

GETTING KIDS ACTIVE

KFC MINI-CRICKET HANDBOOK

Developing youth today for tomorrow



We cannot undo the past,

but we can shape the future.

We do what we do today, for what will happen

TOMORROW



Today we set the boundaries, tomorrow we fly over them.
Today we share the little things required in life.
Tomorrow they are the standards by which we live.



CRICKET
SOUTH AFRICA

Making Cricket a Truly National Sport of Winners

www.cricket.co.za

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Message from CSA Chief Executive

KFC Mini-Cricket is unquestionably the most important program in Cricket South Africa's (CSA) development structures. It is the starting point for every aspiring boy or girl to become a cricketer and as such has to be an enjoyable and inspiring experience that will promote a culture of comradeship, sportsmanship and a desire for excellence.

The strength of the KFC program is that every participant gets an equal chance to participate in all three disciplines of batting, bowling and fielding plus the use of a soft ball which takes the fear factor out of the equation.

It is far and away our fastest growing program with the number of participants around the country now well in excess of two million potential national representatives!

The lifeblood of this program is the number of teachers and other

volunteers who give freely of their time and expertise to drive the process and I would like to express warm gratitude to all these selfless people who are the heart and soul of all our amateur structures.

It was indeed a stirring and memorable moment at a CSA Day Amateur Awards Ceremony a couple of years ago when Proteas batsman Loots Bosman presented the KFC Mini-Cricket Award of the Year to the lady who had set him on the path to cricketing success when he first started in the program in Galeshewe Township. From small beginnings came such great achievements!

I would also like to extend special thanks to our sponsors, KFC, who have been both an innovative and dynamic partner in supporting and driving this program.



Message from KFC

KFC Mini-Cricket getting kids active.

This season saw the KFC Mini-Cricket kids getting active and enjoying the game of cricket more than ever before. With a focus on developing SA's future stars from the ground up, the KFC Mini-Cricket programme hosted 16 regional festivals along with countless school fixtures played by over 100 000 kids across the country.

Not only did they get the opportunity to actively play against each other, but they also got to further enhance their skills and enjoyment for the game around their international and domestic heroes.

As title sponsor of the KFC T20 Internationals and associate sponsor of the Ram Slam T20 domestic challenge, well over 5 500 KFC Mini-Cricketers got the opportunity to get active in matches. From participating at the coin toss, acting as ball boys and girls on the boundary fence, to sharpening their skills at the KFC Action Zones, they got to enjoy the live experience in a fun and interactive environment.

This season has allowed more and more kids to get active and learn from the best by being involved in domestic and international cricket.



Message from CSA Youth Cricket Officer

KFC Mini-Cricket is the envy of most sports codes worldwide. This program has over many years played a pivotal role in bringing many players and coaches into the game that otherwise might have made another choice.

Cricket South Africa and KFC have embarked on a partnership to produce Mini Cricketers and future Proteas.

The objective of KFC Mini-Cricket is to introduce the game to young boys and girls in a simple and fun way. Because KFC Mini-Cricket can be played on any reasonably flat surface and modified equipment is used it gives many aspirant young players a real chance to play the game.

While the emphasis is on fun and enjoyment it is also very important that the young players are taught the right disciplines of batting, bowling and fielding.

KFC also supports courses for administrators. These sports management courses are seen as vital tools in

strengthening the pool of support in the game of cricket. All interested KFC coaches are invited to make use of this opportunity.

Volunteers are the lifeblood of this programme. Teachers and parents spend hours in the sun to give children a chance through cricket.

Cricket South Africa recognizes that without these dedicated individuals our goals would be very difficult to achieve. We salute all your magnificent efforts to make a difference in the lives of our youth.

Cricket South Africa is immensely proud of the Mini Cricketers that have gone on to represent South Africa on the International stage. These success stories include JP Duminy, Wayne Parnell, Loots Bosman, Albie and Morne Morkel.

Long may this partnership in cricket development continue.

David Mokopanele



Mini-Cricket History

Mini-Cricket was launched in South Africa during the 1982-83 cricket season to encourage the growth and development of cricket amongst boys under 9 and girls up until 13 years of age. Mini-Cricket gives all young children the opportunity of being exposed to the game of cricket.

The concept of Mini-Cricket, which has its roots in the softball cricket played in the West Indies, has been received with tremendous enthusiasm by schools, teachers, parents and most importantly, by children.

The keywords in Mini-Cricket are participation and enjoyment. It provides a medium where children can be coached while taking part in a modified game of cricket.

In its basic form, Mini-Cricket consists of fast, scaled down games with eight children per team. Games last approximately one hour and one coach can supervise and instruct up to sixteen children simultaneously.

Among the many advantages of Mini-Cricket is the low cost involved. The game can be played on any reasonable level surface and no pitch preparation or maintenance is involved. Mini-Cricket eliminates boredom and distraction often encountered at net practice among young children and the use of specially formulated softball eliminates the fear of facing a hard ball and does away with the need for protective equipment such as pads and gloves.

The rules of Mini-Cricket ensure that every child taking part will bat, bowl, keep wicket and field during the course of the match. This prevents the domination of matches by better players and gives everyone an equal opportunity.

Games of Mini-Cricket should be flexible, provide fun, activity and excitement, and should be based on the development of basic skills in batting, bowling, fielding and wicket keeping and also athletic development of child in a simple form.



Long Term Athlete Development

Concept:

“As coaches, all of us are at the forefront of this challenge to discover, unlock and develop potential talent. This concept is not just concerned with producing elite players; it is about the need for coaches to take a fresh approach to enable all players to fulfil their potential.”

Key Benefits:

- › Improvement in all sports skills.
- › Fitter, stronger young players.

Main Reference: Dr Istvan Balyi (National Coaching Institute, Canada)

Six stages of the ‘Late Specialisation Model’

1. FUNDamental stage
2. Learning to Train
3. Training to Train
4. Training to Compete
5. Training to Win
6. Retirement/Retaining in the Sport

Stage 1: THE FUNDAMENTAL STAGE

Ages: Boys 6 – 9 yrs/Girls 6 – 8 yrs

Objectives: To learn all fundamental movement skills.

- › Agility – quick foot movement.
- › Balance – bean bags.
- › Co-ordination – spatial awareness.
- › Speed – running techniques, speed ladders.
- › Focus on movement education to prepare basic motor skills, e.g. RUN/JUMP/THROW.
- › Based on the fundamentals of gymnastics and athletics using fun games.
- › Some simple cricket specific skills should be introduced in a non-competitive environment.
- › This would include bowling/striking/ground fielding and catching.

Main emphasis: the ABC’s of athleticism – Agility/Balance/Coordination/Speed.

- › Agility drills: use of balloons/quick foot movements.
- › Balance drills: use of bean bags/simple techniques i.e. head up and head steady skills.

Stage 2: LEARNING TO TRAIN

Age: 9-12

Objectives: To learn all fundamentals sport skills.

