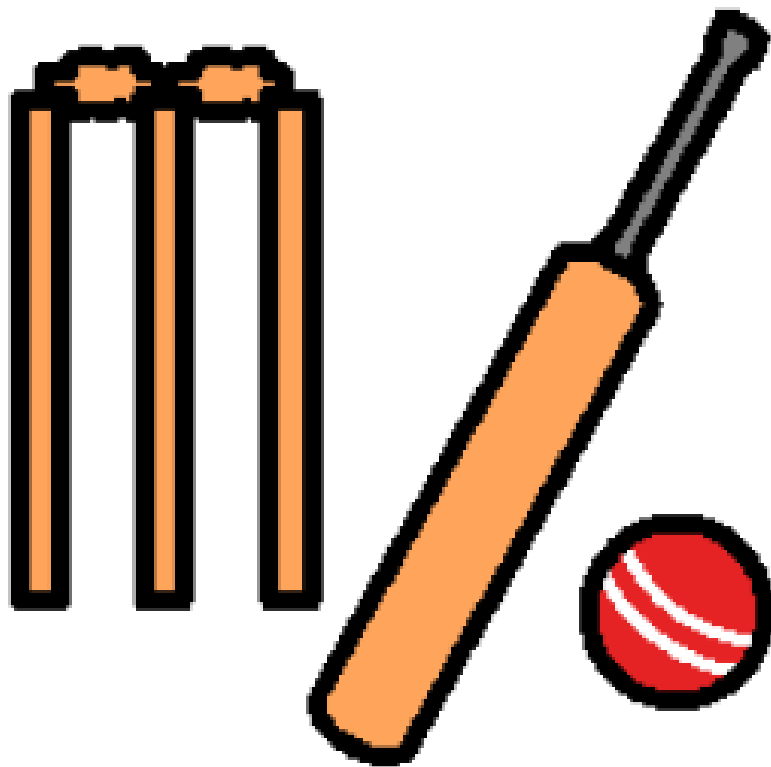
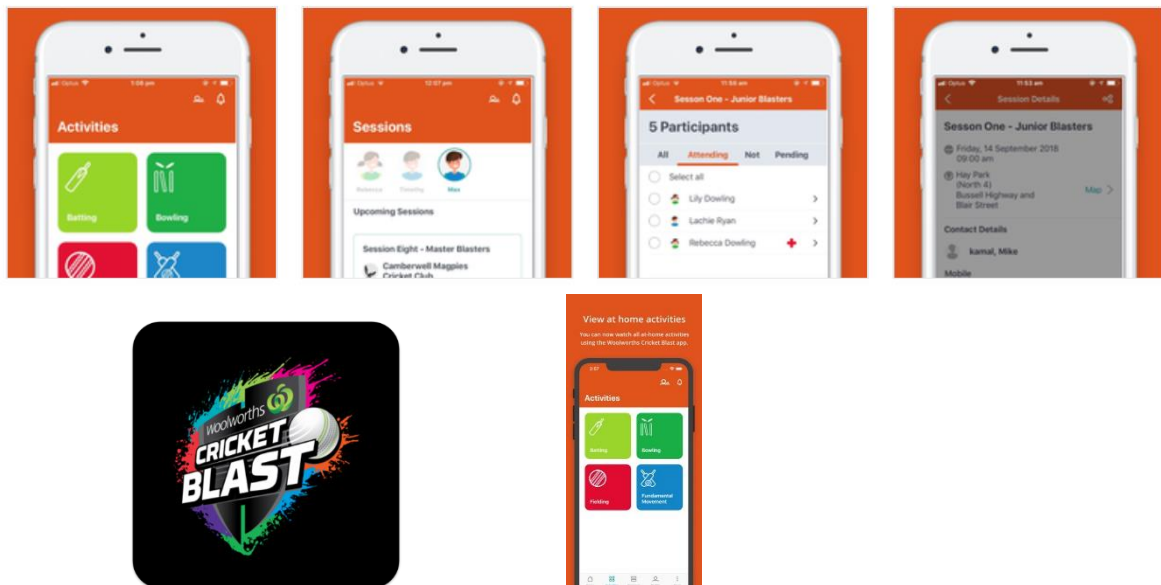


# Holiday Cricket Activity Book



## How to stay engaged with cricket over the break

Check out the Cricket Blast App to find all these activities and more to try at home during the break!



