



GAMES

3 Tee Game

Equipment: 3 sets of stumps, 1 bat, 3 batting tees, 2 space markers, 3 balls

Set up:

Set up the 3 tees with 3 balls on top in front of a set of batting stumps

To the rear of the stumps set up 2 more sets of stumps approximately 8-10 yards apart

Set up a target area for batters to hit into in the "V"

Target area should be a "safe" distance away and marked with cones

Split the group into 2 teams - one batting & one fielding

The batting team take it in turns to hit the three balls off the three tees into the target area

The fielding team must field inside the "V" and no closer than the coned area and may not move until the third ball has been struck

Once the third ball has been struck, the batter moves back to the two other sets of stumps and keeps running between them until the fielding side replace all the balls on all the tees in the original place. The coach keeps score. The team with the most runs is the winning team.

Variations: changing the target area, discounting any balls not hit within target area, lengthening or shortening distance between running stumps, adding extra tees and balls for larger groups.

King of the Hill

Equipment: Tennis Racquet (or cricket bat), ball or balls

Set up:

This game works best in groups of no more than around 10. If you have more, split into two groups if possible

Players stand in a semi-circle close to the coach, arms length apart like a slip cordon

The coach designates one side the top of the hill and the player at the top the "King", and the other end the bottom (you can make this person maybe the "Lowly Peasant" to keep it fun

Catches are hit out by the coach. Players catching the ball move up one place in the hill, players dropping the ball go to the bottom of the hill and become the new "Lowly Peasant"

If you have more than one group, designate one the Premier Division and the other the Championship and every few minutes declare "Promotion & Relegation" and move 2 or 3 players up and down



GAMES

Diamond Cricket Game

Equipment: 4 sets of stumps, 4 bats, ball

Set up:

This game works best for a group of around 16 plus.

Organise the group into two equal teams, one bats and one fields initially.

Set up the stumps in a diamond formation around 8-10 yards apart, facing the bowler who is in the centre. It is best for the coach to bowl to be able to control the game.

The batting side has a batter in front of each set of stumps and the fielding team has a wicket keeper being each set too.

The bowler may bowl to any set of stumps he or she likes and the batter must run in a clockwise direction if they hit it. The other batters must also run and ensure that the four batters end up on four different sets of stumps. The fielders, who may not field inside the diamond, must try to run or catch out a batter, who may also be out bowled or hit wicket.

The game continues until there are only 3 batters left. At this stage the batters must complete at least two runs. When there are 2 batters left they need to complete at least 3 runs and the last remaining batter must go all the way around to complete 4 runs.

Squares/Boxes Game

Equipment: 8 space markers, ball

Set up:

Set up 4 squares a few yards apart, big enough for the participants to be able to cover the whole area between them as a team. Split the group into two equal teams.

Players must throw the ball from one square into the opponents square with the aim of landing the ball inside their square uncaught. If the ball lands in the opponents square whoever is closest to the ball, or who dropped the ball, must leave the square. If the throw lands short, wide or long of the square, the thrower is out of the square.

Players may return to the square if one of their team mates catches the ball one handed. The first player out returns. The game continues until one team has no players left.



GAMES

Target Bowling

Equipment: stumps, balls, cones

Set up:

Split the group into as many sub groups as practicable to ensure maximum bowling time.

Set up a normal length wicket with cones to mark out a desired target area.

Set up a red target area on the normal "wide" mark, an amber/yellow target area slightly further in and a green target area around the "perfect" line. Be generous or less so according to age and ability of group. Award points for hitting the target areas on a sliding scale from green down to red.

Alternatively put down a clipboard or similar size target area on the ideal line and length and place a coin (e.g. £1) on the clipboard. Any player hitting the target first bounce wins the amount of money. Increase the amount every so often. Repeat weekly as a motivational tool.

Hit the Stumps Game

Equipment: stumps, balls, cones

Set up:

Set up a coned line 10 yards away, either side, of a set of stumps.

Split the group into teams of 2-3 players and give them a team number.

The aim is for the teams alternately to try to hit the stumps with a strong overarm throw. Hitting the stumps awards 10 points. If they miss the stumps (with a genuine attempt), they may also score 4 bonus runs if their opponents allow the ball to go past their (boundary) line.

You can set up a competition so that each team plays each other to find out the champion team. Alternatively you can ask players to let you know when they hit the stumps so you can identify your team's strongest throwers to help you with organising field positions.

Beat Your Time, stop & return Game

Equipment: Stumps, Ball, Stopwatch

Set up:

Coach hits out a ball, as close to same strength as possible, to a fielder who has to stop, control, gather and return the ball to the wicket keeper next to a set of stumps.

Assistant coach times how long it takes for the ball to be returned to the keeper from the moment the fielder first touches it. If the throw is poor, leave the time running until a player backing up (the last player to go) returns the ball to the keeper. Record the times and repeat frequently throughout the season to measure improvements.



GAMES

Non-stop continuous Cricket Game

Equipment: 3 sets of stumps, bat, ball

Set up:

Set up the batters set of stumps with a set either side, around 10 yards apart.