- › Strength – swiss ball, medicine ball.
- › Endurance – shuttles.
- › 70% training and 30% competition/skills.

Stage 3: TRAINING TO TRAIN

Age: 11 – 16

- › Flexibility – resistance training and, decision making skills.
- › Peripheral vision drills .e.g. core stability exercises, swiss ball for balance and boxing.
- › 60% training and 40% competition/skills.

Stage 4: TRAINING TO COMPETE

Age: 15/16 – 18

- › Learning skills under competitive conditions.
- › Fitness and recovery programmes.
- › Psychological preparation.
- › Personalised technical development.
- › 50% training and 50% competition/skills.

Stage 5: TRAINING TO WIN

Age: 18 years and older

- › Physical, technical, tactical, mental and personal/lifestyle are established.
- › Training is highly intensive.
- › 25% training and 75% competition/skills.



Long Term Athlete Development (Contd.)

Stage 6: RETIREMENT/RETENTION

- ▶ To retain athletes/players at the completion of competition for roles in coaching, administration and as officials.

Using Games to Teach Basic Skills

Skills can be taught by means of drills with continuous repetition until the skill is mastered in a closed environment. Another method of teaching batting and fielding skills is by means of game based training sessions (e.g. coaching the off drive can be combined with running between wickets, fielding and throwing).

- ▶ Any of the drills (stationary ball, drop ball, bobble throw or half-volley throw) may be used.
- ▶ The batsman attempts to score runs by driving the ball past the off-side fielders.
- ▶ The fielders are able to practice attacking fielding, the under-arm and the over-arm throw as well as backing up.
- ▶ The advantages of this method is that it involves not only technical skills but also decision making.

Games Make Sense Out of Sport

Games are fantastic teaching tools. Within physical education and sport, games have been used for many years. One of the focuses of games has been to teach the tactical aspects of that specific code; aspects such as decision-making, taking risks, spatial awareness, attacking and defensive play can all be taught by using 'minor' or 'modified' games. This is an approach that has been termed 'Game Sense'.

Why use Game Sense?

There are a number of reasons for using a Game Sense approach. These include:

1. Encourage a holistic approach to the teaching of games
 - ▶ Promotes long-term learning (if players discover things for themselves, then they are more likely to learn from the experience, and retain the information longer).
 - ▶ Develops thinking players who can solve problems that arise in a game situation.
 - ▶ Skills are developed in a more meaningful environment.
 - ▶ Personal skills such as communication, co-operation, initiative, leadership and teamwork are enhanced.
2. Promotes enjoyment for participants
 - ▶ High activity levels.
 - ▶ Increased player input.
 - ▶ Positive social interaction and affiliation (i.e. feeling part of a team or group) is encouraged.
3. Assists the beginner teacher or coach who has limited technical knowledge of a sport
 - ▶ It is more appropriate to set challenges for players through games rather than conduct technique sessions which may be based on 'unsound' techniques because of a lack of technical knowledge.
4. Efficient group management
 - ▶ Group management is often easier if the players are having fun (i.e. co-operation between the teacher or coach and the players is increased due to the player involvement).
 - ▶ All ability levels can be catered for by encouraging players to concentrate on the game aspects rather than on the textbook execution of the technique, which some may never master.



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Equipment

The kit consists of:

1. A Mini-Cricket BAT which is made out of pine wood.

PLEASE NOTE THAT HARD BALLS SHOULD NOT BE USED WITH THESE BATS.

2. STUMP AND BASE – three wooden stumps fixed into a wooden base allow for the games to be played indoors or outdoors. The stumps have a fixed bail.
3. A BALL – ideal for Mini-Cricket and other uses.
4. BAG

Each school participating in the Mini-Cricket leagues will receive one kit, comprising 2 Mini-Cricket Bats, 1 set of stumps and 1 ball every second year.

A great deal of time and research has gone into this Mini-Cricket Kit. With reasonable care it will offer several seasons of enjoyable Mini-Cricket.



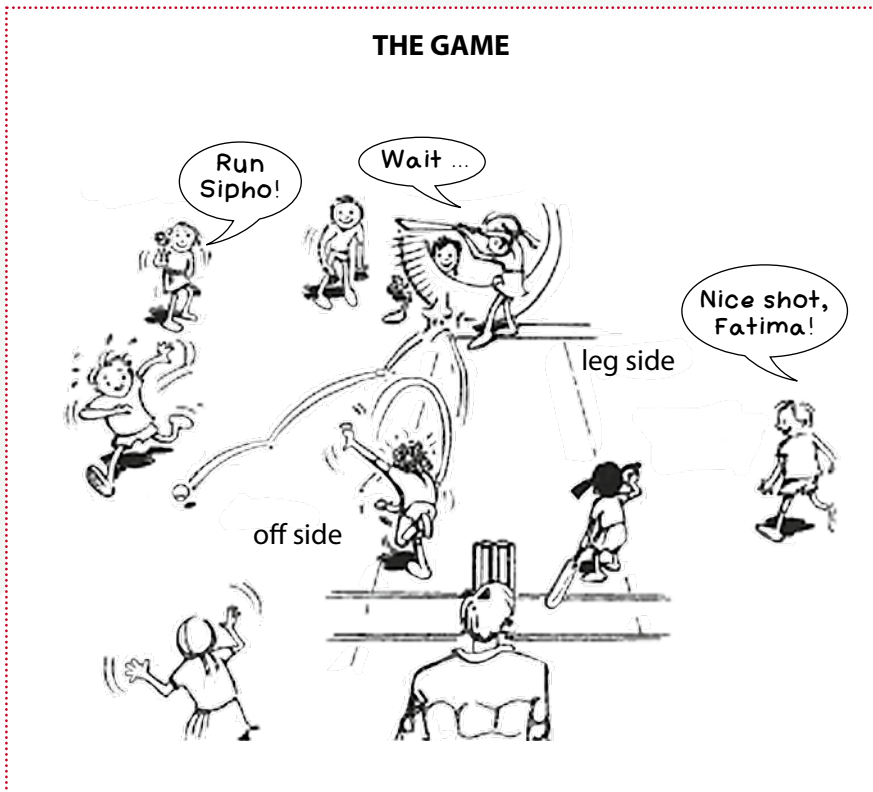


Aims and Objectives

The major aim of Mini-Cricket is to provide a game of cricket in its simplest form to young children and at the same time provide enjoyment.

Other important aims are:

1. To lay the foundation of a lifelong interest in cricket.
2. To prevent better players from domination.
3. To give all children, irrespective of ability, an equal opportunity.
4. To provide physical exercise in an enjoyable form.
5. To develop self-confidence.
6. To develop ball skills, which would be useful in other sports.





Guidelines for Mini-Cricket

The guidelines listed hereunder should be followed wherever possible, especially for inter-school festivals or other official matches. However they may be adapted to suit local conditions or for other reasons.

1. To start a Mini-Cricket match, two captains toss a bat and one side bats while the other fields.
2. The aim of the batter is to score as many runs as possible without being dismissed.

