Welcome to MILO in2CRICKET, the new name for Cricket Australia’s entry level program, formerly known as MILO Have A Go. Cricket Australia, along with our State and Territory Associations, our valued sponsor, Nestle MILO and members of the cricket community have undertaken a long and detailed review of our entry level program. This review provided a number of insights into the values of contemporary children, parents, teachers and cricket volunteers and has inspired Cricket Australia to re-launch our entry level program as MILO in2CRICKET.

While the name and some minor areas of the program have been revised, MILO in2CRICKET still plays a major role in achieving our vision to be Australia’s favourite sport by ensuring the long term health of cricket within clubs and schools.

To achieve our vision, MILO in2CRICKET must not only introduce new players to the game, but recruit the next generation of volunteers and participants into our clubs and schools. Thank you for rolling your sleeves up and choosing not just to stand on the sidelines! Cricket Australia is delighted and very grateful that you have committed your valuable time and effort to be involved in the MILO in2CRICKET program as a Centre Coordinator for season 2008-09.

MILO in2CRICKET is designed to provide boys and girls with the opportunity to participate in a variety of activities to develop cricket skills, physical fitness, social skills, sportsmanship and an understanding of the game with an emphasis on fun and involvement.

Fundamentally, the program provides a solid pathway to junior club or school cricket and beyond.

But most importantly, MILO in2CRICKET allows children of all abilities to participate in cricket. The program is progressive and takes into consideration the different needs and skill levels of children.

Good luck for the season ahead.

Long Live MILO in2CRICKET!

LUKE VAN KEMPEN
in2CRICKET PROGRAM MANAGER
Dear Centre Coordinators,

Welcome to MILO in2CRICKET, the new name for Cricket Australia’s entry-level cricket program. Like Have-A-Go, MILO in2CRICKET is designed to give boys and girls a chance to take part in a variety of activities to develop cricket, physical fitness and social skills, sportsmanship and an understanding of the game. The emphasis is on fun and involvement.

As a Coordinator, you play an important part in developing cricket in Australia. We hope the new MILO in2CRICKET program is fun for participants and for you and other volunteers involved.

Thanks for agreeing to be a Centre Coordinator and good luck for a huge summer of MILO in2CRICKET.

Long Live MILO in2CRICKET!

JAMES SUTHERLAND
CHIEF EXECUTIVE OFFICER
The MILO in2CRICKET program is very important to Nestle as it allows us to be involved in a program that reflects MILO values and to promote the nutritional benefits of MILO.

MILO was invented by Nestle chemist Thomas Mayne during the great depression because kids were not getting enough nutrients. Nestle launched MILO at the Royal Easter Show in Sydney in 1934, which at the time was a showcase for new products. MILO was originally sold in pharmacies as a ‘tonic food drink’ and was part of the Aussie troops’ rations in WWII.

Mayne named MILO after the Roman mythological character Milon. Milon was a champion Roman athlete, who became famous for his feats of strength at the Pythian Games held in Greece some 600 years B.C. Nestle adopted the name MILO because the aim of the drink was to help build up a strong and healthy body and to provide energy.

MILO powder contains six essential vitamins and minerals (iron, calcium, Vitamins A, B1, B2 and C) and nutrition remains at the core of the MILO proposition.

Drinking one glass of MILO with reduced-fat milk each day is a great way for kids and mums alike to top up daily iron and calcium intakes. In fact, one glass of MILO and milk alone provides half (50%) of the Recommended Dietary Intake (RDI) for iron, calcium, Vitamins B1 and C.

Another unique feature worthy of note is that MILO with reduced-fat milk is low GI, and helps to keep energy levels steady. Low GI foods and drinks contain carbohydrates that are digested more slowly than high GI foods and drinks. Low GI carbohydrates have an advantage in that they provide a more sustained and steady release of energy to the body and may assist in keeping hunger at bay.
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Introduction
Connecting with all Australians

Australia is a diverse and multicultural country, and we can no longer take it for granted that cricket will have an automatic place in the Australian culture unless we make our game relevant to today’s population. That’s a population that speaks over 200 languages and of which 25 per cent were born overseas—many arriving in Australia with no cricket culture or knowledge of the game.

Australian cricket has to improve its access to a wide range of non-traditional participants including women, indigenous communities, people of a non-English speaking background and people with a disability. To support this, Cricket Australia has an Indigenous Cricket Strategy, a Females in Cricket Strategy and a Strategic Framework for Cricketers with a Disability, all of which you can find more information about on our website at www.cricket.com.au

Australian cricket has set itself the challenge to connect with all Australians. This is reflected in our vision for cricket to be Australia’s favourite sport—a sport for men, women, boys and girls. We want to embrace the diversity of the Australian population, and to introduce and share our game.

The Spirit of Cricket

Australians are justifiably proud of the place sport has in their daily lives. However, what is equally important to all of us involved in cricket is the way the game is played and the manner in which all participants conduct themselves.

Unfortunately, some people fail to live up to the traditional values and Spirit of Cricket. Young people can be easily influenced and negatively affected by these adverse experiences.

The “Spirit of Cricket” is fostered by the values that you (as a volunteer, administrator, coach, teacher, parent, or player) bring to your team, club, and the game itself.

Cricket can be a highly competitive game. The Australian team leads by example by playing the game hard but fair. However it is important to play within the Laws and the spirit of the game. The following key elements provide a guide to help those involved in cricket apply the spirit of the game and foster a healthy and effective development of the spirit within your cricket community.

Fair play

According to the Laws of Cricket, umpires are the sole judges of fair and unfair play. The umpires may intervene at any time and it is the responsibility of the captain or coach to take action where required.

Captains’ and coaches’ responsibility

The captain and coach are responsible at all times for ensuring that play is conducted within the spirit of the game and within the Laws.
**Player’s conduct**

Where a player fails to comply with the instructions of the umpire – criticising by word or action the decisions of an umpire, showing dissent or generally behaving in a manner which might bring the game into disrepute – the umpire concerned should, in the first place, report the matter to the other umpire and to the player’s captain or coach, and instruct the captain or coach to take appropriate action.

**Players**

Captains, coaches and umpires together set the tone for the conduct of a cricket match. Every player is expected to make an important contribution to play the game in good spirit and fairness.