## Tips for keeping kids engage in cricket during holiday break:

- Using social stories to explain when the break will start and finish
- Using a countdown to keep them motivated for when cricket will be starting again
- Keeping them talking about cricket throughout the break, their favourite parts about cricket and what they are looking forward to going back
- Playing cricket in the backyard with the family and siblings
- Doing mini drills in the backyard or in the park
- Doing cricket colouring in or activities

## Fun games/activities to try at home:

- Handball/4 square (helps improve hand eye-coordination and reaction time)
- Hopscotch (helps improve coordination and gross motor skills)
- Skipping (helps improve coordination and gross motor skills)
- Throwing at a target (helps improve aim, throwing skills and coordination)



## **Mini Drills to try at home:**

### **Driving game**

What do you need: cricket bat, ball, and visuals to show where to stand for fielders

How to play:

The driving game is a simple way to practice all sorts of skills.

- Have one batsman
- 2+ fielders stand around the batsman in a semi-circle
- The pitcher throws the ball to the batsman ten times
- The aim is for the batsman to hit the ball to each one of the fielders so that they can either field or catch the ball. Start with just fielding along the ground for best fit

*Improves batting, aim, catching, throwing, and fielding.*

### **Roll, Roll, Roll Your Ball**

What you need: cricket bats, tennis ball and wickets (or alternative)

How to play:

- Batsman stands either in front of wickets or not depending on skill level
- 'Bowler' then rolls ball at the batsman
- Batsman then must use you skills to obstruct and return the ball without the ball passing their legs/hitting the wickets

