



ALL STARS CRICKET 2019 ACTIVATOR HANDBOOK





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.

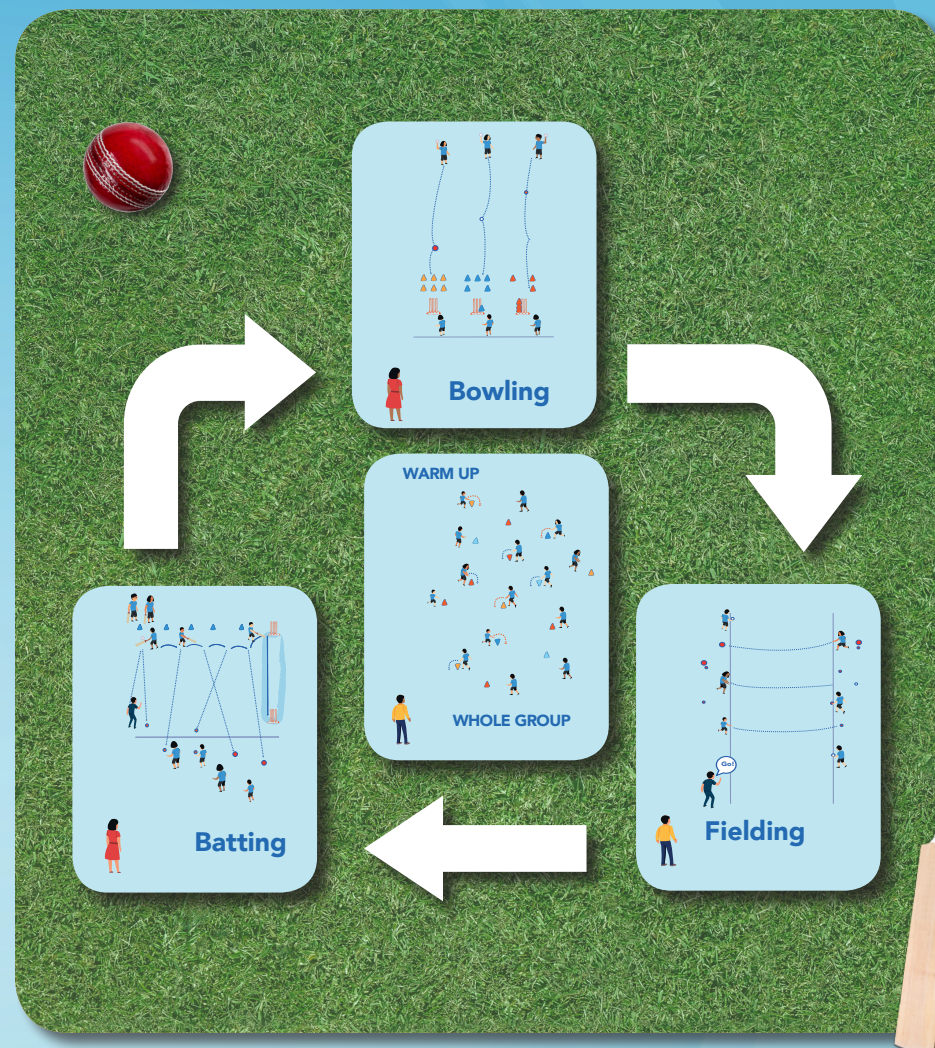
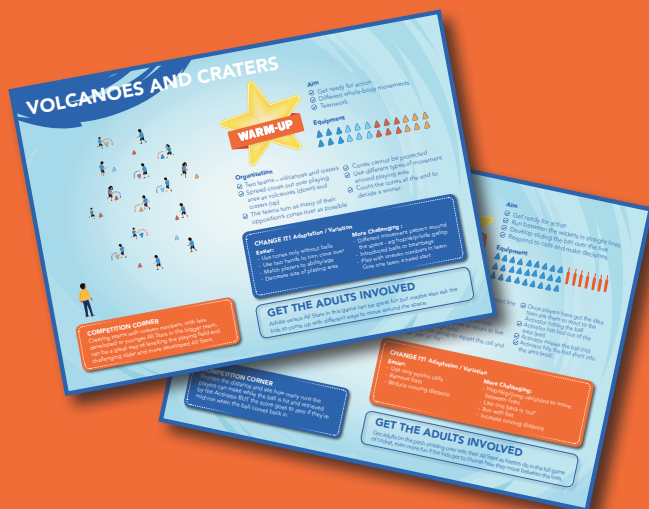
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USING THE 2019 ALL STARS CRICKET CURRICULUM

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



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

As a qualified activator you will be able to oversee a group of up to 40 All Stars as long as there is an additional adult helper for every 8 children. Even with this support, managing large groups of children can be a daunting, all be it fun, prospect.

MANAGING CHALLENGING BEHAVIOUR

The vast majority of **All Stars** sessions are issue free but at times kids can become upset or display challenging behaviour that could affect the fun or safety within 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 really 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?

The main aim of All Stars Cricket is to ignite a passion for cricket leading to a lifelong love of the game and this will mean different things for different children and their families. For many this will mean playing age group cricket in club environments but for others it might be becoming fans of the game.

For those programmes in clubs there are a few key things you can do to help progress your All Stars into your junior sections.

- Offer a clear progression to an Under 9s team 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 your U9 section 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 U9 type of game. This could mean having a short game of Kwik 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.

ALL STARS AND THE CRICKET WORLD CUP 2019



With the Cricket World Cup taking place in England and Wales we have a fantastic opportunity to excite a new generation of cricket fans. The Activity Book that each All Star receives has lots of CWC19 content, including player profiles and video, but programmes can also engage with the World Cup throughout the 8 weeks.

Why not think about some of the ideas below....

- Naming teams for activities as World Cup playing nations
- Naming areas of the field where activities take place as venues being used in the world cup
- During the tournament, set All Stars tasks to investigate for next week, who is the best bowler they saw in the games that week? Who hit the biggest shot? Who has the best kit?
- Set a simple quiz for the All Stars to research based on who England are playing that week and do answers as multiple choice in a group (i.e. "Stand over there if you think the answer is...")
- Give awards named after players each week for effort, which All Star will win the Johnny Bairstow batting award?

Week eight — All Stars Cricket World Cup Celebration

For 2019 we have designated week eight to be a celebration event to not only mark the end of the programme but also celebrate and link to the Cricket World Cup. The curriculum section will show some of the games you might like to play but the general ethos is on All Stars using the skills they have learnt in team game scenarios.

For younger All Stars this might simply be splitting them in to teams and playing their favourite games but with the older or more developed All Stars, Activators might wish to try a modified game of softball cricket played at the under 9 age.

CWC19 SPECIAL

MEET THE PLAYERS

This summer, our England men's team will be trying to lift the ICC Cricket World Cup for the first time.

Here's your chance to find out more about your England heroes. If you manage to get to a game, watch it on TV or listen on the radio, make sure you cheer them on to help them win!



