



ALL STARS CRICKET 2020 ACTIVATOR HANDBOOK

**INCLUDING COVID-19
MODIFICATIONS.**





All Stars Cricket is an 8-week programme designed to give thousands of children a fantastic first experience of cricket. The focus is on delivering fun and safe sessions, utilising the activities set out in this document, to develop all children to take their next step into cricket.

Due to the impact of COVID-19, All Stars Cricket will have to make some modifications to make sure that it adheres to UK Government guidance, whilst ensuring the programme is still fun and safe.

CONTENTS

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2. Using the All Stars Cricket curriculum
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6. 2020 ASC Modified curriculum

ALL STARS CRICKET WILL BE FOLLOWING THE RECREATIONAL CRICKET GUIDANCE RELEASED BY THE ECB AVAILABLE AT ECB.CO.UK. THE KEY POINTS RELATING TO ALL STARS CRICKET ARE:

- Individuals should undergo a personal symptom check prior to all activity and not take part if they demonstrate any COVID-19 symptoms.
- All groups are limited in size specific to guidance in England and Wales and is to include all children, coaches, parents, and activators involved in the activity.
- Club representatives should ensure that the facility is compliant with current UK Government guidance related to COVID-19.
- Clubs should keep a record of attendees at a session, including contact details, to support NHS Test and Trace, and Test, Trace, Protect in Wales.
- Players should remain socially distanced at all times.
- Limit the sharing of equipment where possible. Where not possible, practice strict hand hygiene.
- All activity should include regular hygiene breaks for participants' hands and the ball. E.g. prior to the start of the activity, every 20 minutes, at all drinks and toilet breaks, and after the activity.

ADDITIONAL ADVICE FOR ALL STARS CRICKET INCLUDES:

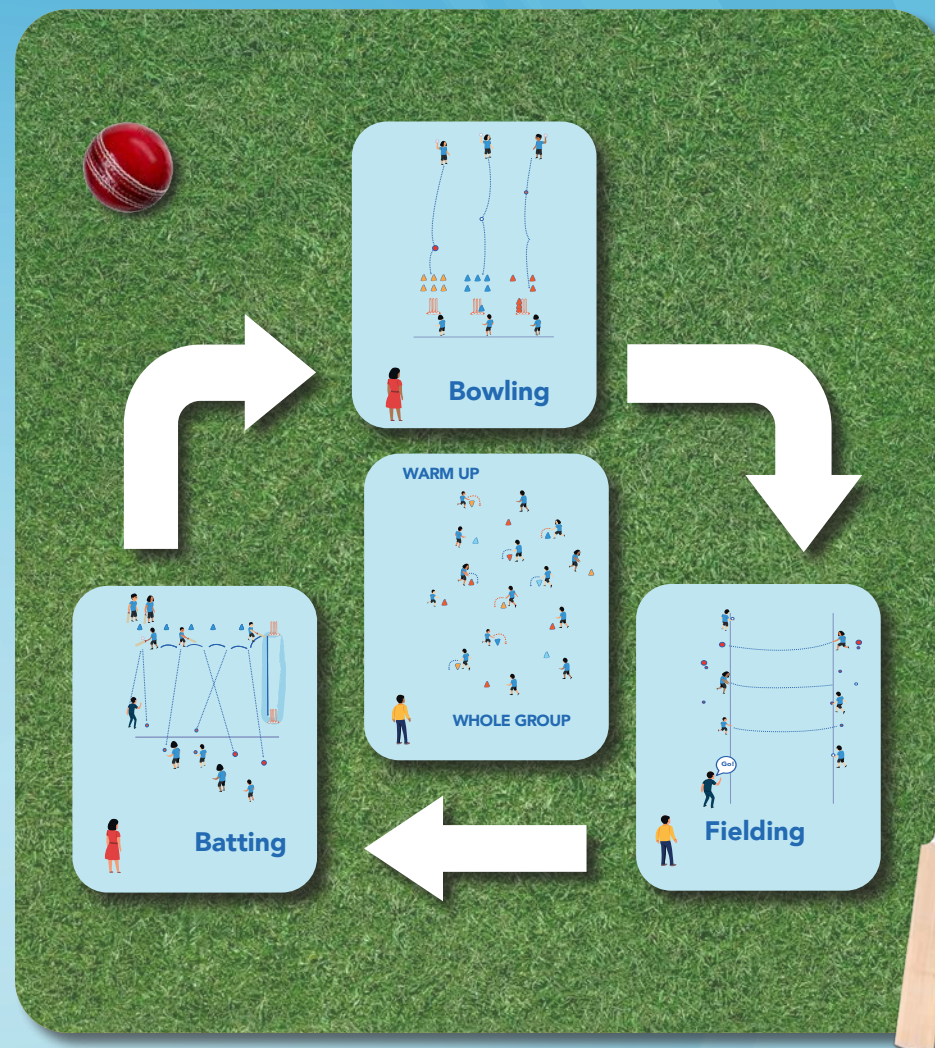
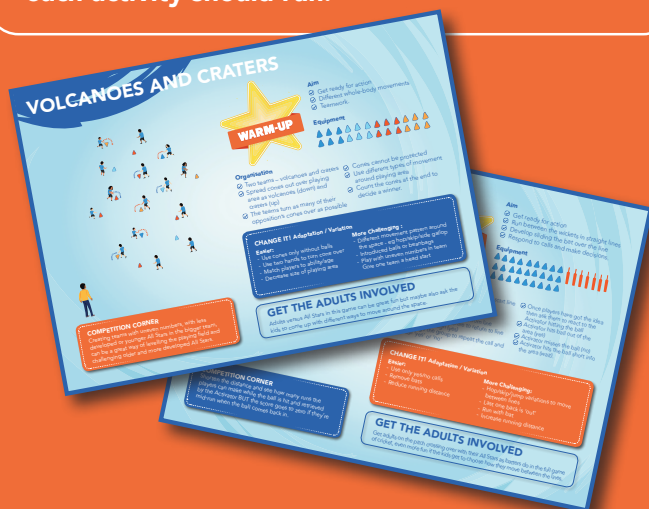
- Each group should have sufficient adults required to meet cricket safeguarding ratios (1 adult for every 8 children).
- There can be multiple groups at a venue at the same time, but only if a risk assessment has been done and all other requirements for health, safety and social distancing of those in attendance have been met including arrival and departure procedures to ensure additional groups remain separate.
- If parents are involved in the activity, they will need to be included in the total group size.
- Parents should drop off and collect participants via a protocol that maintains social distancing e.g. Queuing 2m apart and using separate entry/exit points.
- Parents should remain socially distanced e.g. 2m apart on the side-line.
- We recommend all participants bring their own named and marked All Stars Cricket participant pack so they can use their own equipment during the sessions rather than sharing with others.
- All Stars Cricket activity has been adapted so they can take part in most of the activity as an individual. When moving to pairs activity, social distancing should be maintained wherever possible, and participants should operate in the same pair for the length of the session to minimise equipment sharing.
- When setting up activity, use cones and ropes to create grids and ground markings which helps keep participants at least 2m apart as per social distancing guidelines.