*Improves coordination, gross motor and batting.*

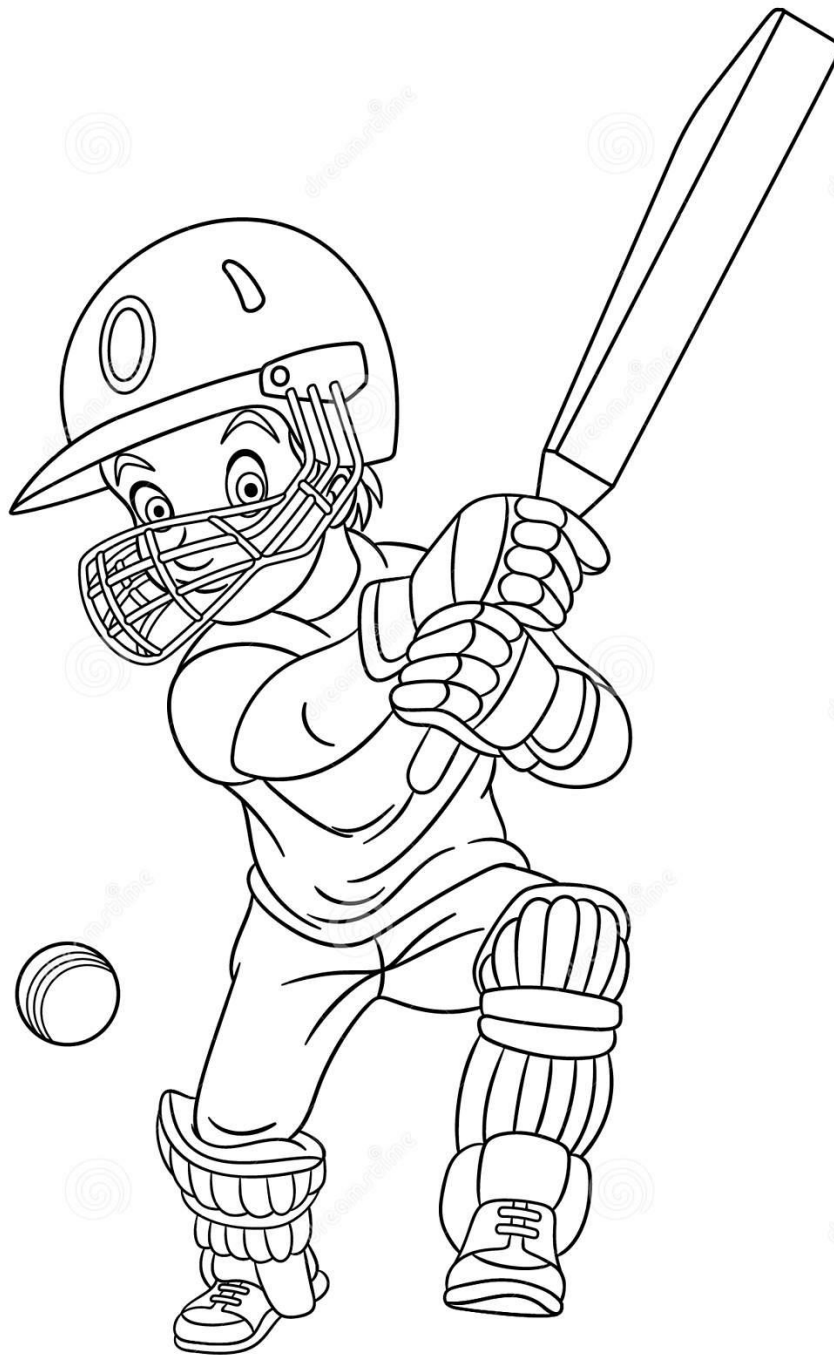
### **The Overarm Challenge**

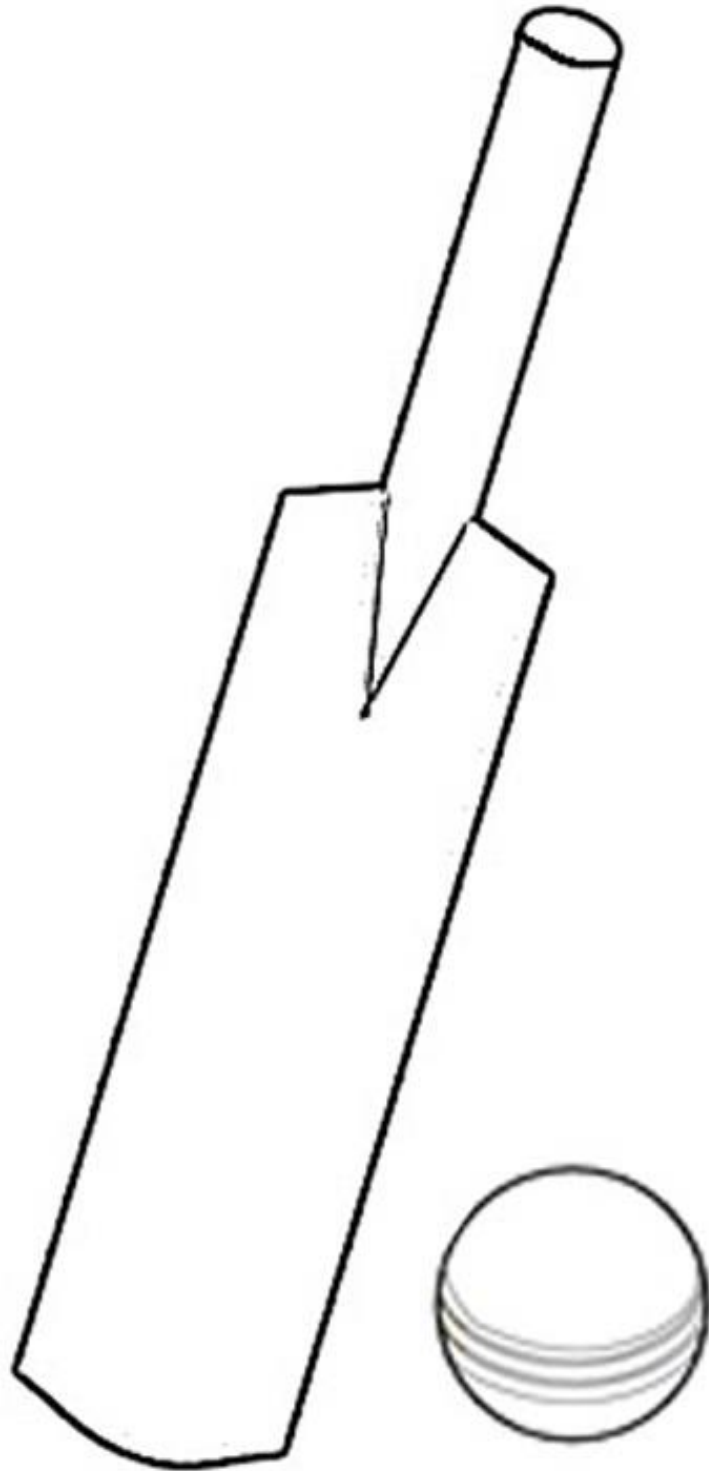
What You Need: wicket (or an alternative), cricket balls/tennis balls, cones

