

Sports Skills: Cricket



Batting Stance

- ☐ Side on to the bowler
- ☐ Head upright, eyes level.
- ☐ Feet approximately shoulder width apart.
- ☐ Bat resting behind back foot.

Batting Grip

- ☐ Hands placed together in the middle of the handle.
- ☐ Vs formed by thumb and index finger to point down the back of the bat between the middle and front edge.

Bowling Grip

- ☐ Fingers either side of the seam and thumb underneath.
- ☐ Action: There are two main ways to learn a basic bowling action.

Pull the String

- ☐ Stand side on to the target.
- ☐ Pretend your hands are joined by a string.

- ☐ Stretch the string with front arm reaching for the sky and bowling arm next to back knee.
- ☐ Pull the string down with the front arm to bring the bowling hand up and over to release the ball.
- ☐ Follow through with the bowling hand across the body.

Rock and Bowl

- ☐ Make a cross with the arms then turn side on with the arm holding the ball at the back.
- ☐ Head level and turned to look at the batter.
- ☐ Begin rocking from front foot to back foot like a see-saw.
- ☐ Once you have a good rock, release the ball as you rock forward.
- ☐ Front arm pulls down past hip with bowling arm following across body.

Catching

- ☐ Feet should be shoulder width apart, knees slightly bent.
- ☐ Keep head still, eyes on the ball.
- ☐ Use two hands to create a large catching area.
- ☐ Fingers point up, down or to the side.
- ☐ Catch with soft hands giving with the ball.

Throwing

- ☐ Hold the ball with fingers across the seam.
- ☐ Stand side on and point towards your target with the hand without the ball.
- ☐ Reach back and high with the throwing hand with your fingers on top of the ball.
- ☐ Pull your front arm down and throw the ball.
- ☐ Follow through with your throwing hand across your body.

Slips

- ☐ The wicket keeping position can also be used when fielding in a slips position.

Wicket Keeper

- ☐ The wicket keeping position can also be used when fielding in a slips position.
- ☐ The wicket keeper is positioned behind the stumps in a crouched position, feet about shoulder width apart, with bent knees and hands cupped together ready for a catch.

☐ For spin bowlers, the wicket keeper is close up to the stumps and for fast bowlers, the wicket keeper is further back.

☐ When catching the ball, fingers should point up, down or sideways rather than up and across the ball.

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