The bowlers aim is to try and dismiss the batter; the fielders must stop or catch the ball and try to run out the batter.

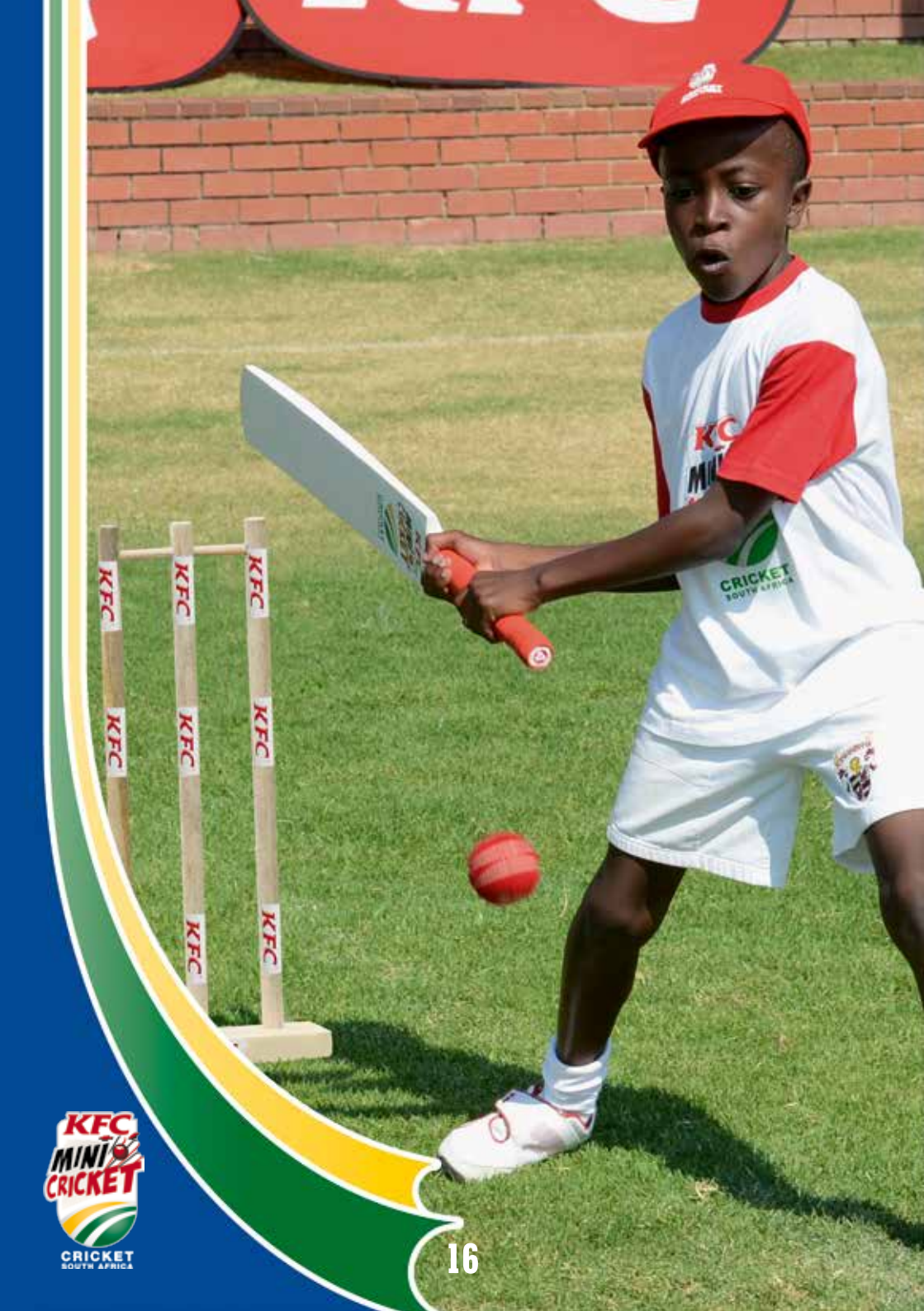
The game is aimed at introducing cricket in a fun way to youngsters and brings children from all walks of life together.

3. There should be eight (8) players per team.
4. There should be at least one (1) umpire per game – two (2) if possible.
5. The pitch should be any reasonably level surface, measuring a minimum of 12 meters and a maximum of 16 meters, measured from the stumps at each end, coaches should use their own discretion.
6. The base of the wickets is regarded as part of the wicket. The field can be any size and the match can be played anywhere.

7. While fielding, a team should have three (3) fielders on the off-side, three (3) on the leg-side, a bowler and a wicket keeper. The wicket-keeper should be positioned behind the striker's stumps.
8. All members of the team must have a turn at wicket-keeping and should be given the opportunity to field in a variety of positions during the course of the match.
9. At the end of each over, members of the team should rotate one position clockwise.
10. An over shall consist of six (6) balls bowled (2 extra balls) if necessary.
11. Bowling shall take place at only one end.
12. Each innings shall consist of eight (8) overs
13. Every member of the bowling side shall bowl one over. No bowlers shall be permitted to bowl more than one (1) over in a match.
14. Irrespective of how many times he/she is out, each batter will face six (6) balls in match.

The individual scores for each ball faced should be recorded on the scoresheet.

The first two (2) batters will open the innings and when one of them has



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Guidelines for Mini-Cricket (Contd.)

faced (6) balls during the course of play, he/she will be replaced by the next batter, and so on. If necessary, the last batter will face the last few balls in succession until he/she has completed his/her allocated (6) balls. At the completion of an innings the total number of runs is divided by the total number of dismissals/wickets. The resulting average is the team score. The team with the higher average wins.

15. Whenever a batter is out he/she goes to the non-striker's end and his/her partner faces the next ball, except in the case of a run out at the non-striker's end, or on the last ball of the over.
16. No boundaries are marked out and the batter can only run a maximum of 6 runs off a scoring stroke or byes.
17. Fielders and bowlers appeal to the umpires for dismissal of the batter by calling "Howzat".

A wide is when the ball is bowled out of the reach of the batter. Wides should be signalled and recorded as an extra.

Any bowler experiencing difficulty in this regard should be assisted/allowed to bowl underarm and permitted to bowl two (2) additional balls per over.

18. Batters may be dismissed in five (5) ways: Bowled (if a ball delivered by

the bowler hits the wicket direct or via the batter's bat or body); Caught (if a member of the fielding side catches the ball hit by the batter before it touches the ground); Hit wicket (if the batter hits or bumps into the wicket while attempting to strike the ball); or Run out

(If any member of the fielding side throws the ball against either set of stumps while the batter is out of his/her ground- umpires should use their discretion in case of run outs); Stumped (when a batter is out of his/her crease).

