cricket Game	Blast Squad of 8	1 bat, 1 ball, 2 cones, 1 set of stumps per batter

INSTRUCTIONS

- Divide Junior 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 Blast Captain's call, bowlers deliver the ball and batters hit into the playing area.
- Once the balls are hit, batters run back and forth between their stumps and cone behind the stumps 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.

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.

COACHING

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

ASK THE KIDS

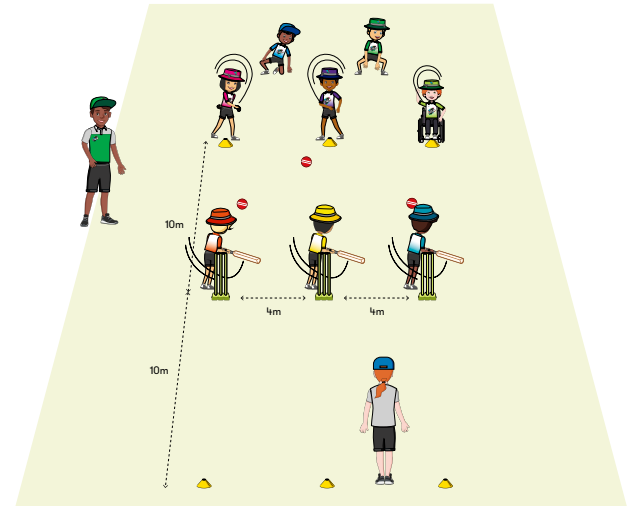
- How do you think you could have scored more runs?
- What happened when you took your eyes off the ball?



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

BLAST CREW

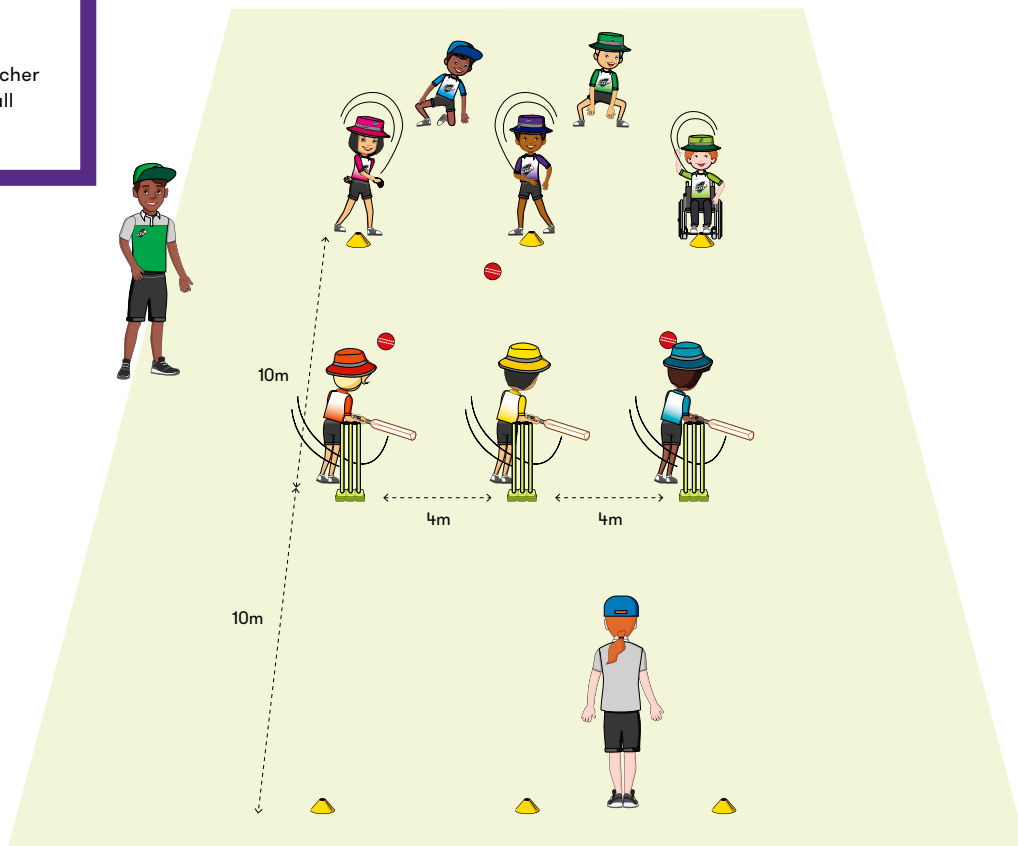
Blast Crew members make great wicket keepers. Junior Blasters may need a little assistance to get started in Rapid Fire Batting, particularly direction to run between the wickets.



CHANGE IT UP!

LEVEL 1 - DELIVERY

- Bowlers begin with underarm throws of scorcher balls and when appropriate progress to small balls and overarm bowling.



SKILL FOCUS

Fundamental
Movement Skills

GROUP SIZE

Blast Squad of 8

EQUIPMENT

Cones to create a playing area



Ensure the area is large enough to move around safely.

INSTRUCTIONS

- 2 or more Junior Blasters are taggers and begin in the middle of the playing area.
- All other Junior Blasters are runners and start at 1 end.
- The Blast Captain calls 'red rover all over'.
- Runners run across the playing area to the 'safe zone' avoiding taggers.
- Runners that are tagged become taggers and must stand stationary and try to tag runners.
- The Blast Captain continues to call 'red rover all over' until just 1 runner remains. They are the winner.
- The Blast Captain may call out variations of runners, i.e. 'red rover all over, runners wearing black shorts'.

COACHING

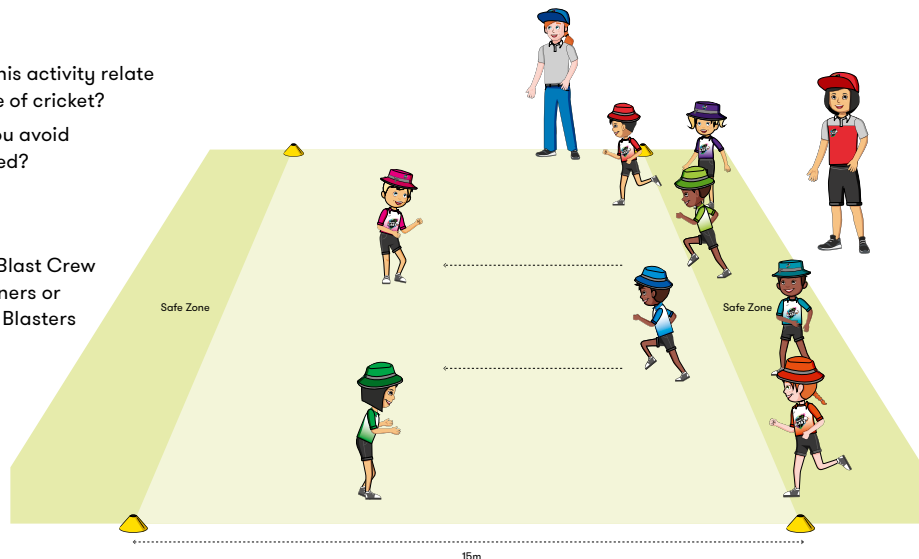
- Listen to the specific instructions and respond accordingly.
- Be aware of your team mates around you.

ASK THE KIDS

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

BLAST CREW

Encourage the Blast Crew to join in as runners or taggers. Junior Blasters will love it!



CHANGE IT UP!