How to Play:

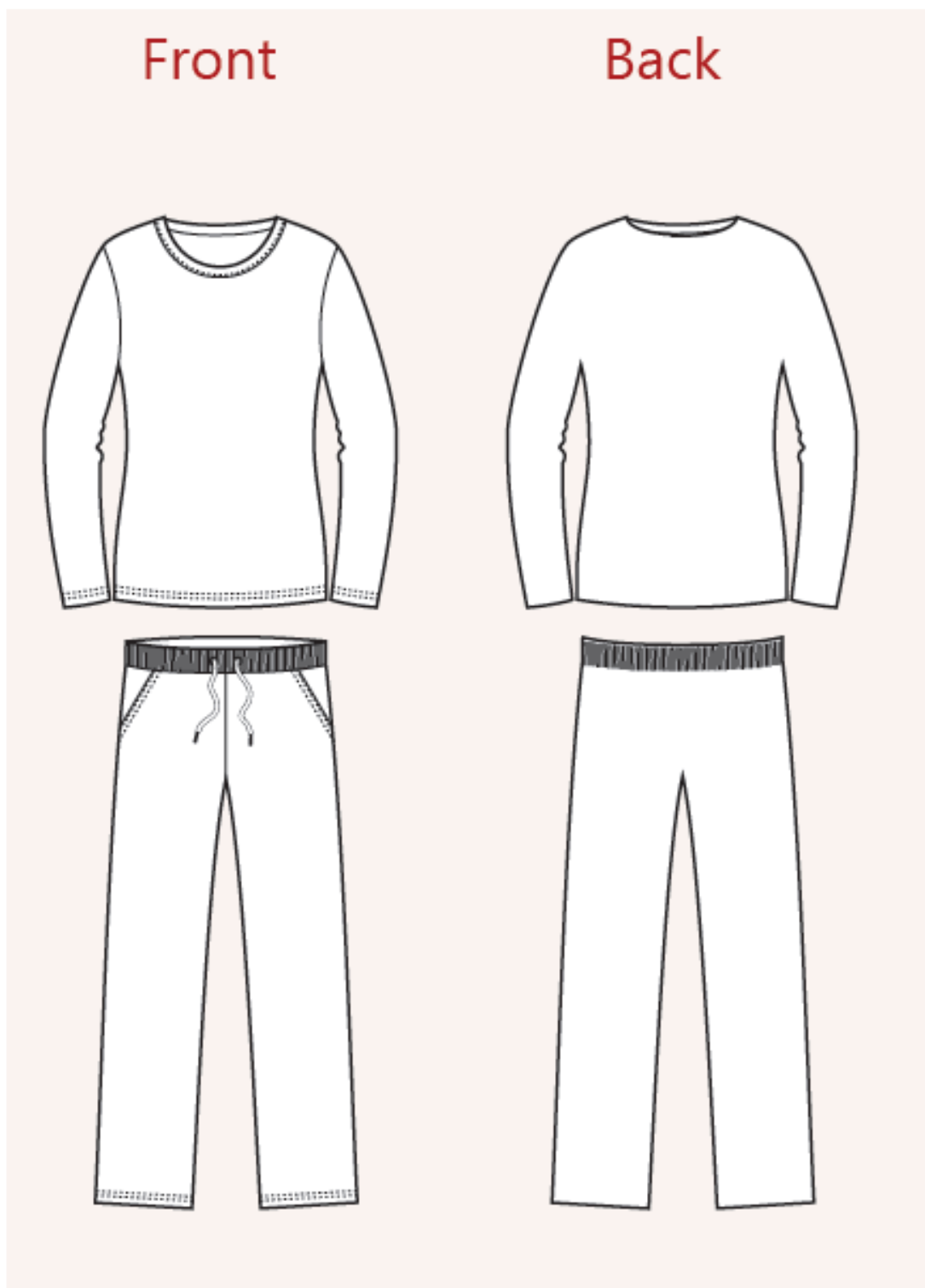
- Set up a wicket (or a similar shaped target) for children to throw at.
- At intervals, place cones in a line stretching back from the wicket (with the first cone at the shortest distance from the stumps).
- The aim of the game is to throw a ball to hit the wicket (if finding it difficult can start with a bigger target to throw at or can adapt aim to how far can they throw and marking with cones.
- After each successful throw, the player moves further back to the next cone and tries again.