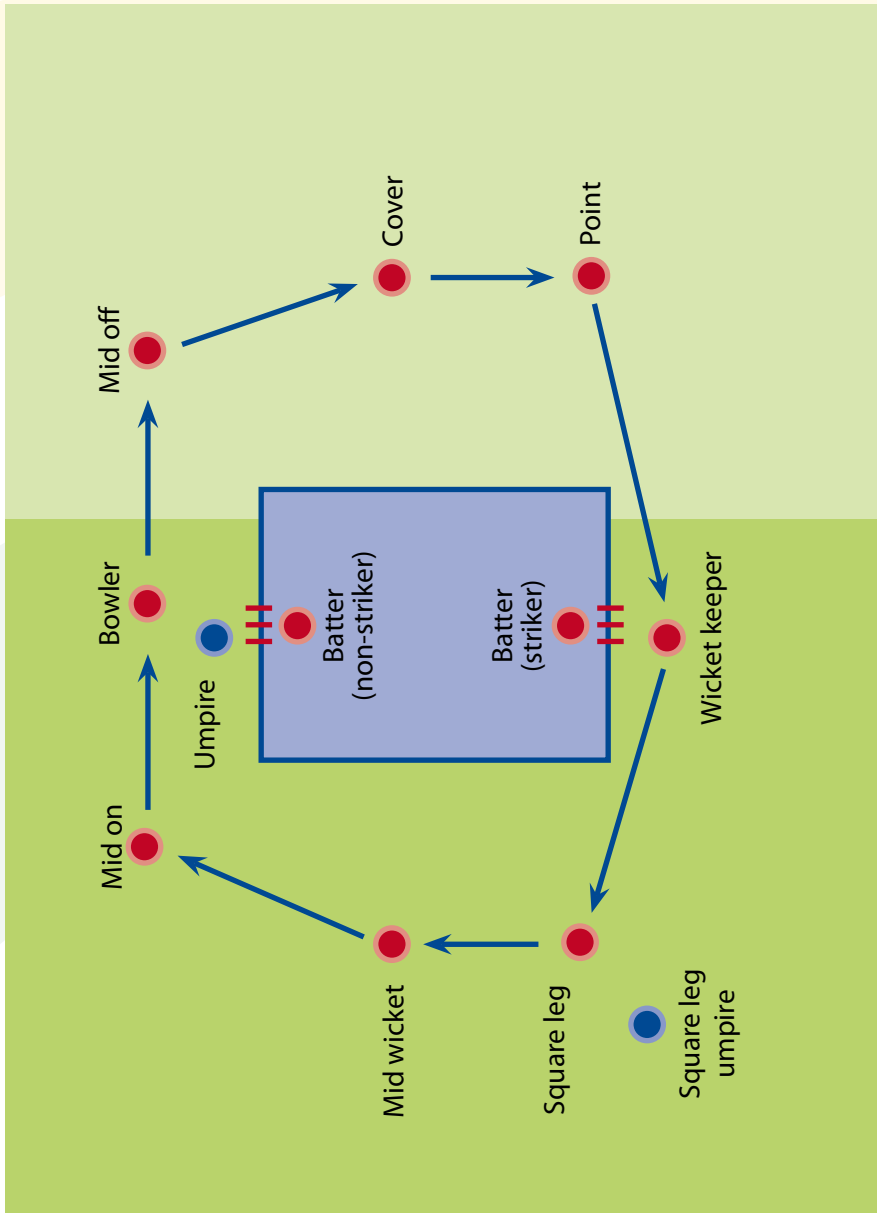
19. No batter should be given out LBW (leg before wicket).
20. A run-out will be recorded against the striker.
21. Run-out will be recorded as a wicket/dismissal

NOTE: It is recommended that certain basic elements of cricket be coached before, during or after every game, such as:

- a) Batting – grip, stance, backlift, running between the wickets and calling, etc.
- b) Bowling – grip, run-up, bowling action, follow through.
- c) Fielding – close catching, outfield catching, defensive fielding, backing up, throwing action, wicket-keeping.



Position of Players for a game of Mini-Cricket



Coaches Creed

You ask me who I am ...
I see you on the streets
And I wonder who you'll be
If you spare a little time for me
I'll show you a world you've yet to see
I'll be your father when you stumble
And your mother when you cry
When times are hard and successes few
I'll be there to help you try
When life asks you to choose your path
I will guide you to the one that's right
I will walk with you by day
And prepare for you by night
All I ask of you my friend
Is a little of your time
And I will offer you my skill
And the knowledge that is mine
And when all is said and done
And we finally part our ways
I know that I've given you a sporting chance
To last you for all your days
So you ask me who I am ...
You my friend ... can call me Coach!

Bernard Blom



The Role of the Coach

Who makes a good coach?

Before discussing the role a coach plays in the promotion of cricket and cricketing skills, it is perhaps pertinent to consider who would make a good coach.

When looking at the wide variety of experience and background among the men and women who do so much to help young players with their game, one is led to believe that there is no hard and fast rule. All shapes and sizes, good players and very ordinary players, twenty-year-olds and seventy-year-olds can coach cricket.

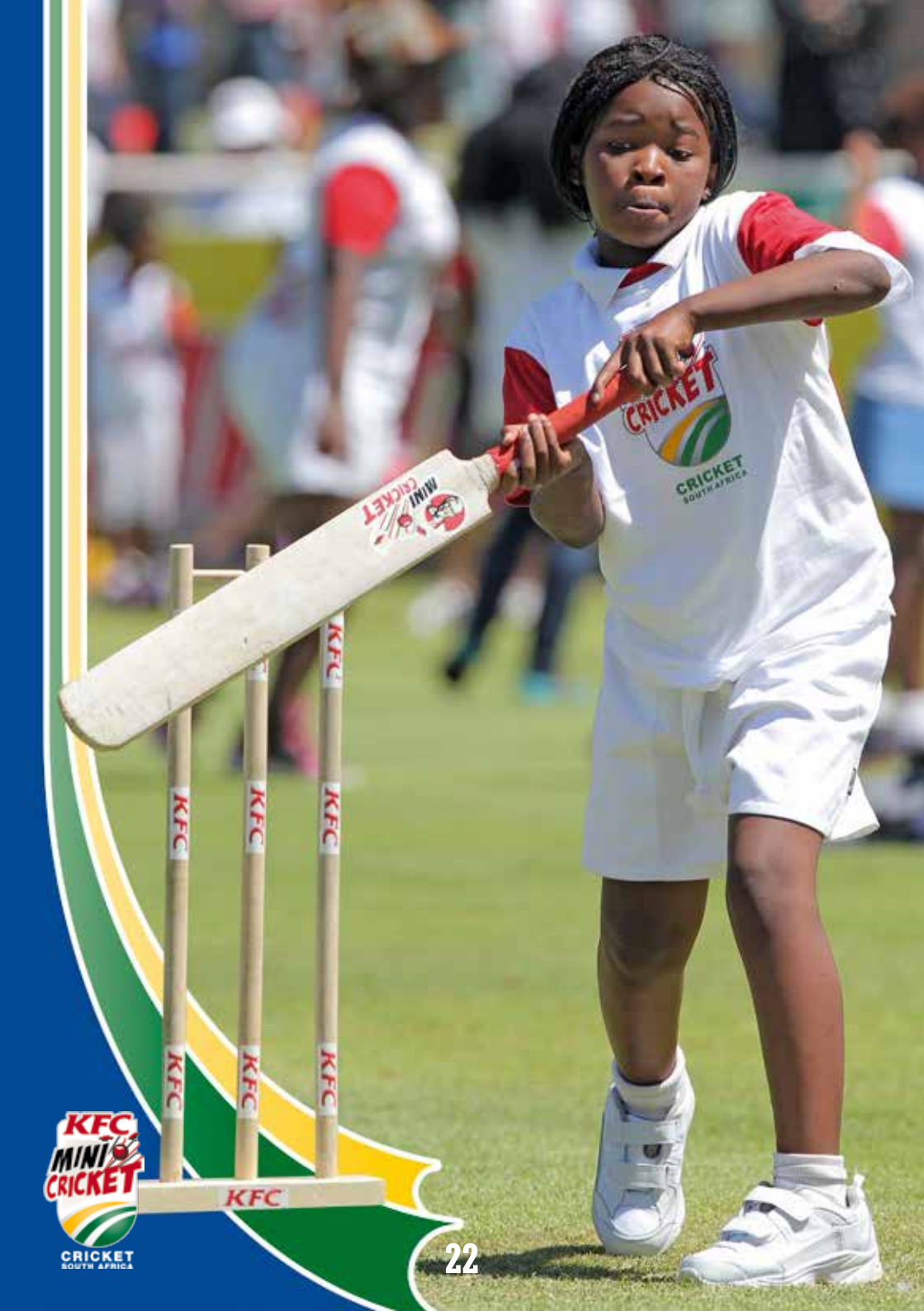
Two qualities, however, are inevitably found in all good coaches. They have a profound caring for the game of cricket and an unquenchable enthusiasm to communicate that feeling to others. If that is a positive point, a negative observation is that good players do not necessarily make good coaches.

