

Issue: #1 (05/05/2020)

Introduction

Cricket Leinster have worked in partnership with **South Dublin County Council** to design this guide for adults and kids of all ages. This is a guide to practice some fundamental movement skills through a simplified game of cricket.

Contact Us

Cricket Leinster
Naomi Scott-Hayward
(South Dublin Cricket in the
Community Development
Manager)

Phone
085 746 4590

Email
Naomi.scotthayward
@cricketleinster.ie

Website
www.cricketleinster.ie

Cricket4Dummies



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**CRICKET
LEINSTER**

What do you need before you get started?

- One cricket bat (or racket, hurl, rounders bat etc)
- One set of stumps (or you can use a chair or draw stumps onto a cardboard box)
- One ball (recommend a soft ball, like a tennis ball or wind ball)
- 5 cones (use lines on the ground / jumpers)

Be creative, if you put your mind to it you will be able to find what you need at home. If not you can always order online from stores such as:



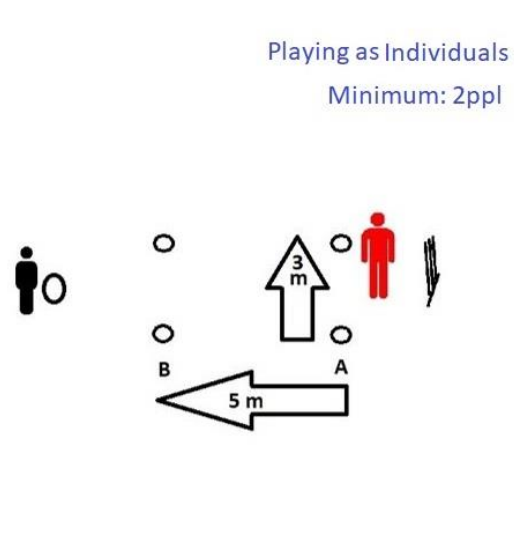
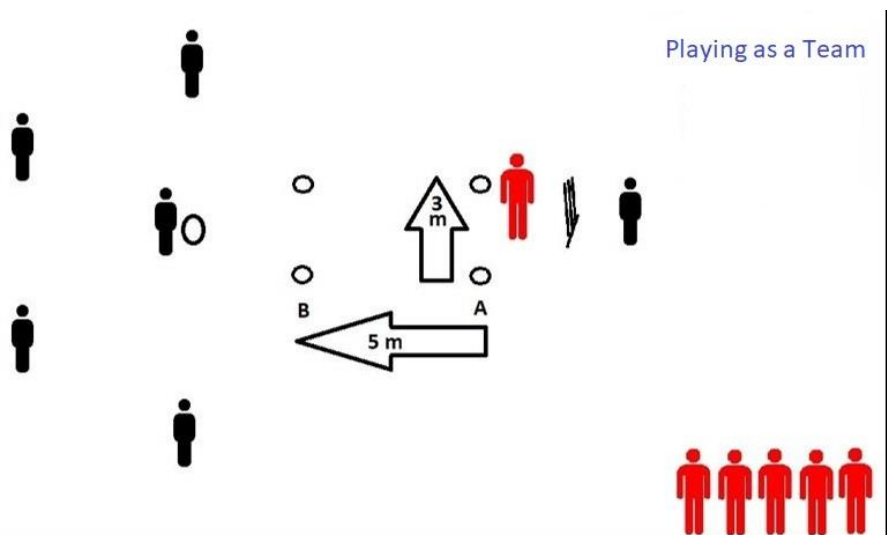
edsports.ie



kbsportshub.ie

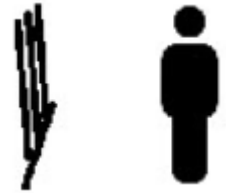


How to set up the pitch

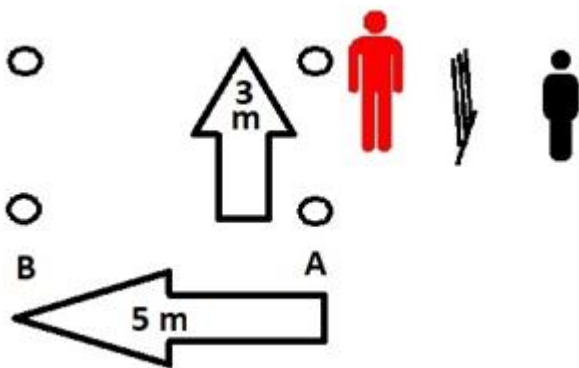


How to set up the pitch (continued)

A set of stumps is positioned so that it is at least 3 metres from any walls or fences. This is so that you can create a safe environment. There must be room behind the stumps for a person to stand comfortably behind it. This person is called the wicket keeper and is part of the fielding team. All positions will be explained further in the next section.

