



香港板球徽章計劃 CHK Badges Scheme

課程冊子
Session
Plans



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香港板球



CHK Badges Scheme 徽章計劃

As the level of cricket skills varies within group especially in school settings, CHK Badges Scheme was created to help for ensure every child can challenge themselves in every session.

Scheme is based on 8-weeks sessions with test at last session, individuals who succeed in passing the skills test will be awarded appropriate level badge.

Sessions for bronze/silver level are the same, but it can be adjusted depending on the skill level of the group. The booklet is meant to aid coaches in lesson planning. Coaches should refer to test criteria in each session to help children for their test to advance their levels.



Eligibility

Bronze - Participated in : LCSD - Elementary Training Course
: LCSD - SSP - Easy Sports
: Junior Cricket Sixes Program

Silver - Must have Bronze level &
- Participated in: LCSD - Elementary / Intermediate Training course
: LCSD - SSP - Easy sports/ Outreach Coaching NT
: Junior Cricket Sixes Program

Instruction :



Team A / Team B



Coach



Wicket



Markers



Direction of the ball



Direction of the player

Time management

90 minutes for standard session,
coach can arrange the time of each part.

Time(Mins)	Activicties
5 - 10	Warm Up Game(s)
10 -15	Drill 1
10 - 15	Drill 2
20 - 25	Game 1
20 - 25	Game 2



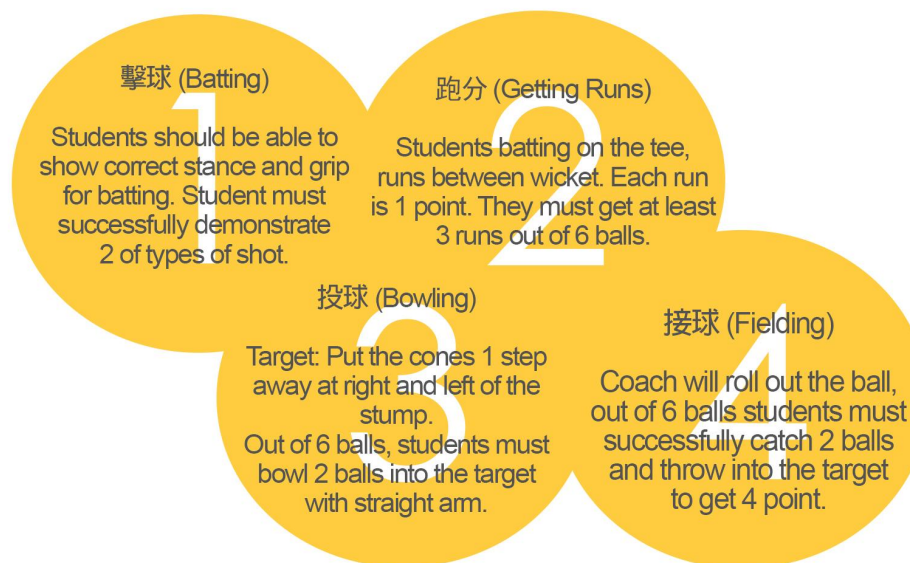
課程簡介

Lesson Breakdown

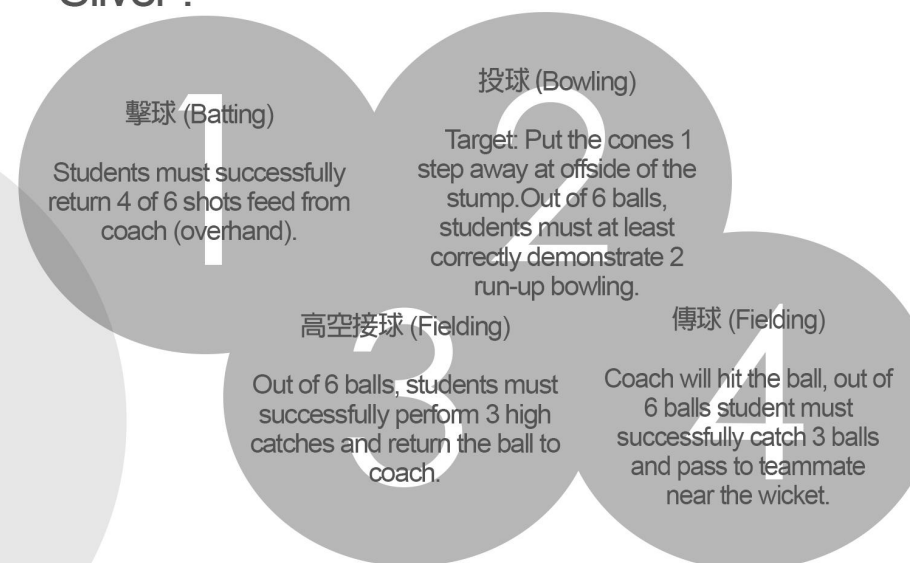
	Practice	Game
1	Catching with both hands Batting - Front Foot Drive	Roll - a - goal Rapid Fire
2	Bowling - Basic bowling kills Batting - Pull Shot	Bowling Race Continuous Cricket
3	Bowling - 4 Steps Fielding - Aim & Throw	Line Up Cricket Meteorites
4	Batting - Front Foot Defense Fielding - Catching & Throw	Double Cricket Skills Squared
5	Bowling - Run up Bowling Batting - Sweep Shot	Around the World Diamond Cricket
6	Bowling - Run Up Bowling Batting - Challenge	Zones Cricket Diamond Cricket
7	Bowling - Spin Bowling Fielding & bowling - Retrieve & bowl	Two Chance Cricket Pairs Cricket
8	Wicket Keeping	Pairs Cricket - Team Cricket Sixes

考核內容 (Test Criteria)

Bronze :



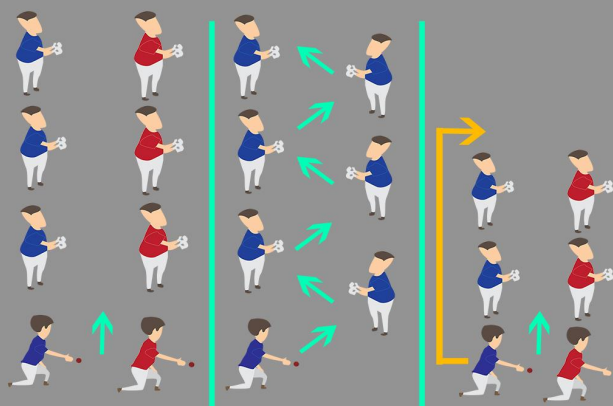
Silver :



Warmup 1

傳接比賽

Fielding Race

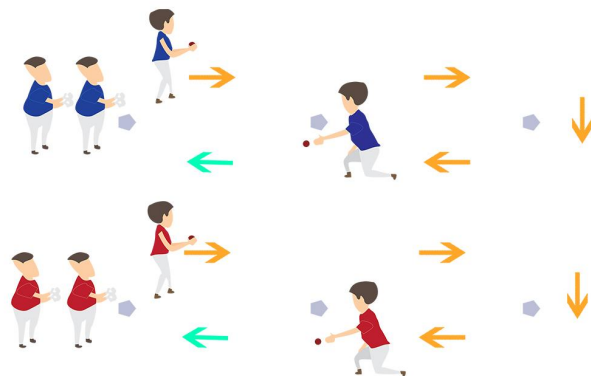


- Two groups, forms a line with 2m apart
- The first player in line A underarm throws ball to first player in line B, then to second player in line A and so on
- If someone dropped the ball, it will start from first player again
- Faster team to deliver the ball to all the players in group wins
- Modification: Repeat the activity until every players had 3 throws or add extra balls to the first player

Warmup 2

接力傳球

Relay Race

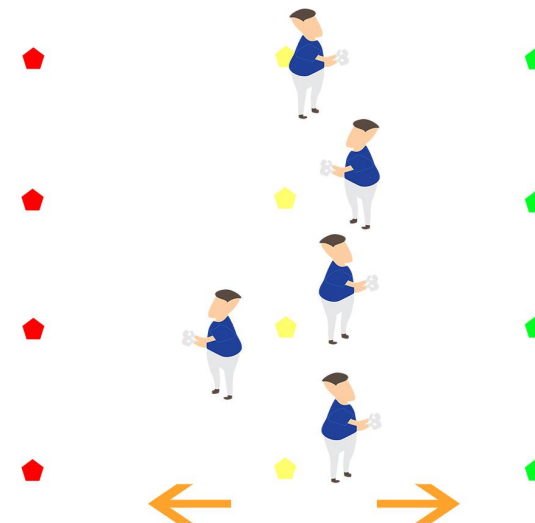


- 3 markers, forms a line with 8-10m apart
- Divide players into 3 or 4 groups, line up behind the first marker
- Player A run forward with the ball and places it on the middle marker, around the end marker, pick up the ball, throws it underarm to next group mate
- Player B does the same actions and so on, faster team finished wins