LEVEL 1 - LOCOMOTION CALL

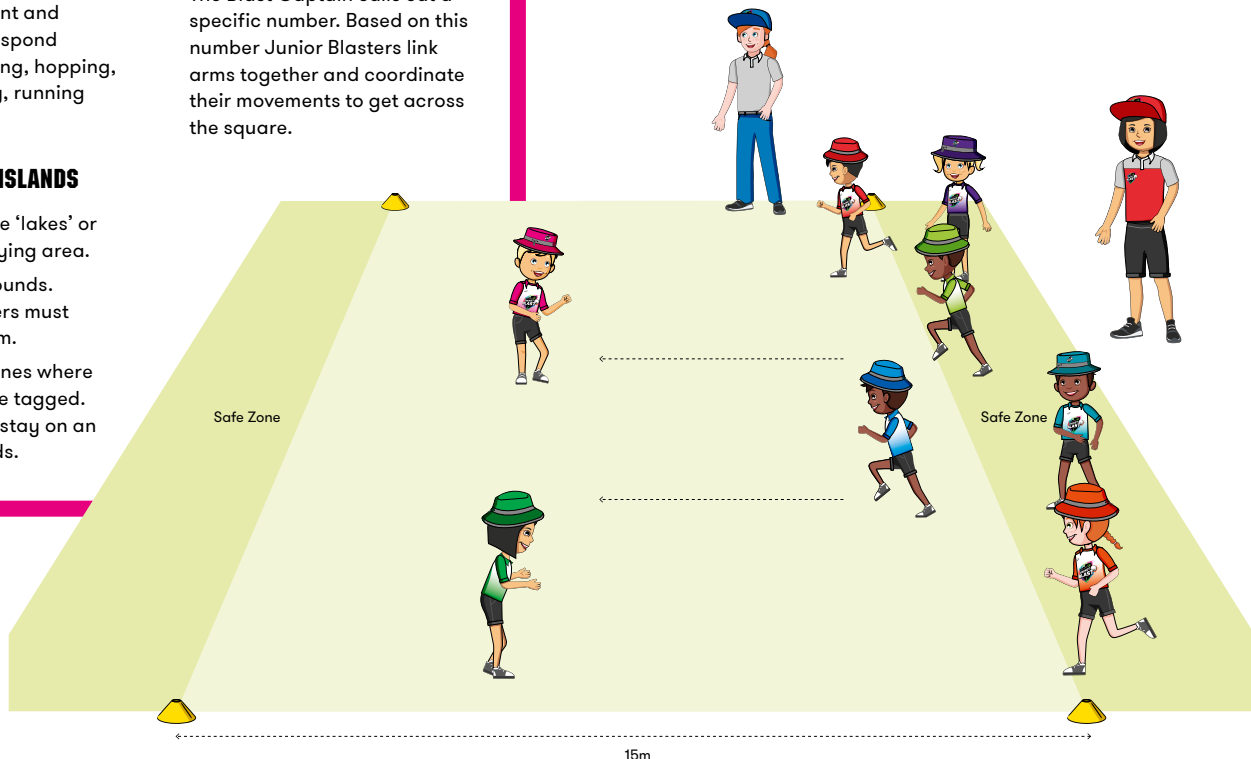
- The Blast Captain calls out a specific movement and all runners must respond accordingly (running, hopping, jumping, bounding, running backwards etc).

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 Blast Captain calls out a specific number. Based on this number Junior Blasters link arms together and coordinate their movements to get across the square.





CLEAR YOUR CRICKET BACKYARD



SKILL FOCUS

Fielding & Bowling

GROUP SIZE

Blast Squad of 8

EQUIPMENT

2 ropes, 8 cones, lots of small balls,
2+ scorcher balls

INSTRUCTIONS

- 2 teams line up behind the ropes at opposite ends of the playing area.
- Junior 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.

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.

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 KIDS

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

BLAST CREW

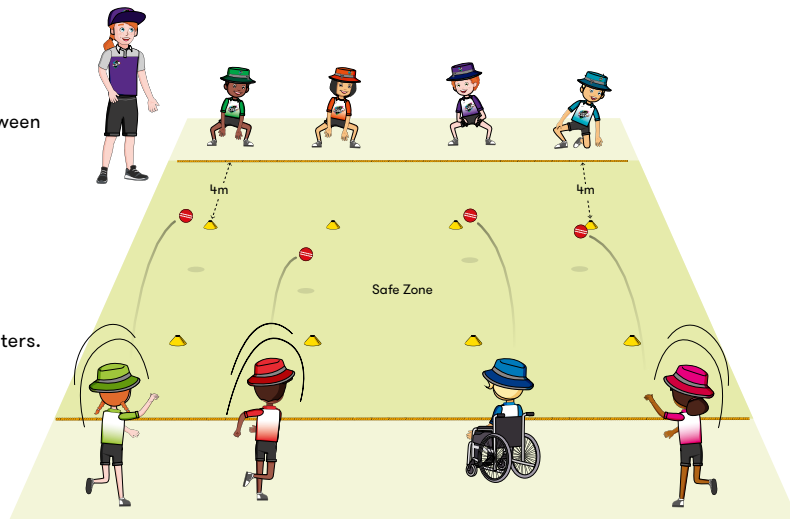
Blast Crew versus Junior Blasters.

TIP

A favourite with both Junior Blasters and Blast Crew!



- Instruct and demonstrate to Junior 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 so as not to have players hit.
- Only adults may enter the 'safety zone' between the ropes, to collect balls and remove targets.



CHANGE IT UP!

LEVEL 1 - MIXED METHOD REACTION

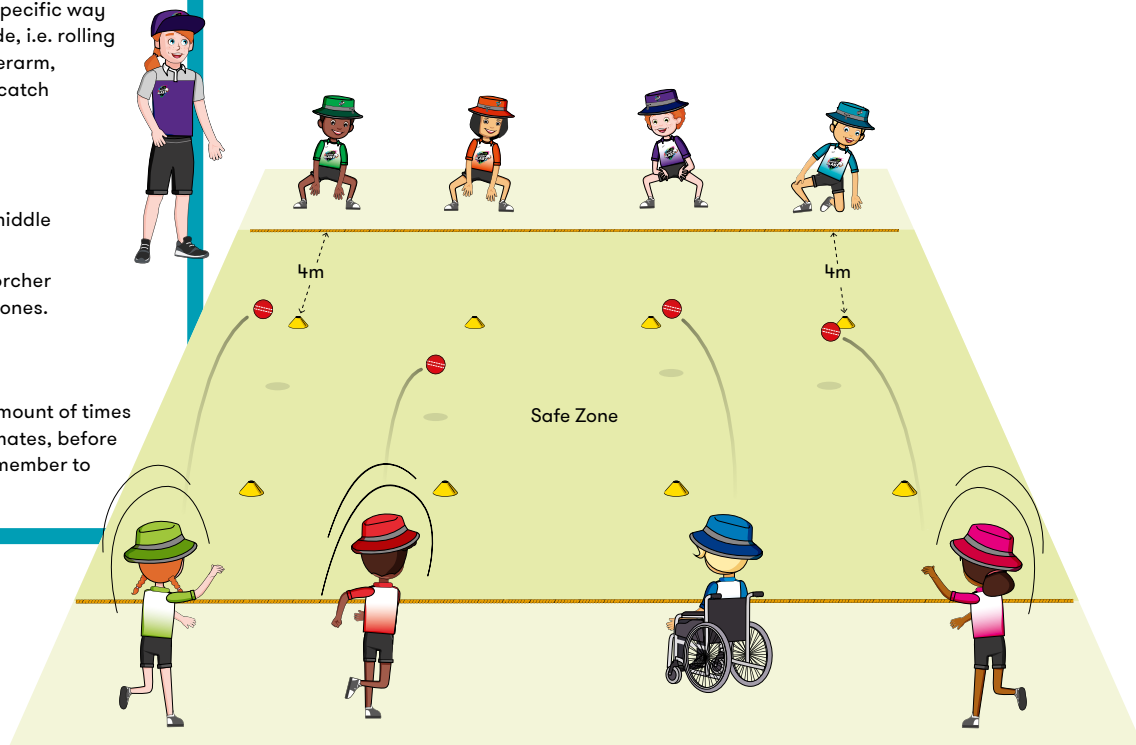
- The Blast Captain shouts out a specific way to get the ball to the opposite side, i.e. rolling along the ground, overarm, underarm, bowling, bounce once, throw to catch on the full or which hand to use.

LEVEL 2 - SCORCHER BALL

- Introduce scorchers to the middle of the safety zone.
- Junior Blasters aim to hit the scorchers 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.



RISKY RUN OUTS



SKILL FOCUS

Fielding

GROUP SIZE

Blast Squad of 8

EQUIPMENT

1 ball, 2 sets of stumps,
1 bat, cones

INSTRUCTIONS

- 2 teams. 1 team is running between the wickets and 1 team is fielding.
- 2 pitches of 12m are set up parallel to each other.
- On the Blast Captain's call, the runner sets off to complete 2 runs (up and back).
- Simultaneously, the fielder runs to field the ball and throw it to the wicket keeper (Blast Crew member) at the stumps.
- If the runner beats the ball they score 2 runs. If the ball beats the runner, they are out. The fielder receives 2 runs.
- After all players have had a turn, teams swap roles.
- To make the game more challenging for fielders, challenge throwers to make a 'direct hit', with no wicket keeper. A Blast Crew member will still be required a distance

behind the stumps to collect the balls.