Split the group into two equal teams, one bats and one fields initially.

With the coach bowling, to help control the game, batters must run if they hit the ball. The must run to either of the sets of stumps to the side and back to the middle to complete one run. Fielders must return the ball to the bowler who may bowl as soon as he or she has it. Batters may be out bowled, caught or hit wicket or if they miss the ball a total of three times in their innings.

High Catch numbers Competition

Equipment: Tennis racquet, balls

Set up:

Give each member of the group a number from 1 to however many you have.

Hit high catches up into the air for them to catch when you call their number. If they drop it, they are out of the game. Younger or weaker players you might allow to catch on one bounce.

You can hit two or three balls one after another to make it more fun but look out for health & safety and make sure players don't crash into one another.

Introduce slightly harder tennis balls for younger groups to help them prepare for hardball

Protect your Boundary Game

Equipment: Bat, Ball, space markers

Set up:

Set up a boundary area (or use existing boundary lines) and place the group spaced out along the boundary.

The coach hits a ball out (to different areas of the boundary) with the strength determined by the group age & ability. Players must stop the ball from crossing the boundary line and return to the wicket keeper next to the coach. If they do, they score 4 runs, if they fail the coach gets 4 runs. First team to a target wins.



GAMES

Close Fielder Catching Game

Equipment: 2 set of Stumps, ball, bat

Set up:

Set up a normal length wicket with a batter and fielders placed all round the bat, wicket keeper, slips, gully, leg slip, short leg, etc. Give fielders helmets to wear to add to the enjoyment.

Using an appropriate ball, e.g. Incrediball, the coach (or a player if bowlers are sufficiently accurate) bowls to the batter who must attempt to defend (or leave) the ball without being caught by any of the close fielders. Repeat until the batter is out or decide on a maximum number of balls to be faced to allow time for everyone to bat. Anyone playing an attacking shot is out immediately!

Push & Run Game

Equipment: 2 sets of stumps, ball, bats

Set up:

Split the group into pairs who will bat together.

The coach (or player if sufficiently accurate) bowls to the batters who must "hit and run". The fielders are all placed within the "circle" saving one run and must attempt to run out the batters. Batters may be out in the usual ways plus if there is no call or the wrong batter calls they may also be out. Continue until the pairs has been out a set number of times and record which pair scores the most runs. Batters playing an attacking shot are out immediately!

Switch Positions Game

Equipment: 2 sets of Stumps

Set up:

Put the players into field positions around the pitch. Shout out two position names and those positions must switch places. Anyone moving incorrectly or going to the wrong position is out. Repeat regularly to aid memorisation of field positions.

Throwing Circle Game

Equipment: Ball, Fielding Flexi Stump

Set up:

Set the group up in a circle approximately 10 yards from the stump. Walking initially ask the players to move in a clockwise direction throwing at the stump and backing up.

Increase the intensity by asking players to jog then run around in the circle. After an initial period, players failing to stop the ball backing up are out. Continue until you have a winner.



GAMES

Hand Hockey

Equipment: 2 sets of stumps, space markers, ball

Set up:

Set up a set of stumps each end of a pitch to make two "goals". Also set up a semi-circle penalty area with space markers, approximately 4 or 5 yards from the stumps.

Split the group into two equal teams. The aim is to pass the ball underarm (or overarm if the group is strong and you have good space) to team mates and move down the field until you are close enough to shoot. A "goal" is scored by hitting the stumps.

Players may not move with the ball and only have 3 seconds to release it to a team mate or shoot. No player is allowed in the semi-circle area. If defenders go into the area (other than to retrieve the ball) it is a penalty. Attackers transgressing give away a free kick (throw).

Target Batting Game

Equipment: Stumps, Bat, Ball, space markers/cones

Set up:

Using an appropriate feed from the coach (depending on shot practicing), batters must hit the ball into target areas. Use three progressively difficult targets with one large one, one medium size one behind that and one small target at the back. Fielders may not go in front of the smallest target.

Points (or runs) are scored for successfully hitting targets, e.g. 6 runs for the small one, 4 runs for the medium, 1 run for the large.

"Scenarios" Matchplay

Equipment: Normal match set up

Set up:

Decide on the scenario to practice, e.g. first 5 or 10 overs, last 5 or 10 overs.

Organise your team so the appropriate batters (top 4 or 5 for the first few overs, numbers 6-11 for the last few perhaps) are padded up ready to bat as in a game situation. The remainder of the team field and bowl as they would in a match situation.

Focus on key areas, e.g. not losing wickets in the last pair of a pairs format, or hitting boundaries in the last few overs or keeping the score ticking over in the middle overs, etc.

"No Hit / No Byes" Game

Equipment: Normal match set up

Set up:

This is an excellent way for wicket keepers to practice being tidy and for batters to learn to leave the ball.

Bowlers bowl to batters in the normal way but batters may only defend the ball when it is in line with the stumps, otherwise they must leave it.

The wicket keepers must attempt to stop the ball and give away no byes. This is a great opportunity to try out different keepers with the keepers being rotated every time a bye is let through.