**Respect**

The spirit of the game involves respect for:

- Your opponents;
- Your captain, coach and team;
- The role of the umpires;
- The traditional values of cricket.

**Umpires’ authority**

The umpires are authorised to intervene in cases of:

- Time wasting;
- Damaging the pitch;
- Dangerous or unfair bowling;
- Tampering with the ball;
- Any other action that they consider to be unfair.

**Against the spirit**

It is against the spirit of the game to:

- Dispute an umpires’ decision by word, act or gesture;
- Direct abusive language towards an opponent or umpire;
- Indulge in cheating. Such instance may include:
  - Appealing when knowing the Batter is not out;
  - Advancing towards an umpire in an aggressive manner when appealing;
  - Seeking to distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation of one’s own side.
Australian Cricket Pathway

- Australian Men’s Cricket Team
  - Men’s State Cricket
    - Men’s State 2nd XI
    - Men’s Premier Grade Cricket
    - Men’s Senior Club Cricket (18+)
    - Junior Club and School Cricket (8–18)
  - Cricket Australia Centre of Excellence
    - Australia Under 17 & Under 19 Teams/Squads
    - National Youth Championships Under 17 & Under 19
    - School Sport Australia National Youth Under 13 & Under 15 Championships
  - Australia Under 17 & Under 19 Teams/Squads
  - Women’s State 2nd XI
  - Women’s Premier Grade Cricket
  - Women’s Senior Club Cricket (18+)
  - Junior Club and School Cricket (8–18)

- Australian Women’s Cricket Team
  - Women’s State Cricket
    - Women’s State 2nd XI
    - Women’s Premier Grade Cricket
    - Women’s Senior Club Cricket (18+)
    - Junior Club and School Cricket (8–18)

MILO in2CRICKET
Junior Club (school) teams vary in age groups and playing formats. Be sure to identify your club’s pathway and invite the junior coaches to your MILO in2CRICKET program and introduce them to the parents.

MILO in2CRICKET provides an opportunity to secure the health of your club for the future, by recruiting players and volunteers into the game.

It’s really important to involve the senior players with the MILO in2CRICKET Program. Invite them to give you a hand at some stage.
Off Field
Off Field

Getting Started

Fun In Cricket

• Fun is the major motivator for children to play sport. Whenever youngsters are asked in various surveys, why they play sport, the number one reason is always the same – to have fun. Children like to compete, but it’s the fun and the excitement of competing, that brings them back, not just the winning. Junior coaches should not be measured on win/loss ratios but rather on how many players wish to continue to play the following season!

Role In The Club

• It is important that the MILO in2CRICKET Group is considered part of the club, association, school or wider community to which it is affiliated.

All people involved with the MILO in2CRICKET Program should be included in social events such as the Christmas break-up and presentation nights at the end of the season. This inclusive practice will benefit both the new members of the community and those who have a long-standing relationship with our sport.

The success of the program will depend upon the structure of the group. Ensure that it is not left to the centre Coordinator to perform every task. It is important that the centre Coordinator has sufficient assistance in all areas of the program.

Coordinator Checklist

• Here is a list of the key things that will assist you in running the best Centre possible.

• Pre-program
  – Meet with committee to establish goals.
  – Set dates and times for registration day and program.
  – Contact State/Territory Associations for.
    - kits and giveaways.
    - registration equipment.
  – Send out information to previous participants.
  – Advertise the program in local schools, shops and winter programs.
  – Promote the program by conducting a clinic at a local school.
• **During program**
  – Organise volunteers and parents to direct and run activities
  – Establish and/or update member database for both participants and volunteers
  – Ensure all activities are conducted in a safe environment
  – Conduct each session using a variety of game-based activities
  – Provide an opportunity for all participants to try each activity
  – Return all registration forms and money as soon as possible to State/Territory Associations
  – Establish a connection between the program and the junior section of your feeder club
  – Organise family activities such as a BBQ, Christmas break-up, parents versus participants match etc.

• **Post program**
  – Arrange the Presentation Day
  – Present participants with certificates
  – Return excess kits to State/Territory Associations

**Recruitment of participants**

Although each State/Territory Cricket Association conducts school visits to assist centres to increase the number of participants in the MiLO in2CRICKET Program, it is important that centres also recruit new players. Outlined below are a few simple ideas which can increase player registrations and the community profile of junior cricket.

**Schools**

• Clubs that establish strong links with their schools have a greater opportunity to increase registrations. Target a reliable teacher who has an interest in cricket. This contact may provide your centre with access to the school newsletter. There may also be an opportunity to distribute flyers advertising your registration day amongst students.

**Shops and clubs**

• Placing posters or flyers in stores to advertise registration day is an excellent way of communicating with large numbers of people. Target stores to which participants are attracted (e.g. sports stores and video stores). Registered clubs also provide an excellent avenue for advertising, particularly in newsletters.
**Winter sports**

- It is quite common for participants who play a winter sport as a group to find a summer sport they can play together as well. This is a great way to recruit both boys and girls to your centre. Liaise with the winter sports Coordinator of a sport being played in your area and distribute some pamphlets during their last session. In return, you could offer to distribute pamphlets advertising their sport in your last session.

**Registration days**

- Some centres follow the same routine for registration day each year. Using alternative venues and activities can help increase recruitment numbers. Active registration days work well. Set up a range of modified games and skill activities so that participants will have some activity to look forward to.

**Girls and Boys**

- Schools and clubs always encourage girls and boys to participate in the MILO in2CRICKET Program. If your school or club actively recruits girls to the program, there may be opportunities to form teams as the girls progress through to under-age cricket. Most State/Territory Associations are working to develop programs for both boys and girls. There is a growing need for girls to progress into structured junior girls’ cricket competitions. We strongly encourage Coordinators to seek advice from State/Territory Associations. Visit in2CRICKET.com.au for a full contact list of State/Territory Development Department contacts.

**Advertising**

- Banners, newsletters, and letterbox drops in the local area are all useful mechanisms for advertising the program. Colourful banners are a highly effective way to increase interest in your events and functions. Banners are best placed near busy local roads, intersections or landmarks. Alternative cost-effective methods include promotion in schools and other association newsletters.
Retention

The best way to ensure that your kids return to your club the following year is to have a clearly defined pathway that they can move through. The best way to do this is to run the MILO in2CRICKET Have-A-Go activities alongside the MILO in2CRICKET Have-A-Game activities.