Eoin Morgan

CAPTAIN - TOP FACT
Eoin is the captain of the England One Day International (ODI) team, who will be playing in the ICC Cricket World Cup. Eoin is a brilliant leader - he is very confident and is also an amazing batter. He holds the record for scoring the most runs in the England ODI team, with a total of just under 6000!



Adil Rashid

LEG SPINNER - TOP FACT
Adil is a bowler who doesn't rely on speed. He bowls slower, but with lots of spin and skill. Since the last ICC Cricket World Cup in 2015, Adil has got more opponents out than any other bowler for England, so he could be one of the most dangerous players this summer!



Liam Plunkett

BOWLER - TOP FACT
Liam can hit some big shots with the bat, but he is better known as being a fast bowler. His top recorded bowling speed is over 94 miles per hour. That's faster than cars are allowed to drive on a motorway!



Jos Buttler

WICKET KEEPER - TOP FACT
Jos is the England wicket keeper (the fielding position behind the stumps) in the ODI team but he is also a superstar batter. He loves hitting massive shots and lots of unusual shots in all directions. He whacks the ball very hard - recorded at 143 miles per hour off the bat. Wow!

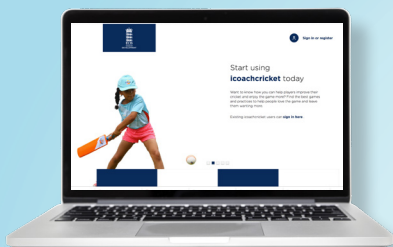


Jason Roy

BATTER - TOP FACT
Jason opens the batting for England - that means that he is our first batter and he looks to score runs very quickly. Last year, he became the highest ever scorer for England in an one day innings with a total of 180 runs off 151 balls. Amazing!

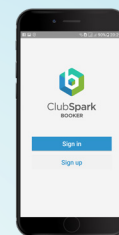


WHERE CAN I FIND SUPPORT AND RESOURCES



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.



0800 085 7998



allstarscricket@ecb.co.uk



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

2019 ALL STARS CRICKET CURRICULUM

WEEK BREAKDOWN

WEEK 1. CATCHING
WEEK 2. COMMUNICATION
WEEK 3. BATTING
WEEK 4. RUNNING
WEEK 5. TEAMWORK
WEEK 6. BOWLING
WEEK 7. THROWING
WEEK 8. SPIRIT OF CRICKET



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

Warm Up:
Head Shoulders Knees, Ball

Fielding:
Star Skills

Bowling:
Star Shapes

Batting:
The Space Race

HEADS, SHOULDERS, KNEES, BALL



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

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.

GET THE ADULTS INVOLVED

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

STAR SKILLS



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.

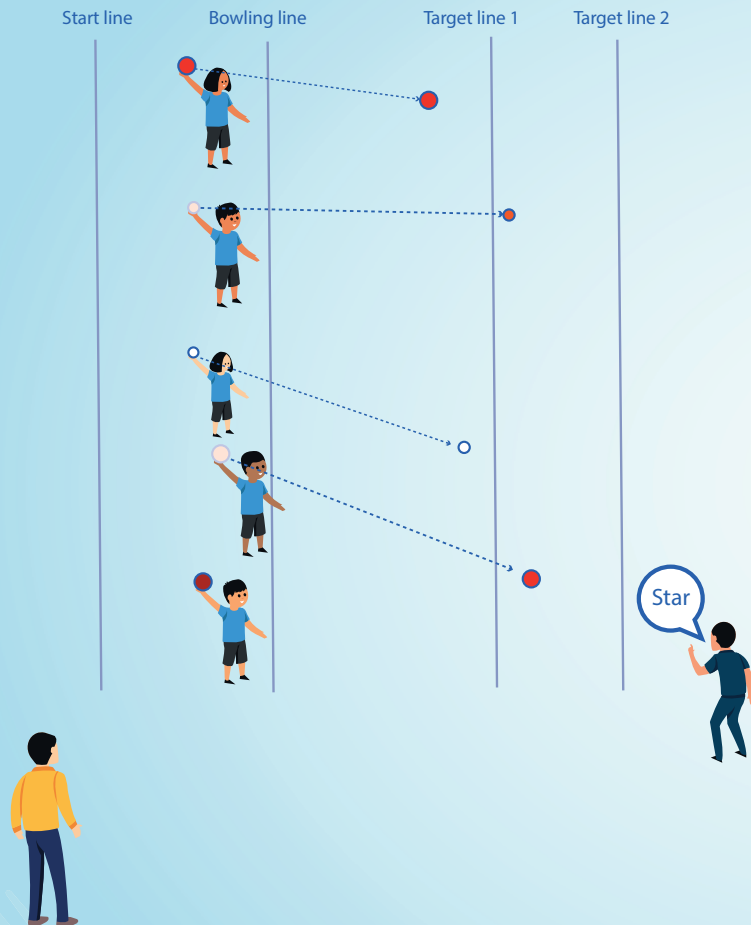
COMPETITION CORNER

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.

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.



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



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.

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.

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'.

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

Warm Up:
Volcanoes and Craters

Fielding:
Around the Milky Way

Bowling:
Orbit Bowling

Batting:
Avoid the Alien

VOLCANOES AND CRATERS



Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

Equipment



Organisation

- ✓ Two teams – volcanoes and craters
- ✓ Spread cones out over playing area as volcanoes (down) and craters (up)
- ✓ The teams turn as many of their opposition's cones over as possible
- ✓ Cones cannot be protected
- ✓ Use different types of movement around playing area
- ✓ Count the cones at the end to decide a winner.

CHANGE IT! Adaptation / Variation

Easier:

- Use cones only without balls
- Use two hands to turn cone over
- Match players to ability/age
- Decrease size of playing area

More Challenging :

- Different movement pattern around the space - eg hop/skip/side gallop
- Introduced balls or beanbags
- Play with uneven numbers in team
- Give one team a head start

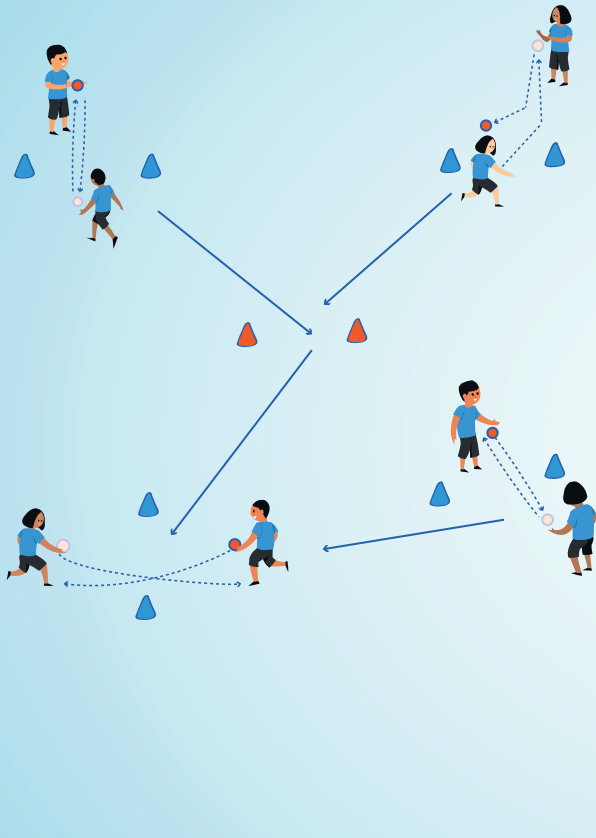
COMPETITION CORNER

Creating teams with uneven numbers, with less developed or younger All Stars in the bigger team, can be a great way of levelling the playing field and challenging older and more developed All Stars.