It is true to say that two individuals with an equal aptitude for coaching, the person with the playing record is likely to find the job easier. On the other hand, the better players very often find it difficult to analyse their skills and instruct others on how to acquire them. Very often it is the average player who works at his/her game that finds it easier to help others. If it is perfectly natural to stroke a half-volley just outside off-stump through the covers for four, no deep thinking is required. If, however, one has to play the shot safely and effectively, then he/she will no doubt absorb a greater understanding of the mechanics. Until the basics have been grasped, there is little

chance that any individual will be able to help others to learn the game.

1. The main function of the Mini-Cricket coach is to see that the fun and entertainment aspect is maintained at all times.
2. Minimise talk, maximise action.
3. Minimise criticism, maximise praise and encouragement.
4. Always keep discipline, organisation, safety, and correct handling of equipment in mind at all different Mini-Cricket sessions.
5. Do not over coach – teach one aspect at a time.
6. Encourage parent involvement.
7. Be enthusiastic so as to encourage youngsters to follow.
8. Be on the lookout for talented youngsters.
9. Give kids wings to fly and roots to grow.





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Umpiring

The simplicity of the rules make it possible and desirable for children to take up the duties of umpiring.

The main duties of an umpire in Mini-Cricket are to count the six deliveries in each over and to make decisions on dismissals when batter and bowler, hit wicket, caught, run out or stumped.

Apart from these duties the umpire should ensure that the batter changes ends when a dismissal takes place (except on the last ball of the over and run outs at the non-striker's end).

Ideally there should be two (2) umpires at each game, but it is possible to run a game with only one umpire.

The umpire who stands directly behind the stumps at the end from which the bowling is taking place, is responsible for counting the balls (six) in each over, deciding whether batters are out bowled, hit wicket, caught or run out at the bowler's end and

ensuring the batters change ends after a dismissal.

The other umpire stands at square leg i.e. about 20 meters from the batter taking strike, at an angle of 90° to the pitch. This umpire decides on run out and stumping at his/her end.

After each innings the umpires changes roles, with the one at the bowler's end moving to square leg and the other umpire moving in to stand at the bowler's end.

When a batter is dismissed, the umpire signal 'out' by raising his/her arm above head height with the index finger extended. He/she must ensure that the scores acknowledge this signal.





Mini-Cricket Etiquette

General

1. Be on time.
2. Clothes and kit must always be clean.
3. Play in white clothes. Emphasis on neatness.
4. Don't shout remarks from the side of the field.
5. After the game, thank the umpires.
6. Thank opponents afterwards for the game.
7. Facing umpires must stand right behind the non strikers end stump-wicket to wicket and square leg umpire must be behind the batsman and inline with popping crease.

Fielding

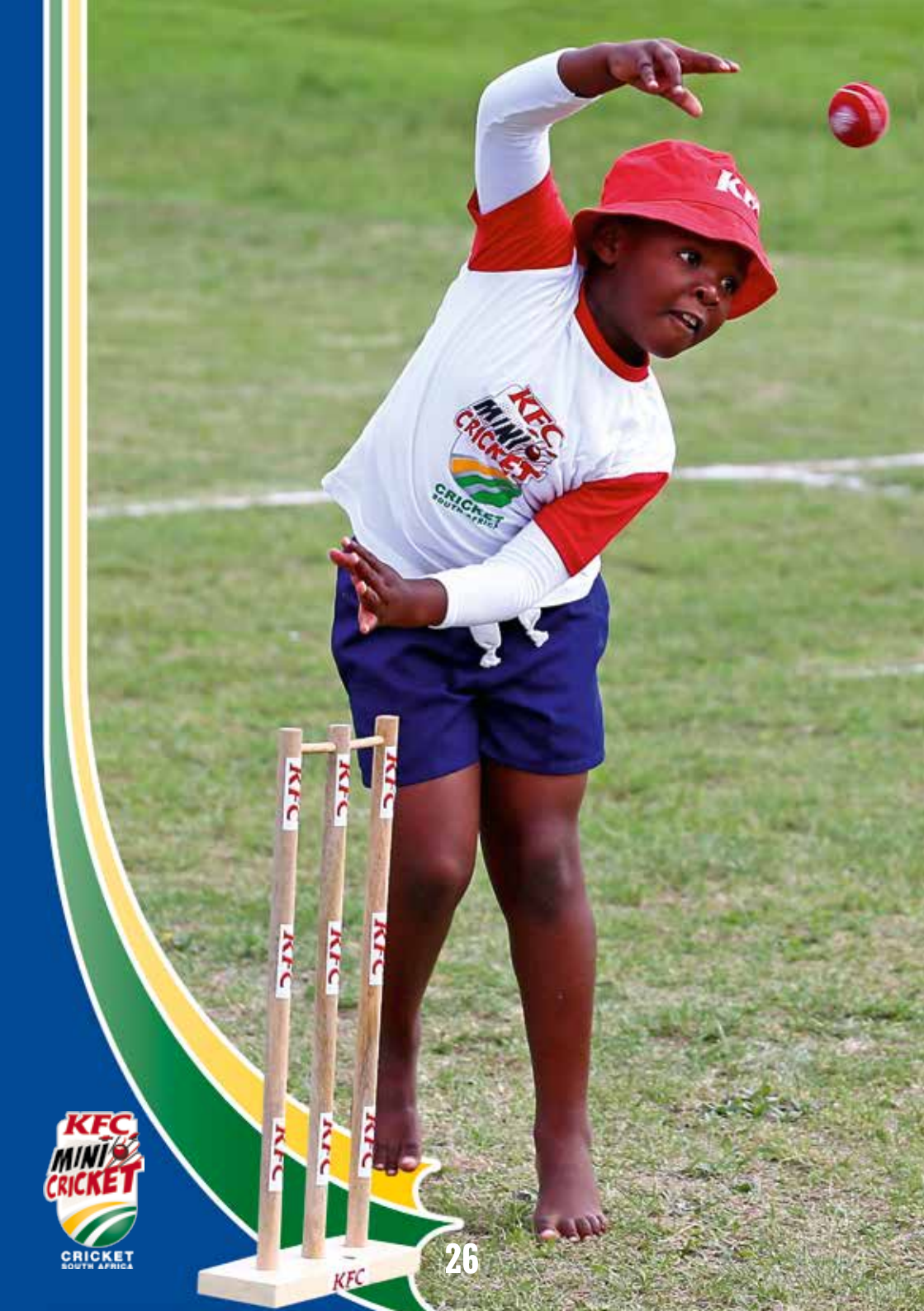
1. At Mini-Cricket level – give the incoming batter a round of applause.
2. Give a round of applause to the bowler who has had a good over or the batter for a good shot, to a batter who leaves the field after a good innings or for a good catch or save.
3. Don't wander away from your position; move briskly to your new position.