MILO in2CRICKET Have-A-Game

- A second tier of activities designed for more skilled participants who do not have ready access to a suitable competition. These activities offer participants the opportunity to further develop individual knowledge and skills of the game.

Mail out

- A letter to parents at the beginning of the season, with a reminder about the upcoming season or other options available to participants either continuing with the MILO in2CRICKET Program or moving through to junior cricket.

Creation of under-age competition

- Provide participants with a pathway. Retention is for cricket, not just for the MILO in2CRICKET Program. Think about what opportunities currently exist within your community for players to move through the ranks. For example, is it time for another underage competition in your association or region?

Retention of volunteers

- Volunteers are just as important to retain as participants. Write to them at the beginning of the season and ask if they would like to continue their volunteer role with the program.

Acknowledgement

- Provide all volunteers with a Certificate of Recognition and Appreciation. Recognise their contribution at your Club/Association Presentation Night. Don’t underestimate the importance of recognition and valuing your volunteers.
Cricket Australia’s National Club Risk Protection Program

A simple summary of the National Risk Protection Program (including downloads and other helpful resources) is available from www.jltsport.com.au/cricketaustralia. The benefits, terms and conditions summarised below should be read in conjunction with the policy documents.

What is the National Risk Protection Program (The Program)?

The National Risk Protection Program is the title given to the group insurance and risk management scheme for clubs and associations affiliated with Cricket Australia.

The Program is arranged by JLT Sport on behalf of Cricket Australia and the State Bodies. JLT Sport are the leading Sports Insurance and Risk Solutions experts in Australia.

Is our MILO in2CRICKET Program covered within the National Risk Protection Program?

To receive cover within the National Risk Protection Program, your club must register online via the myCricket system and JLT Sport’s web site.

If your club is NOT registered for the current season, the National Risk Protection Program may not provide cover for your club’s MILO in2CRICKET Program including your participants.

What is covered within the National Risk Protection Program?

The Program provides the following covers:

– General Public and Products Liability Cover (including Errors and Omissions)
– Club Management Liability Cover
– Personal Accident Cover

Who is covered within the National Risk Protection Program?

So long as your club is registered for the current season, your participants, coordinators and volunteers will be covered within the Program.

To ensure anyone assisting with the running of your MILO in2CRICKET Program is covered, please complete the Volunteer Registration Form and forward it to your State/Territory Association. Failure to complete this form may expose your volunteers to gaps in the Program’s cover.

What is covered within the Personal Accident Policy?

The Personal Accident Policy provides cover for injuries sustained during official club games and competitions as well as training and practice sessions (including MILO in2CRICKET).

There are three sections to the Personal Accident Policy:

1. Non-Medicare Medical Benefits* (reimburses a percentage of the medical costs incurred that are not covered by Medicare. The Health Insurance Act (Cth) 1973 does not permit ANY insurer to reimburse Medicare costs including the Medicare Gap).

2. Capital Benefits* (Lump sum payment for permanent injury/ies)

3. Loss of Income* (85% reimbursement of Net Weekly Income to a maximum of $500 per week)

What should we do if an injury occurs?

If an injury occurs during an MI in2CRICKET Program, please complete an Accident Report Form.

If the injury is serious, more substantial documentation is required. Please attach additional notes to the Accident Report Form (you may use the reverse side of the form if you like). Your notes should detail the conditions, environment, witnesses and a full description of the incident prior to and after its occurrence.

In the event of a serious injury, you must notify the MI in2CRICKET Coordinator at your State/Territory Association immediately and supply a copy of the completed Accident Report Form (and supporting documentation).

How do we lodge a claim within the National Risk Protection Program?

You can download a Personal Injury Claim Form from www.jltsport.com.au/cricketaustralia or contact JLT Sport directly on 1300 130 373.

If you believe the incident may be serious enough for the injured party to proceed with legal action against the club (either now or in years to come), you should contact JLT Sport immediately within 48 hours of the incident occurring. Please refer to the web site for further information.

What is not covered within the Program?

The Program provides limited cover within the policies outlined above. Please take the time to review the cover via JLT Sport’s web site to ensure you understand the coverage.

Some examples of areas not insured within the Program include:

- Glass breakage, General Property, Accident Damage, Electronic Equipment, Burglary/Theft and more (please refer to JLT Sport Asset Protect)
- Motor and Compulsory Third Party
- Workers Compensation
- Travel

JLT Sport are very happy to provide you with additional cover should you require it. Research shows that many sporting clubs are under-insured or un-insured in some areas. JLT Sport Asset Protect is a new program available to registered Cricket Clubs and Associations.


Where can we find more information regarding insurance and risk protection?

JLT Sport have developed and maintain a comprehensive web site including valuable information for clubs, associations, participants, volunteers and parents. This web site provides information across the following areas:

- What’s covered: A summary of the policy coverage
- FAQ: Frequently Asked Questions and Answers
- Making a Claim: Claim Forms and procedures
- Important Documents: Policy Wordings and Product Disclosure Statements
- Contact Details: General Enquiries and Claims Enquiries

Please promote this web site to your volunteers, participants and parents wherever possible.

Program Incident Report

Date and Time Incident Occurred: ____________________________________________

MILO in2CRICKET Program Centre: ____________________________________________

Location of Incident: ________________________________________________________

Person(s) in Charge of Session: _____________________________________________

Name of Injured Person: _____________________________________________________

Sex of Injured Person: ☐ Male ☐ Female Age _____

Injured Person Phone No: ____________________________________________________

Participant Registration No: ________________________________________________ (if applicable)

Details of Incident: _________________________________________________________ (if applicable)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Details of Injury Sustained:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Witnesses to the Incident: ___________________________________________________

Action Taken: ______________________________________________________________

Has the Injured person’s parent or guardian been notified: ______________________

Form Completed by: _________________________________________________________

Position Held: _____________________________________________________________ Date: ____________

Please use the back of this form to record additional details where required. In the case of a serious accident or injury, the Group Coordinator must inform the MILO in2CRICKET State/Territory cricket Coordinator immediately and provide him/her with a copy of this completed form. You should also inform your Club/Association’s insurers.
**Safety and Injury Prevention**

**The STOP safety method**

Once it has been established that there is no danger to the injured athlete’s life, the severity of the other injuries should be assessed using the STOP method.