USING THE 2020 ALL STARS CRICKET CURRICULUM

Each of the 8 weeks contains a warm up as well as bowling, batting and fielding activities that are outlined on the Activity Cards as well as through videos hosted at www.icoachcricket.co.uk

Please note that these videos were filmed prior to COVID-19 and as such have not been adapted to suit the current environment, however they still provide the essential information on how each activity should run.



Sessions should last for no longer than an hour with each activity running for around 15 minutes. If your All Stars are enjoying an activity keep doing it, if they are struggling then reduce the time or move on to another activity. Adapt the session to keep fun as the focus and try not to over run.

CHANGING ACTIVITIES

The curriculum is a framework not a blueprint.

If your All Stars need a greater challenge...

If your All Stars can't manage the activity...

If your All Stars are not engaging with an activity...

If some of your All Stars are unable to get involved...

CHANGE IT...



If something isn't working then it's often a great idea to ask the kids what they would do. They will love being involved and normally come up with the best ideas.

by varying...



SPACE



TASK



EQUIPMENT



PEOPLE



MANAGING GROUPS OF ALL STARS

MANAGING CHALLENGING BEHAVIOUR

The vast majority of **All Stars** sessions are run without any issues but at times kids can become upset or display challenging behaviour that could affect the fun or safety within the activity.

- Set, and be consistent with rules and boundaries
- Remain calm and non-confrontational
- Allow kids time and space to calm down if upset
- Always praise positive behaviour and although negatives should be flagged, do not dwell on them
- Engage parents if things become too challenging

Things to consider in your delivery

- 5-8 year olds, like most of us, switch off if given too much information. Give short and sharp explanations at the beginning of activities and keep the energy high.
- Ask parents and guardians to help. If given clear roles and information we find most people will willingly get involved.
- Set a call and response that tells All Stars they should be listening. i.e. "if I shout ALL STARS you all stop still, shout CRICKET and listen in".
- Use cones, ropes or All Stars pop-up banners to designate clear areas to run activities in. It's difficult to control a group spread all over the field.



WHAT'S NEXT FOR YOUR All STARS?

FOR THOSE PROGRAMMES IN CLUBS, THERE ARE A FEW KEY THINGS YOU CAN DO TO HELP PROGRESS YOUR ALL STARS INTO YOUR JUNIOR CRICKET SECTIONS OR THE NEXT STEP OF THEIR CRICKETING LIFE.

- Offer a clear progression to a next playing opportunity. For many children this will be Dynamos Cricket in 2021 or playing the age appropriate formats found at <https://www.ecb.co.uk/play/junior/junior-formats>.
- Identify those All Stars that could progress, talk to the parents about their next steps for 2021 and possibly offer for them to try it during or once All Stars has finished.
- Gradually offer game-play opportunities for more developed All Stars that might replicate a modified game. This could mean having a short game of Dynamos / modified cricket at the end or even adapting All Stars activities to introduce skills such as wicket keeping or working with 2 batters.
- Speak to parents and guardians about next steps at the end of the 8 weeks.
- Replicate the experience of All Stars in your U9s with lots of fun, involvement and personal development for all.

2020 ALL STARS CRICKET CURRICULUM

Due to the changes required for COVID-19, there is no specific week order that should be followed as many of the games have to be significantly modified. However you will see the games that we feel are safest, and most suited to social distancing and minimal sharing of equipment.

The participants themselves will have a weekly focus in the All Stars Cricket Activity Booklet which you may wish to follow – outlined below. For each week and theme, there are tips for activators and children.

WEEK BREAKDOWN

WEEK 1. CATCHING

WEEK 2. COMMUNICATION

WEEK 3. BATTING

WEEK 4. RUNNING

WEEK 5. TEAMWORK

WEEK 6. BOWLING

WEEK 7. THROWING



WEEK 1

CATCHING

"Catches win matches!"

Time to get your first badge - catching! Catching is a really important skill in cricket. Always remember to cup your hands together and watch the ball as it lands in your palms.



KEY POINTS FOR CATCHING

- Position yourself under the ball
- Watch the ball when it is in the air
- Cup hands to catch the ball

WEEK 2

COMMUNICATION

"LISTEN UP!"

This week the achievement badge is for **communication**. To communicate well, you need to be able to **talk** and **listen** well.

This could help you when deciding whether to run or not when in bat. Or when fielding, it will help you decide where to throw the ball to try and run the batter out.



KEY POINTS FOR COMMUNICATION

- Emphasise listening skills are important
- Encourage lots of talk in fielding activities

WEEK 3

BATTING

"WATCH IT AND WHACK IT!"

This is one of our most popular badges - it's for **batting**! It's such a nice feeling when you hit a great shot - so make sure you **watch** the ball, give the bat a swing and make good **contact**.

If you can do this, you'll soon be scoring **lots of runs**!



KEY POINTS FOR BATTING

- Try to hit with the bat straight on to the ball
- Watch the ball throughout the swing

WEEK 4

RUNNING



"RUNS CAN WIN YOU THE GAME"

Are you a good **runner**?

Great - well you'll love this badge. In cricket, players are running all the time.

Batters run between the wickets to score runs, fielders run to stop the ball and bowlers run **VERY** fast to help them bowl as quickly as they can.