Social Values

Principles that indicate how you relate meaningfully to others in social situation including those involving family, teammates and co-workers.

The individual/company positive contributions towards the community wellbeing in regard to sport, health, education and socio economic situation.



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Scoring

In Mini-Cricket scoring can be carried out by one or both umpires, a teacher or a parent.

Scoring Instructions:

1. The name of the opposing team and the date of the match and age group should be filled in the space provided.
2. The names of the batting side should be filled in the eight spaces provided in the order in which they will go in to bat.
3. The names of the eight bowlers should be filled in the spaces provided under the heading 'bowler' in the order in which they will bowl.
4. Each ball bowled is recorded twice: once on the same line as the facing batter's name and once in the appropriate square after bowler's name. If no run is scored a dot is recorded; if runs are scored the number is entered: 1, 2, 3, 4, 5 and 6 as the case may be – once again on the same line as the batter and bowler concerned.

A running total is maintained by crossing off the squares on the right of the scoresheet for every run scored.

5. If a batter is bowled, caught, hit wicket or stumped, a W is entered next to the batter and bowler as in the case of runs scored. In the case

of a run-out W is entered. Should runs have been scored off the ball and one of the batters is run out attempting another run, W and the number of runs completed before the dismissal should be scored thus W2 i.e. the batter had run two runs and one was run out while attempting a third.

6. When the batter has completed his batting period the total number of runs scored by him/her should be added and entered in the 'runs' column and the number of times he/she was dismissed should be entered in the adjacent 'wickets' column.
7. When the batting side has received its total number of overs, the runs scored by all eight batters and the total number of extras should be added to give a gross team score, which should be recorded in the 'total runs' block.

The number of dismissals suffered by each batter are added and recorded in the 'total wickets' column.

8. To ascertain the innings score the total number of runs is divided by the total number of wickets lost and the obtained entered in the 'score square'. If there were no dismissals the total is divided by one and an extra dismissal is added to the total dismissals of their opponents.

Scoring (Contd.)

KFC Mini-Cricket Scoring System – Option A

This calculation is done after the completion of the innings.

Example:

Team A: 90 runs divide by 4 wickets

Team B: 48 runs divide by 2 wickets

Formula:

Team A nett total = $90/4 = 22.5$ runs/average

Team B nett total = $48/2$ runs/average

To get a result: $22.5 - 24 = 1.5$ runs/average

ie. Result:

Team B wins by -1.5 runs/average.

ie.: Results:

The team with the better average will win

This scoring system makes it easier for the children to understand who won and why and encourages them to score more runs without losing too many wickets.



Scoresheet – Option A

AGE GROUP: _____ DATE: _____

TEAM: _____ VS TEAM: _____

PLAYER NAME	1	2	3	4	5	6	RUNS	WKTS	1	21	41	61	81	101
1									2	2	42	62	82	102
2									3	23	43	63	83	103
3									4	24	44	64	84	104
4									5	25	45	65	85	105
5									6	26	46	66	86	106
6									7	27	47	67	87	107
7									8	28	48	68	88	108
8									9	29	49	69	89	109
EXTRAS:									10	30	50	70	90	110
SCORE = RUNS / Wkts = <input type="text"/>							RUNS	WKTS	11	31	51	71	91	111
									12	32	52	72	92	112
BOWLING									13	33	53	73	93	113
1									14	34	54	74	94	114
2									15	35	55	75	95	115
3									16	36	56	76	96	116
4									17	37	57	77	97	117
5									18	38	58	78	98	118
6									19	39	59	79	99	119
7									20	40	60	80	100	120
8														

Scoring (Contd.)

KFC Mini-Cricket Scoring System – Option B

The system works as follows:

The number of wickets that were lost by a team is multiplied by a factor of two (2) and that total is subtracted from the total number of runs.

i.e. runs – (wickets x 2) = net total.

This calculation is done after the completion of the innings.

Example:

Team A: 90 runs/4 wickets

Team B: 48 runs/2 wickets

Formula:

Team A nett total = $90 - (4 \times 2) = 82$ runs

Team B nett total = $48 - (2 \times 2) = 44$ runs

To get a result $82 - 44 = 38$ runs

ie. Result:

Team A wins by 38 runs.

This scoring system makes it easier for the children to understand who won and why and encourages higher batting scores from them.



Scoresheet – Option B

AGE GROUP:		vs. TEAM:																				
TEAM:																						
NAME:																						
1																						
2																						
3																						
4																						
5																						
6																						
7																						
8																						
EXTRAS																						
SCORE =		RUNS											(WTKS X 2)									
		EXTRAS																				
		TOTALS												RUNS	WKTS							
BOWLING																						
1																						
2																						
3																						
4																						
5																						
6																						
7																						
8																						

Fundamentals of Batting

TAKING GUARD

Take guard before facing the first ball by holding the bat upright and ask the umpire for centre or middle stump.

FUNDAMENTALS OF BATTING

1. Grip
2. Stance
3. Backlift

(IA) THE GRIP

1. Grip the bat with hands together as close to the top of the handle and as comfortable as possible.
2. The back of the top hand points towards the bowler and mid-off.