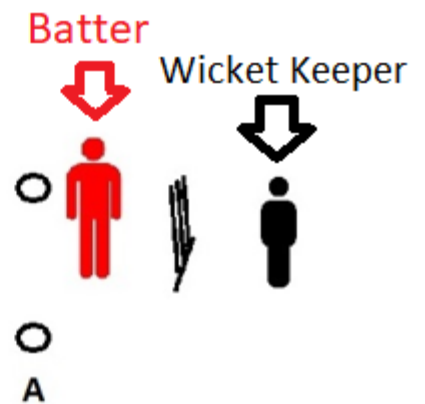


Next either use lines on the ground, or cones to mark out the walking area for the batter (person in red). The batter will need to run up from Point A to Point B and back to Point A to get a point, which we call 'a run'. The distance between Point A and Point B should be 5 metres. However, you can change this for the general ability of the group. Once the distance does not change for the duration of the game. You can also play a 'no running' rule for older adults.



The distance between the cones the other way should be 3 metres, as per the diagram.

Next you need to place a marker (the blue circle in the diagram to the right) on the ground for the bowler, the person throwing to the batter, to stand or sit. They must be a safe distance away from the batter, at least 2 metres from point B and in line with the stumps. However, you can change this for the general ability of the group. Once the distance does not change for the duration of the game.

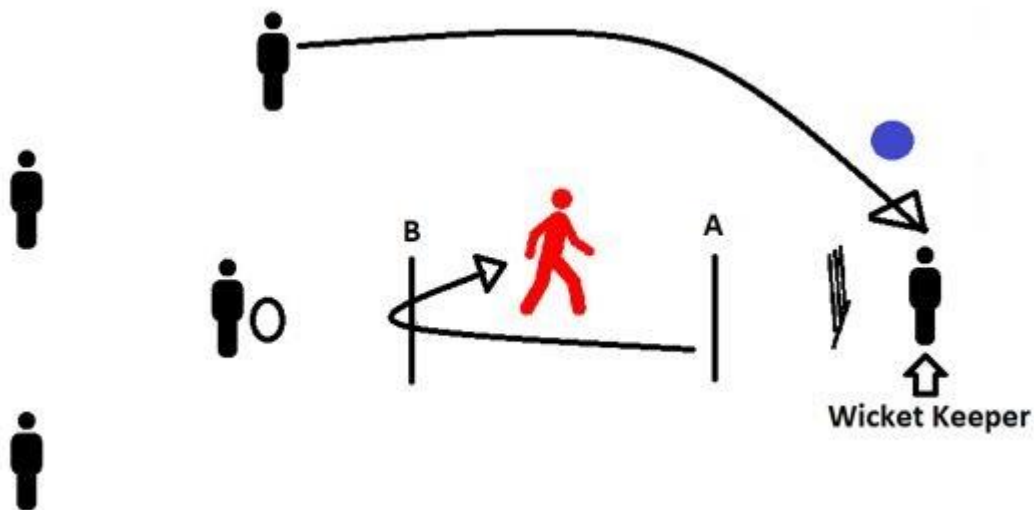


The batters (people in red in the first diagram of this section, Pg. 2), who are waiting for their turn, must stay a safe distance away from all of the above so that they do not interfere with the game. Unless you are playing as individual all against each other. In which case all players are on the pitch. They are either batting, bowling, fielding or a wicket keeper. All positions are explained in the next section.

Positions

Wicket Keeper

The wicket keeper stands in behind the stumps. They are part of the fielding team. They collect the ball if it comes near them and give it back to the bowler. For example, if the batter misses the ball it would come to them. They should be looking out for catches. If they catch the ball the batter gets no runs for that go. They can also be used to stop the batter from getting too many runs. When the batter is running/walking between Point A and B or on his/her way back to point A, the fielder can throw the ball (in blue) into the wicket keeper and they can touch the ball off the stumps before the batter gets back to point A. The batter has only gained a run for their team if they make it behind point A before the ball gets back in to the stumps. See 'fielder' and 'batter' for more information on this.



Fielder

The job of the fielders (in black) is to collect the ball if it goes near them and throw it into the wicket keeper. They can help each other by passing it to one another to get the ball back in. Alternatively, they can throw it directly at the stumps. Their main aim is to stop the batter from getting too many runs. If they get a catch, the batter does not get any runs for that go. If they get the ball back into the wicket keeper and the wicket keeper hits the ball off the stumps before the batter gets back to point A, or the fielder hits the stumps directly before the batter gets back to point A, the batter only gets the runs that he/she already completed. For example, the batter completes two runs and goes for a third. Before he/she returns to point A for the 3rd run, the fielder gets the ball back into the wicket keeper and the wicket keeper hits the ball off the stumps. The batting team only get the 2 runs completed.

Batter

A batter's job is to try and score as many runs as possible. They get one run by running from point A to point B and back to point A. They run with the bat and they can use the bat as an extended arm to reach out and get it, on the ground, behind the line of point B before turning. And use as an extended arm to reach out and get, on the ground, behind the line of point A to complete the run.

Each time they get a ball thrown to them by the bowler we say the batter has 'faced' a ball. They face 6 balls from the same bowler, then the next batter gets their turn. They can hit the ball anywhere they want to. They hit the ball with the flat side of the bat. They can decide whether they want to run or not.