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<th>STOP</th>
<th>TALK</th>
<th>OBSERVE</th>
<th>PREVENT</th>
</tr>
</thead>
</table>
| STOP the athlete from participating or moving. | TALK to the injured athlete.  
  - What happened?  
  - How did it happen?  
  - What do you feel?  
  - Where does it hurt?  
  - Does it hurt anywhere else?  
  - Have you injured this part before? | OBSERVE whilst talking to the athlete.  
  **General**  
  - Is the athlete distressed?  
  - Is the athlete lying in an unusual position/posture?  
  **Injury Site**  
  - Is there any swelling?  
  - Is there any deformity?  
  - Is there any difference when compared to the other side/limb?  
  - Is there tenderness when touched?  
  - Does it hurt to move the injured part? | FURTHER INJURY |

<table>
<thead>
<tr>
<th>DON’T PANIC</th>
<th>STAY COOL</th>
<th>PROVIDE a few words of encouragement if the answer to any of the above questions is yes seek an accredited sports trainer or qualified first aid support.</th>
<th>PLAY ON</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>PROVIDE a few words of encouragement if the answer to any of the above questions is yes seek an accredited sports trainer or qualified first aid support.</td>
<td>PLAY ON</td>
</tr>
</tbody>
</table>

A FEW WORDS OF ENCOURAGEMENT WILL HELP  
- Monitor any such injuries.  
- Minor injuries should also be managed using the RICER regime.

Source: Coaching Children, Australian Sports Commission
DR ABC Safety Methods

DANGER
Check for danger to:
1. You.
2. The injured athlete.
3. Others.

RESPONSE
Ask the injured athlete:
1. Can you hear me?
2. To open their eyes
3. What is your name?

AIRWAY
Carefully turn the athlete onto their side.
Open and clear the airway by removing any obstructions such as mouthguards, blood, vomit and teeth.

BREATHING
Check for breathing.

CIRCULATION
Check for pulse.

ATLIERE RESPONDS
Send for an ambulance and/or an accredited sports trainer/qualified first aid support.

STOP
TALK
OBSERVE
PREVENT

NO BREATHING
An ASMF accredited sports trainer/qualified first aid should begin EXPIRED AIR RESUSCITATION (EAR).

BREATHING
1. Maintain athlete in lateral position.
2. Await ambulance.

NO PULSE
An ASMF accredited sports trainer/qualified first aid should begin CARDIOPULMONARY RESUSCITATION (CPR).

PULSE PRESENT
Continue EAR.

Source: Coaching Children, Australian Sports Commission
## RICER Safety Method

### Soft tissue management

The first 48 hours are vital in the effective management of any soft tissue injury. Injuries managed effectively in the first 48 hours will reduce the time spent on the sideline. The immediate management should follow the RICER regime. This regime should be used for all ligament sprains and muscle bruises (corks etc.) In fact, any bumps and bruises which occur in sport.

<table>
<thead>
<tr>
<th></th>
<th>HOW</th>
<th>WHY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REST</strong></td>
<td>Place the athlete in a comfortable position, preferably lying down. The injured part should be immobilised and supported.</td>
<td>Activity will promote bleeding by increasing blood flow.</td>
</tr>
<tr>
<td><strong>ICE</strong></td>
<td>The Conventional methods are:  - Crushed ice in a wet towel/plastic bag.  - Immersion in icy water.  - Commercial cold packs wrapped in wet towel.  - Cold water from the tap is better than nothing. <strong>Apply for 20 minutes every 2 hours for the first 48 hours.</strong> <strong>CAUTION:</strong>  - Do not apply ice to skin as ice burns can occur.  - Do not apply ice to people who are sensitive to cold or have circulatory problems.  - Children have a lower tolerance to ice.</td>
<td>Ice reduces:  - Swelling.  - Pain.  - Muscle spasm.  - Secondary damage to the injured area.</td>
</tr>
<tr>
<td><strong>COMPRESSION</strong></td>
<td>Apply a firm wide elastic bandage over a large area covering the injured parts, as well as above and below the injured part.</td>
<td>Compression:  - Reduces bleeding and swelling.  - Provides support for the injured part.</td>
</tr>
<tr>
<td><strong>ELEVATION</strong></td>
<td>Raise injured area above the level of the heart at all possible times.</td>
<td>Elevation:  - Reduces bleeding and swelling.  - Reduces pain.</td>
</tr>
<tr>
<td><strong>REFERRAL</strong></td>
<td>Refer to a suitable qualified professional such as a Doctor or Physiotherapist for a definitive diagnosis and ongoing care. Early referral for a definitive diagnosis to ascertain the exact nature of the injury and to gain expert advice on the rehabilitation program required.</td>
<td></td>
</tr>
</tbody>
</table>

Remember with injuries of this kind, you should avoid the HARM factors.  
**Heat** – Increase bleeding.  
**Alcohol** – Increase swelling.  
**Running** – Or exercising too soon can make injury worse.  
**Massage** – In the first 48–72 hours increase swelling and bleeding.

Source: Coaching Children, Australian Sports Commission
Program Explanation

MILO in2CRICKET has two different sets of activities that can be used depending on the age and skill level of the participants.

The MILO in2CRICKET Have-A-Go activities are designed to be used as a pre-competition for 5 to 7 year old boys and girls. The activities incorporate high participation with skill development and modified games to provide a safe learning environment and fun experience for all involved.

The MILO in2CRICKET Have-A-Game activities take all the skills that participants have previously learnt and put them in a game situation. It provides participants with practical hands-on experience and teaches the basics of cricket etiquette and the meaning of the Spirit of Cricket. The MILO in2CRICKET Have-A-Game concept is designed to develop the thinking, understanding and decision-making skills required in the game of cricket. It is a fast moving and action packed program that helps participants learn about the protocols and basic rules of the game in a safe and encouraging environment. MILO in2CRICKET Have-A-Game will assist in the transition of participants into future under age competition.