(IB) THE GRIP

1. All fingers to grip around the handle.
2. Two 'V-s' formed between thumb and forefinger of both hands to be more or less in straight line.



STANCE

1. Feet parallel and fairly close together with toes in line with the middle stump.
2. Knees slightly bent.
3. Handle rests against left thigh.
4. Toe of bat behind right foot.
5. Head kept still while eyes level.



(3A) BACKLIFT

1. Pick up the bat before the bowler delivers the ball.
2. Pick up the bat straight towards middle stump.
3. Pick up the bat above stump height.



Fundamentals of Batting (Contd.)

(1B) BACKLIFT

1. Weight evenly spread on both feet.
2. Top hand in control.
3. 'Push' the bat towards the stump.
4. Keep eyes on the ball.
5. Keep head still.



BATTING CHECKPOINTS		YES	NO
Grip	Fingers to grip around the handle		
	Two V's formed between the thumb and forefinger, both hands to be on a straight line		
Stance	Feet parallel		
	Weight evenly spread on both feet		
	Toes in line with middle stump		
	Knees slightly bent		
	Bat toe behind foot closest to the stumps		
	Head still		
Backswing	Eyes level		
	Bat swings backwards towards slip above stumps		
	Top of backswing – face of bat opens towards point		
Key to batting	Watching the ball		
	Foot movement		

Fundamentals of Bowling

BOWLING VS THROWING-ELBOW STRAIGHT

1. Grip
2. Run-up (short)
3. Bowling Action
4. Follow Through



THE GRIP (Front View)

1. Ball is held first two fingers.
2. Thumb under the ball.
3. Do not grip ball too tightly.

THE BOWLING ACTION DIVIDED INTO 4 LEARNING STEPS

1. Coil position.
2. Windmill position.
3. Brush Leg Brush Ear position.
4. Follow through position.

POSITION No. 1A

Coil Position (Front View)

1. Back foot should be parallel to the stumps.
2. Bowler looks over his front shoulder.



POSITION No. 2A

Windmill Position (Side View)

1. Keep head still.
2. Both arms must be straight.
3. Keep looking down the wicket over the front arm.
4. Palm of bowler's hand must face upwards.



Fundamentals of Bowling (Contd.)

POSITION No. 3

Brush Leg Brush Ear Position

1. Release the ball when bowling arm is next to the ear.



POSITION No. 4

Follow Through

1. Swing the arm through.
2. Keep the head still and look down the wicket.



BOWLING CHECKPOINTS		YES	NO
Grip	Ball is held by first two fingers, thumb under the ball		
Stance	Windmill position		
	Brush leg, brush ear position		
	Keep bowling arm straight		
	Release the ball when bowling arm touches the ear		
Follow through	Take a few steps forwards the batsman after the release		

Fielding

CLOSE CATCHING

1. When catching a ball close to the striker, the fingers must point downwards with the hands forming a cup shape.
2. Always try to use both hands.
3. Keep eyes on the ball.
4. Head is kept still with eyes level.

CLOSE CATCHING

1. Keep head still.
2. Knees slightly bent.
3. Elbows away from the body.
4. Keep looking at the ball until the ball is safely in both hands.



HIGH CATCHING

1. Get on to the line of the ball.
2. Form a cup shape with fingers.
3. Catch the ball in line with the eyes.
4. Keep eyes on the ball.
5. After catching the ball, cushion it against the chest.
6. Keep the elbows away from the body.



Fielding (Contd.)

RETRIEVAL

1. Retrieving Principal: Right hand, right foot.

DEFENSIVE GROUND FIELDING – LONG BARRIER

1. Get on to the line of the ball.
2. Left knee to go down if right-handed and vice versa for the left-handers.
3. Keep head still and eyes over the ball.
4. Fingers point downwards, forming a cup shape.



THROWING ACTION WITH FOLLOW THROUGH

1. After gathering the ball safely, throw in the ball as accurately and as quickly as possible.
2. Keep a side on position.
3. Point at the target.
4. Follow through vigorously by transferring weight over the front foot.
5. Keep the head still.
6. Keep looking at the target.



FIELDING

- | | |
|----|--|
| 1. | A fielder must expect every ball to come to him/her. |
| 2. | All fielders, except those close in, must walk in towards the batter as the bowler runs up. |
| 3. | When fielded, the ball should be thrown in as quickly as possible, to the wicket-keeper or bowler. |
| 4. | Fielder must back-up, in case their team mates miss the ball. |
| 5. | A golden rule for fielders is that they must keep their eyes on the ball. |

Running between Wickets

Slide the bat across the line when completing or turning for a run.

Non-striker must back-up as the bowler releases the ball.

1. Be ready to run for every hit.
2. Call 'Yes', 'No' or 'Wait'.
3. Non-striker must back-up.
4. Slide the bat behind the batting line when turning for an extra run.
5. Always look at the ball before calling for an extra run.
6. If there are no marked creases, then the wickets must be crossed to score a run.
7. The non-striker must call for all runs where the ball is played behind the striker's wicket.



Wicket-keeping and Dismissals

WICKET-KEEPING 'A'

Standing Up

This position is taken by slow bowlers. Keep the head still, be balanced and watch the ball.



WICKET-KEEPING 'B'

Standing Back

This position is taken by medium/fast bowlers. Keep the head still, be balanced, and watch the ball. Stay down as long as possible.



There are five ways of being dismissed in Mini-Cricket. Remember an appeal of 'Howzat' shall cover all ways of being out.

BOWLED

The striker is out 'bowled' if his/her wicket is broken by a bowler's delivery, even if the ball first touched his/her bat or any part of his/her body.

CAUGHT

The striker shall be out if the ball touches his/her bat and is subsequently caught by any fielder, including the wicket-keeper, before it touches the ground.

RUN OUT

If any member of the fielding side throws the ball against either set of stumps while the batter is out of his/her ground

HIT WICKET

The striker shall be out if his/her wicket is broken with any part of his/her body or equipment, whilst attempting a stroke