KEY POINTS FOR RUNNING

- Run hard towards the ball when fielding
- Shorten your steps and get low to change direction

WEEK 5

TEAMWORK



In **All Stars Cricket**, we are **one big team**, so this week's badge is for Teamwork. In cricket, players have to **work with each other** to help be the best that they can be. Batters

run together and bowlers rely on their team mates to catch the ball. Being part of a team is **brilliant** as you get to have fun and **celebrate** with all of your friends.

KEY POINTS FOR TEAMWORK

- Praise supportive team behaviours
- Try to mix teams up in ability and challenge older All Stars to help improve younger ones

WEEK 6

BOWLING



By now, you should have done lots of **bowling** at your All Stars Cricket sessions - so it's time for the Bowling badge.

Bowling can be **tricky**, so it's really important to listen to your Activator when they try to help you.

Top tips are to **point at the stumps** with your non-bowling arm, get side on and **bowl the ball with a straight arm**.

Keep practicing!



KEY POINTS FOR BOWLING

- All Stars should keep a straight arm when bowling
- Introduce bowling position as a "star shape" with the ball in the hand furthest from the target

WEEK 7

THROWING



"HOW FAST CAN YOU THROW?"

One week to go and it's time for the **Throwing** badge.

Throwing is a really **important skill** for fielders to have. The quicker you can throw the ball back to the stumps the better, as it will **stop the batter running**.

You never know, you might even hit the stumps and run the batter out!

KEY POINTS FOR THROWING

- Praise supportive team behaviours
- Try to mix teams up in ability and challenge older All Stars to help improve younger ones

WHERE CAN I FIND SUPPORT AND RESOURCES



icoachcricket

- ★ Videos of all activities
- ★ Detailed session plans
- ★ Wet weather games
- ★ How to make activities easier and harder
- ★ Free for parents and Activators



ClubSpark

- ★ Register (Mobile App)
- ★ Contact Details
- ★ Group Emails



Helpdesk

- ★ All Stars Cricket has a dedicated help desk to support and assist parents and centres.



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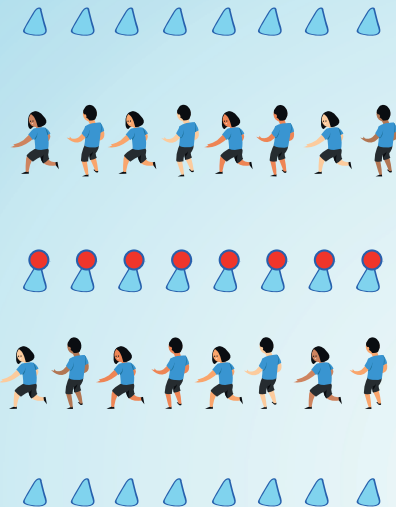


allstarscricket@ecb.co.uk



<https://allstarscricket.zendesk.com/hc/en-us>

HEADS, SHOULDERS, KNEES, BALL



COMPETITION CORNER

Scores can be kept in one to one matches or accumulate scores for one team versus another. A great way to rotate who plays against who is by forming a competition ladder where after five rounds, the winners move in one direction and the losers move the other way.

COVID-19 Modifications

- Cones and pairs to be >2m apart
- Balls and cones to be sanitised after activity
- Amend so that each child is working with their own ball and it is a race to put their own ball back on the cone.
- If working in pairs, remain in the same pair for the duration of the activity



Aim

- ✓ Fast reactions
- ✓ Listening
- ✓ Competition

Equipment



Organisation

- ✓ All Stars find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each All Star is another cone.
- ✓ All stars touch body parts as instructed by activator.
- ✓ When they hear 'cone' they race around the cone behind them.
- ✓ When they hear 'ball' they race to pick up the ball quicker than their partner.

CHANGE IT! Adaptation / Variation

Easier:

- More time between each instruction.
- Use small number of instructions.
- Shorten distance to cone behind them.
- Use larger balls.

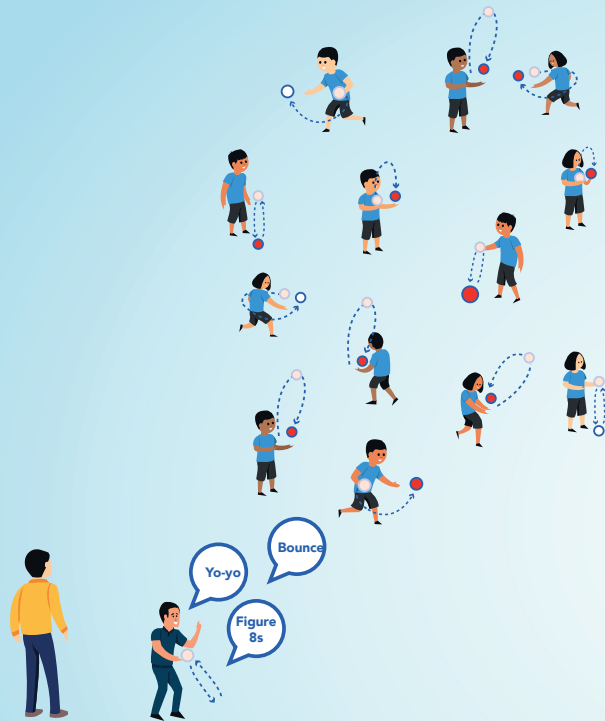
More Challenging:

- Speed up the rate of instructions.
- Vary instructions to complete tasks as well as finding body parts.
- Start with their backs to each other.
- Increase distance to cone behind them.

GET THE ADULTS INVOLVED

All Stars can play against their adults.
Adults can also keep score between a pair of All Stars.

STAR SKILLS



COMPETITION CORNER

See how many times an All Star can perform a designated skill in 20 seconds. Repeat the exercise to see if they can beat their own personal best.

COVID-19 Modifications

- Use a larger area to maintain social distancing.
- Children to use their own ball.
- Create a grid with cones and or ropes whereby children stay in their own part of the grid.



Aim

- ✓ Different whole-body movements.
- ✓ Watch and catch a ball.