We have provided 10 session plans for MILO in2CRICKET Have-A-Go and MILO in2CRICKET Have-A-Game activities – this is just a guide! You can follow it word for word if you wish, however there are many more games and activities included on the CD Rom which you are free to use.
Coaching Philosophy

Learn the skills by playing!

Maximum Participation

• Children need to be active and moving around. So make sure you minimize the amount of time children are standing around waiting for their turn. Have smaller teams, set up more stations – just keep them involved!

Learning skills through modified games

• When working with entry level participants, Coordinators should always focus the majority of their sessions on a variety of games or game-based activities. Should skill development be required at this level it is suggested that it take place during the game. By doing this participants will be active for a greater period of time and will gain more enjoyment from their cricket experience.

Implicit Learning

• Remember you don’t always have to come up with a new game to teach a skill. Often you can just change one element in a game and the entire outcome changes eg. Hitting zones, ball size, team size etc.

Safety Set Up Tips

The following tips can help you plan and organise the MILO in2CRICKET Program to ensure it is conducted in a safe and effective manner:

Provide a safe environment

• Prior to beginning each session, check facilities to ensure that a safe participation can occur. Remove any potential hazards and note any facilities that require maintenance. Report this to the appropriate club contact to ensure they are fixed. If unsafe conditions exist, either make adaptations to avoid risk to participants’ safety, or stop the session until safe conditions have been restored. Further information can be found in Well Played, Australian Cricket’s playing policy and guidelines. You can download this form from the Coordinators section of in2CRICKET.com.au.

Properly plan the activity

• Coordinators should set up activities and games far enough apart to ensure participants’ safety. Prior to beginning any activity, explanations should contain safety hints and rules. For example, no participant within 3m of a person holding a bat.

Provide adequate and proper equipment

• The plastic MILO in2CRICKET equipment is appropriate for 5–10 year old children. However extreme care must still be taken as the equipment can cause injury, particularly when swinging bats.

Match players by size and ability level

• Coordinators must be aware of individual skill and experience levels and match participants appropriately. This not only decreases the risk of injury but will also enhance children’s skill development and enjoyment.
Warn players and parents of inherent risks

- A pre-program parents’ meeting is the ideal time to explain to parents that although all reasonable care will be taken, participation in the program does include inherent risks. Knowledge of inherent risks by participants and parents will also increase awareness of safety issues. This will hopefully result in decreasing the chance of injury.

Supervise the action closely

- As a Coordinator, it is your responsibility to supervise activities and make modifications where appropriate to decrease risks. For large MILO in2CRICKET centres the Coordinator also has the task of educating parent helpers on the key things to look for and modify to decrease risk.

Evaluate participants for injury or incapacitation

- If any participant says they are injured or if they look injured, Coordinators should give them a rest from the activity and examine the extent of the injury. If you are not completely satisfied that continued participation poses no further risk of injury, then the child should not participate.

Know emergency procedures and first aid

- For general first aid procedures please see the following pages on DR ABC and RICER methods. Refer to Off Field, Page 8–10. In the event of extreme emergency, Coordinators should call for an ambulance.

Keep adequate records

- Coordinators should keep records of the sessions which are conducted particularly if an injury or incident has occurred. This will ensure accurate information is available if required at a future time.
Session 01

Intro activity Quiz questions and/or warm up activity. 5–10 mins maximum.

Quiz questions
1. Can you name the Australian Men’s Cricket Captain? As current.
2. Can you name the Australia Women’s Cricket Captain? As current.
4. Add other questions referring to current affairs in cricket.

WARM UP ACTIVITY Red Rover – Parents vs. Children

Number of players
• Roughly even teams.
• Play Parents vs. Children (this is a great way to get the parents involved right from the start).

Area size
• Approximately 20m x 30m grass or court area.

Equipment
• 4 markers set up in a large square.

GAME RULES
• Start all the parents in the middle of the square, making a line. They are the catchers.
• Start all the children on one side of the square facing the parents. They are the runners.
• Coordinator calls “all over Red Rover.”
• All the runners try to get past all the catchers to get the ‘safe zone’ which is the other side of the square.
• Catchers must try to tag the children as they run past.
• Any runner that is tagged then becomes one of the catchers.
• Coordinator continues to call out “all over Red Rover” until there is just one runner left that hasn’t been tagged by the catchers. They are the winner.
• If time permits you can reverse the roles so that the parents become the runners and the children become the catchers.
**MAIN GAME**

### Skills Squared

**Number of players**
- Anywhere from 1 to 100!

**Area size.**
- Depending on the number of children participating.
- For 20 children an area 10m x 10m.

**Equipment (Refer below)**
- Depends on how many children are participating.

**Duration**
- 8–10 minutes per station.

**Batting Activity 1**
- 1 bat
- 1 ball
- 1 batting tee
- 1 marker

**Batting Activity 2**
- 1 bat
- 1 ball
- 1 batting tee
- 1 marker

**Bowling Activity**
- 1 ball
- 1 marker
- 1 set of stumps

**Throwing Activity**
- 1 ball
- 1 marker

**GAME RULES**
- Each different activity is set up on a different side of the square, you can set up as many stations at each activity as you like.
- Children are in groups of 2–3, parents can easily assist their child’s group as well.
- One person in each group is doing the skill at a time, the others are lined up. Their job is to field the ball.
- Children continue to rotate through all their group members until the Coordinator tells them to move to the next activity.
- Bonus Points are awarded for completing the skill successfully.

**Batting Activity 2**
- Hitting off a batting tee (sweep shot) at a marker approximately 6m away.
- Other group members field behind the marker.
- 1 point for hitting the marker.
- 10 points for getting the marker to do the Super Flip.
- 3 turns each then swap.

**Bowling Activity**
- Bowling at stumps from the marker approximately 6m apart.
- Other group members are the Wicket Keepers.
- 1 point for hitting the stumps.
- 10 points for knocking the stumps over.
- 3 turns each then swap.

**Throwing Activity**
- Throwing overarm at a marker.
- 5 year olds are 5 steps back from the marker, 6 year olds are 6 steps back from the marker etc.
- Partner is on the opposite side, also throwing at the marker.
- 1 point for hitting the cone.
- 10 points for getting the marker to do a ‘Super Flip’.