COACHING

- Run in a straight line – it's quicker!
- Reach out using the full length of the bat to slide it over the crease.

ASK THE KIDS

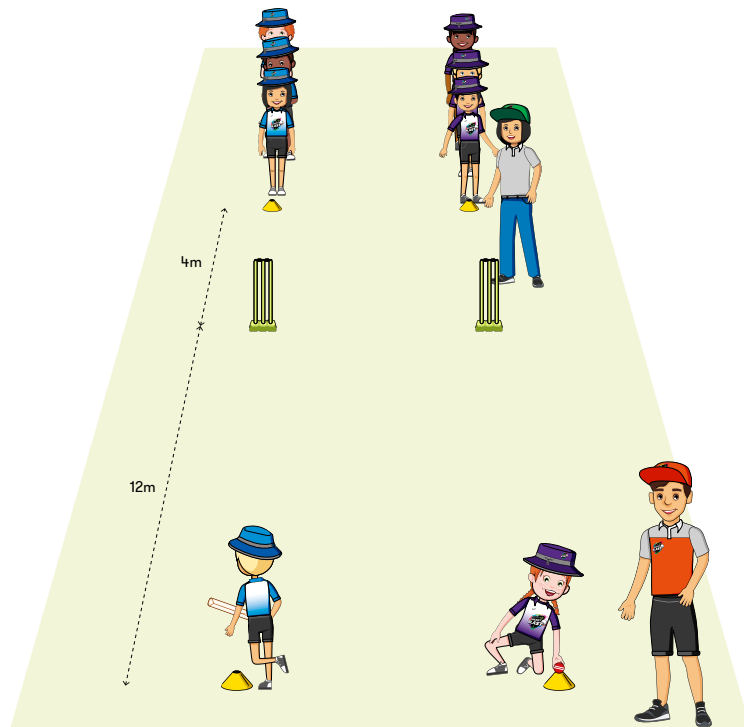
- Explain what position you got into to field the ball.
- Explain how you turned at the cone or stump when running between the wickets.

BLAST CREW

You will need at least 2 Blast Crew members. 1 to wicket keep and 1 to assist returning the fielding ball to the cone.



Place a safety cone well back from the stumps to manage the teams and ensure no collisions.



CHANGE IT UP!

LEVEL 1 - FIELDER — FIELD A MOVING BALL

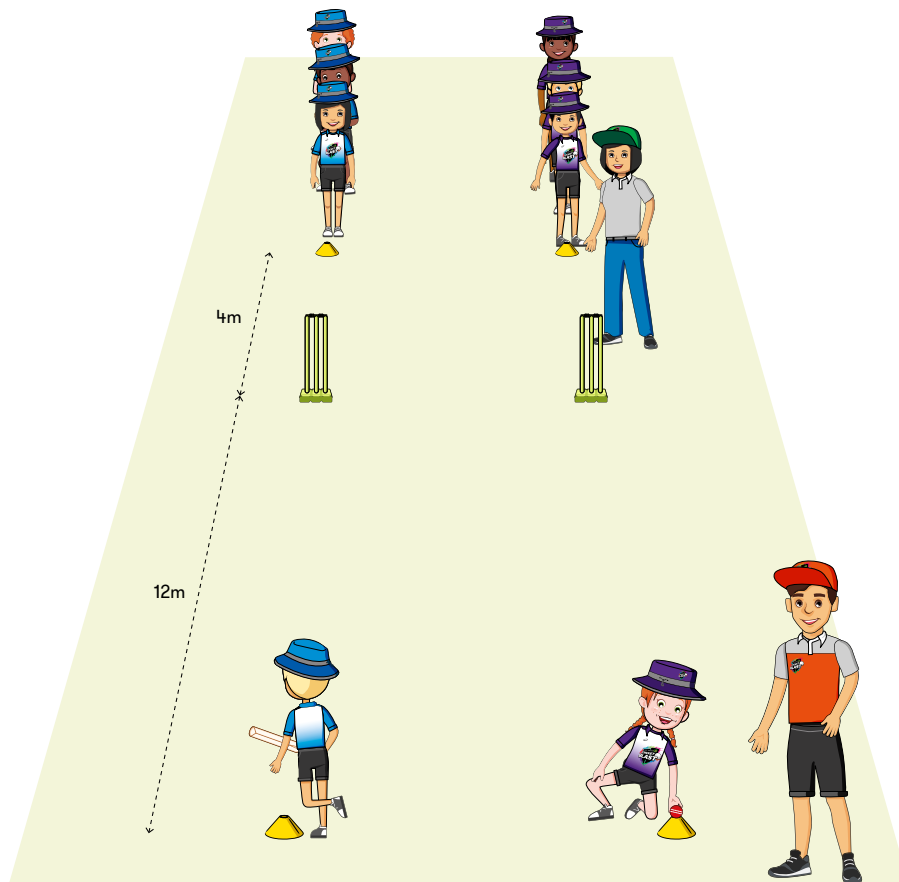
- Instead of fielding a stationary ball, the wicket keeper rolls the ball to a similar area where the stationary ball was positioned and the fielder fields and throws to the wicket keeper.

LEVEL 2 - RUNNER — RUNNER MAKES DECISION

- The wicket keeper rolls the ball further and in a different direction each time.
- The fielder fields the ball and throws to the wicket keeper.
- Runners must decide when it is safe to complete runs, rather than automatically attempting to complete 2 runs (up and back), and complete as many runs as they can. They score as many runs as they have completed.
- If the runner is not safe in their crease when the ball is returned to the wicket keeper, they are out and receive no runs. The fielder receives 2 runs.

LEVEL 3 - LINKING PLAY

- The entire fielding team are in play.
- Fielders must pass the ball an amount of times (2, 3 or 4 times) between team mates, prior to returning the ball to the wicket keeper to run out the runner.
- Remember to communicate with your team mates!





SMASH'S SQUARE



SKILL FOCUS	GROUP SIZE	EQUIPMENT
Batting	4-5	1 bat, 1 small ball, 1 scorcher ball, 1 set of stumps, 4 cones

INSTRUCTIONS

- Use 4 cones to create a square with sides of around 10m.
- 1 Junior Blaster begins in the middle of each side.
- Place stumps in the middle of 1 side of the square. This is the batter's side.
- The bowler is on the opposite side of the square to the batter.
- The remaining 2 Junior Blasters are fielders.
- The bowler delivers the ball to the batter who aims to hit the ball out of the square. The batter cannot hit behind, through their own side.
- Fielders protect their side by fielding balls hit in their direction.
- If the batter hits through the square they receive 1 run, if the fielder fields the ball or it does not exit the square the batter receives no runs.

- If a fielder catches the ball on the full they receive 2 runs.
- Once a bowler completes 3 deliveries, players rotate and swap roles.
- If there is a fifth player, they may be wicket keeper.
- Bowlers begin with underarm throws and scorcher balls and when appropriate, Junior Blasters may progress to overarm bowling and small balls.
- Be creative and come up with your own scoring system.

TIP

2 Square's will need to be set up for a Blast Squad of 8.

COACHING

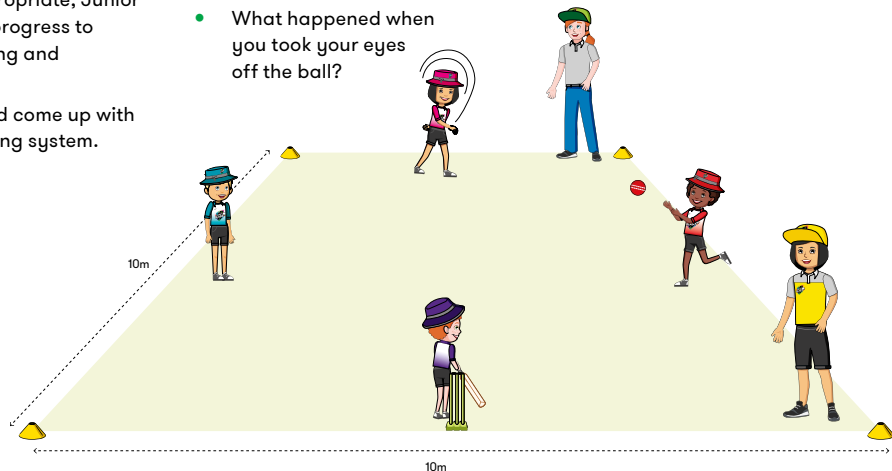
- Watch the ball.
- Move towards the ball and have a free swing of the bat.