Warmup 3

1, 2, 3 紅綠燈

Traffic Lights

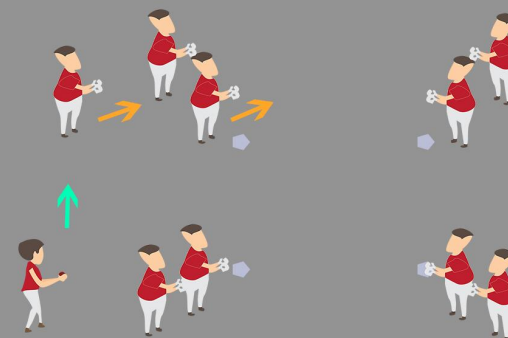


- Set up 3 areas:
Red / Yellow / Green
- All player stand on the central, follow coach's instruction then run to the correct area
- A light punishment for the player who is the last person arrive the correct area
- Challenge: Use cricket terms to define areas (Leg Side, Off side)

Warmup 4

兵捉賊

Catch me if you Can

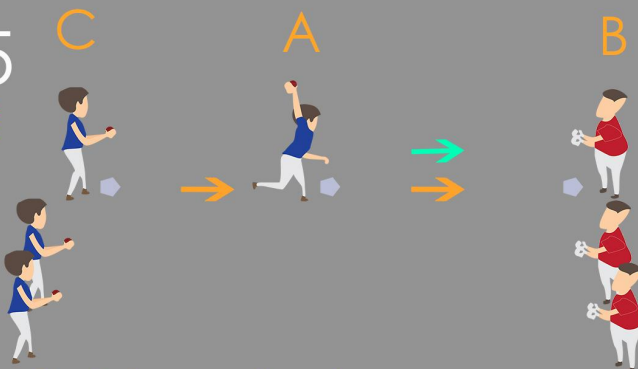


- Set up a square with 4 markers and 10-15m apart
- Divide players into 4 groups, each group to stand on one side
- Each group member has a number, when their number is called that player need to run and chase his opposition number in other groups in an anticlockwise direction
- Coach will call another number after the players run one round and back to his starting position

Warmup 5

快速傳球

Hot Potato

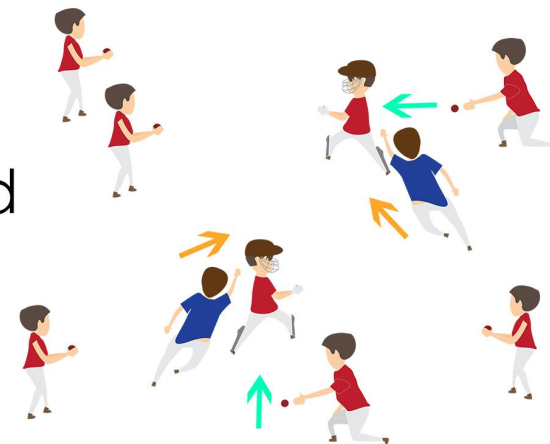


- Set up a line with 3 markers, 10m between each marker, put a ball near the middle marker
- 6-8 players a group, line up behind marker of 2 sides
- The first player of line A run to the middle marker, underarm throws ball to first player in line B
- The first player of line B fielding the ball, run to the middle marker and put down the ball
- Repeat the activity until every player back their original side
- Challenge: Players into 2 groups, the first group finished wins

Warmup 7

泥中追逐

Stuck in the Mud

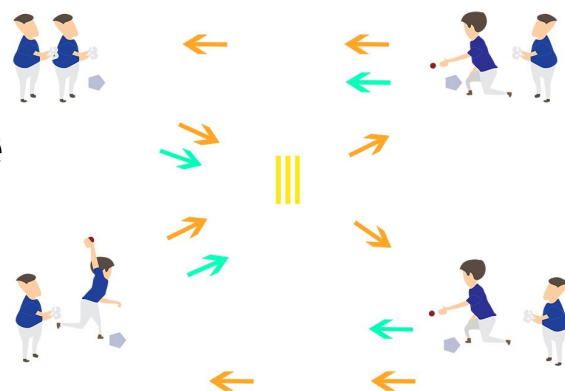


- Set up a square with 4 markers
- Choose 2 players to be the catchers, others as runners
- Each runner has a ball
- If a runner is caught by a catcher they must stand still with their legs apart
- Any free runner can free a stuck runner by rolling the ball between their legs and can free to run around again
- Challenge: Larger square

Warmup 6

菱形格鬥

Bowtie Game

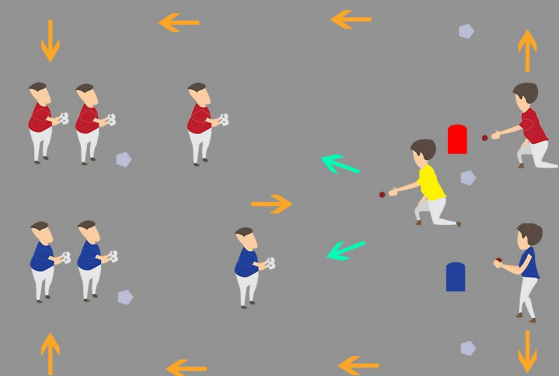


- Divide into 4 groups, line up behind each marker
- Player A rolls the ball to player B, player B fielding the ball and throwing the ball to player C
- Player C fielding the ball and roll it to player D, and so on
- Target: all players fielding and throwing

Warmup 8

水桶滿瀉

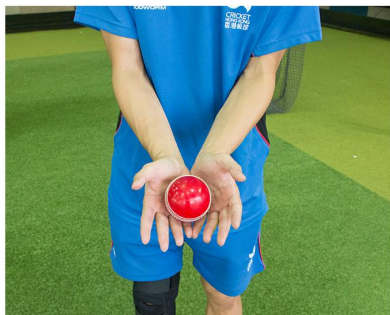
Keep the Bucket Full!



- Players surround the leader who stands in the centre of a given area with a bucket full of balls
- As quickly as possible, the leader rolls and throws balls in all directions
- The players retrieve the balls (only allowed to bring one ball back at a time)
- Challenge: Choose the best performance player to rolls out the balls from the central / Set up time limit, the team which finished more rounds wins

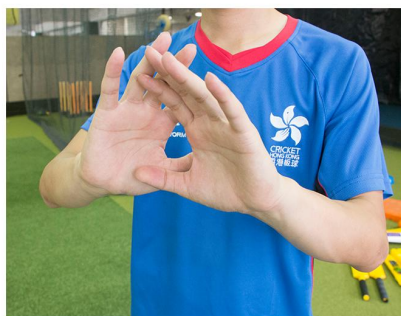


Drill 1-1 Catching with both hands



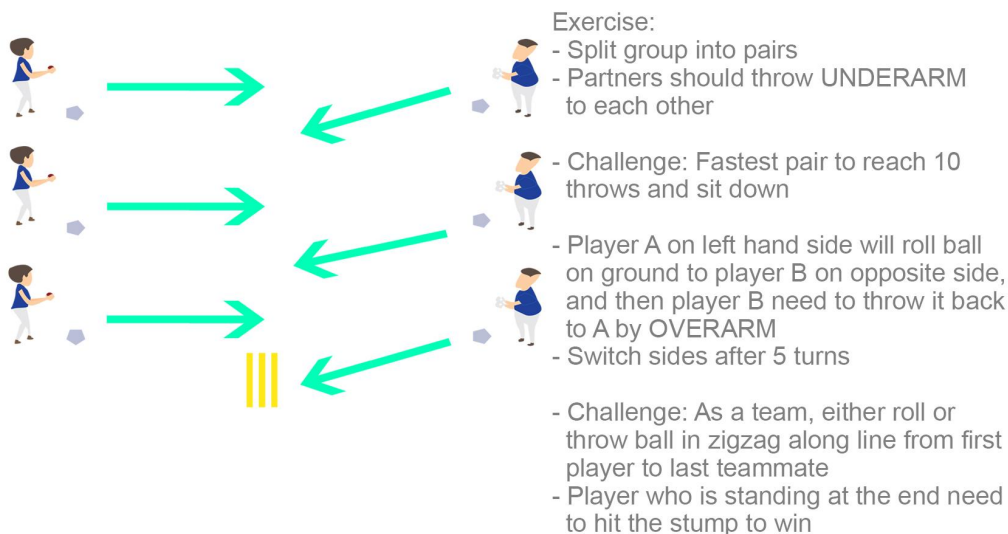
Catching:

- Catch the ball by making a triangle
- If ball is above belly button catch with fingers point up
- If ball is below belly button catch with fingers point down

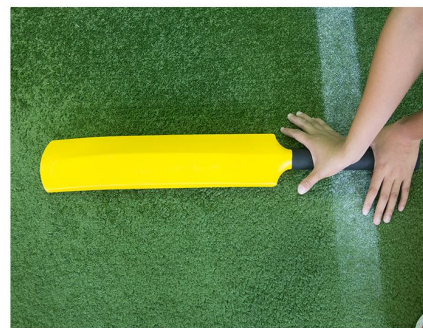


Catching (Low ball):

- Move towards the ball with opposite leg and arm (E.g. step out with your right leg and left hand)
- Step towards the ball, and then catch the ball with both hands