Equipment



Organisation

- ✓ Ensure every player has a ball or beanbag.
- ✓ All activity should happen whilst moving continually.
- ✓ Start by instructing players to try different skills – eg low catch, bounce and catch, roll and retrieve.
- ✓ Develop skills that require interaction – eg place your ball on the floor and collect someone else's, swap balls with a partner.
- ✓ Encourage players to create the next challenge or skill.

CHANGE IT! Adaptation / Variation

Easier:

- Start with simple skills where the ball doesn't leave the body – ie 'roll it around your belly'.
- Start with players standing still to perform the skills.
- Decrease the size of the space.
- Use larger ball.

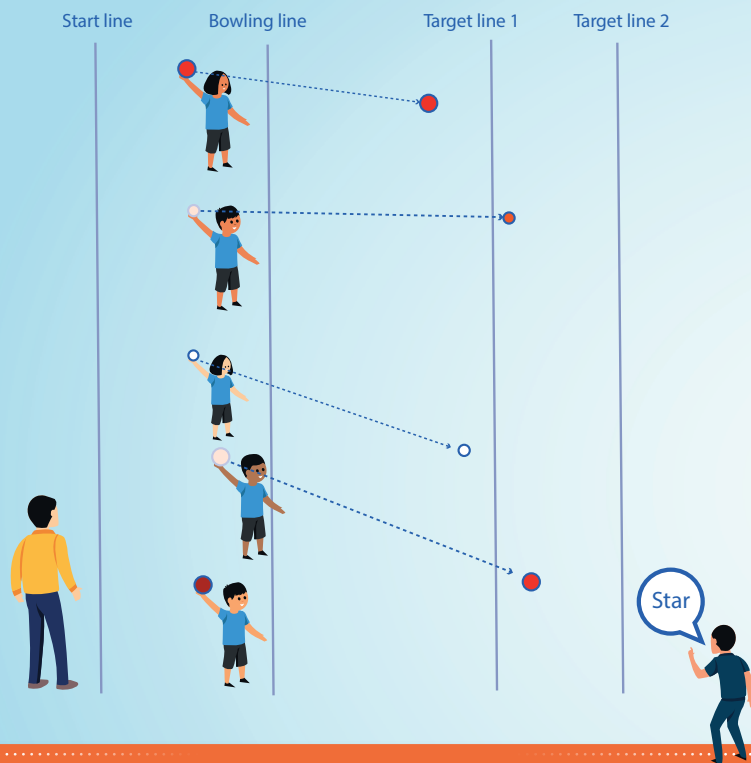
More Challenging:

- Increase the amount of and speed of commands.
- Move around the space in different ways, such as hopping or sidestepping.
- Introduce one-handed catching.
- Designate different skills numbers rather than names.

GET THE ADULTS INVOLVED

Kids can be really challenged to be creative by pairing up with their adults and asking each to come up with a skill that their partner can copy.

STAR SHAPES



COMPETITION CORNER

Embed competition into this game by grouping the players into teams and creating an aggregate score.

COVID-19 Modifications

- Setup children at least 2m apart.
- Children retrieve their own ball.



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ Players start holding a ball at a start line with a bowling line 5–10 metres away and two target lines beyond that.
- ✓ On the call of 'go' players can move forward towards the bowling line.
- ✓ When the Activator shouts 'stars' the players jump into a side-on 'star shape' with the ball in their outside hand and other hand facing forward.
- ✓ If any players don't get into a star shape within an allotted time they go back to the start line.
- ✓ Once the players reach the bowling line they must jump into the star shape and bowl the ball with a straight arm.

CHANGE IT! Adaptation / Variation

Easier:

- Start with players on the bowling line for their first go already in a star shape.
- Reduce the distance to the target line.
- Start at walking pace.
- Give the All Stars more time to adopt a star shape.

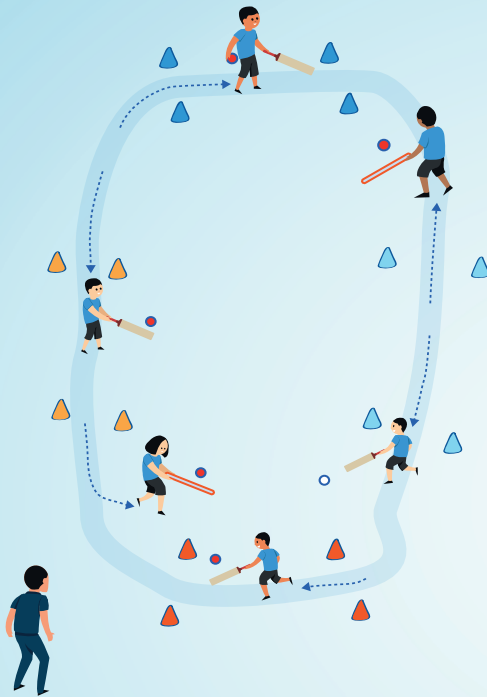
More Challenging:

- Reduce the time to get into star shape.
- Increase the distance between bowling and target line.
- Decrease the distance between the target lines where the ball has to bounce.

GET THE ADULTS INVOLVED

Asking adults to field the ball and throw it back to their All Star, as well as judging the bowl and keeping score, could be a way to speed up the activity and keep everyone involved.

THE SPACE RACE



COMPETITION CORNER

Working in pairs and having a time limit to meet as many planets as possible will create a more exciting and competitive game.

COVID-19 Modifications

- Creating more stations (planets) increases the distance between participants.
- Children use their own equipment.
- By increasing the space, there is less chance of children going near each other.



Aim

- ✓ Watch and hit a moving ball with a free swing of the bat.

Equipment



Organisation

- ✓ Players need to visit as many 'planets' (sets of cones) as possible by dribbling the ball with their bat.
- ✓ Players can visit the planets in any order.
- ✓ Activator should aim to get as many players moving as possible.
- ✓ With more space, include more planets.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger ball.
- Decrease the size of the course and /or increase the size of the planets.
- Play in teams.
- Move around without the ball.