ASK THE KIDS

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

BLAST CREW

Use Blast Crew members as wicket keepers to manage the game and keep it moving quickly. Junior Blasters may need a little assistance to get started in Smash's Square.



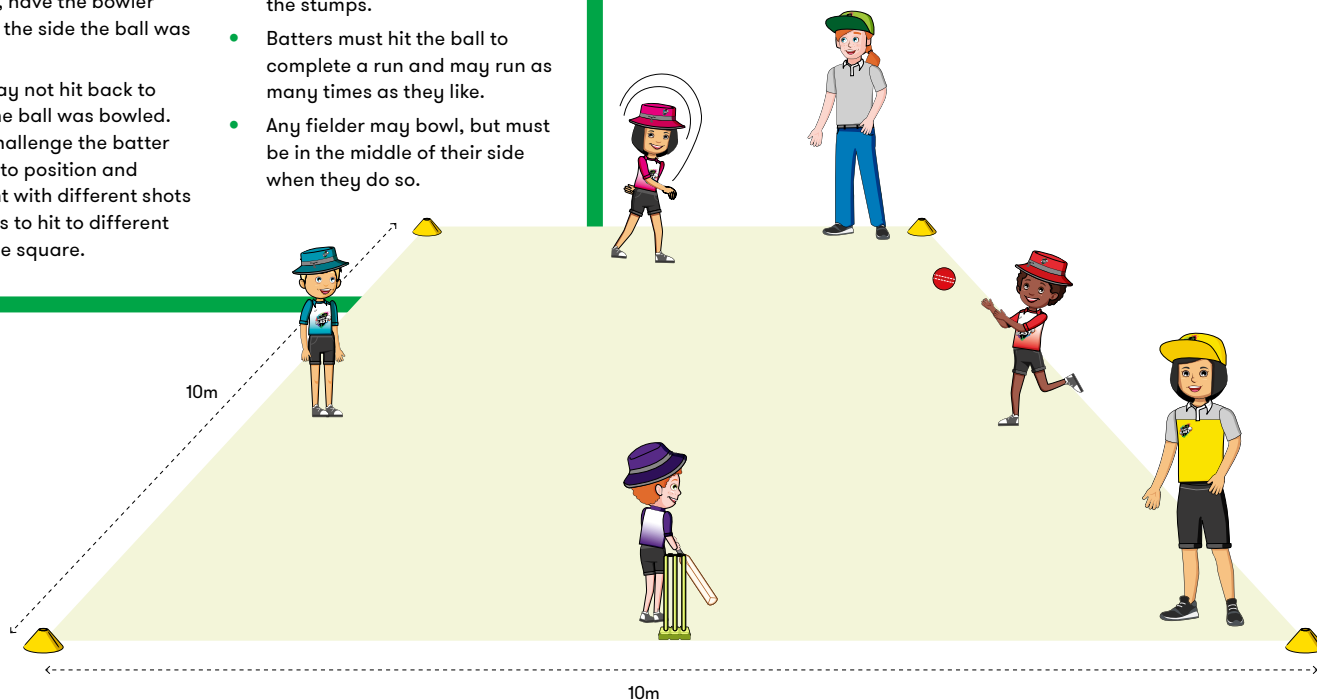
CHANGE IT UP!

LEVEL 1 - BOWL FROM THE SIDE THE BALL IS HIT

- Rather than always bowling from the side directly opposite the batter, have the bowler bowl from the side the ball was last hit.
- Batters may not hit back to the side the ball was bowled. This will challenge the batter to move into position and experiment with different shots and angles to hit to different sides of the square.

LEVEL 2 - CONTINUOUS

- Runs are now scored by the batter running around their corner cones and back to the stumps.
- Batters must hit the ball to complete a run and may run as many times as they like.
- Any fielder may bowl, but must be in the middle of their side when they do so.





CONTINUOUS CRICKET



SKILL FOCUS

Modified
Cricket Game

GROUP SIZE

Blast Squad of 8

EQUIPMENT

1 bat, 3 sets of stumps, 1 scorcher
ball, 1 small ball, 1 cone



Ensure fielders are at least 10m away from the batter

INSTRUCTIONS

- 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 POINTS

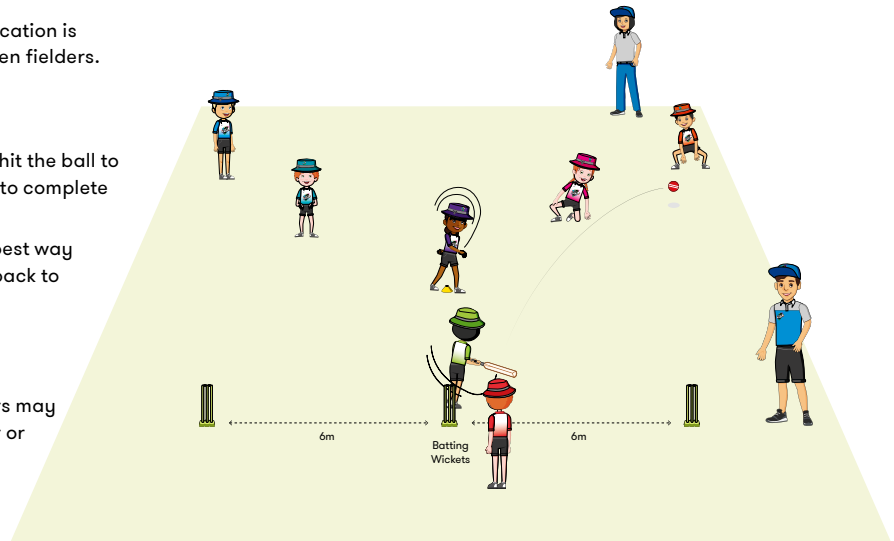
- Emphasise the basics – free swing of the bat, bowl with a straight arm, keep your eye on the ball, and point at your target.
- Clear communication is required between fielders.

ASK THE KIDS

- 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?

BLAST CREW

Blast Crew members may begin as the bowler or wicket keeper to get the game going or with less skilled Junior Blasters.



CHANGE IT UP!

LEVEL 1 - DELIVERY

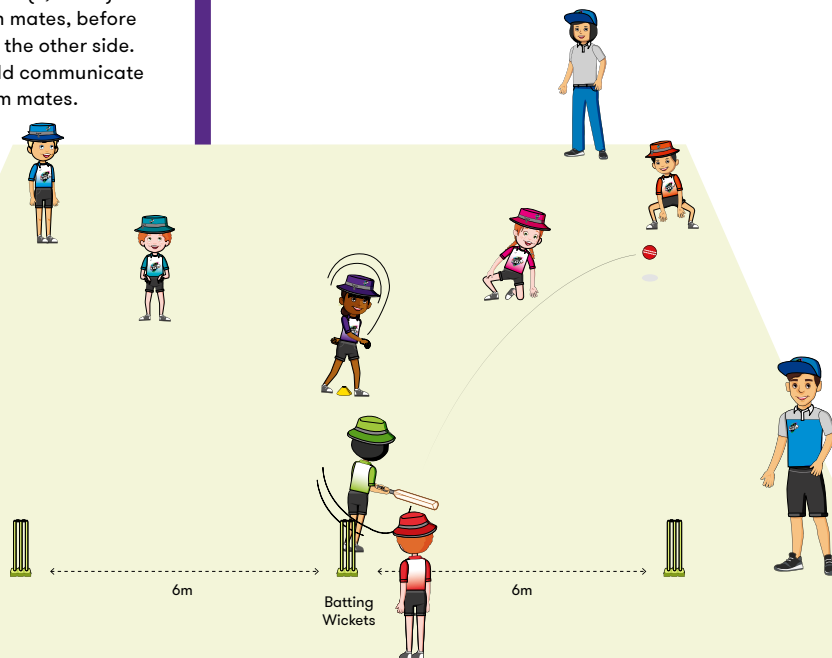
- Bowlers begin with underarm throws and scorchers balls.
- When appropriate, Junior Blasters may progress to overarm bowling and small balls.

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.

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.





EQUIPMENT

2 sets of stumps, 2 bats, 3 small balls,
1 scorcher ball, cones

- Divide your Blast Squad 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 a ball on top.

- 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 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.

