



Lesson plan
Empower Cricket Drive

Perfecting bowling

Aim
Learn and develop the basic overarm bowling action.

Equipment needed (6 people)
1 set of stumps / cones /
minimum 3 balls

- How to play**
1. Set up a group of 3 – 6 players, across a pitch roughly 15 yards long
 2. Get the bowler to ball the ball, aiming to bounce before the wicket keeper
 3. Rotate through different positions until each player has bowled at least 5 balls in each round
 4. After each round, discuss as a team how you could improve your individual and team score

Difficulty

Easier – introduce arm bowling; bowl overarm but standing still; move the target closer; move closer to the target

Harder – progress to bowling with a run up; introduce stumps as a target; introduce another player to block the ball

Scoring

1 point – ball in bowled reaches the wicket-keeper

2 points – ball bounces and reaches the wicket-keeper

3 points – ball bounces once and reaches the wicket-keeper

Diagram
Rotate to view

