

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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