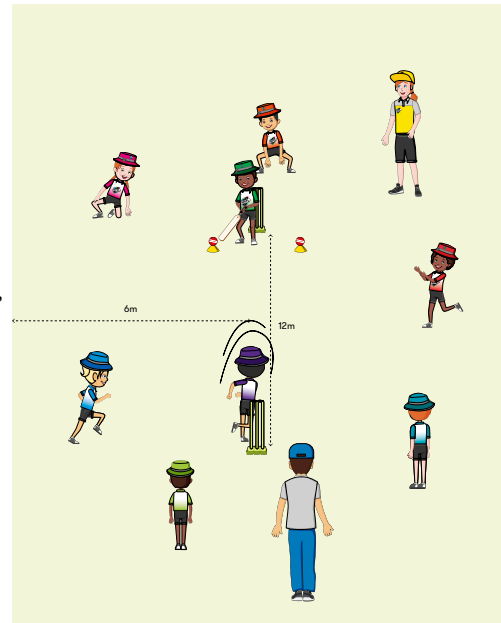
- Pairs bat for 2 overs.
- Batters swap ends when dismissed and at end of the over.
- Batters swap ends if a batter faces 3 balls in a row or to ensure an equal turn on strike.

Blast Crew members should umpire. Junior Blasters may need a little assistance to get started in Pairs Cricket.

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

- 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.)

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



CHANGE IT UP!

LEVEL 1 - SCORCHER BALL BLAST

- If your Blast Squad is finding bowling difficult, as many do, rather than bowling overarm, the bowler bowls an underarm scorchers ball from a shortened pitch.

TIP

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

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.

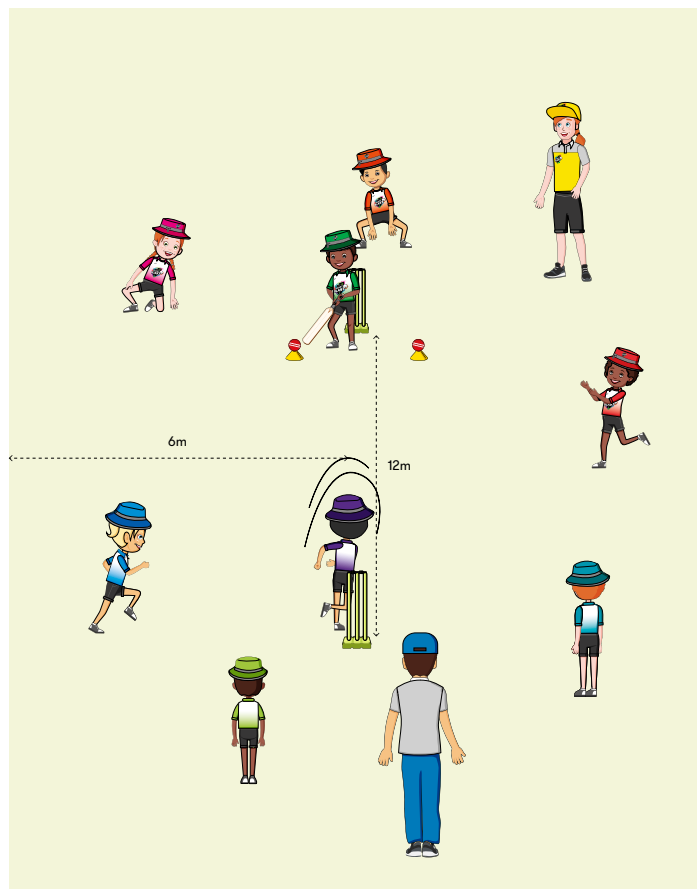
TIP

Consider introducing a power play if batters are continually playing to the leg side.

LEVEL 2 - TIPPITY GO

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

- 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!



SKILL FOCUS

Fundamental
Movement Skills

GROUP SIZE

Blast Squad of 8

EQUIPMENT

Cones to create a playing area



Ensure the area is large enough to move around safely.

INSTRUCTIONS

- 2 or more Junior 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 Junior 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

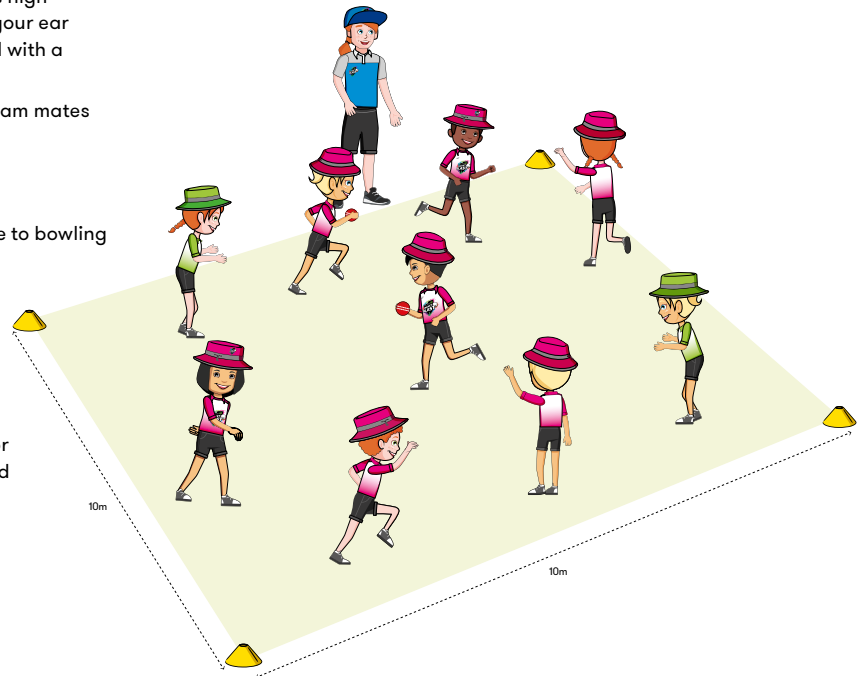
- Stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.
- Be aware of your team mates around you.

ASK THE KIDS

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

BLAST CREW

Blast Crew are taggers or swap roles and Junior Blasters are taggers and Blast Crew are runners.



CHANGE IT UP!

LEVEL 1 - LOCOMOTION

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

LEVEL 2 - LAKES AND ISLANDS

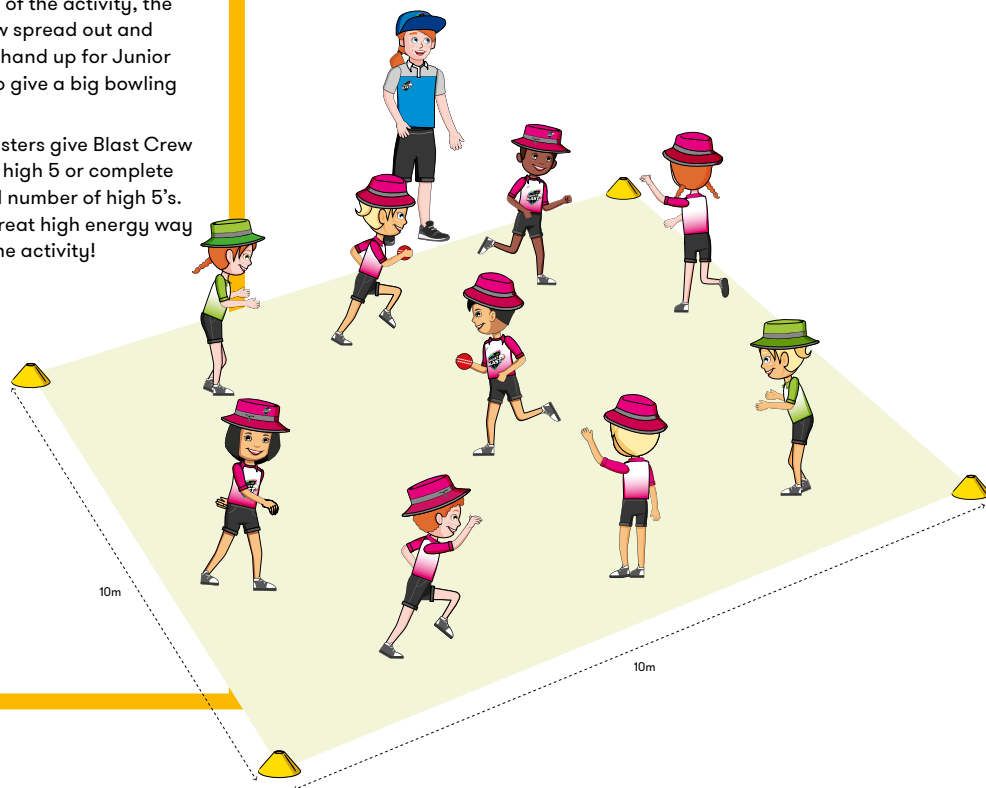
- Using cones, create small 'lakes' or 'islands' in the playing area.
- Lakes are out of bounds and taggers and runners must dodge around them.
- Islands are safe zones where runners may not be tagged. Runners may only stay on an island for 3 seconds.
- Give each runner a ball and Junior Blasters try a ball handling challenge (see Hurricane Handling – Week 3 & 4) when they are on an island.