Drill 1-2 Bat Gripping & Front Foot Drive

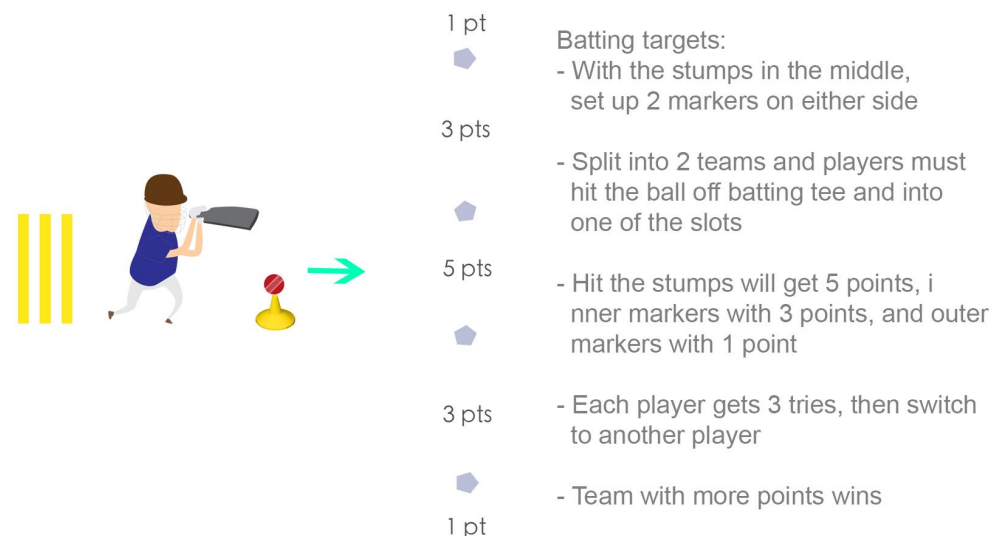


Grip:

- Place the bat face down on the ground with the handle pointing towards the feet
- Pick up the bat with both hands close together
- Wrap the fingers and thumbs around the middle of the handle

Front Foot Drive Technique:

- Step towards the ball
- Head over the ball
- Swing the bat down towards the ball with full face of contact



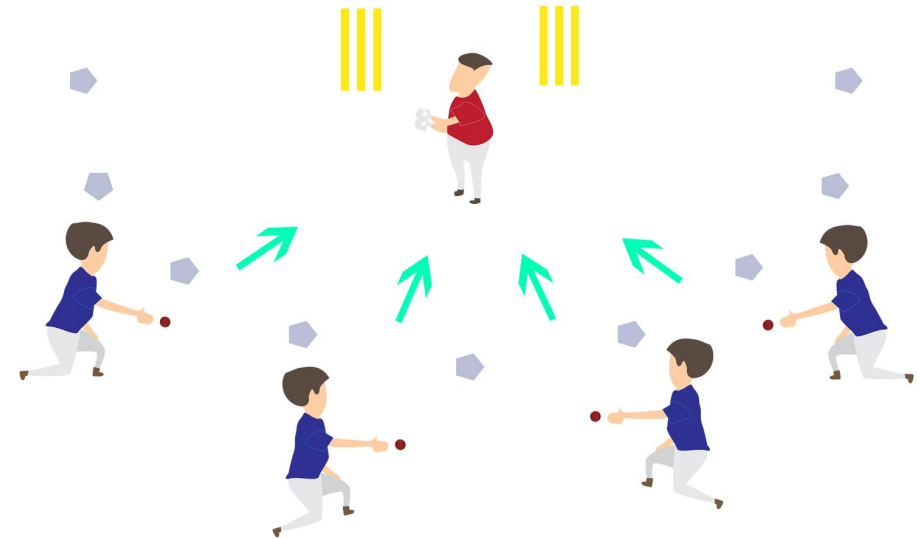
Game 1-1

龍門滾球 Roll-a-goal




- 2 sets of stumps 5m apart
- Set a semi-circular zone with markers, to be apart the stumps by 8-10m
- One player act as wicket-keeper, others as fielders
- Wicket-keeper will defense inside the semi-circular zone
- Fielders aim to score goals by rolling ball from outside zone towards the stumps
- Hit the stumps will get 1 point
- Players may underarm the ball to team mates
- Players cannot run with the ball but can run to receive it
- No points will be counted if the ball threw above the keeper's waist area
- Wicket-keeper can only catch the balls by both hands (can't reflex the balls)
- Wicket-keeper needs to pass the ball to fielders after catching the ball

Equipment




 x 1  x 2  x 10



Bronze

-  Player grasps the skill of catching ball with 2 hands
-  Player rolls the ball to each other
-  Increase the difficulty: players pass the ball for at least 3 times before attempting to score

Silver

-  Players throw the ball by underarm to each other
-  Increase difficulty : enlarging the circle area
-  Throwing: separate into 2 teams, with 1 set of stumps at each end. No wicket-keeper on either team, team can score by hitting the stumps of another team

Game 1-2

火箭板球 Rapid Fire

- Set up two stumps with 10m distance, put 3 batting tees with balls in front of the stumps
- Split into 2 teams, one as batting team and another one as fielding team
- Two players of batting team lines up in front of the stumps separately and need to hit all the balls of tees (aims to hit the balls as far as possible)
- Players from other team need to pick up the balls and put it back to the tees
- When players from the other team are picking up the ball and putting the ball back to the tee, the batter can run between the stumps to get scores
- Team with more runs win

Equipment



x 6



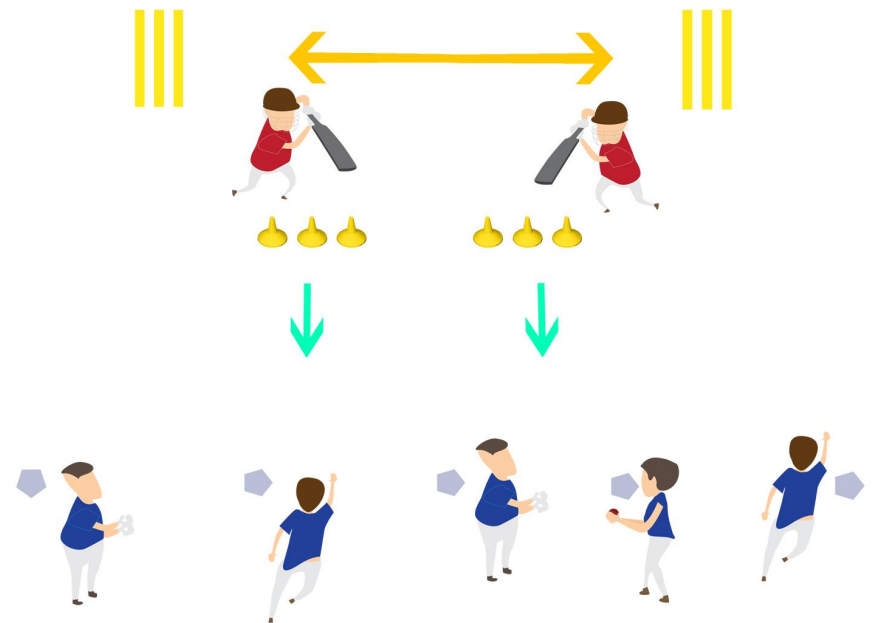
x 2



x 10



x 6



Bronze



Ensure player holding bats correctly



Player practice running with holding bat



Fielder passing ball between players to ensure faster return



Silver



Instead of front foot drive, player can perform sweep shot



Players passing the ball and sending the ball back to batting area



Batter able to slide the bat to the safety line and run back

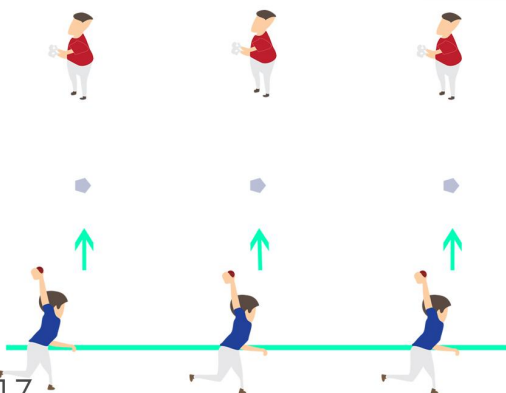




Drill 2 - 1 Basic Bowling Practice



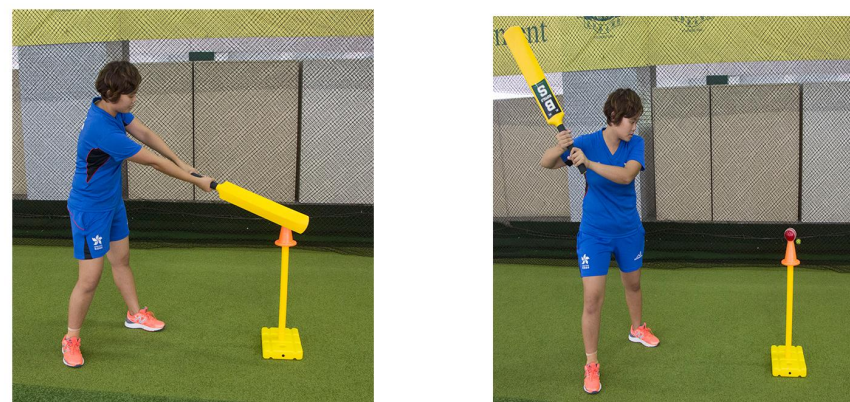
- Rock arm and bowl: arms straight, try to pass the ball to partner
- Wrist flick: hold the ball with two fingers on top and thumb on bottom, flick the ball to partner by using wrist only, can hold forearm with another hand
- Whirlwind arm: trying to drawing a big circle by arm, make sure the arm stays straight