You want to get close to the ball to hit it. So, move your feet, like in the picture to the left: step, backswing and hit. Head, shoulder, knee and toe in line with the ball. This shot is called a front foot drive.

They do not want to:

- get caught;
- fail to get back before the ball hits off the stumps;
- miss the ball and for the ball to hit off the stumps;
- hit the bat off the stumps;
- hit the ball behind them into the stumps.

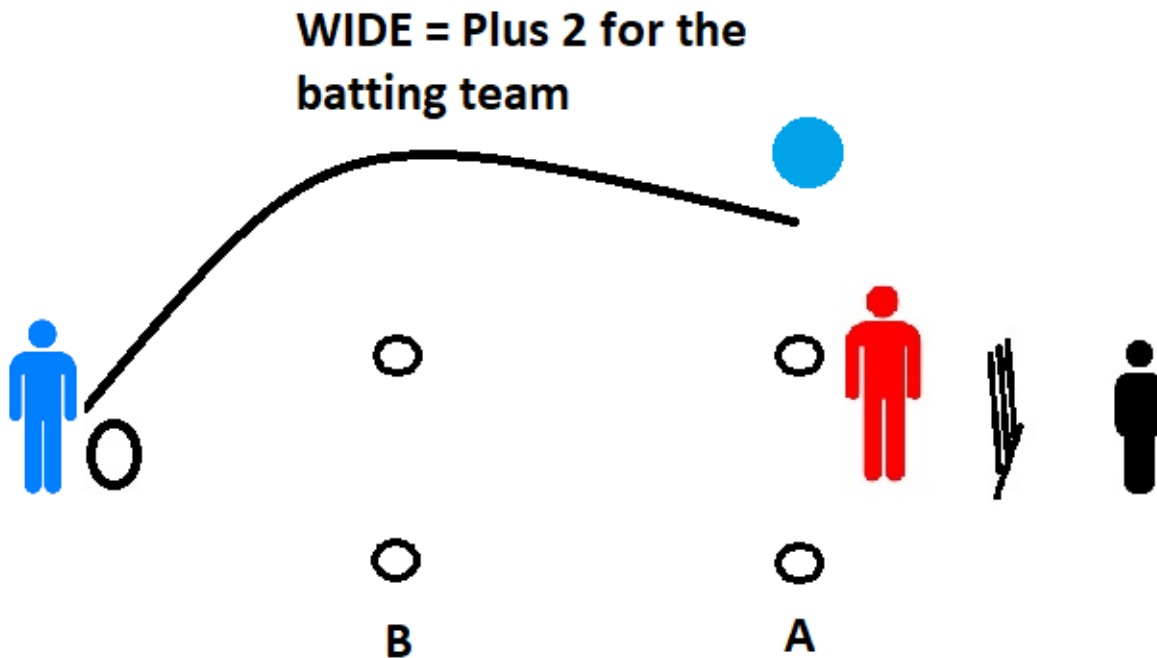
If they do any of the above it is called getting 'OUT'. When you get out in cricket you can play 3 different rules:

- it is minus 5 points against them;
- or they lose the rest of their turns;
- or they just don't get any runs for that turn.



Bowler

The bowler must throw the ball, using either an underarm throw (for beginners) or a cricket bowling action, from the marker to inside the cones and below the batter's head. If the ball goes outside the cones or above the batter's head then the ball is called a 'WIDE' ball and the batting team gain 2 points. See below diagram. If the bowler has limited mobility they can bowl from a seated position or use a chair for support. Ensure chairs used are strong and sturdy.



The bowler is also a fielder and they can do everything a fielder can do.



For an underarm throw you should have your opposite foot forward to the hand you throw with. i.e. if you are right handed you should have your left foot forward. You should step forward with this foot when you are throwing.

Playing as individuals against each other

Each batter faces 6 balls and scores as many runs as they can to beat everyone else that is playing. Everyone is on the pitch taking part. One person is the bowler, one is the wicket keeper and the rest are fielders. Everyone takes turns at batting, wicket keeping and bowling every 6 balls until everyone has had a go at everything. The winner is the batter who got the most amount of runs. If you only have 2 players, then the bowler acts as a fielder and must get the ball back in on their own to the stumps.

Playing in teams

There are two teams: the batting team and the fielding team. Each batter faces 6 balls and scores as many runs as they can, then the next batter goes in. Continue until all the batters have had a go. The batters who are waiting for their turn must make sure they are a safe distance away from the main area of the game so that they do not interfere.

The fielding team has one person being the bowler, one the wicket keeper and the rest are fielders. Everyone takes turns at wicket keeping and bowling ever 6 balls until the batting team have no batters left to go in.

The winners are the team who got the most amount of runs.

Variation: Each team has 5 minutes to bat, when a batter gets out the next batter goes in and if you run out of batters you just start again. Continue to bat until the allotted time is up for your team. Then the other team goes in to bat to try and beat your score in the same amount of time.