Session can be finished off with a game of ‘Pairs Cricket’ if time permits.

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### Wrap Up – 5mins maximum

- Ask the children how many Bonus Points they collected throughout the session.
- Remind them of the key elements from the session eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
**Intro activity** Quiz questions and/or warm up activity. 5–10mins maximum.

**Quiz questions**
1. Was Glenn McGrath a Batter or a Bowler? Bowler.
2. How many umpires are there on the field in a game? Two.
3. What is a game of cricket played on? Cricket Pitch.
4. Add other questions referring to current affairs in cricket.

**WARM UP ACTIVITY**

**Red Rover—Parents vs. Children**

- **Number of players**
  - Roughly even teams.
  - Play Parents vs. Children (this is a great way to get the parents involved right from the start).

- **Area size**
  - Approximately 20m x 30m grass or court area.

- **Equipment**
  - 4 markers set up in a large square.

- **GAME RULES**
  - Start all the children on one side of the square facing the parents. They are the runners.
  - Coordinator calls “all over Red Rover”.
  - All the runners try to get past all the catchers to get to the ‘safe zone’ which is the other side of the square.
  - Catchers must try to tag the children as they run past.
  - Any runner that is tagged then becomes one of the catchers.
  - Coordinator continues to call out “all over Red Rover” until there is just one runner left that hasn’t been tagged by the catchers. They are the winner.
  - If time permits you can reverse the roles so that the parents become the runners and the children become the catchers.

**MAIN GAME 1**

**Relays**

- **Number of players**
  - Relay teams of 4–7 (minimum of 3 teams).
  - Size of teams may depend on equipment available.

- **Area size**
  - Approximately 20m x 30m grass or court area.

- **Duration**
  - 20–25mins

- **Equipment**
  - 1 bat per team
  - 1 ball per team
  - 1 marker per team
  - 1 batting tee per team
  - 1 set of stumps per team

- **GAME RULES**
  - Children are divided up into teams.
  - One at a time participants perform the activity.
  - When completed tag the next person in their team who has their turn.
  - The race finishes when each person in each team has had a turn.

- **SKILL AND ACTIVITY MODIFICATIONS**

  - **Fielding**
    - Child runs up to the batting tee, picks up the ball and over/underarm throw at the stumps (stumps are placed in the middle).
    - Child performs the same task as above but every time the stumps are hit one is removed. The winning team is the team that removes all the stumps first.
    - Child runs up and around the batting tee when they return they throw a catch to the next person who completes the same drill.
    - Child runs up to the batting tee, picks up the ball and whole running up and around the stumps they are passing the ball from one hand to the other around their waist/head/knees/figure 8 between their legs/throwing the ball up and catching it again.

  - **Bowling**
    - Child runs up to the batting tee, picks up the ball and bowls it at the stumps, retrieves the ball, puts it back on the batting tee.
    - Start with the middle stump removed, the children have to try to bowl the ball through the stumps.
    - Same as above drill, but if the participant hits the stump they take one out, the winning team is the team that removes all the stumps first.

  - **Batting**
    - Bounce the ball up on the bat.
    - Balance the ball on the bat whilst walking up and around the cone.
    - Pick up the batting tee with the ball on it and perform the above task.
    - Hit the ball off the batting tee aiming at the stumps, retrieve the ball and place it back on the batting tee.
### Line Up Cricket

**Game focus**
- Hitting
- Running between wickets

**Number of players**
- Group activity

**Area size**
- Optional

**Duration**
- 20 minutes

**Equipment**
- Tee
- One ball
- Cones or markers (as needed)
- Two sets of stumps
- One bat

**GAME RULES**
- Number each player in batting order.
- Place the ball on the tee.
- Position the 2 markers at each side of the wicket forward of the Batter (near Batter = easy, further away = more difficult).
- Each Batter in turn aims to hit the ball between the foul markers and then run between the running markers.
- A fielder collects the ball.
- All others run and line up behind the fielder.
- The ball is passed back until the last player in the line has it.
- The last person then runs to touch the stumps at the Bowler’s end with the ball to stop the Batter running.
- Repeat for each Batter in turn.
- Batter with the most runs wins.

**SKILL AND ACTIVITY MODIFICATIONS**
- Introduce teams with larger numbers.
- Increase/decrease the distance between foul marker.

Session can be finished off with a game of ‘Pairs Cricket’ if time permits.

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**Wrap Up – 5mins maximum**

- Remind them of the key elements from the session.
  eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
**Intro activity** Quiz questions and/or warm up activity. 5–10mins maximum.

**Quiz questions**
1. What is a Golden Duck? Batsman dismissed first ball.
4. Add other questions referring to current affairs in cricket.

**WARM UP ACTIVITY**

**Snowball Tag**

**Number of players**
- Group activity

**Area size**
- 10m X 10m square

**Duration**
- 10 minutes

**Equipment**
- One ball per member of the group

**GAME RULES**
- Place balls together at edge of square.
- One player begins with a ball and is the tagger.
- The tagger attempts to catch other players by tagging them with the ball or hitting below the shoulders with an underarm throw.
- All caught players collect a ball and become taggers.
- Last player caught wins.

**Skill and activity modifications**
- Restrict/increase playing area.
- Impose time limits.

**MAIN GAME 1**

**Rapid Fire**

**Game focus**
- Fielding: stopping the ball and catching.
- Batting: grip and swing.

**Number of players**
- Teams of 4–6 players

**Area size**
- A 20m distance between Batters and fielders

**Duration**
- 20 minutes

**Equipment**
- Amount of equipment dependent on number of teams
- Tees
- Bats
- Markers (for goals)
- Stumps

**GAME RULES**
- Teams of 4–6.
- The object of the game is for the batting team to hit the ball from the tees, through the goals which are guarded by the fielding team. Fielders cannot move forward of the goals (Safety Zone) until the last ball is hit.
- The goals should be approximately 20m from the Batters. (This will vary with age/ability).
- Each time the ball passes through the goals the Batter scores ten.
- Batter has 3–6 hits.
- After the last ball is hit the Batter runs between A–B or C–D scoring single runs to be added to those acquired from hitting through the goals.
- To stop the Batter from running the fielders have to retrieve the balls and put them back on the tees in the designated area.
- When all players from one team have batted, the teams reverse roles.