GET THE ADULTS INVOLVED

Adults versus All Stars in this game can be great fun but maybe also ask the kids to come up with different ways to move around the space.

AROUND THE MILKY WAY



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.

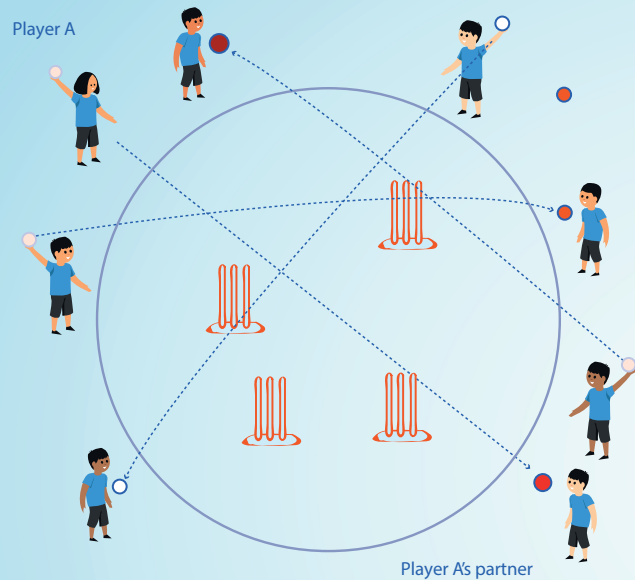
COMPETITION CORNER

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.

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).

ORBIT BOWLING



COMPETITION CORNER

Get two different groups competing against each other by creating two shapes with the winning team being the first to knock down their stumps.



Aim

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

Equipment



Organisation

- ✓ Set up a circle using ropes or cones that is an appropriate size to challenge the group
- ✓ Players work in pairs with their partners stood directly opposite them across the circle
- ✓ To start the activity pairs bowl using a star shape and straight arm across the circle
- ✓ Introduce sets of stumps into the middle of the circle and ask players to knock them down as a group
- ✓ Once all stumps are knocked down the group put them back up and repeat.

CHANGE IT! Adaptation / Variation

Easier:

- Make the circle smaller
- Use larger balls
- Group the stumps closer together
- Change the shape to make some directions easier – (ie short side of rectangle).

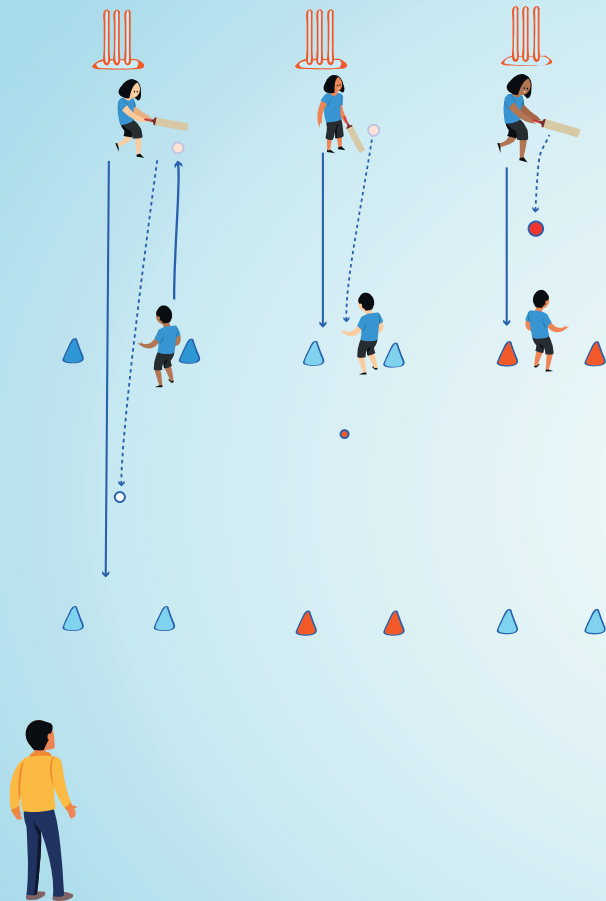
More Challenging:

- Make the circle larger, spread out stumps, turn them side-on or remove stumps
- Ask more developed players to have a run up to bowl
- Use adults in the circle defending the stumps with bats.

GET THE ADULTS INVOLVED

Adults can be used to make this game flow easier by fielding balls and kicking balls out from inside the circle, ensuring All Stars get to spend more time bowling.

AVOID THE ALIEN



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 six 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.

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.

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?

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

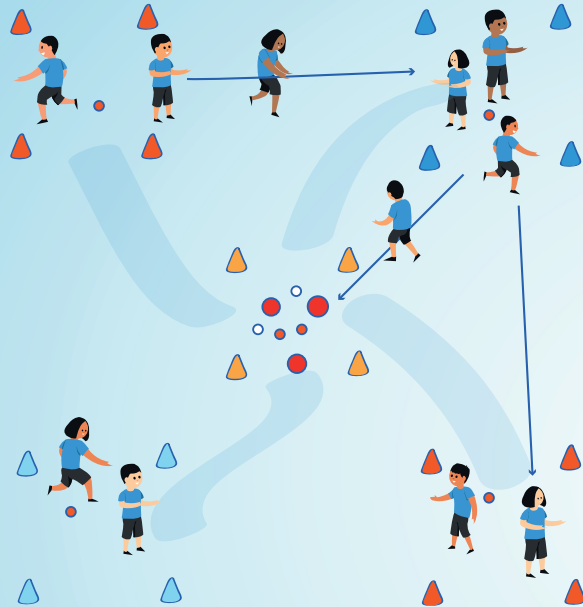
Warm Up:
Space Invaders

Fielding:
Clean Your Planet

Bowling:
Bowl a goal

Batting:
Rocket Fuel Batting

SPACE INVADERS



Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

Equipment



Organisation

- ✓ In small teams, one at a time, players take turns to steal balls from the middle and return to their planet
- ✓ Once all balls are taken from the middle, teams can steal balls from other planets
- ✓ The team with the most balls on their planet wins.

CHANGE IT! Adaptation / Variation

Easier:

- Reduce running distance
- Simplify rules
- Use one type of ball
- Increase numbers in teams.

More Challenging:

- Reduce numbers in teams
- Increase the size of the playing area
- Change how players move across the space to and from balls
- Introduce a throw back to the other players BUT it only counts if they catch it cleanly.