- Whirlwind bowling
- Pair up and stand face to face with 10m distance
 - Set up marker in the central of each pair
 - Player need to bowling to hit the marker by overarm

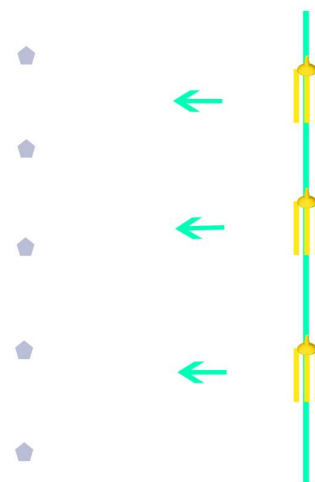


Drill 2 -2 Batting Practice - Pull Shot



Skills of Pull Shot:

- Step sideways with back foot
- Straight line of head and ball
- Hit with full face of back towards ground



Batting Target:

- Pair up and put batting tee on the stumps
- Use markers to ensure player steps correctly
- Set up a fixed area for batting, after practice, partner can throwing the ball and the player can try to batting the ball

Game 2-1

Bowling 投球比賽 Race

- Set up 2 cones and a set of stumps behind, to be apart the starting line by 10-15m
- Split into 2 to 3 teams, one Player act as wicket-keeper, the others as bowlers
- Bowler need to throw the ball by overarm behind the starting line, and the ball must have to bounce one time before go into keeper's hand
- Wicket-keeper must use both hands to catch the ball, then line-up behind the starting line
- Each bowler change to be wicket-keeper after throwing the ball
- Hit the stumps will get 3 points, inside the cones area with 1 point and no point for ball throw outside the cones
- Each player inside the team need to get 2 points or above

Equipment



x 1



x 1



x 3



x 1

BRONZE



Players stand in the fixed area and bowl the ball, work on straight arm releasing at highest point



For each wicket hit, remove stumps, fastest team to hit all stumps wins

SILVER



Work on 2 step run up and bowl



Practice wicket keeping, teach where keeper should stand



Bowler can choose left or right side of the stumps, if he/she choose and bowl into the same side can gain 1 point. The bowler who gained the most points wins

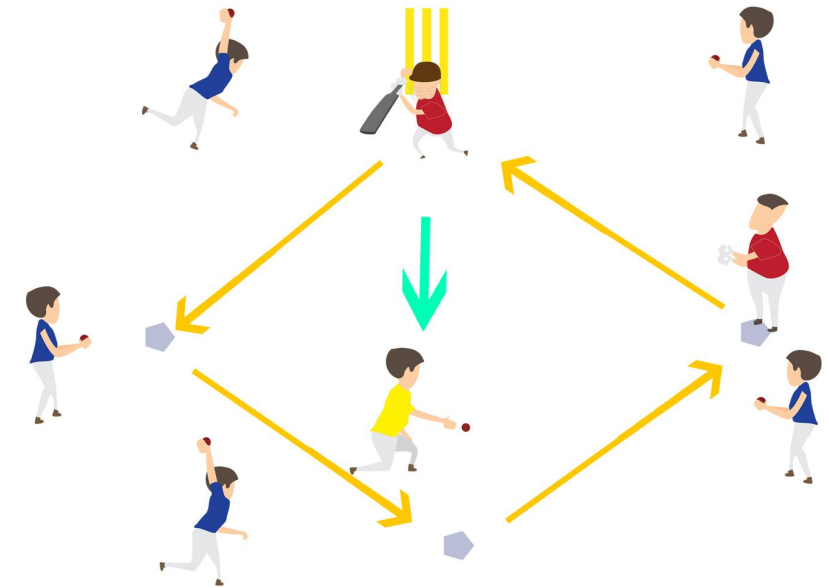


Game 2-2

Continuous 接力板球Cricket

- Set up 3 cones as triangle, with one set of stumps in the central area
- Coach will feed balls to batter in front of the stumps
- Batter needs to try to hit the ball
- If they hit the ball, they have to run to first cone (base)
- Fielder will return ball to coach as quickly as possible
- Next batter need to hit the ball, then run to first base, and the batter from first base move to second base
- Batter who reaches back to wicket can score 1 point
- Batter is out if coach throw the ball reaches the base before batter arrived the base
- Each base only can have one player in the same time

Equipment



BRONZE

- 🏆 Player hit off the ball on batting tee for easier difficulty
- 🏆 Practice fielding and passing the ball to each other



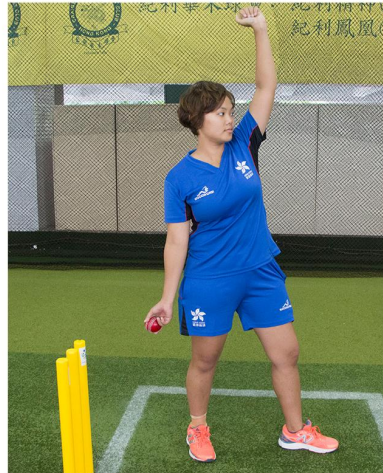
SILVER

- 🏆 Coach feeding balls, batter try to produce different type of shots
- 🏆 Players can try to bowling the ball for their partner to bat
- 🏆 Players need to passing the ball for specified times before passing back to the bowler





Drill 3-1 Bowling Practice (4 Steps)



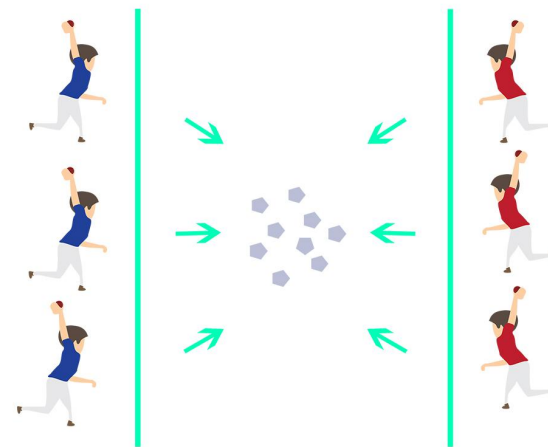
- Review Rock Arm and Whirlwind Bowl
- Two steps bowling practice
- Add in opposite arm and work on timing
- Add follow through, grab money from the pocket



Drill 3-2 Aim and Throw



- Face the target you want to throw to
- Point with opposite arm to help with accuracy



Skill training:

- Split into 2 teams
- Set up 8 to 10 markers in the middle
- Each team takes turn to throw, if they hit the marker, they can remove the marker and get 1 point
- Team with more points wins

Game 3-1

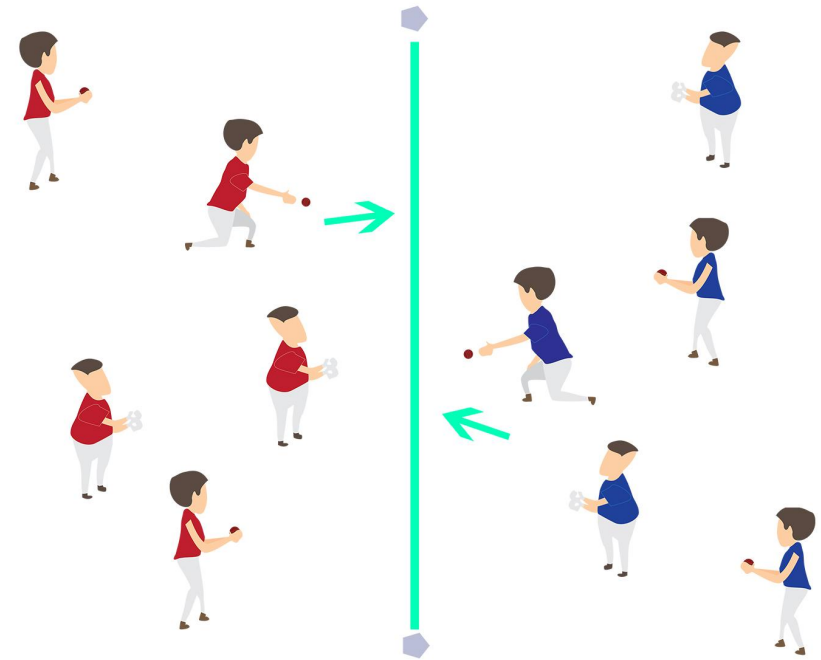
M 彈波炸彈 Meteorites

- Break group up into 2 teams
- Each team positions themselves at each end of the playing field
- Players throw the ball underarm to land it in the opposition's zone
- Players get out when miss the ball
- If players catch the ball in air, they can revive a person in their team