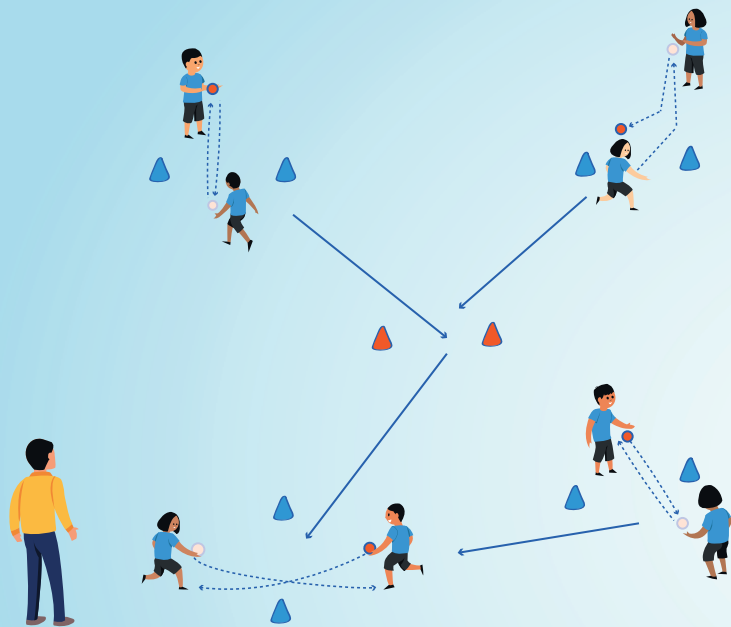
More Challenging:

- Sidestep/different ways of moving between each planet; figure of 8 at each planet.
- Bounce ball on bat.
- Use stump instead of a bat.

GET THE ADULTS INVOLVED

To make things more fun and challenging for your All Stars introduce adults into the space to act as 'aliens' that get in the way and other adults with beanbags that they can throw at the balls as 'meteors'.

AROUND THE MILKY WAY



COMPETITION CORNER

Challenge pairs to see how many stars they can visit in 30 seconds BUT put the rule in place that they can't go the nearest star to the one they just visited.

COVID-19 Modifications

- Play as a pair using one ball.
- Increase size of the area and make pairs visit each gate in a specific direction.
- More gates available is more opportunities for distancing.



Aim

- ✓ Different whole-body movements.
- ✓ Watch and catch a ball.
- ✓ Throw a ball.
- ✓ Teamwork.

Equipment



Organisation

- ✓ Lay out lots of stars as gates using cones.
- ✓ In pairs, players have to visit each star and pass the ball back and forth to complete two catches.
- ✓ Set time limits to see how many catches can be completed.
- ✓ Get pairs to think about their route.

CHANGE IT! Adaptation / Variation

Easier:

- Decrease size of playing area.
- Roll balls between pairs.
- Reduce number of gates.
- Match players by ability.

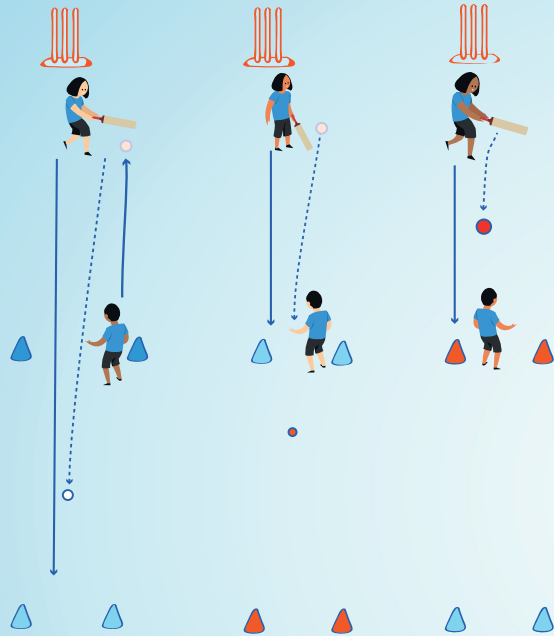
More Challenging:

- Introduce one-handed catching, bounce catches and distance between pairs.
- Static balance – on one leg.
- Move around the space in different ways such as hopping/zigzagging etc
- Increase the size of the playing area.

GET THE ADULTS INVOLVED

This game works great if adults pair up with their All Stars and challenge them to take different types of catches at the different planets (high, low, fast etc).

AVOID THE ALIEN



COMPETITION CORNER

To bring tactics and competition into this game introduce extra scoring zones with varying widths. The fielder can choose to defend a bigger area for more points or a narrower area for fewer points.

COVID-19 Modifications

- Work in the same pairs throughout.
- Setup groups significant distance apart.
- Children to retrieve their own balls.

BATTING

Aim

- ✓ Watch and hit a moving ball with a free swing of the bat.
- ✓ Watch and catch or stop a ball.

Equipment



Organisation

- ✓ In pairs, one batting and one fielding.
- ✓ One run awarded for hitting the ball through the first scoring zone.
- ✓ Four runs awarded for hitting the ball through the second scoring zone.
- ✓ Fielders attempt to stop the ball from going through the zones.
- ✓ After attempts, swap roles.

CHANGE IT! Adaptation / Variation

Easier:

- Increase width of cones as target.
- Drop feed the ball to the batter.
- Roll balls to batter.
- Use larger ball.

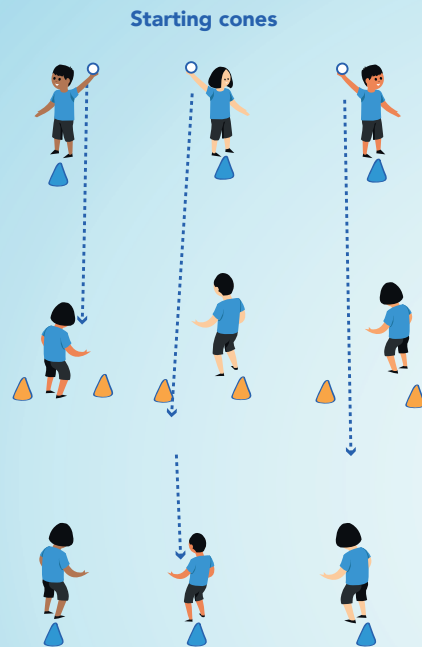
More Challenging:

- Increase the amount of fielders.
- Move the scoring zone to a more difficult angle.
- Decrease width of cones as target
- Use stump instead of bat.

GET THE ADULTS INVOLVED

More and smaller groups is best for this game so why not engage adults in feeding the balls in so kids can have more opportunities to whack the ball?