**Skill and activity modifications**
- Decrease playing area.
- Increase/decrease number of balls hit.
- Increase distance to score a run.
- Allow only underarm throwing.
- Width of goals (increase/decrease).
- Impose time limits.
**Tee Pairs Cricket**

**Game focus**
- Batting
- Running between wickets

**Number of players**
- 10 players

**Area size**
- Optional

**Duration**
- 25 minutes

**Equipment**
- Two batting tees
- One ball
- Two bats
- Two sets of stumps

**GAME RULES**
- Set up stumps 13–16m apart
- Place 2 batting tees with a ball on either side of pitch just forward of Batter.
- Organise players into pairs and number each pair.
- Maximum 10 per group (2 batting, 8 fielding).
- Each pair bats in turn for 12 balls.
- Those not batting are fielding.
- Players should be positioned as Wicket Keeper and Bowler to assist with run outs.
- Batters can be ‘out’ Caught or Run Out only.
- If Batters go out they do not score from that attempt however they continue to bat.
- When each pair has batted a 2nd innings can begin.
- Highest scoring pair wins.

Session can be finished off with a game of ‘Pairs Cricket’ if time permits, by removing the tees and allowing the participants to bowl.

**Wrap Up – 5mins maximum**
- Remind them of the key elements from the session eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
**Intro activity** Quiz questions and/or warm up activity. 5–10mins maximum.

**Quiz questions**
1. How many overs in a one day game? 100.
2. How does an umpire signal a no-ball? One arm outstretched to the side.
3. Who does Shaun Tait play state cricket for? SA.
4. Add other questions referring to current affairs in cricket.

**Giant Germ**

**GAME RULES**
- Best conducted in a fairly restricted area.
- One or more pairs link both hands and chase other players, attempting to ‘eat’ them by looping their arms over their heads. These caught players then join the linked group.
- The ring or rings grow bigger and bigger.
- The last one caught is the winner.

**Skill and activity modifications**
- Restrict/increase playing area.
- Impose time limits.

**Skills Squared—Variation**

**GAME RULES**
- Each different activity is set up on a different side of the square, you can set up as many stations at each activity as you like.
- Children are in groups of 2–3, parents can easily assist their child’s group as well.
- One person in each group is doing the skill at a time, the others are lined up. Their job is to field the ball.
- Children continue to rotate through all their group members until the Coordinator tells them to move to the next activity.
- Bonus Points are awarded for completing the skill successfully.
- Tip: Get 4 parents to help, 1 per station.

**Batting Activity 1**
- Hitting off a batting tee (front foot drive) trying to hit the ball between two markers approximately 6m away.
- One other group member guards the space between the markers, soccer goalie style.
- 10 points for getting the ball through the markers.
- 3 turns each then swap.

**Batting Activity 2**
- Hitting off a batting tee which is put on top of the stump (pull shot) at a marker approximately 6m away.
- One other group member stands approximately 6m away holding a marker.
- 1 point for catching the ball in the marker after one bounce.
- 10 points for catching the ball in the marker after two bounces.
- 3 turns each then swap.
Skills Squared – Variation

Bowling Activity
- Bowling at stumps from the marker approximately 6m apart.
- Other group members are the Wicket Keepers.
- Remove one stump each time they are hit.
- 10 points for each time all three stumps are removed.
- 3 turns each then swap.

Throwing Activity
- Throwing over arm at a pyramid of 4 markers.
- 5 year olds are 5 steps back from the marker, 6 year olds are 6 step back from the marker etc.
- Partner is on the opposite side, also throwing at the pyramid.
- 1 point for each marker hit over.
- 10 points for hitting all three markers over at once.

Session can be finished off with a game of ‘Pairs Cricket’ if time permits.

Wrap Up – 5mins maximum

- Ask the children how many Bonus Points they collected throughout the session.
- Remind them of the key elements from the session eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
**Session 05**

**Intro activity** Quiz questions and/or warm up activity. 5–10 mins maximum.

**Quiz questions**
3. How would you signal a six? Both arms raised above your head.
4. Add other questions referring to current affairs in cricket.

**WARM UP ACTIVITY**

**Scarecrow Tag/Stuck In The Mud**

**Number of Players**
- Group activity (any more than 20–25 children you should split them into two games)

**Area Size**
- 30m x 30m grass or court area

**Equipment**
- None required

**GAME RULES**
- Coordinator chooses between 2 and 6 people to be the catchers. The rest of the participants are runners.
- Each runner has a ball.
- When the Coordinator calls ‘start’ the catchers try to tag the runners.
- If a runner is caught by a catcher they must stand still with their legs apart and their hands on their head (they are now stuck).
- A runner is also caught if they run outside the boundary.
- Any free runner can free a stuck runner by rolling the ball between their legs.
- The stuck runner is then free to run around again.
- The game either stops after the Coordinator feels that the children are warmed up or when all the runners are stuck.

**MAIN GAME 1**

**Tee Pairs Cricket**

**Game focus**
- Batting
- Running between wickets

**Number of players**
- 10 players

**Area size**
- Optional

**Duration**
- 25 minutes

**Equipment**
- Two batting tees
- One ball
- Two bats
- Two sets of stumps

**GAME RULES**
- Set up stumps 13–16m apart.
- Place 2 batting tees with a ball on either side of pitch just forward of Batter.
- Organise players into pairs and number each pair.
- Maximum 10 per group (2 batting, 8 fielding).
- Each pair bats in turn for 12 balls.
- Those not batting are fielding.
- Players should be positioned as Wicket Keeper and Bowler to assist with run outs.
- Batters can be ‘out’ Caught or Run Out only.
- If Batters go out they do not score from that attempt however they continue to bat.
- When each pair has batted a 2nd innings can begin.
- Highest scoring pair wins.

Session can be finished off with a game of ‘Pairs Cricket’ if time permits, by removing the tees and allowing the participants to bowl.
**Wrap Up – 5mins maximum**

- Ask the children how many Bonus Points they collected throughout the session.
- Remind them of the key elements from the session eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
Session 06

Intro activity Quiz questions and/or warm up activity. 5–10mins maximum.