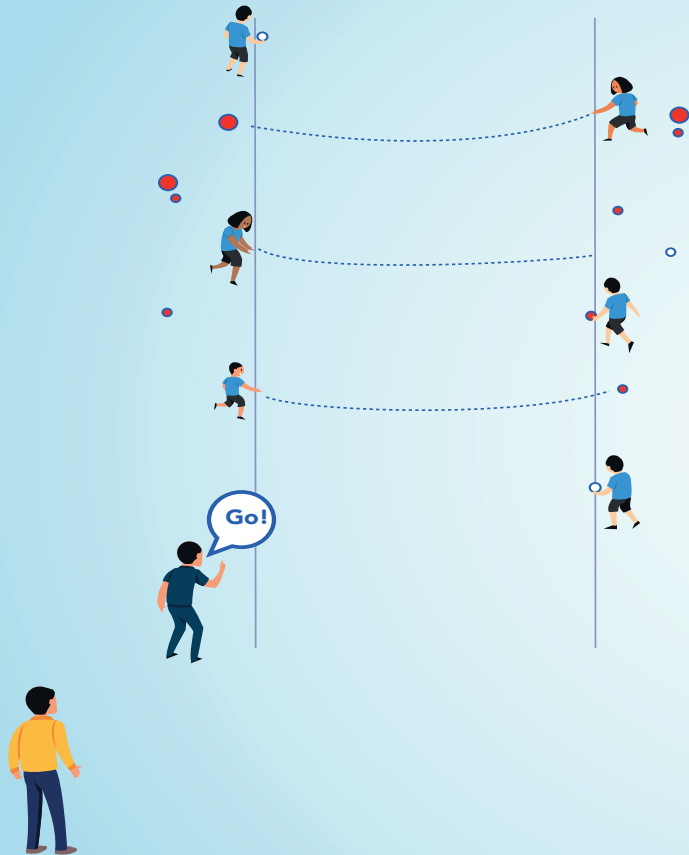
COMPETITION CORNER

Designate different points values to different balls/beanbags and watch the kids get more competitive and try to work out tactically which balls to take.

GET THE ADULTS INVOLVED

One challenge with running this game is organising lots of groups and ensuring our All Stars don't set off too early. Engaging parents to control this area can be really helpful.

CLEAN YOUR PLANET



Aim

- ✓ Watch and stop a ball then throw it
- ✓ Make quick decisions
- ✓ Teamwork.

Equipment



Organisation

- ✓ Two teams
- ✓ Activator shouts 'go', and players on both teams roll or underarm throw their balls to their opposition's planet
- ✓ Play should continue until the call of 'stop'

- ✓ The team with the fewest balls on their planet are the winners
- ✓ After several rounds, bowling can be introduced.

CHANGE IT! Adaptation / Variation

Easier:

- Seated roll a ball to a partner
- Roll ball to partner standing up
- Face opposite partner in a line – give a call to run and swap places
- Use larger balls.

More Challenging:

- Play with smaller team numbers
- Increase size of playing area
- Introduce a back line so balls only count if they remain in the area.

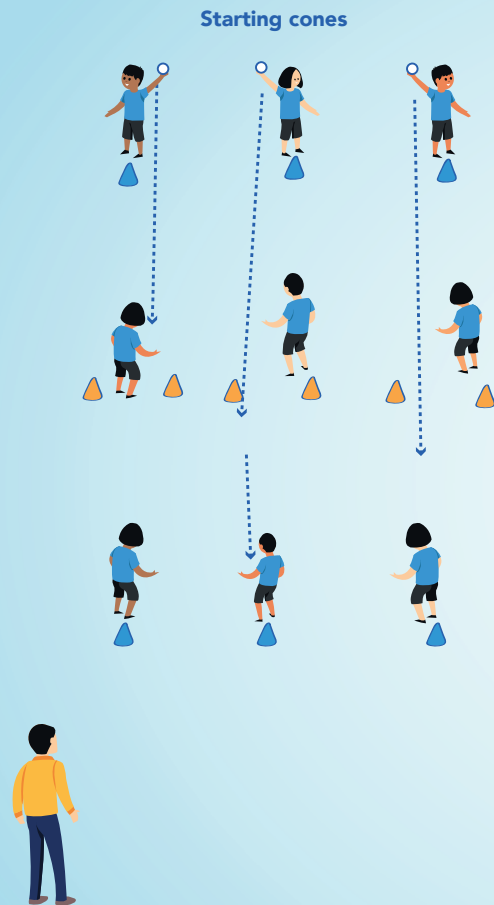
COMPETITION CORNER

As an extension to this game you can split up into smaller groups and create a number of circles to represent the planets that need cleaning.

GET THE ADULTS INVOLVED

Kids love to play 'Clean your planet' against adults and in our experience always seem to win.

BOWL A GOAL



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.

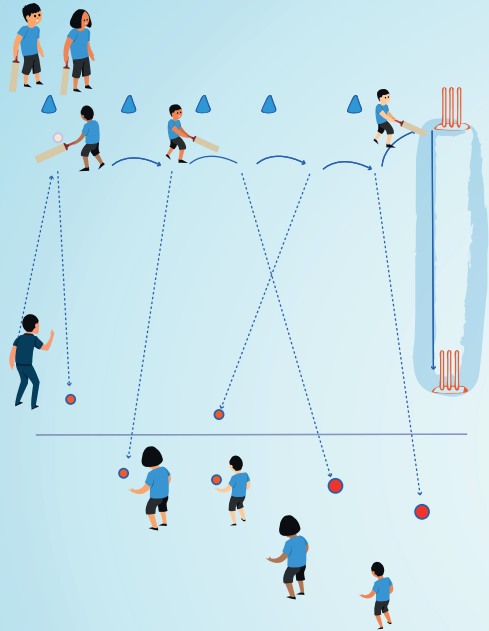
COMPETITION CORNER

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

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.

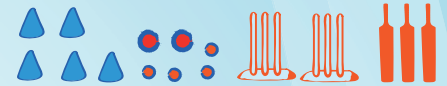
ROCKET FUEL BATTING



Aim

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

Equipment



Organisation

- ✓ One batting team and one fielding team
- ✓ Waiting batters take part in catching challenges with a volunteer until last ball is hit
- ✓ Batter hits four balls in a row as far as they can
- ✓ After last ball, they complete as many runs as possible
- ✓ Fielders must remain behind a safety line
- ✓ Fielders cannot move until last ball is hit
- ✓ Fielders return all balls to bowler to stop batter running
- ✓ Both teams bat.

CHANGE IT! Adaptation / Variation

Easier:

- Drop feed rather than throw
- Roll ball feed
- Decrease running distance
- Use larger ball.

More Challenging:

- Increase running distance
- Deliver the ball quicker
- Give more scoring areas or a boundary
- Use smaller ball.

COMPETITION CORNER

To develop basic tactics around running and make the game even more competitive you give the batter 'out' by reducing runs from the score if they are in mid-run when the last ball comes in.

GET THE ADULTS INVOLVED

Whilst our All Stars are waiting to bat in this game they are encouraged to take catches between themselves to score runs. Adults can be used to help organise this and keep score.