LEVEL 3 - HIGH FIVES ALL ROUND

- At the end of the activity, the Blast Crew spread out and hold their hand up for Junior Blasters to give a big bowling high 5.
- Junior Blasters give Blast Crew a bowling high 5 or complete a selected number of high 5's. This is a great high energy way to finish the activity!

TIP

Adults hold their hands high enough to encourage Junior Blasters to stretch and straighten their arm to mimic the bowling action.





SINK THE SHIP



SKILL FOCUS

Fundamental
Movement Skills

GROUP SIZE

Blast Squad of 8

EQUIPMENT

Lots of balls (1+ per Junior Blaster),
1 rope or cones

INSTRUCTIONS

- Create a circle, 'ship', with a rope or cones and fill with balls.
- The Blast Crew stands in the circle. They are the throwers, 'pirates'.
- Junior 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 KIDS

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



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

BLAST CREW

Blast Crew are Pirates.



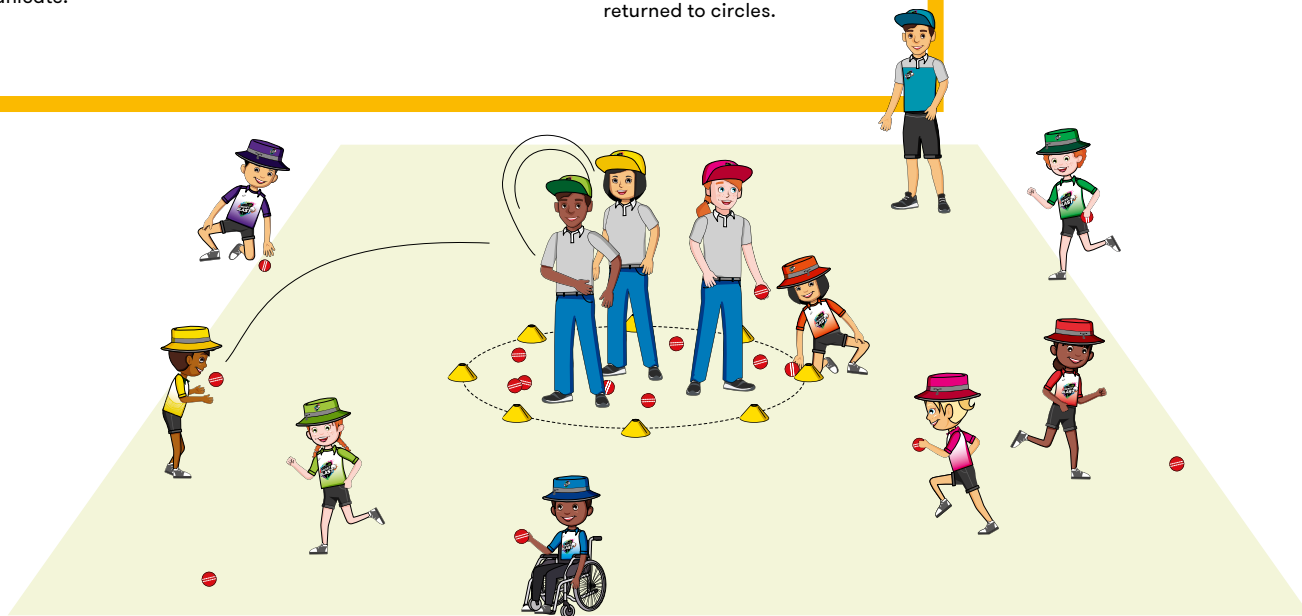
CHANGE IT UP!

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 Junior 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 vary points for balls returned to circles.





SNEAKY SINGLES



SKILL FOCUS

Fundamental
Movement Skills

GROUP SIZE

Blast Squad of 8

EQUIPMENT

1 ball per Junior Blaster, 1 rope

INSTRUCTIONS

- Junior Blasters line up at 1 end of the playing area.
- Each Junior Blaster has a ball placed directly opposite them at the other end of the playing area.
- The Blast Captain is the catcher and stands facing away from the Junior Blaster just behind the balls.
- When the catcher isn't looking, Junior 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 Junior Blaster must return to the starting line.
- When a Junior Blaster gets to their ball they grab it and shout 'sneaky singles!'.
- All other Junior 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 Junior Blasters as possible.

- If Junior Blasters get back to the starting line without getting tagged they win!

COACHING

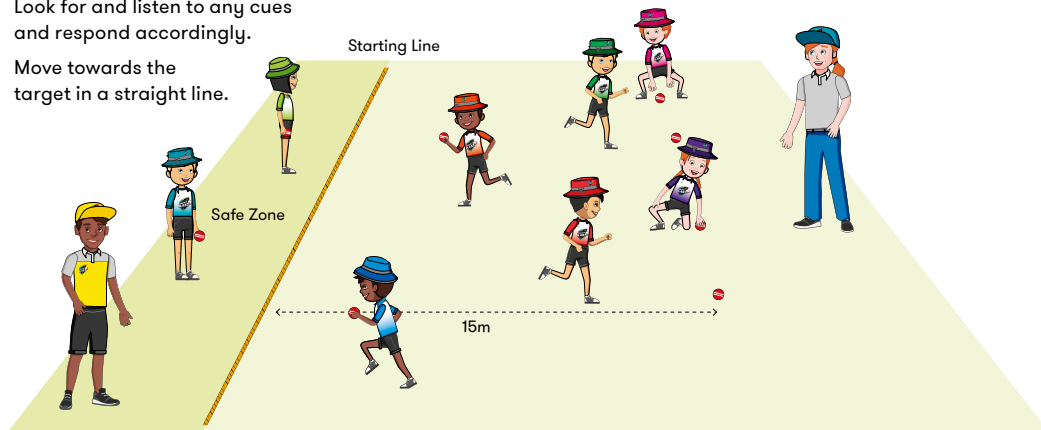
- Look for and listen to any cues and respond accordingly.
- Move towards the target in a straight line.

ASK THE KIDS

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

BLAST CREW

Blast Crew members can be catchers or join in sneaking!



CHANGE IT UP!

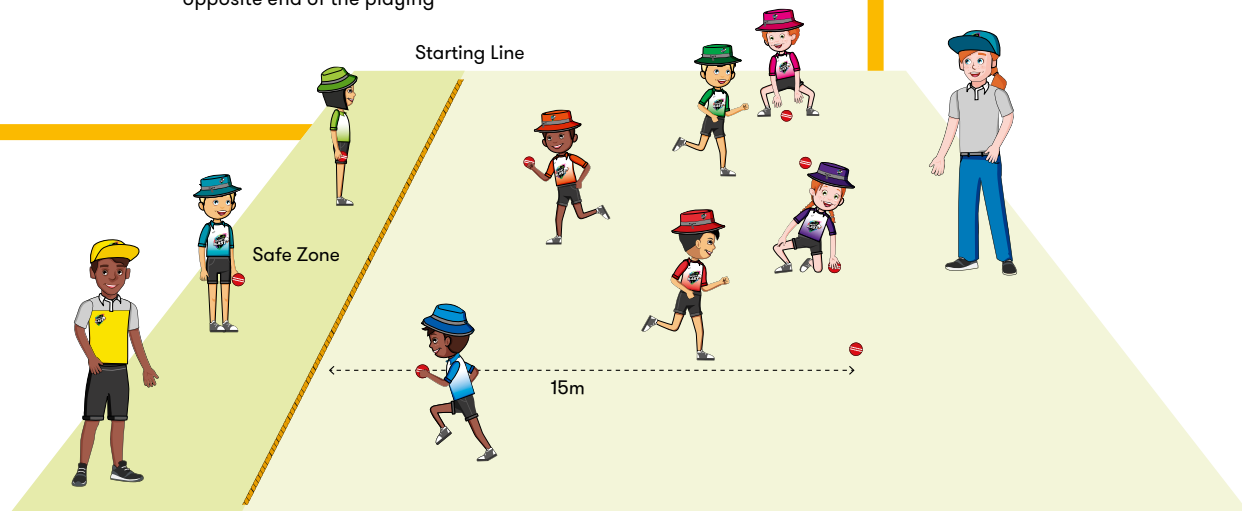
LEVEL 1 - RUN OUT THE CATCHER

- Place 1 or multiple stumps behind the starting rope.
- Once Junior Blasters grab their ball, they try to 'run out' the catcher by hitting the stumps with their ball.
- Junior 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 Junior Blaster starts with a bat in their hand.
- Junior 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).