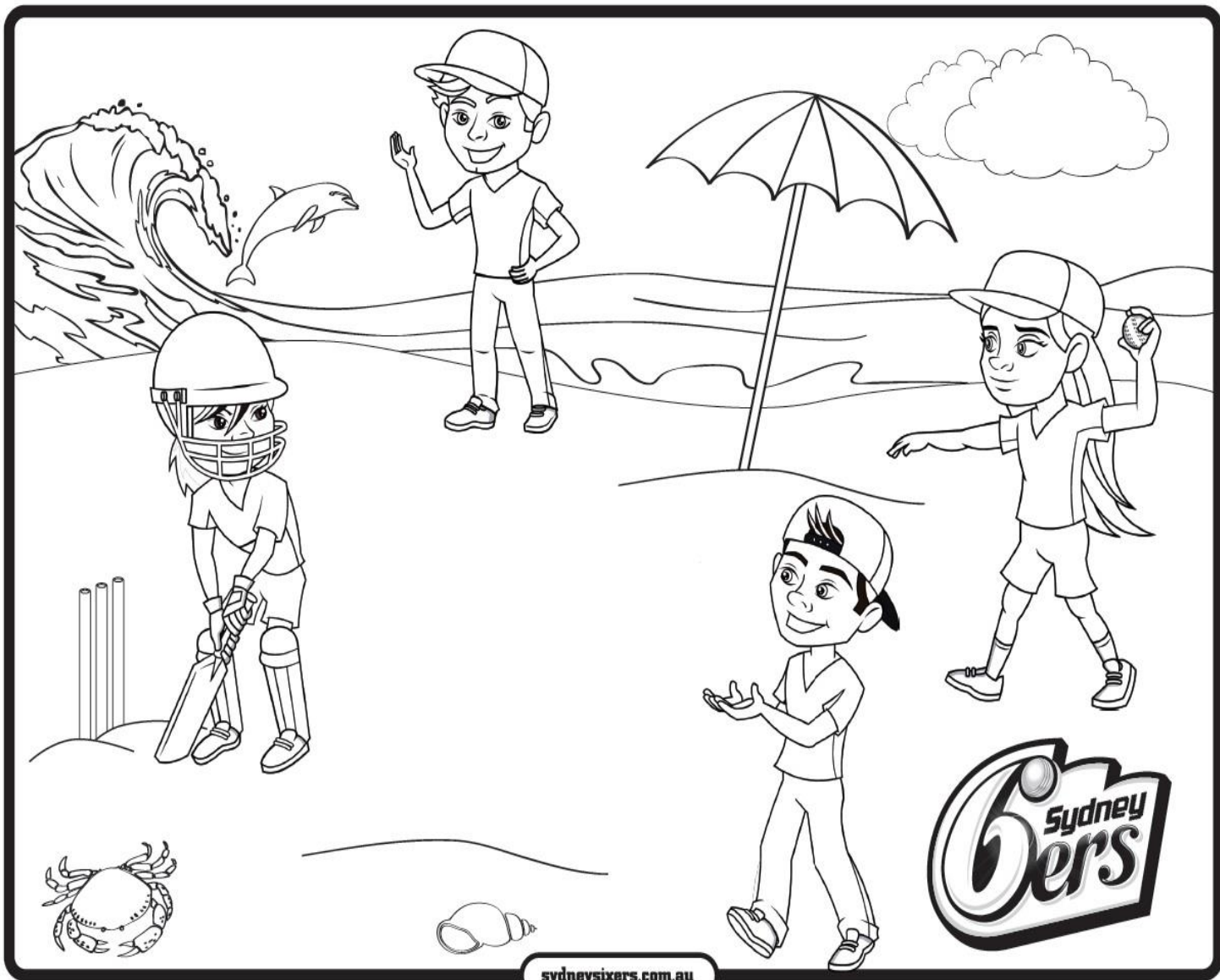
*Improves throwing, aim and fielding.*

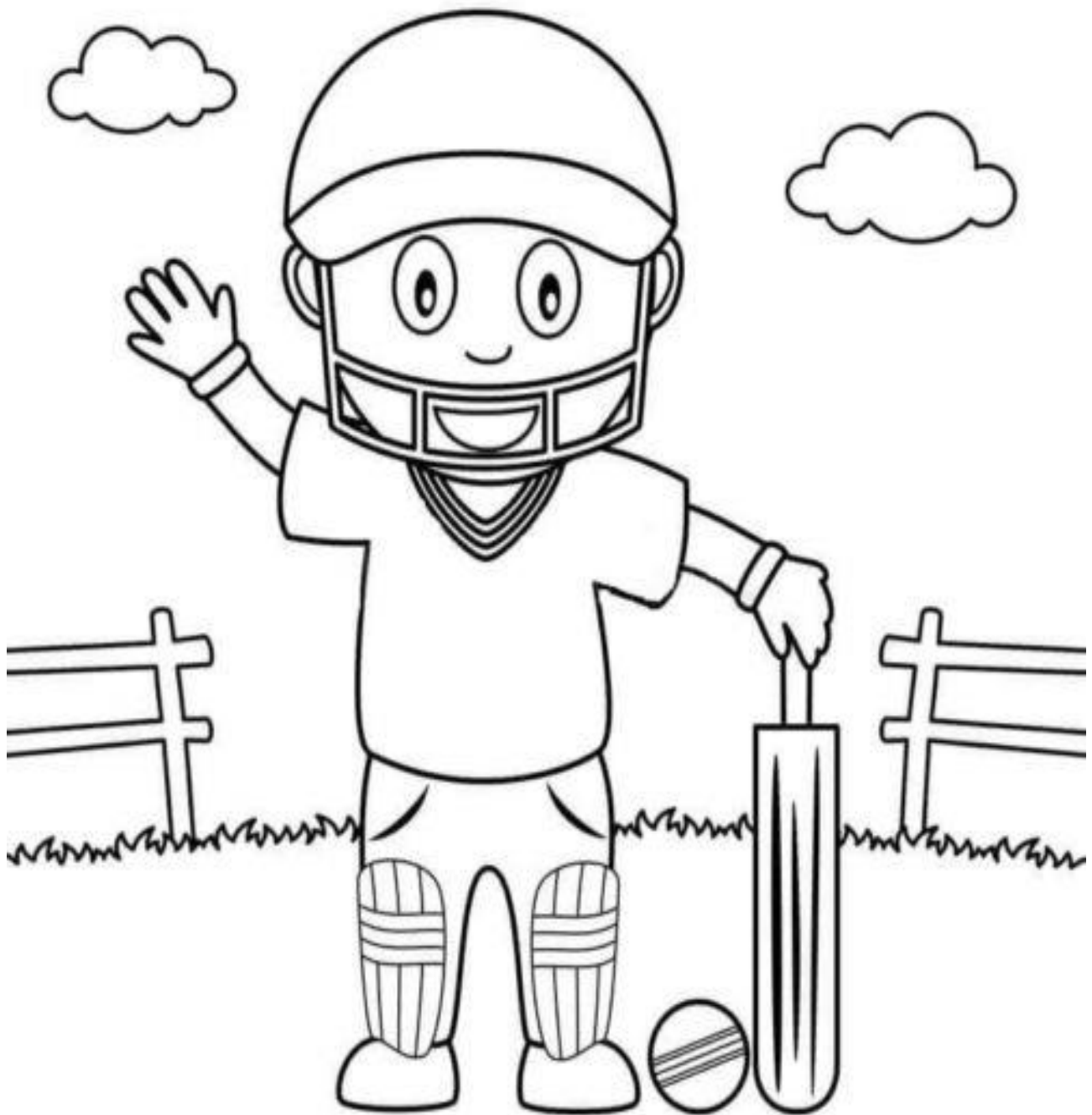




## Design your own cricket kit:









Find all the cricket equipment in the photo! How many can you find?