WEEK 4

RUNNING



KEY POINTS FOR RUNNING

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

"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.

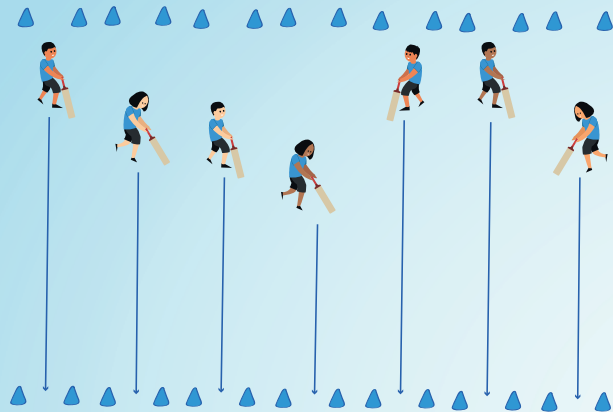
Warm Up:
Yes, No, Wait

Fielding:
Asteroid Belt

Bowling:
Star Gates

Batting:
Deep Space Batting

YES, NO, WAIT



Yes



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.



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

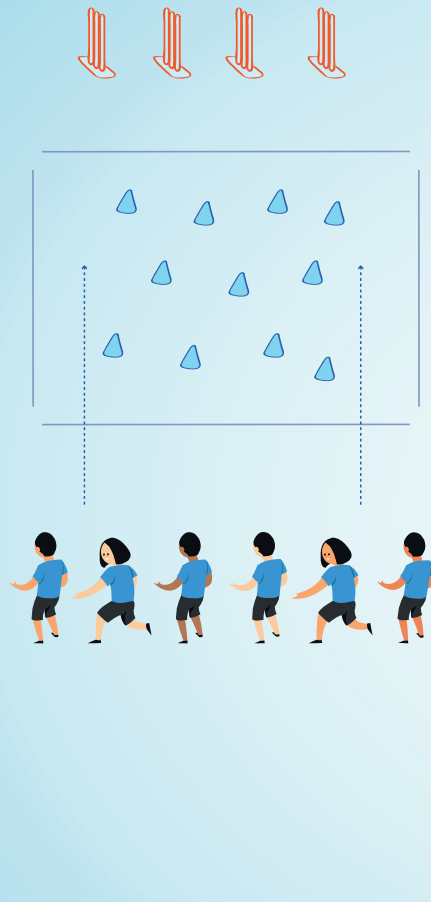
More Challenging:

- 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.

ASTEROID BELT



Aim

- ✓ Accurate throwing
- ✓ Run and pick up

Equipment



Organisation

- ✓ Lay out cones randomly within a square made out of the rope
- ✓ Set up target stumps an appropriate distance away from one side of the square
- ✓ Children collect balls and beanbags from one side of the square, navigate through the square without touching the cones and try and knock down the stumps.

CHANGE IT! Adaptation / Variation

Easier:

- Bring the stumps closer
- Fewer cones to move around
- Make the square bigger to create more space
- Use large balls

More Challenging:

- Move the stumps further away
- Increase the number of cones and obstructions
- Move using different patterns, e.g. hopping, skipping
- Introduce 'taggers' to try and tag the all stars as they cross the square

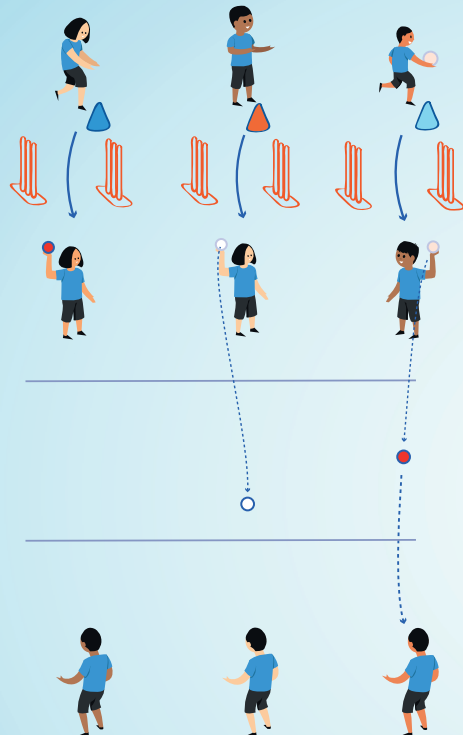
COMPETITION CORNER

In a set amount of time, see which All Stars can hit the stumps the most times. If they are tagged or touch a cone as they pass through the square, they take one off their score. Add bonus points for knocking a whole set of stumps over in one throw.

GET THE ADULTS INVOLVED

Use adults to collect the balls that are thrown at the stumps and return to the All Stars. Use the adults as 'aliens' to tag the all stars as they run through the square.

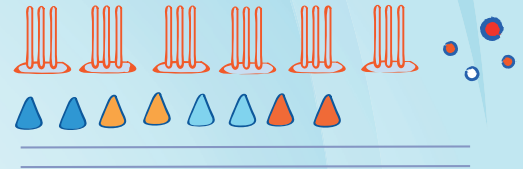
STAR GATES



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.

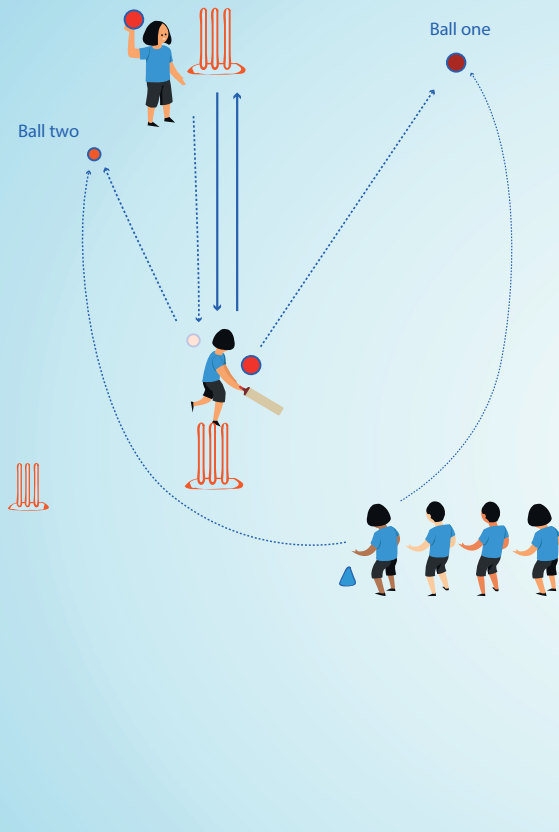
COMPETITION CORNER

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

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.

DEEP SPACE 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.

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.

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.