CAPTAIN'S CIRCUIT



SKILL FOCUS

Fundamental Movement Skills

GROUP SIZE

Blast Squad of 8

EQUIPMENT

1 ball per Junior Blaster and lots of equipment. Get creative!

INSTRUCTIONS

- The Blast Captain uses a variety of equipment to create an obstacle circuit for their team.
- Each Junior Blaster has their own ball which they carry to use around the circuit.
- Blast Captains get creative and include a range of cricket skills and movement styles and seek feedback from players 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 KIDS

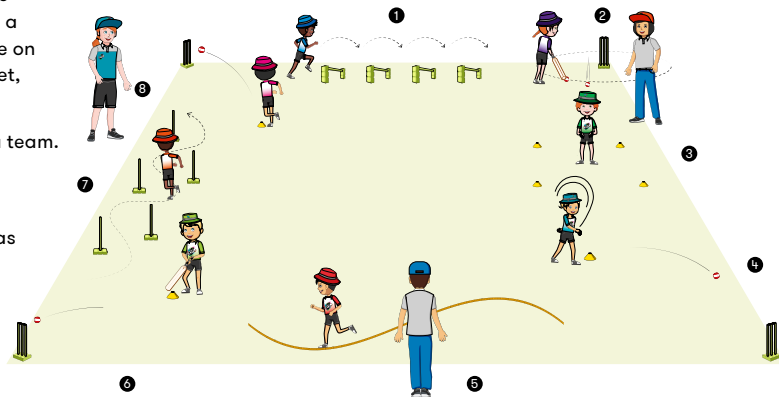
- What part of the course was the easiest and why?
- What part of the course was the hardest and why?

TIP

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

BLAST CREW

The Blast Crew can spread out and assist Junior Blaster throughout the Captain's Circuit. The more Blast Crew the better!



CHANGE IT UP!

LEVEL 1 - FUNDAMENTAL MOVEMENT SKILLS

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

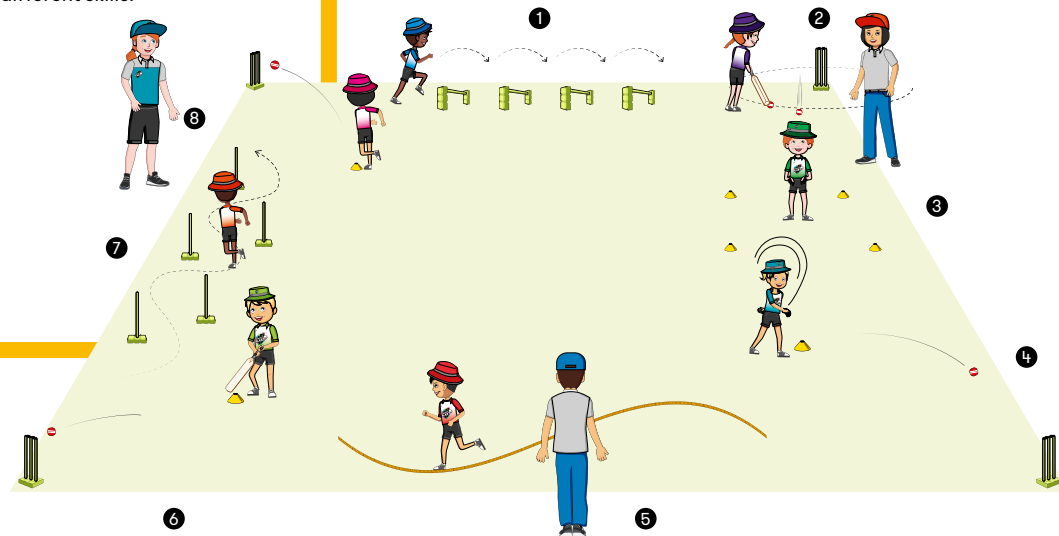
LEVEL 2 - GET CREATIVE

- Allow Junior Blasters to be the Captains 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 Junior Blaster is responsible for a specific section of the circuit. Once the first Junior Blaster has completed the first skill, they tag the second Junior Blaster and they complete the second skill... and so on. Mix up the allocation of skills each time so they get a chance to experience a variety of different skills.



TARGET TAKE DOWN



SKILL FOCUS

GROUP SIZE

EQUIPMENT

Fielding & Bowling

2

2 ropes, 1 ball per pair,
targets (any equipment)

INSTRUCTIONS

- Junior 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.
- Master 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

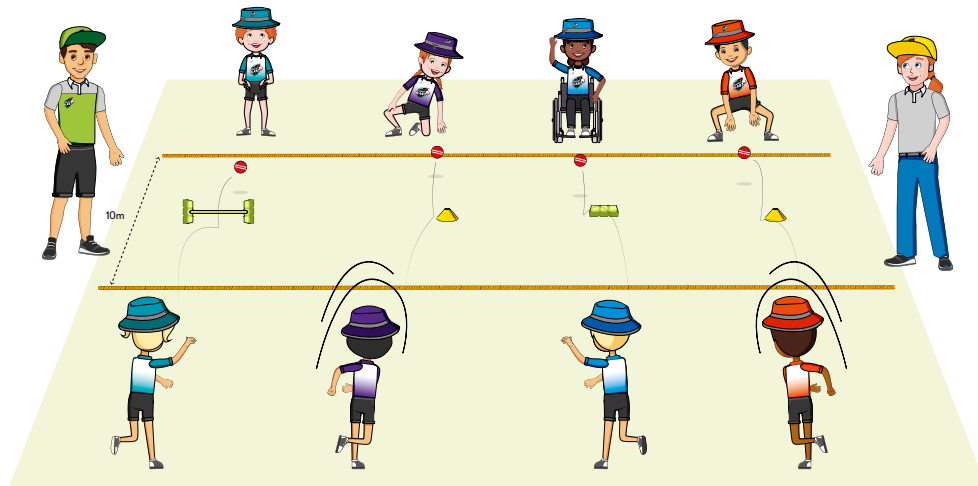
- Momentum towards the target.
- Stretch your arm as high as possible, brush your ear and release the ball with a straight elbow.

ASK THE KIDS

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

BLAST CREW

Pair Blast Crew with Junior Blasters.



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 UP!

LEVEL 1 - DISTANCE

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

TIP

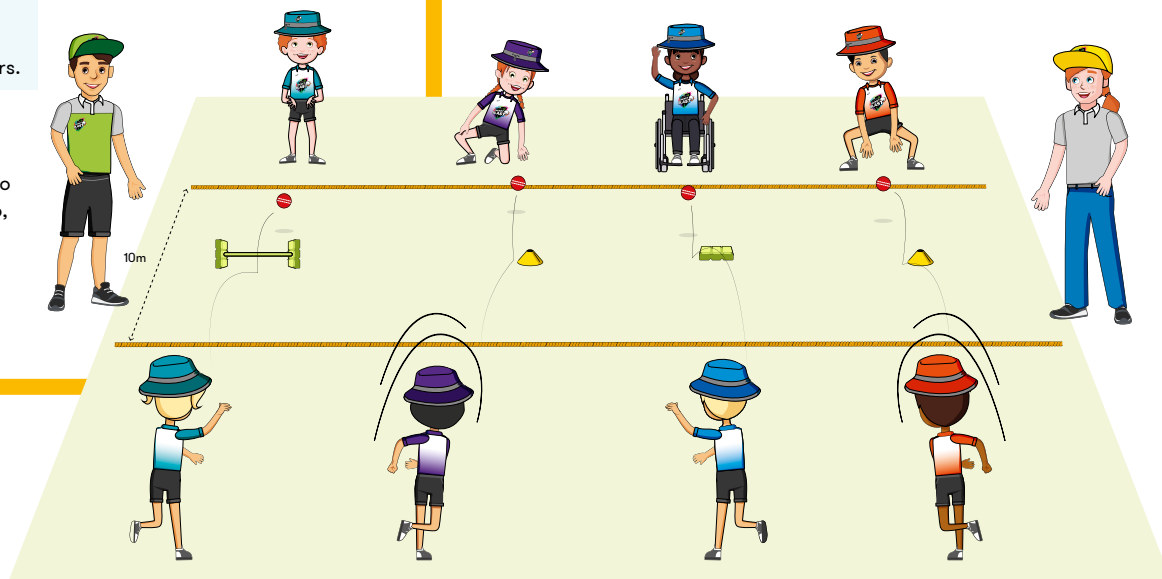
This will assist to challenge both advanced and less skilled Junior Blasters.