STUMPED

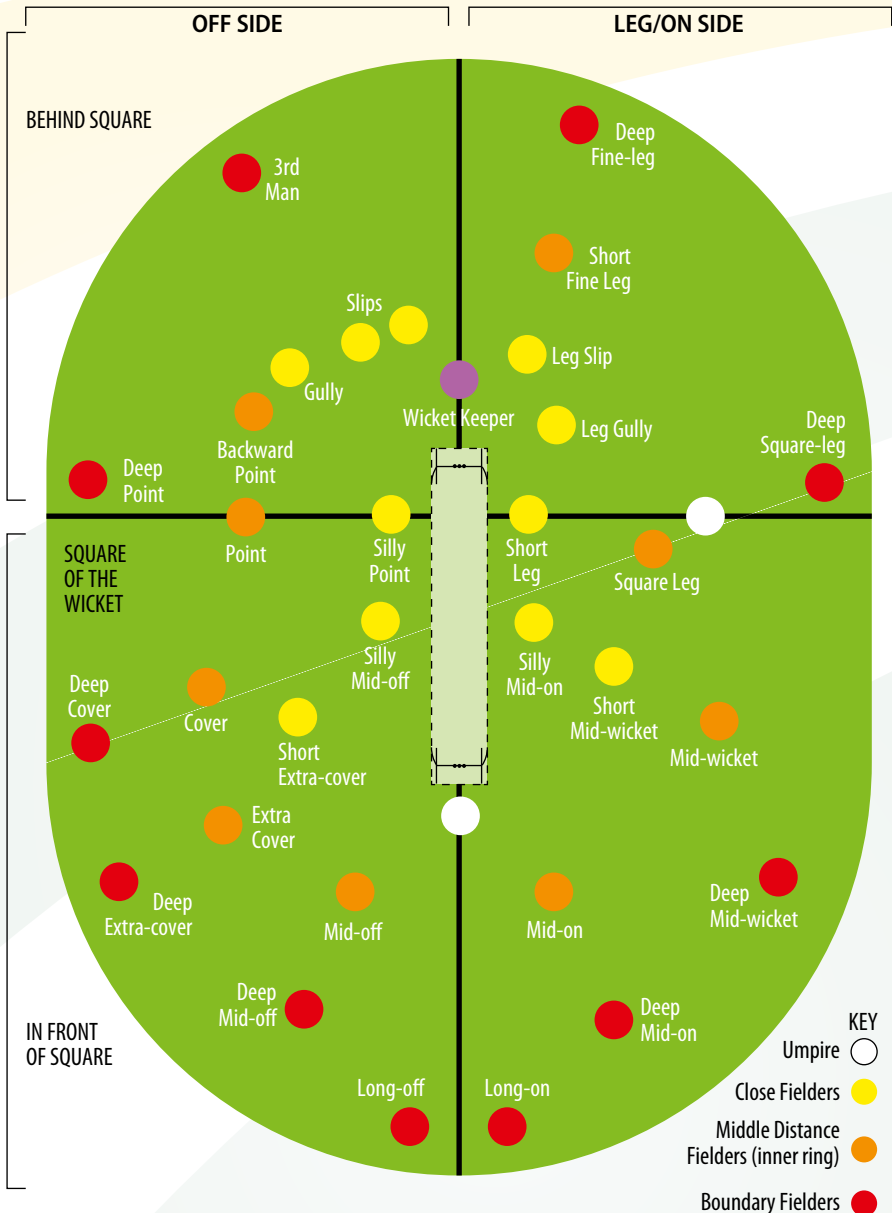
A striker is out 'stumped' if in receiving a ball delivered by the bowler, he/she is out of his/her ground and the wicket is put down by the wicket-keeper.





CRICKET SOUTH AFRICA

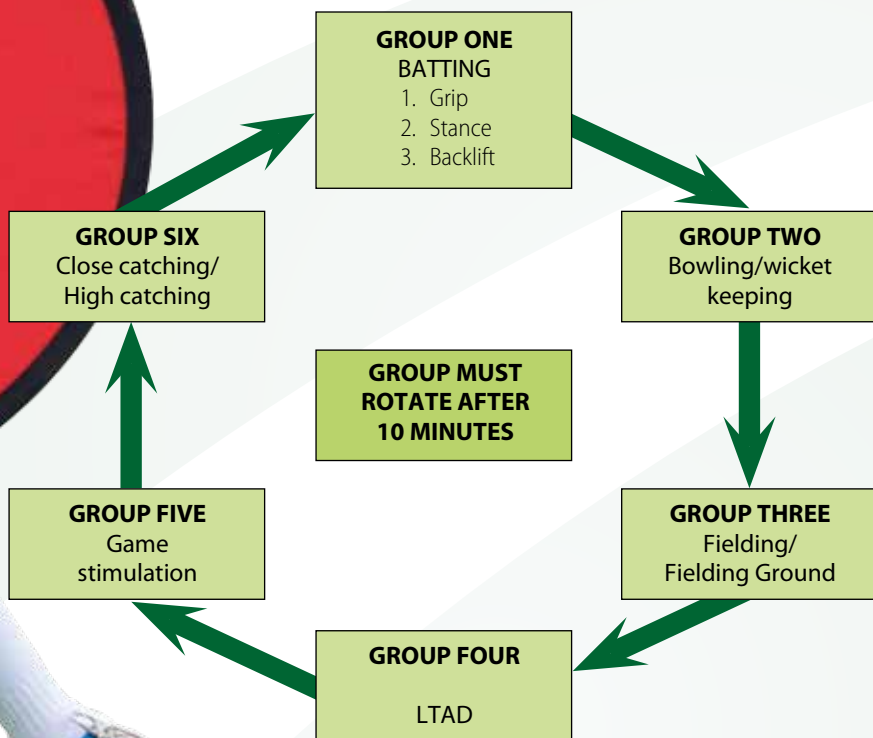
Fielding Positions for Hard Ball Cricket



Group Coaching (Practical)

The main aim of group coaching is to accommodate a large number of children with minimum space, time and equipment.

1. Safe layout using all available equipment.
2. Divide children into even groups.
3. Good demonstration (arm length method).
4. Competition
5. Duration of each session (not longer than 10 mins).
6. Rotation of groups.





CRICKET
SOUTH AFRICA

Rubric Documents

The purpose of this document is to make sure that we have uniform Mini-Cricket structure and uphold the identical

curriculum with all the Unions and it will also assist with the monitoring and evaluation.

KFC Mini-Cricket	Chaos	Fair	Good	Very Good	Excellent
Provincial Seminars	No branding No projector and other needed equipment Inadequate venue Lack resourceful plan and key message	Minimum of 40 delegates	Minimum of 50 delegates Send invites/ programme to both CSA and sponsors	Delegates kitted with sponsors clothes Catering for all the delegates Minimum 60 delegates Guest speakers	Sufficient branding Minimum 80 delegates Detailed reporting from the regions Coaching session Mirror the National Seminar Facilitator Resume on time
Provincial Festival	No branding No basic understanding of the game No PA system No logical arrangement	Minimum of 400 kids Hosted at a major venue (provincial stadium)	Coaching conducted during games Kids wearing sponsors clothing Ablution facilities Minimum of 600 kids	Field marked accurately Branding visible Coaches keep score neatly Lunch for the kids and coaches Minimum of 700 kids	Start on time Fixtures drawn up beforehand Knowledge on rules of the game Sound system (PA) Minimum parents involvement during games Kids execute the fundamentals of the game accurately
Mini-Cricket programme	No database in place No regular league matches Lack of coaching	Organised provincial structure	Regular meetings with regions	Monthly reports Full time Mini-Cricket Co-ordinator Keep a factual database	3 Regional festivals 3 Regional seminars Regular league structure 1 Provincial seminar/festival 1 coaching course for every region
Overall assessment					

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Notes

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