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 one

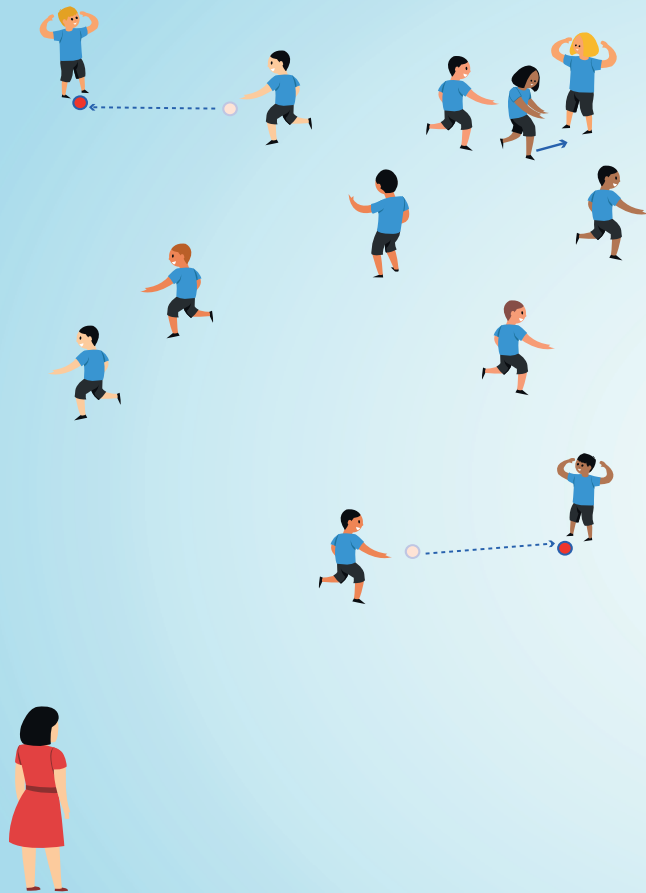
Warm Up:
Lost in Space

Fielding:
Meteor Shower

Bowling:
Star Strike

Batting:
Caterpillar Cricket

LOST IN SPACE



Aim

- ✓ Get ready for action
- ✓ Use different whole-body movements
- ✓ Watch and catch a ball.

Equipment



Organisation

- ✓ Two or three players are picked as catchers, with the rest of the group as runners who are given a ball each
- ✓ Runners have to avoid being tagged by the catchers
- ✓ If tagged, a runner must stand with their legs apart and their hands on their head – they are lost in space
- ✓ To be released, a free runner must roll their ball between the legs of a runner who is lost in space
- ✓ Activator can time the game, or play until all runners become lost in space.

CHANGE IT! Adaptation / Variation

Easier:

- Use large balls
- Increase playing space to avoid catchers
- Play in teams
- Run through legs of stuck players

More Challenging:

- Use small balls for catching
- A catch and return throw to release stuck players
- Change how players move round the area
- Decrease space to avoid catchers

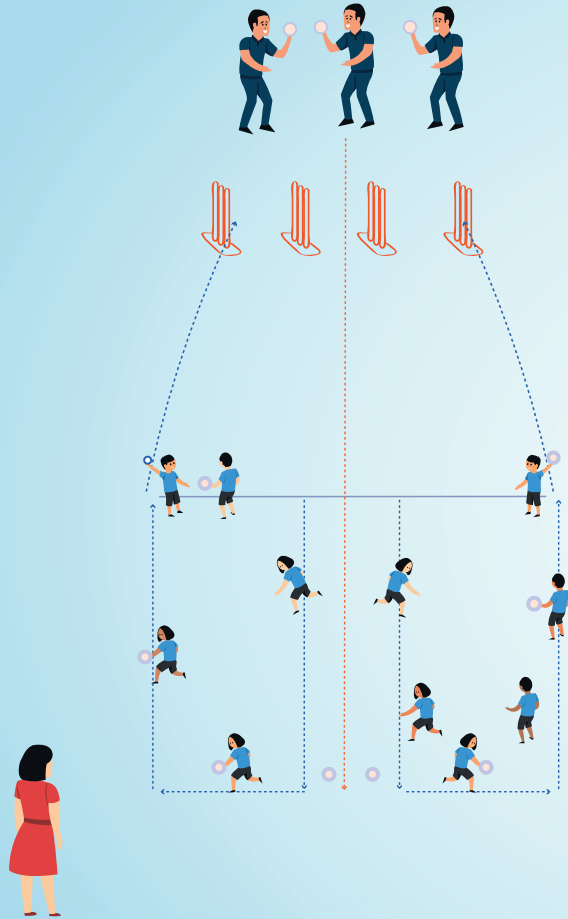
COMPETITION CORNER

Introduce a point for each player a catcher tags and work in pairs/teams to score the most points.

GET THE ADULTS INVOLVED

Using adults as taggers in this game gets more kids involved in running.

METEOR SHOWER



COMPETITION CORNER

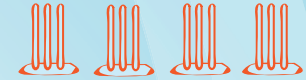
Individuals can keep score of how many stumps they hit. All the All Stars can also work as one big team to knock down all the stumps as quickly as possible. Their times can be compared to other groups.



Aim

- ✓ Fast and accurate footwork
- ✓ Accurate throwing

Equipment



Organisation

- ✓ All Stars start behind a line holding balls and bean bags.
- ✓ Target stumps are set up an appropriate distance away. All Stars try to knock stumps down.
- ✓ Adults past the stumps throw balls beyond the All Stars who have to retrieve them and return to throw them again until all the stumps are knocked down

CHANGE IT! Adaptation / Variation

Easier:

- Stumps are closer to the throwing line
- Use bigger balls
- Adults don't throw the balls so far beyond the All Stars

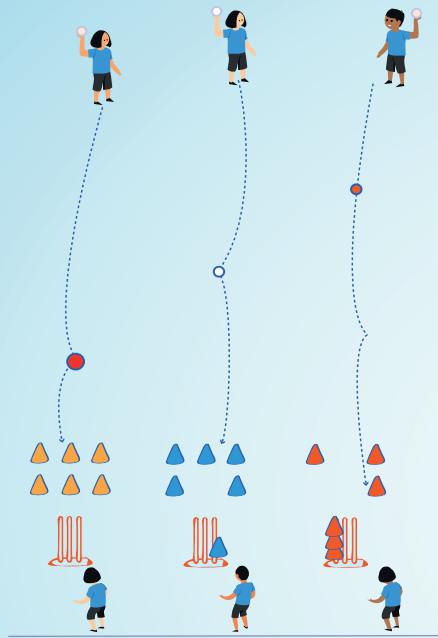
More Challenging:

- Stumps are further away from the throwing line
- Adults stand between All Stars and stumps and hit balls away
- Adults throw balls a long way beyond All Stars for them to retrieve
- Only use small balls

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

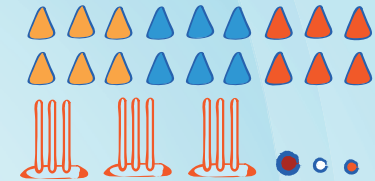
STAR STRIKE



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.

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.

