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 straight at the ball.

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