BOWL A GOAL



COMPETITION CORNER

Splitting into three teams, fielders and two teams of bowlers rotating around, can allow for a group score to make the game more competitive.

COVID-19 Modifications

- Play in pairs rather than in threes.
- No defender in the middle of the activity fielding.



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ Create a goal using two cones and have two bowling lines either end of the playing area.
- ✓ All Stars play in threes with a bowler either end and a fielder defending the goal in the middle.
- ✓ The fielders defend three balls bowled from each end before rotating and taking their turn to bowl.
- ✓ Players score 1 point for getting the ball in the goal, 5 points for getting it past the fielder and 10 points for getting it to their partner.

CHANGE IT! Adaptation / Variation

Easier:

- Bowl from stationary position through goal.
- Increase the size of the goals.
- Decrease bowling distance between partners.
- Use larger ball.

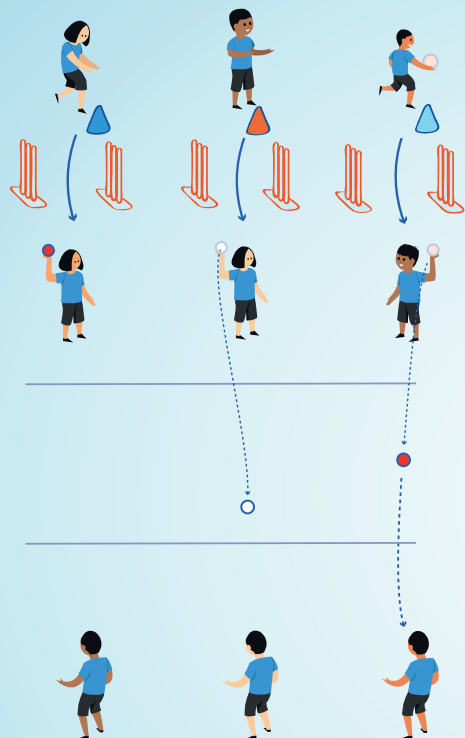
More Challenging:

- Reduce the size of the goals.
- Increase the bowling distance.
- Introduce a run up to bowl.
- Use smaller balls.

GET THE ADULTS INVOLVED

Introducing an adult team, with a really small goal, into this activity can really increase the level of competition and make the game even more exciting for our All Stars.

STAR GATES



COMPETITION CORNER

Ask All Stars to work within their groups to be the first team to get to 10 balls bouncing in the target area.

COVID-19 Modifications

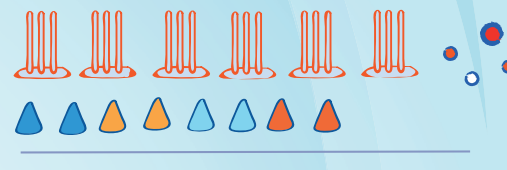
- Children to work in pairs for the activity or in groups but using their own ball and retrieving their own ball.



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action, including the run-up.

Equipment



Organisation

- ✓ In pairs or small groups, run through the gates and bowl without a ball.
- ✓ In pairs or small groups, run through the gates and bowl ball towards target with wicketkeeper receiving at a safe distance.

CHANGE IT! Adaptation / Variation

Easier:

- Encourage younger/less developed All Stars to start stood still and side-on in a star shape.
- Sidestep through gates rather than running square on.
- Decrease bowling length.
- Increase the size of the target area.

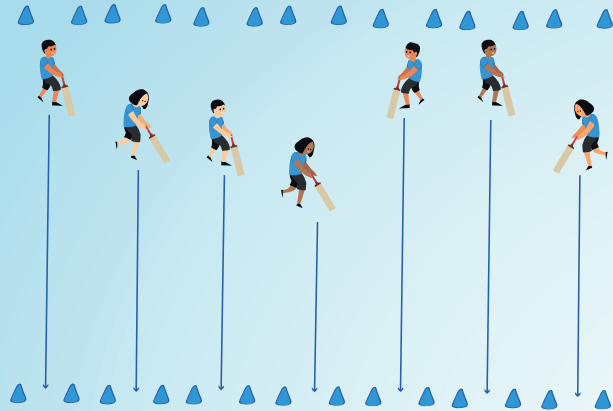
More Challenging:

- Progress from jogging to faster running.
- Increase the distance to the target zone.
- Narrow the target zone that the ball has to bounce in.
- Narrow the space between the stumps that the players jump through.

GET THE ADULTS INVOLVED

Adults can be hugely helpful working as a wicketkeeper and returning the ball to their All Star so the game runs smoothly.

YES, NO, WAIT



COMPETITION CORNER

Shorten the distance and see how many runs the players can make while the ball is hit and retrieved by the Activator BUT the score goes to zero if they're mid-run when the ball comes back in.

COVID-19 Modifications

- Children to be >2m apart for activity.
- Children to use their own bat.



Aim

- ✓ Get ready for action.
- ✓ Run between the wickets in straight lines.
- ✓ Develop sliding the bat over the line.
- ✓ Respond to calls and make decisions.

Equipment



Organisation

- ✓ Line up all players behind cones on start line.
- ✓ Batters respond to Activator's calls.
- ✓ 'No' = stay still or return to line.
- ✓ 'Yes' = run through to other line.
- ✓ 'Wait' = slowly sidestep out from line dragging bat and prepare to return to line (no) or run through (yes).
- ✓ Encourage the group to repeat the call and all call 'yes' or 'no'.
- ✓ Once players have got the idea then ask them to react to the Activator hitting the ball.
- ✓ Activator hits ball out of the area (yes).
- ✓ Activator misses the ball (no).
- ✓ Activator hits the ball short into the area (wait).

CHANGE IT! Adaptation / Variation

Easier:

- Use only yes/no calls.
- Remove bats.
- Reduce running distance.

More Challenging:

- Hop/skip/jump variations to move between lines.
- Last one back is 'out'.
- Run with bat.
- Increase running distance.

GET THE ADULTS INVOLVED

Get adults on the pitch crossing over with their All Stars as batters do in the full game of cricket, even more fun if the kids get to choose how they move between the lines.