Equipment

 x 4-8

 x 2






BRONZE

-  Work on catching ball towards the body
-  Work on 2 hands catching



SILVER

-  Work on fielding the high balls
-  Train to control the direction of the ball by throwing underarm
-  Train to yell when more than one player are trying to fielding the ball



Game 3-2

Line 接龍板球 UpCricket

- Set two stumps on batting side and two markers about 15 meters apart
- Split group into 2 teams, one batting and one fielding
- Batting teams will play in pairs
- Coach will feed the ball to batsmen, each batsmen gets 6 balls
- If the ball hit between the markers, batting team get 10 point, and then running between stumps with partners can also get 1 point (1 run for 1 point)
- Fielders cannot block the markers
- When the first fielder catches the ball, the rest must form a line and pass the ball back to last person who will pass the ball to coach and batsmen will stop running
- Swap teams after 2 overs
- Pairs with the more points win

Equipment



x 1



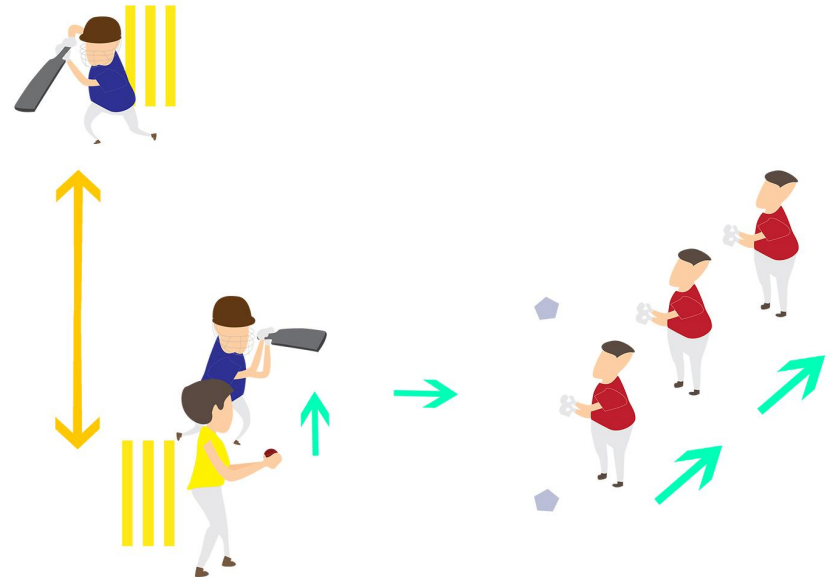
x 2



x 2



x2



BRONZE

- Make it easier by players hit off a tee
- Make sure pairs running opposite to each other
- Adjust difficulty by widening/narrowing the markers



SILVER

- If coach is feeding ball, adjust the difficulty by varying types of shots (high/low)
- One of fielders can act as bowler to bowl ball underarm or overarm
- Fielder must pass to bowler who must hit either stump to stop batsmen from running





Drill 4-1 Catching and Throwing

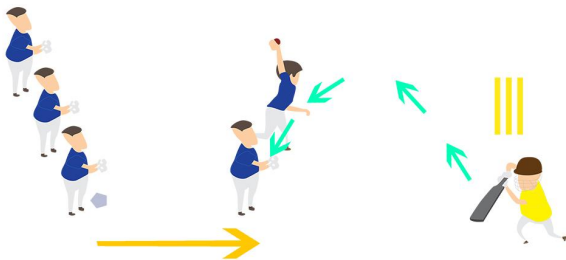


Skills:

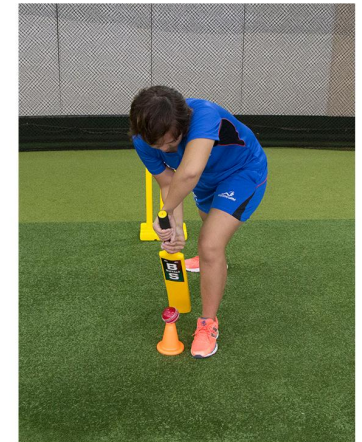
- Begin by having Players practice throw ball in air and catch
- Increase difficulty by challenging them to clap hands while ball is in the air

Game:

- Set up markers 10m apart to the wicket
- Coach hit ball in the air
- Fielder run to catch the ball and then aim to hit wicket



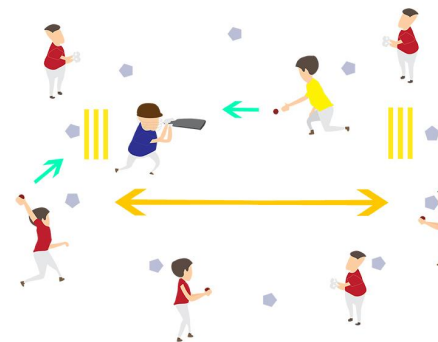
Drill 4-2 Forward Defense



- Lean towards ball with head & shoulder forward of body
- Step forward with knees bent
- Maintain "9" shape while hitting stop with elbow close to head

Game: Run Out

- Coach will throw ball by underhand
- Batsmen needs to lightly hit ball then run towards stumps set at 5 meters away
- Rest of the teammates are fielders, they have to try to get the ball as quickly as possible and hit the stumps before batsmen reaches it

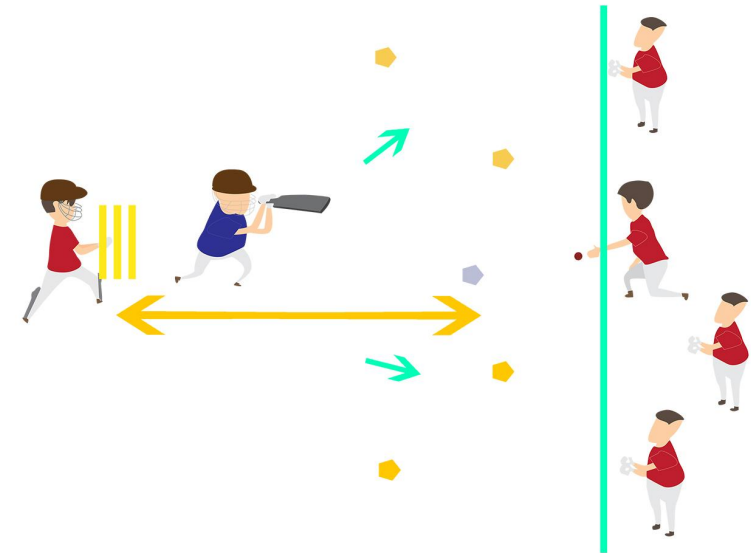
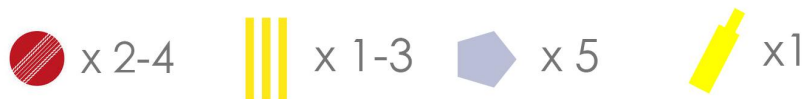


Game 4-1




目標板球 Double Cricket

- Similar to Line Up Cricket but zones are moved
- Set up wicket and markers 5 to 8m apart
- One person bats, coach bowls, one as wicket-keeper and the rest as fielders
- If batsmen hits the ball to either one of target markers area, he/she receives 4 points and each additional run is 1 point
- Fielder must retrieve the ball and pass to wicket-keeper
- Batsmen is run out if they do not return to back to stumps in time
- Person with most points wins

Equipment





BRONZE

-  Fielders choose their fielding point and stop moving until the batsmen starts batting
-  Batsmen can set markers to adjust the angle of batting
-  Batsmen allows front foot drive only



SILVER

-  Set time limit, the fielder must pass the ball with partners before returning to wicket-keeper
-  Wicket-keeper can work on hitting stumps to run out batsmen



Game 4-2

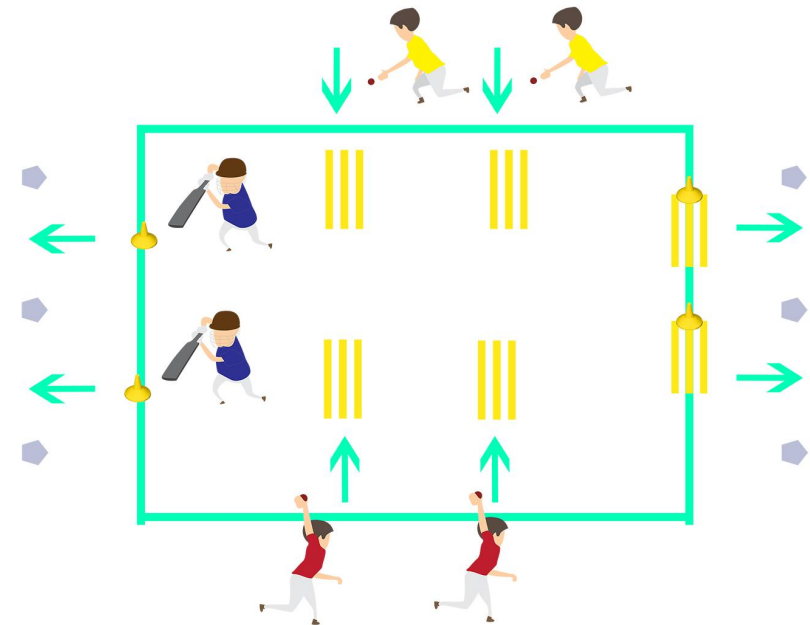
Skills Squared 四技坊

- Set up square 8-10m in width, each side working on different skills




1. Batting: Work on front foot drive, each player hits 3 balls then switch
2. Batting: Work on pull shot, each player hits 3 balls then switch
3. Bowling: One person bowls, one player keeps, switch after 3 ball
4. Fielding: Partner will roll/throw ball, other partner catches and aims at hit the stump