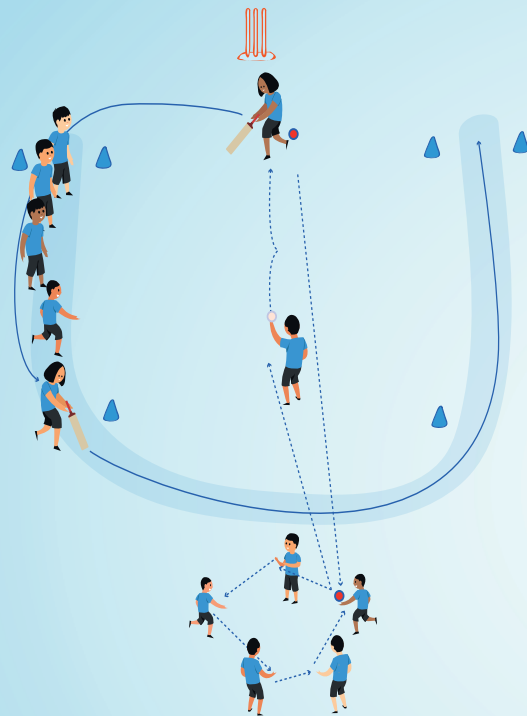
COMPETITION CORNER

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.

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.

CATERPILLAR CRICKET



COMPETITION CORNER

Introduce a point for each player a catcher tags and work in pairs/teams to score the most points.



Aim

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

Equipment



Organisation

- ✓ Two teams, one batting and one fielding
- ✓ A bowler, Activator or volunteer delivers the ball to a member of the batting team
- ✓ After the ball is hit, everyone from the batting team needs to complete a run by going around the cones laid out
- ✓ No runner can overtake the player who hit the ball
- ✓ While the batting team is running, the fielders need to collect the ball, complete three catches within their team and return the ball to the bowler
- ✓ Once the bowler has the ball, they must shout 'How's that!'
- ✓ A run is scored for every member of the team that completed a run before 'How's that' was shouted
- ✓ Once everyone has batted, swap the teams over.

CHANGE IT! Adaptation / Variation

Easier:

- Drop feed or rolling feed for the batter to hit
- Fielders have to make more throws and catches before returning ball
- Use larger ball
- Reduce running distance.

More Challenging :

- Increase the speed of the bowl
- Fielders have to make fewer throws before the ball can be returned
- Longer running circuit
- Hit more than one ball before running.

GET THE ADULTS INVOLVED

Using adults as taggers in this game gets more kids involved in running.

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

Warm Up:

Yes, No, Wait

Fielding:

Catching Comets

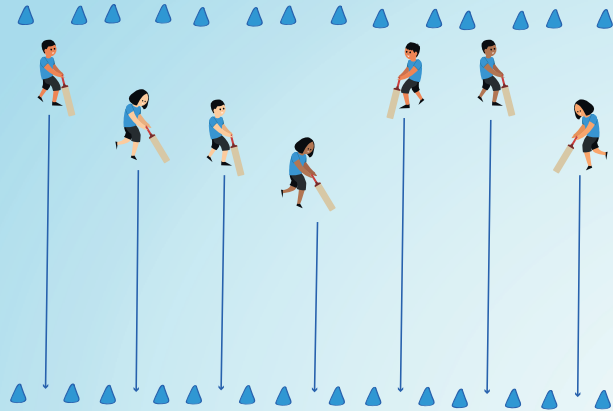
Bowling:

Rapid Rocket Bowling

Batting:

Deep Space Batting

YES, NO, WAIT



Yes



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

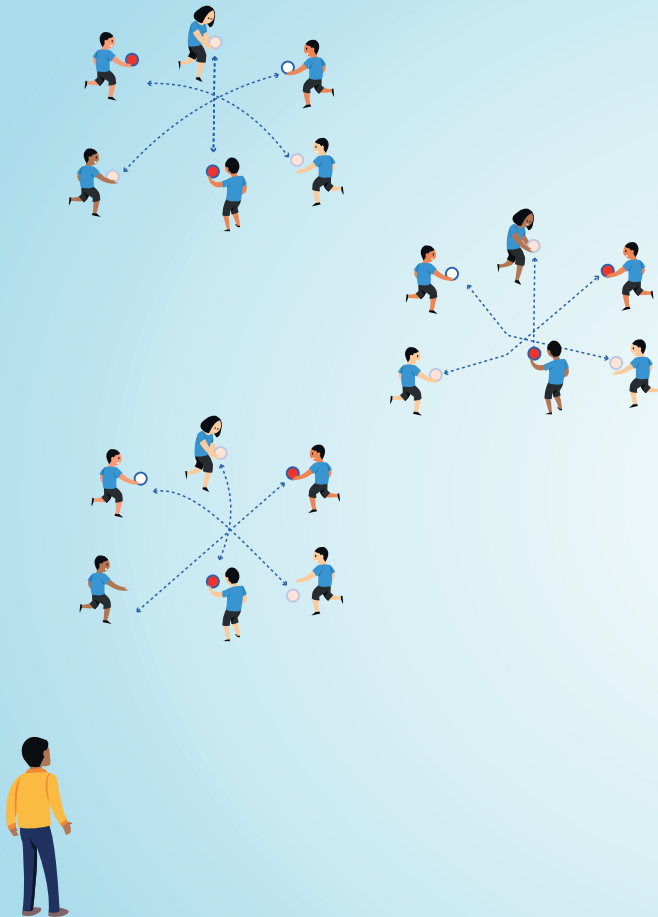
COMPETITION CORNER

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.

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.



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.

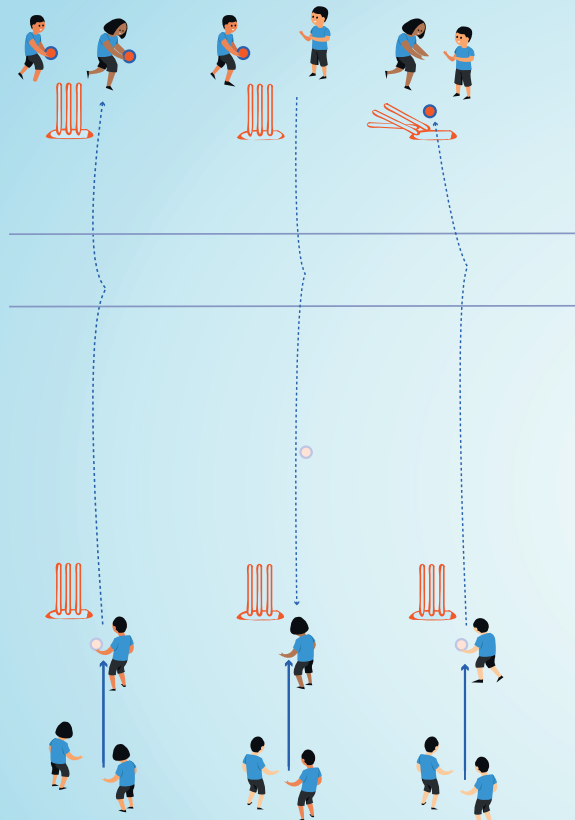
More Challenging:

- 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

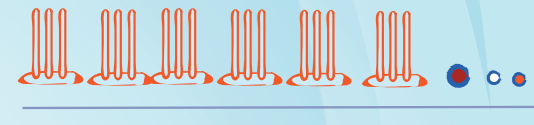
Using another two ropes or cones, include a smaller target area inside the original target area. If it lands in the outer area, the bowler scores 5 points and if it lands in the inner area they score 10 points. Bowl six balls, keep their score and see what the highest score is that they can achieve.