LEVEL 3 - TRY A NEW TARGET

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

LEVEL 2 - RUN IN AND BOWL

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





TEAMWORK TEST



SKILL FOCUS

Fielding

GROUP SIZE

Blast Squad of 8

EQUIPMENT

1 ball, cones, 2 sets of stumps



The ball must be thrown below shoulder height.

INSTRUCTIONS

- Divide your Blast Squad into 2 teams.
- Junior Blasters pass the ball to their team mates as they move up the field to score by throwing the ball through the goals.
- Junior Blasters on the defensive team try to intercept the ball.
- Juniors Blasters must not run with the ball.
- Junior 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 POINTS

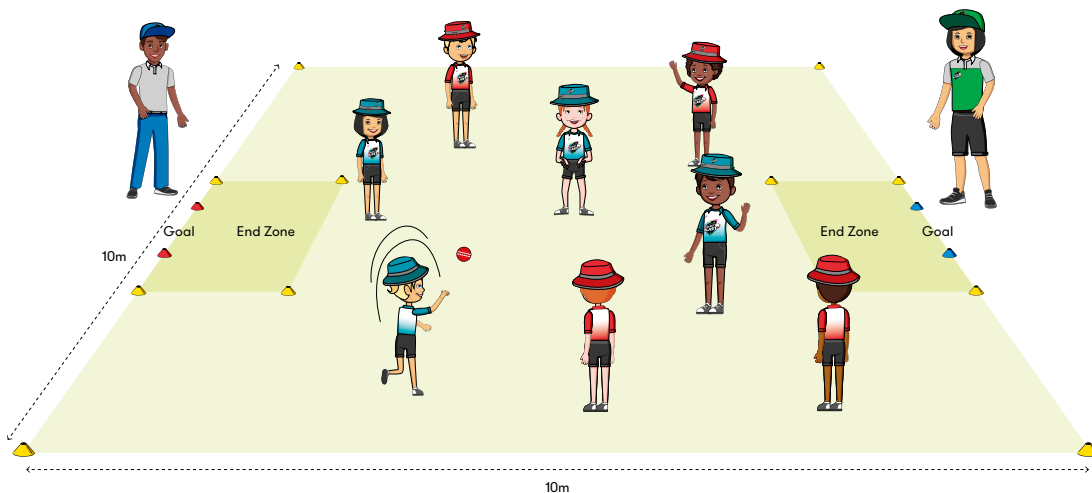
- Watch the ball all the way into your hands.
- Cup hands together and give with the ball.

ASK THE KIDS

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

BLAST CREW

Members of the Blast Crew may stand in the end zone and a goal is scored by passing to them. Play Blast Crew versus Junior Blasters.



CHANGE IT UP!

LEVEL 1 - VARY THE GOALS

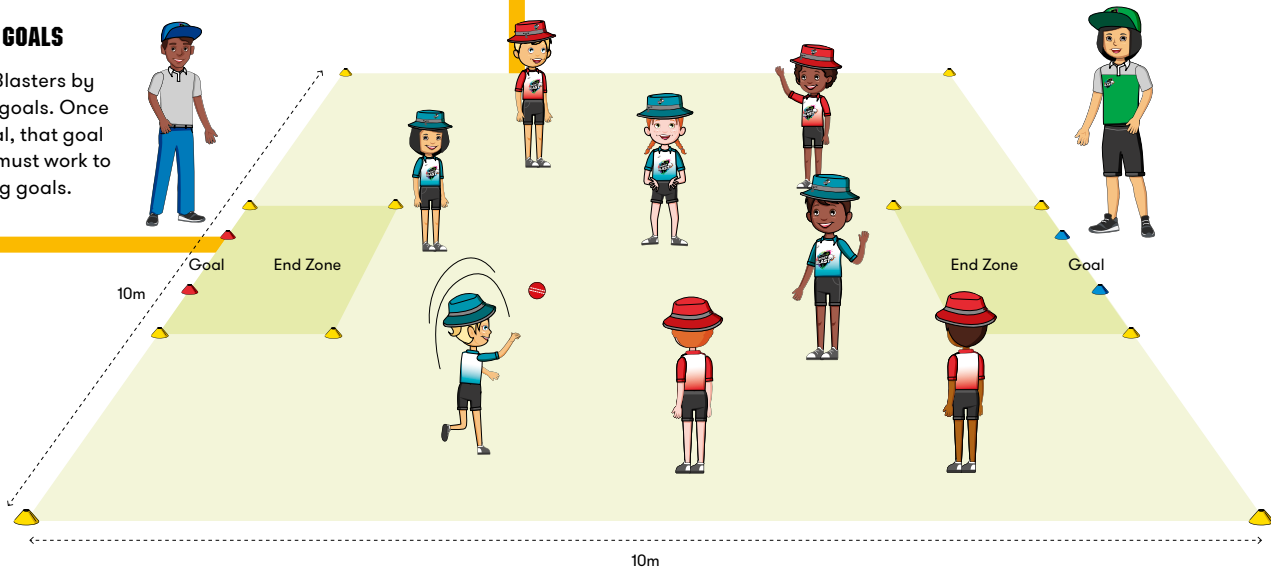
- Create an easier scoring method such as passing the ball to a goalie (parent) in the end zone.
- Create a more difficult scoring method such as throwing the ball at stumps in the middle of the end zone.

LEVEL 3 - KEEPIES OFF

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

LEVEL 2 - ADDITIONAL GOALS

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





6ERS CRICKET



SKILL FOCUS

Modified
Cricket Game

GROUP SIZE

Blast Squad of 8

EQUIPMENT

2 bats, 1 scorcher ball, 1 small ball,
2 sets of stumps, 6 cones

INSTRUCTIONS

- 2 batters, 1 at each end.
- The remaining Junior 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.

COACHING POINTS

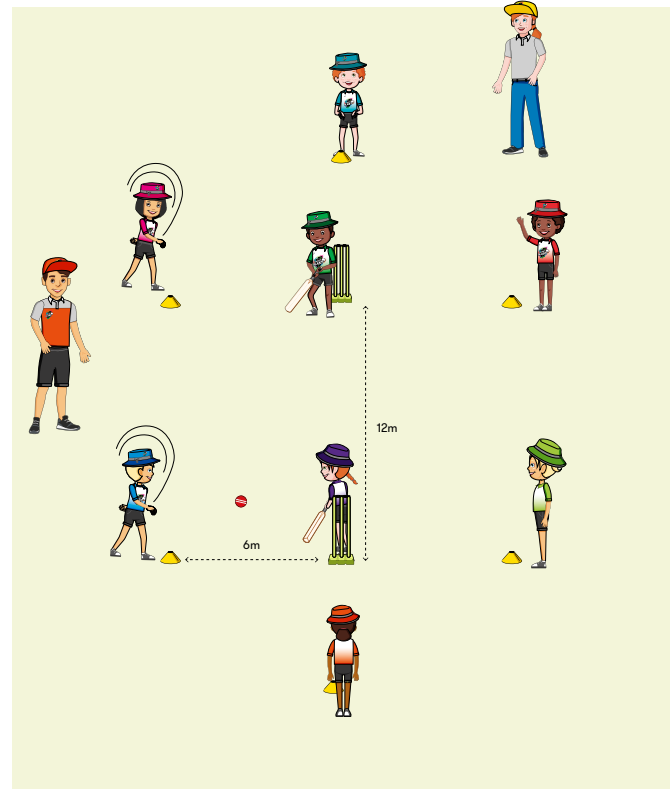
- Emphasise the basics – free swing of the bat, bowl with a straight arm, keep your eye on the ball, and point at your target before bowling.
- Clear communication when running between the wickets is also key.

ASK THE KIDS

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

BLAST CREW

Encourage your Blast Crew to join in and get involved! Junior Blasters may need a little assistance to get started with 6ers Cricket.



CHANGE IT UP!

LEVEL 1 - DELIVERY

- Bowlers begin with underarm throws and scorchers balls.
- When appropriate, Junior 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. Junior Blasters should communicate with their team mates throughout.