Equipment




 x 4-8
  x 3-6
  x 3
  x 4
  x 4



BRONZE

-  Batting: Put the ball on the tee
-  Bowling: Rock arm bowling
-  Fielding: Defense the stumps (3 stumps)

SILVER

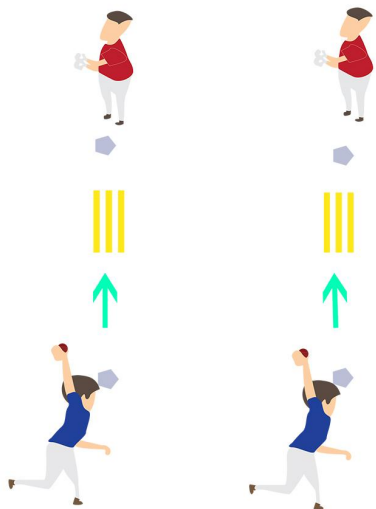
-  Batting: Partner feed the balls and batsmen bat the balls
-  Bowling: Whirlwind bowling
-  Fielding: Defense the stump (1 stump only)



Drill 5 -1 Run Up Bowling



- Start with placing markers to indicate steps
- Place two stumps to help with straight arm bowling



Training

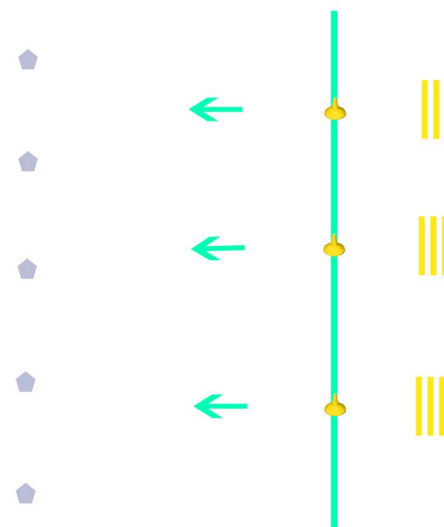
- Set 2 stumps, one team on each side
- Each person takes turn to bowling
- Bowler must bowl overarm with straight arm to get 1 point
- If the ball hits the stump, get 3 points
- Team with more points after 5 min wins



Drill 5 - 2 Sweep Shot



- Step out with left foot and kneel down on right leg
- Do not change the sight line during batting



Training

- Pairs up and practice
- Use markers as target

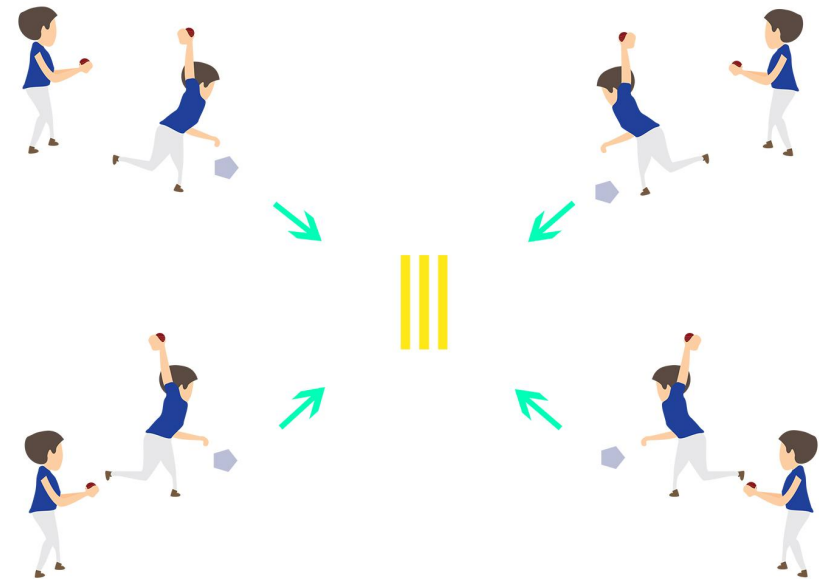
Game 5-1

四面受敵 Around the World




- Split into 4 groups, one marker at each corner with one set of stumps in middle
- Each team takes turn to bowling at the wicket
- Team across will help retrieve the ball
- Only straight arm bowls count
- Each ball hits the wicket gain 1 point, team with most points wins

Equipment

 x 2-4  x 1-3  x 4






BRONZE

-  Make game easier by placing more stumps in middle for bigger target
-  Players practice stationary bowling
-  Release ball at the highest point



SILVER

-  Players practice 2 step bowling
-  Make sure players facing stumps with bowling to increase accuracy
-  Remove stumps after hit to increase difficulty



Game 5-2

D 鑽石板球 iamond Cricket

- Set up 4 stumps to make a diamond
- Each player is numbered off as batting order
- No.1-4 starts and stands in front of the stumps separately, the rest act as fielders
- Coach feed balls from the middle to either direction
- Batsmen run clockwise after each hit regardless if they miss
- Team can choose how many runs for each ball
- Fielders must try to return ball to coach as quickly as possible
- Batsmen out if
 - (a) Bowled out (miss the ball and it hits the stump)
 - (b) Player does not reach stumps area and coach hits the stumps
 - (c) Caught out
- When batsmen is out, next person replace, until everyone is out

Equipment



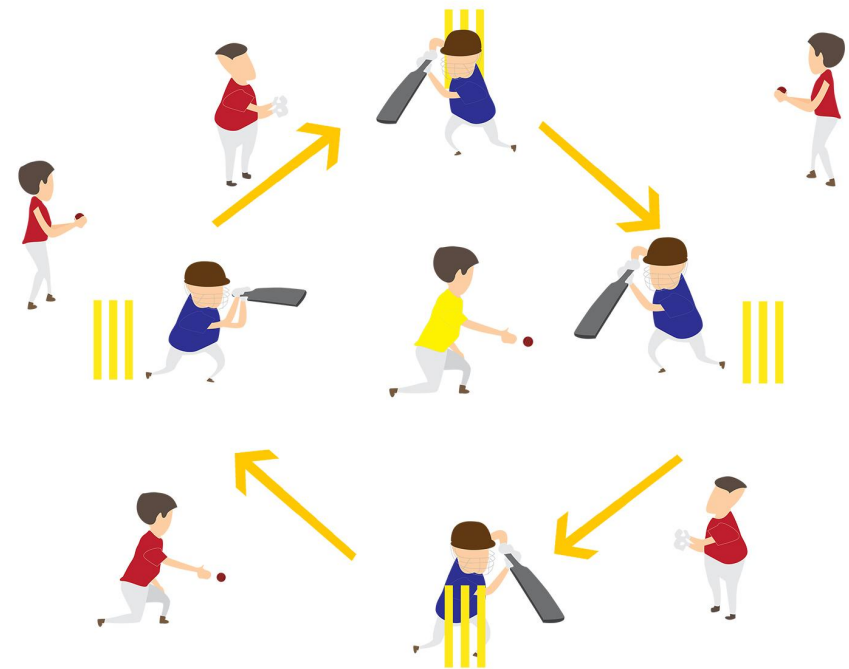
x 4-8



x 3-6



x4



BRONZE



Set target for individual to reach



Choose potential bowlers to feed the ball



SILVER



Competition of 2 teams



Fielders can get player out by hitting stump before batsmen reaches back to stumps



Add in additional ball for challenge





Drill 6-1 Batting Challenge

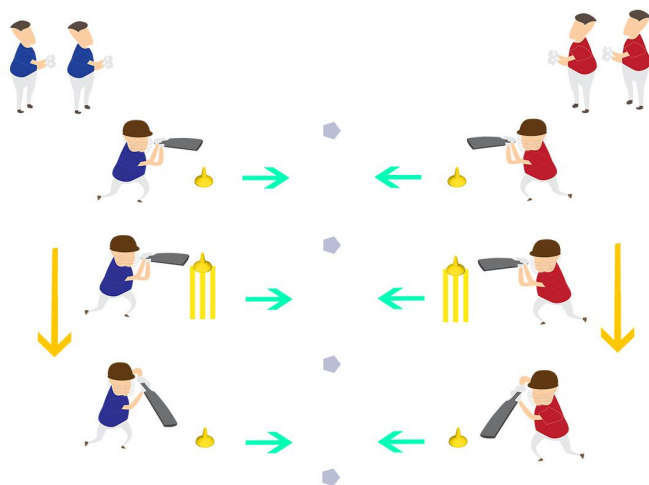


Review the different types of batting skills



Batting Challenge:

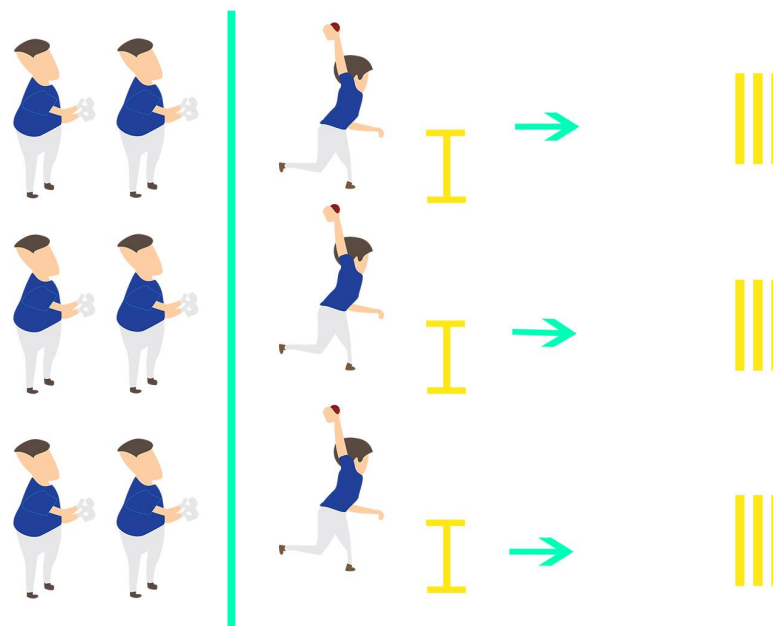
- Split into 2 teams
- Set up 3 stations (1 batting tee for front foot drive, 1 batting tee for sweep shot and 1 batting tee for pull shot)
- Target markers in front of shot
- Player will continuously hit all 3 shots and aim to get between markers
- Teams with most points wins



Drill 6-2 Run Up Bowling



Set up two bases and one stump to practice run up



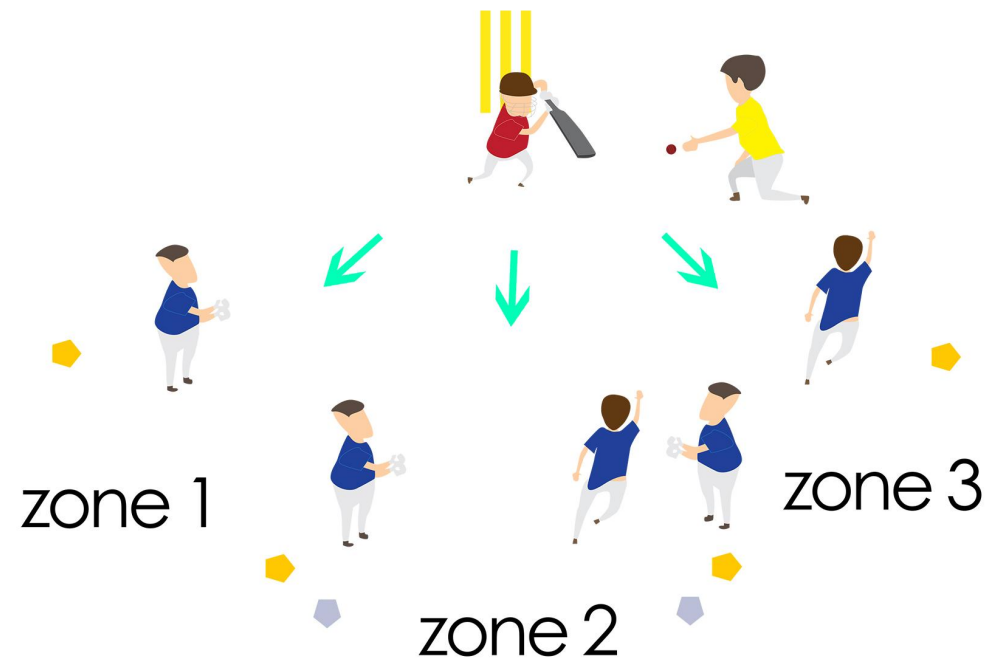
Game 6-1

Zones Cricket




- Set up 3 zones with markers
- Player gets 6 tries to hit ball in each zone, once they hit a zone they can't hit it again
- Other fielders must try to stop the ball from entering the zone by catching with two hands
- Fielder cannot stop the ball with the feet

Equipment



 x 2-4  x 6  x 1  x 1



BRONZE

-  Work on fielding, catching with wide palms
-  Players may choose to hit off batting tee
-  Work on facing the side they wish to bat on

SILVER

-  Work on setting up long barrier to stop the ball (Step out with left foot and kneel down on right when catching ball on left side)
-  Decrease balls they have to make the shots

Drill 7-1 Spin Bowling



OFF SPIN

Rotate the ball closewise

LEG SPIN

-Rotate the ball Anticlockwise

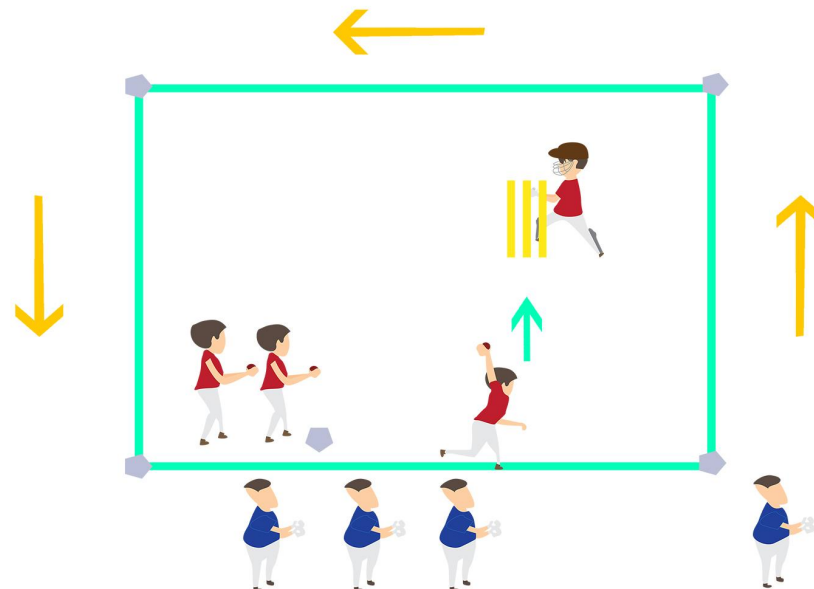


Training

- Players can practice both and choose one they feel more comfortable
- Set up marker on either side of stumps
- Player can practice hitting the marker before hitting the stumps by spin bowling



Drill 7-2 Golden Child



- Split into 2 teams
- Set up 4 markers as corners like square, with two sets of stumps in middle with 10m apart

Team 1

- Starts by bowling towards the stumps, with one player as the wicket-keeper
- Bowler must continue bowling until they hit the stumps, then next player starts to bowl
- When everyone has hit the stump, game stop

Team 2

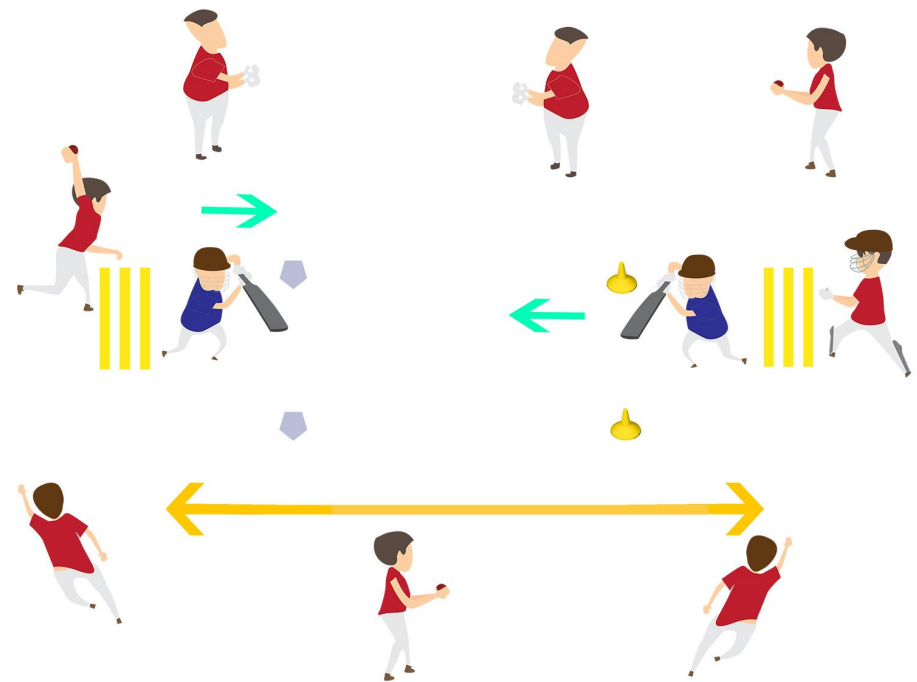
- The first player starts running in an attempt to get around all 4 corners
- When bowler hits the stump, runner must stop and go back to the starting corner
- As soon as the stumps are hit the next runner begins to run
- Every time they make it back to first corner they receive 1 point
- 2 teams switch after everyone on team 1 has bowled and hit the stump
- Team with the most points win