CATCHING COMETS



COMPETITION CORNER

Split into two teams in equal sized circles with one ball in each circle. Everyone in the circle must throw and catch the ball in a race to see which team comes first.

COVID-19 Modifications



Aim

- ✔ Watch and catch a ball.
- ✔ Throw a ball.
- ✔ Teamwork.

Equipment



Organisation

- ✓ In pairs, players form a circle with the rest of the group and stand opposite their partner.
- ✓ All pairs then throw and catch their ball at the same time.

CHANGE IT! Adaptation / Variation

Easier:

- Smaller circle.
- Underarm throws or roll the ball.
- Larger balls or beanbags.
- Match pairs by ability.

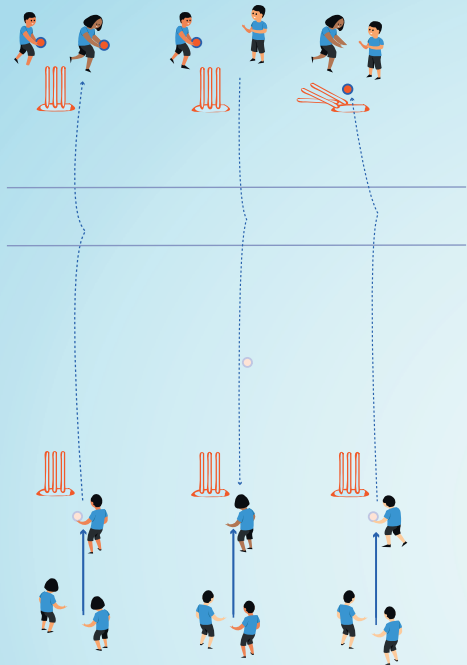
More Challenging:

- Bigger circle.
- After a catch, take a step back and/or use different throws.
- Smaller balls and/or obstacles such as stumps.
- Ask players to change rules, play in trios instead of pairs.

GET THE ADULTS INVOLVED

If adults are paired up with their All Star in this activity, they can challenge their own kids, with different types of catch, at the right pace. Also why not make it competitive with kids v adults challenges.

RAPID ROCKET BOWLING



COMPETITION CORNER

Using another two ropes or cones, include a smaller target area inside the original target area. If it lands in the outer area, the bowler scores 5 points and if it lands in the inner area they score 10 points. Bowl six balls, keep their score and see what the highest score is that they can achieve.

COVID-19 Modifications

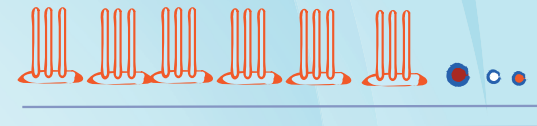
- Cones to be at least 2m apart.
- Children to work in pairs using the same ball.



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ In small groups make one player a wicket keeper and ball returner and have the others bowling in turn.
- ✓ The aim is to bowl the ball and bounce it between the two ropes in the target area.
- ✓ If the ball bounces in the area teams score a point and if it then goes on to hit the stumps its 5 points.
- ✓ Swap the wicket keeper after 6 balls.

CHANGE IT! Adaptation / Variation

Easier:

- Decrease pitch length.
- Aim for target rather than stumps.
- Use larger ball and/or two sets of stumps.
- Match players by ability.

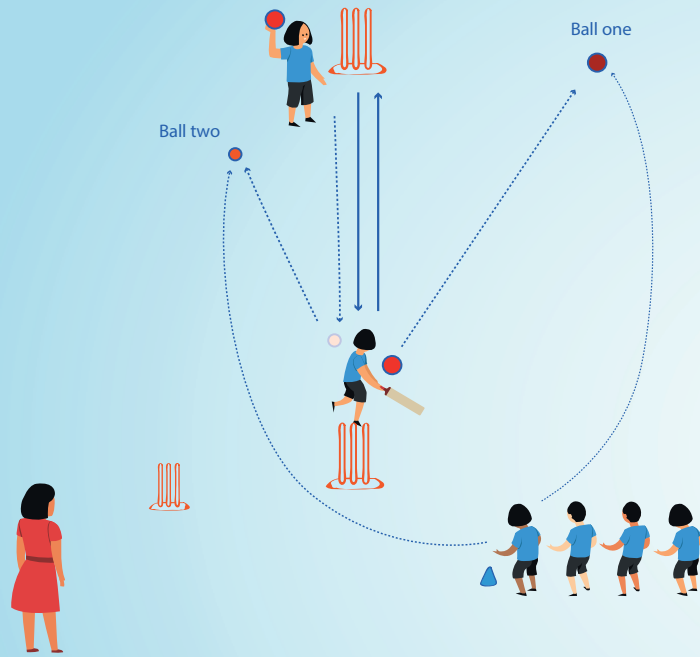
More Challenging:

- Increase pitch length.
- Remove stump each time one is hit until none are left.
- Use smaller ball.
- Compete in a relay against other pairs or teams.

GET THE ADULTS INVOLVED

Adults are essential to keep the balls being thrown beyond the All Stars. Adults can also perform the role of batters trying to stop the balls hitting the stumps

DEEP SPACE BATTING



COMPETITION CORNER

This can be turned into a pairs game by having two batters running between the wickets and facing double the amount of balls alternately.

COVID-19 Modifications

- Adapt into smaller groups or pairs, and have ball retrieval zones for fielders or batters to avoid increased sharing of balls.

BATTING

Aim

- ✓ Watch and hit a moving ball with a free swing of the bat.
- ✓ Run between the wickets.
- ✓ Stop, catch, throw!
- ✓ Teamwork.

Equipment



Organisation

- ✓ Players play as one batter, 4–6 fielders and a wicketkeeper.
- ✓ Fielders start on a cone and are designated a ball each to field.
- ✓ The Activator feeds the balls to the batter who hits each ball and the designated fielder comes out from the cone, chases the ball and runs it back into the Activator.
- ✓ The Activator feeds the balls quickly so all fielders are out at the same time, once all four are delivered the batter can run to score as many as they can.
- ✓ If the batter misses the ball, the wicketkeeper retrieves it and throws it into the playing area to be fielded.
- ✓ After playing one round players rotate with the wicketkeeper becoming the batter.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger balls.
- Drop feed or roll the ball to the batter.
- Shorten the running distance to help score more runs.
- Activator can assist younger or less developed players by kicking balls further if they don't hit it far.

