



# Cricket Activity Sheet

## 30 day challenge

Print and cut the below pieces out, place in a hat. Pick out a cricket activity every day for 30 days!

Do 30 flat catches either using a wall or with a partner	Do 30 flat catches followed by 10 star jumps.	Bowl to a target 18 large steps away from you and hit it 6 times.	Play 3 rounds of 'Cricket4Dummies'	Do 30 flat catches followed by 5 burpees.	Bowl 6 balls in a row to a target	Bowl to a target 22 large steps away from you and hit it 3 times.
Do 30 flat catches followed by 60 seconds plank.	Play 4 rounds of 'Cricket4Dummies'	Do 30 high catches followed by 5 star jumps.	Bowl to a target of your choosing and hit it 6 times	Do 30 flat catches followed by 30 seconds plank.	Play 1 round of 'Cricket4Dummies'	Do 30 high catches followed by 10 burpees.
Using an overarm throw, try and hit a target, at least 22 large steps away, 3 times.	Do 30 flat catches followed by 5 star jumps.	Play 2 rounds of 'Cricket4Dummies'	Using an overarm throw, try and hit a target of your choice 6 times.	Play 5 rounds of 'Cricket4Dummies'	Do 30 flat catches followed by 10 burpees.	Using an underarm throw, try and hit a target, at least 15 large steps away, 6 times.
Get a bat/racket/hurl, whatever you have. Get a partner to feed you the ball (underarm throw). Set yourself a target and hit a ball until you've hit the target 10 times.	Using an overarm throw, try and hit a target, at least 18 large steps away, 6 times.	Get a bat/racket/hurl, whatever you have. Get a partner to feed you the ball (underarm throw). Hit a ball 30 times.	Using an underarm throw, try and hit a target of your choice 6 times.	Get a bat/racket/hurl, whatever you have. Place a ball on the ground or on a toilet roll and hit a ball 30 times.	Using an underarm throw, try and hit a target, at least 15 large steps away, 3 times.	Get a bat/racket/hurl, whatever you have. Place a ball on the ground or on a toilet roll. Set yourself a target and hit a ball until you've hit the target 10 times.
Set a target 15 large steps away from you. Throw a ball, using an underarm throw, to try and hit it for 60 seconds. Count your hits. Repeat x 10	Complete 30 high catches either with a partner or by throwing the ball to yourself	Bowl to a target 18 large steps away from you 6 times and then do 10 star jumps. Repeat x 3	Do 30 flat catches followed by 30 seconds side plank on each side	Bowl to a target 18 large steps away from you 6 times and then do 5 burpees. Repeat x 3	Get a bat/racket/hurl, whatever you have. Get a partner to feed you the ball (underarm throw). Hit a ball 60 times.	Set a target 30 large steps away from you. Throw a ball, using an overarm throw, to try and hit it for 60 seconds. Count your hits. Repeat x 10