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.

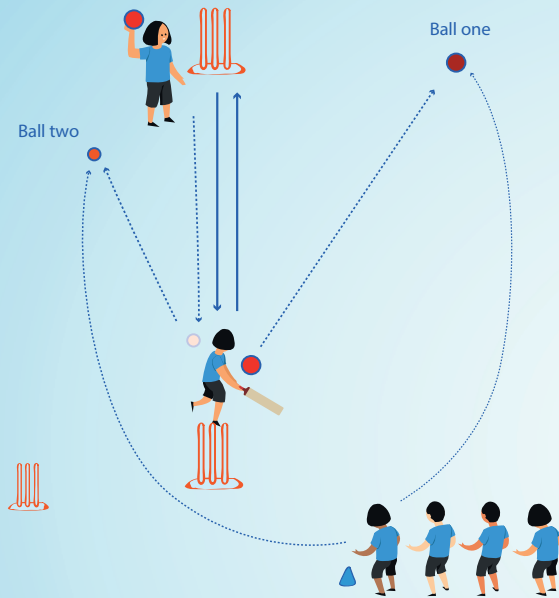
More Challenging:

- 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



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.

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.

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.

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

Warm Up:
Volcanoes And Craters

Fielding:
Deep Space Fielding

Bowling:
Star Strike

Batting:
Three Bats

VOLCANOES AND CRATERS



Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

Equipment



Organisation

- ✓ Two teams – volcanoes and craters
- ✓ Spread cones out over playing area as volcanoes (down) and craters (up)
- ✓ The teams turn as many of their opposition's cones over as possible
- ✓ Cones cannot be protected
- ✓ Use different types of movement around playing area
- ✓ Count the cones at the end to decide a winner.

CHANGE IT! Adaptation / Variation

Easier:

- Use cones only without balls
- Use two hands to turn cone over
- Match players to ability/age
- Decrease size of playing area

More Challenging :

- Different movement pattern around the space - eg hop/skip/side gallop
- Introduced balls or beanbags
- Play with uneven numbers in team
- Give one team a head start

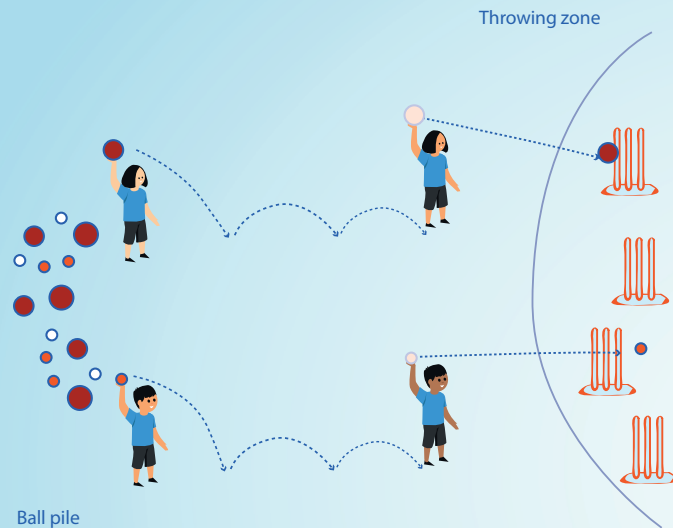
COMPETITION CORNER

Creating teams with uneven numbers, with less developed or younger All Stars in the bigger team, can be a great way of levelling the playing field and challenging older and more developed All Stars.

GET THE ADULTS INVOLVED

Adults versus All Stars in this game can be great fun but maybe also ask the kids to come up with different ways to move around the space.

DEEP SPACE FIELDING



Aim

- ✓ Throw a ball
- ✓ Teamwork.

Equipment



Organisation

- ✓ Set up a pile of different balls on one side of a large playing area and a group of stumps on the other side
- ✓ Set up a semi-circle/cordon around the stumps that players cannot enter
- ✓ All Stars pick up a ball and throw as far as they can towards the stumps
- ✓ Players then run to their ball, pick it up and throw again
- ✓ They continue until they reach the semi-circle where they try to throw the ball to knock down the stumps
- ✓ Once they have had a try they run back to the ball pile and start again
- ✓ The game continues until the stumps are all knocked down.

CHANGE IT! Adaptation / Variation

Easier:

- Work in pairs or groups to help get the ball further
- Reduce the distance from the throw line to the stumps
- Make the playing area smaller so less throws needed
- Group the stumps closer together.

More Challenging:

- Increase the size of the playing area
- Increase the distance from the throw line to the stumps
- Spread the stumps out so more difficult to hit
- Activators race All Stars to the balls that have been thrown, knocking them back further.

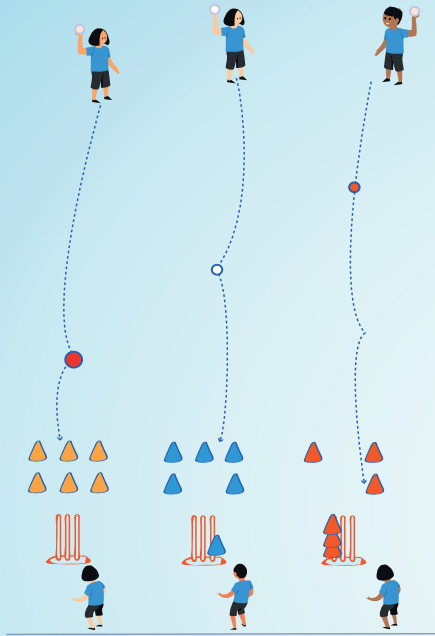
COMPETITION CORNER

Set up two groups of stumps in two different zones, split into teams and the winning team is the one that knocks down the stumps first.

GET THE ADULTS INVOLVED

Adults can be really useful in returning balls back to the start area in this game so that their All Stars can have loads of turns knocking over the stumps.

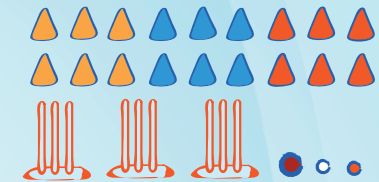
STAR STRIKE



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.

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.

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.

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



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

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.

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



It's your final week, and you'll be having an ICC Cricket World Cup themed competition at your session. 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.

The final week of All Stars Cricket 2019 will link with the ICC Cricket World Cup taking place in England and Wales. 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 ...

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.



EXCLUSIVE

ALL STARS CRICKET WORLD CUP 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

At our England games, All Stars get VIP access to the pitch at the lunchbreak to show off their skills to crowds of up to 20,000 people! And some even get to wave flags in the guard of honour as the players run out.

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

If you feel your group are ready for it you might also like to introduce softball cricket for under 9 teams.

Formats can be found at

<https://www.ecb.co.uk/play/junior/junior-formats>