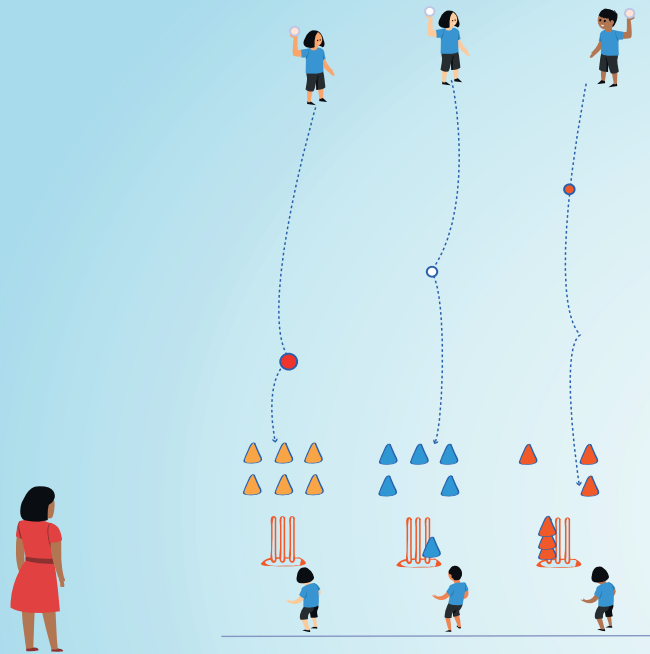
More Challenging:

- Increase the speed of the bowling.
- Encourage the fielders to throw the ball back to Activator.
- Vary where the ball is delivered to encourage more developed players to play different shots.

GET THE ADULTS INVOLVED

Although this game works great with six fielders, the more games with small numbers the better, so ask adults to help with running a group.

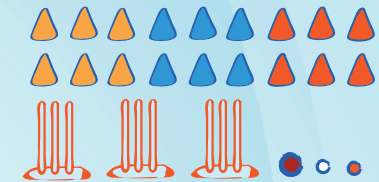
STAR STRIKE



Aim

- ✓ Straight arm when bowling.
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ In pairs or small groups, bowlers attempt to hit the cones and stumps.
- ✓ Bowlers rotate with wicketkeeper after each attempt.
- ✓ If a cone is hit it is placed on the stumps.
- ✓ The first team that hits the most cones wins.

COMPETITION CORNER

Place scores on different coloured cones, with the same coloured cones grouped together, and with double points for hitting the cones and the stumps in one bowl. Players can aim to beat their score each time.

COVID-19 Modifications

- Children work in pairs or individually.
- Children to retrieve their own ball without wicketkeeper.
- Keep distancing in line.

CHANGE IT! Adaptation / Variation

Easier:

- Bowl from a stationary star shape to begin.
- Decrease pitch length.
- Have more cones to hit.
- Use larger ball.

More Challenging:

- Spread out the cones.
- Decrease team size.
- Increase pitch length.
- Develop to having a run up to bowl.

GET THE ADULTS INVOLVED

Using adults as the wicketkeeper and returning the ball to their All Star in this game will mean that kids can get more chances to bowl in this game.

THREE BATS



COMPETITION CORNER

Teams can count the number of runs they score until they've lost all their bats. To add some variation, add some target zones to score bonus runs. You can play multiple innings and accumulate scores or start again each time.

COVID-19 Modifications

- Increase space for batters waiting -> 2m.
- All players to use their own bats.
- Increase area for fielders and activator.
- Put fielders into zones to avoid running into each other.



Aim

- ✓ Batters hit the ball and score runs.
- ✓ Fielders get the ball quickly.
- ✓ Communication.

Equipment



Organisation

- ✓ Split All Stars into a batting team and a fielding team. The batting team start with three bats and the activator starts with the same.
- ✓ When the batter hits the balls, they run around a cone and pass their bat onto the next person in the queue who doesn't have one.
- ✓ Fielders will retrieve the balls and get them back to the activator who can bowl as soon as they have a ball in hand.
- ✓ If the batter is bowled or caught, the team loses a bat.
- ✓ When they lose all three bats the teams swap.

CHANGE IT! Adaptation / Variation

Easier:

- Increase the number of bats the team starts with.
- Reduce the distance they have to run.
- Use larger balls.
- Start fielders a greater distance from the batter.

More Challenging:

- Reduce the number of bats the team starts with.
- Increase the distance the batting team has to run.
- Use smaller ball.
- Increase number of ways batters can lose lives e.g. three misses in a row.

GET THE ADULTS INVOLVED

Adults can be really useful as wicket keepers or helping the line to organise and keep the game flowing. This should be a fast paced fun game so use adults to help that.

SPIRIT OF CRICKET



The badge this week is 'Spirit of Cricket', which is something very special in the game. It's all about respecting your team mates and the opposition, and playing fairly.

So whether you win, lose or draw, it's important to keep smiling. If you can do this, you'll get your 'Spirit of Cricket' badge.

It's been a fantastic 8 weeks for your All Stars so don't forget to present the certificates which can be found on the resources section of clubspark.



This is the final week of All Stars Cricket, and the emphasis in this week is to create a fun festival where your All Stars can compete with one another and themselves in challenges and games.

Split your group into appropriate, equally matched, teams and rotate around games and activities depending on the age and level of development of your All Stars. Overleaf are some ideas of games...

ALL STARS CRICKET FINAL WEEK CELEBRATION

Warm up: Get all your All Stars in for a group warm up, this is a great opportunity to get families involved too. Pick your favourite warm up and get parents, guardians and siblings involved.

Younger and less developed All Stars

Playing each activity 10-15 minutes, rotate the All Stars around the activities in teams.

- Clean your planet
- Orbit Bowling
- Caterpillar Cricket

OLDER AND MORE DEVELOPED ALL STARS

Playing each activity 10-15 minutes, rotate the All Stars around the activities in teams and play more head to head type activities. Below are some suggested games that can be found in the Additional Activities tab in the All Stars Cricket section of icoachcricket.co.uk

- **Three Bats**
- **Continuous Cricket**
- **Diamond Cricket**