Game 7-1



Two 倒帶板球 Chance Cricket

- Set up two stumps 15m apart, with batting tees on both side of stumps and balls on top of tee
- Number off into pairs, one player will bowl and others as wicketkeeper
- Another pairs will bat for 2 overs
- Batsmen will try to hit the bowled ball and run between stumps to get points
- Batsmen may hit the ball on the batting tee if:
 - (A) Bowled ball is wider than the batting tee (Wide ball)
 - (B) Batsmen attempts to hit the ball but misses and the ball has not hit the stump or been caught by wicketkeeper
- Only the ball that is hit is in play, fielders must try to retrieve the ball and run out the batsmen
- Once batsmen are back to either side of play, reset the court and bowl the next ball

Equipment





BRONZE

-  Batsmen know how to runs to gain points
-  Bowler can bowling by straight arm



SILVER

-  Fielders from left/right hand side cannot move to the opposite side
-  Batsman know to call "Yes/No/Wait"



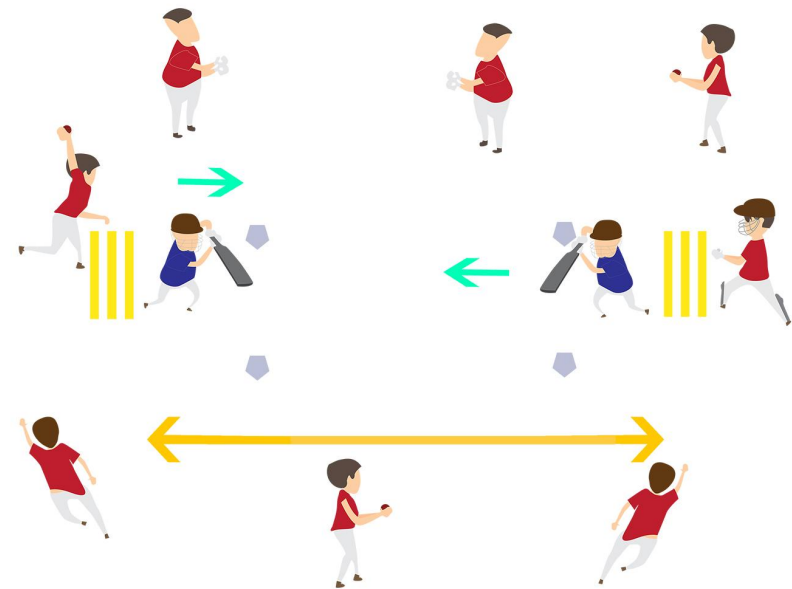
Game 7-2

P 二人板球 Pairs Cricket

- Set up two stumps and a cricket pitch, on each end of the pitch has a stump with two markers
- Split into 2 in pair
- Each Pairs batting 2 overs, they can run between stumps after batted the ball
- Each Pairs bowl 2 overs, 1 over each, when they are bowling, 1 as a bowler 1 as a keeper
- Give each pair a number, when pair 1 batting pair 2 bowl and keep, after that pair 2 batting pair 3 bowl and keep.....
when last pair batting pair 1 bowl and keep

Scoring methods:

- Running between stumps: 1 run
- Ball Rolling out of bounds: 4 runs
- Ball directly hit out of bounds: 6 runs
- Wide or no ball: 3 runs



Equipment

● x 2

◆ x 4

||| x 2

|| x 2

BRONZE



Players know how batsmen will get out



Players know how to identify “No ball” and “Wide ball”



SILVER



Fielders know different defense positions



Batsmen can hit the ball by different type



Bowlers can have at least 3 fair plays



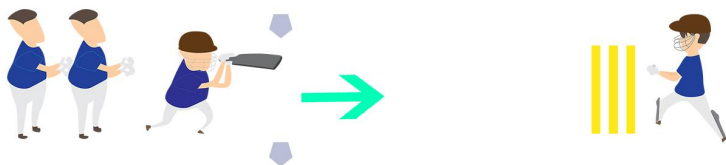
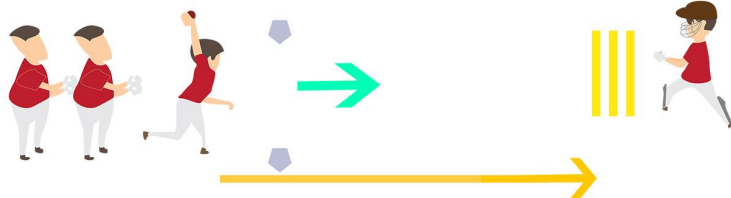


Drill 8-1 Wicket Keeping



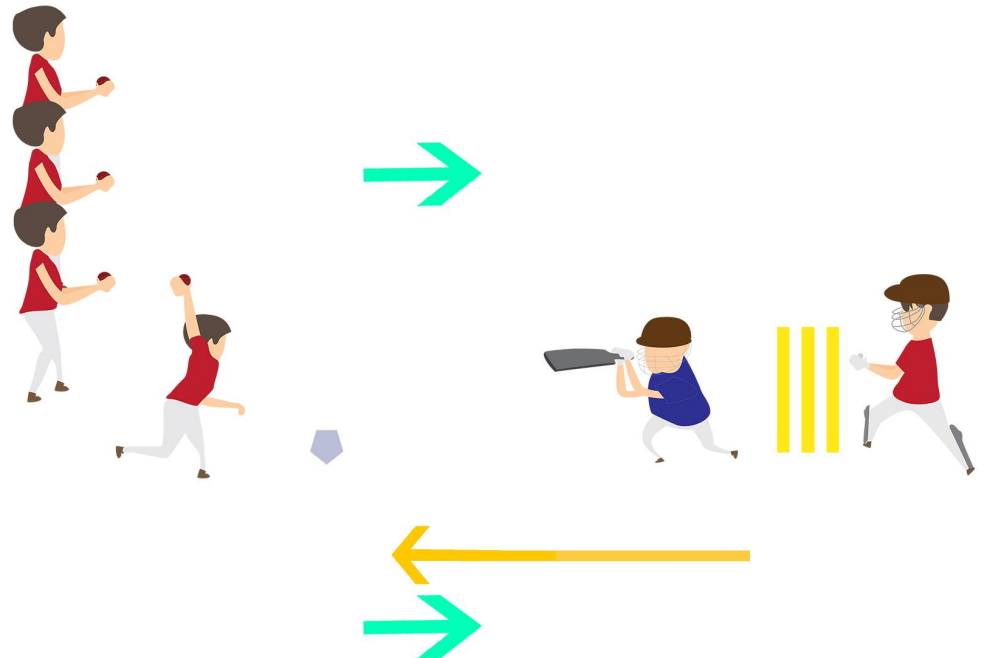
WICKET KEEPING

- One person stand in front of marker 8-10m from wicket, rest of players stands behind wicket
- Bowler will bowl ball to left or right of wicket
- Ball need to bounce once before get into keeper's hand
- Player must move sideways to catch the ball with both hands
- Increase difficulty by hitting ball rather than bowling



Drill 8-2 Wicket Keeping

- Place a stumps and marker about 5-8m apart
- Batsmen does not need to hit the ball in this game, they must ready to run as bowler starts to bowl
- Bowler try to bowl the ball to wicket-keeper, and wicket-keeper should try to hit the stumps before batsmen runs to marker
- If batsmen runs to marker and back to stump before wicket-keeper hits the stump can receive one point, otherwise batsmen gets no points
- Ball need to bounce once before go into keeper's hand



Game 8-1

TEAM Pairs Cricket

- Split into 2 teams, one as batting team and another one as fielding team
- Pairs in group, one player act as bowler, another one as wicket-keeper, everyone have six bowling opportunities, and the rest players as fielders
- For another team, two players as batsmen for batting 2 overs, players can run between stumps after batted the ball
- After 2 overs, next two batsmen come in for batting another 2 overs
- Switch teams after first batting team finish all the batting
- Scoring method is as same as Pairs Cricket
- Team with more points/runs win

BRONZE



Players know how batsmen will get out and identify "No ball" and "Wide ball"



SILVER



Fielders know different defense positions



Batsmen can hit the ball by different type



Bowlers can have at least 3 fair plays



Game 8-2

六人板球 Sixes Game

- Split into 2 teams
- Fielding team: everyone bowls 1 over except for wicket-keeper
- Batting team: two person at time out to bat, if one batsmen gets out, the next person comes in to sub
- Switch teams after 5 overs
- If everyone is out before 5 overs, one person may act as runner, but they cannot bat the ball

Points:

- Running between stumps: 1 run
- Ball Rolling out of bounds: 4 runs
- Ball directly hit out of bounds: 6 runs
- Wide or no ball is: runs

Out:

- (A) Bowled out
- (B) Caught out
- (C) Run out
- (D) Hit the ball twice
- (E) Hit wicket
- (F) Stump out