Quiz questions
1. What is a cricket bat made of? Willow, English or Kashmir.
2. What is a Ton? When a Batter makes 100 runs.
3. What is a hat-trick? 3 wickets in consecutive balls.
4. Add other questions referring to current affairs in cricket.

WARM UP ACTIVITY Couple Tag

Number of Players
• Group activity

Area Size
• Game is played in a designated area

Duration
• 10 minutes

Game Rules
• The game is played in a designated area.
• One player is nominated as the ‘tagger’.
• As the ‘tagger’ tags others, they join hands until a group of 4 is created.
• Groups of 4 then divide into couples. They continue to chase and tag until more groups of 4 are formed, and again they split into couples.
• The game continues until one player who has not been tagged remains.

Skill and activity modifications
• Restrict/increase playing area.
• Impose time limits.

MAIN GAME 1 Line Up Cricket

Game focus
• Hitting
• Running between wickets

Number of players
• Group activity

Area size
• Optional

Duration
• 20 minutes

Equipment
• One ball
• Cones or markers (as needed)
• Two sets of stumps
• One bat

GAME RULES
• Number each player in batting order.
• Place the ball on the tee.
• Position the 2 markers at each side of the wicket forward of the Batter (near Batter = easy, further away = more difficult).
• Each Batter in turn aims to hit the ball between the foul markers and then run between the running markers.
• A fielder collects the ball.
• All others run and line up behind the fielder.
• The ball is passed back until the last player in the line has it.
• The last person then runs to touch the stumps at the Bowler’s end with the ball to stop the Batter running.

Skill and activity modifications
• Introduce teams with larger numbers.
• Increase/decrease the distance between foul marker.

• Repeat for each Batter in turn.
• Batter with the most runs wins.
**MAIN GAME 2  V-Ball**

**GAME RULES**
- The game is played between two teams.
- Batters hit the ball and run between the wickets until out.
- Batters can be dismissed by being caught, bowled or if they hit the ball out side the ‘V’.
- Fielders must field outside the ‘V’ or beyond the stumps at the Bowler’s end.
- Fielders return the ball to Bowler.
- When all players have batted teams reverse roles.

**Skill and activity modifications**
- Allow throwing with only non-preferred hand.
- Only allow underarm throwing.
- Increase/decrease playing area.

*Session can be finished off with a game of ‘Pairs Cricket’ if time permits.*

**Wrap Up – 5mins maximum**
- Ask the children how many Bonus Points they collected throughout the session.
- Remind them of the key elements from the session eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
**Introduction**

Quiz questions and/or warm up activity. 5–10 mins maximum.

**Quiz questions**
1. What is a dot ball? A ball with no runs scored
2. Where does the Wicket Keeper stand? Behind the stumps/wickets
3. How many stumps are used in a game of cricket? 2 sets, 1 set equals three poles and two bails
4. Add other questions referring to current affairs in cricket.

**Warm Up Activity: Red Rover—Parents vs. Children**

**Number of players**
- Roughly even teams.
- Play Parents vs. Children (this is a great way to get the parents involved right from the start)

**Area size**
- Approximately 20 m x 30 m grass or court area

**Equipment**
- 4 markers set up in a large square

**Game Rules**
- Start all the parents in the middle of the square, making a line. They are the catchers.
- Coordinator calls “all over Red Rover.”
- All the runners try to get past all the catchers to get to the ‘safe zone’ which is the other side of the square.
- Catchers must try to tag the children as they run past.
- Any runner that is tagged then becomes one of the catchers
- Coordinator continues to call out “all over Red Rover” until there is just one runner left that hasn’t been tagged by the catchers. They are the winner.
- If time permits you can reverse the roles so that the parents become the runners and the children become the catchers.

**Main Game 1: Rapid Fire**

**Game focus**
- Fielding: stopping the ball and catching
- Batting: grip and swing

**Number of players**
- Teams of 4–6 players

**Area size**
- A 20 m distance between Batters and fielders

**Duration**
- 20 minutes

**Equipment**
- Amount of equipment dependent on number of teams
- Tees
- Bats
- Markers (for goals)
- Stumps

**Game Rules**
- Teams of 4–6
- The object of the game is for the batting team to hit the ball from the tees, through the goals which are guarded by the fielding team. Fielders cannot move forward of the goals (Safety Zone) until the last ball is hit.
- The goals should be approximately 20 m from the Batters (this will vary with age/ability).
- Each time the ball passes through the goals the Batter scores ten.

- Batter has 3–6 hits.
- After the last ball is hit the Batter runs between A–B or C–D scoring single runs to be added to those acquired from hitting through the goals.
- To stop the Batter from running the fielders have to retrieve the balls and put them back on the tees in the designated area.
- When all players from one team have batted, the teams reverse roles.

**Skill and Activity Modifications**
- Decrease playing area.
- Increase/decrease number of balls hit.
- Increase distance to score a run.
- Allow only underarm throwing.
- Width of goals (increase/decrease).
- Impose time limits.
**Game focus**
- Batting
- Running between wickets

**Number of players**
- 10 players

**Area size**
- Optional

**Duration**
- 25 minutes

**Equipment**
- Two batting tees
- One ball
- Two bats
- Two sets of stumps

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**GAME RULES**
- Set up stumps 13-16m apart.
- Place 2 batting tees with a ball on either side of pitch just forward of Batter.
- Organise players into pairs and number each pair.
- Maximum 10 per group (2 batting, 8 fielding).
- Each pair bats in turn for 12 balls.
- Those not batting are fielding.
- Players should be positioned as Wicket Keeper and Bowler to assist with run outs.
- Batters can be ‘out’ Caught or Run Out only.
- If Batters go out they do not score from that attempt however they continue to bat.
- When each pair has batted a 2nd innings can begin.
- Highest scoring pair wins.

Session can be finished off with a game of ‘Pairs Cricket’ if time permits, by removing the tees and allowing the participants to bowl.

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**Tee Pairs Cricket**

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**Wrap Up – 5mins maximum**
- Remind them of the key elements from the session eg: Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
- Find out what are their favourite games so that you can play them next week which is ‘Kids Choice Week’.
Session 08

Intro activity Quiz questions and/or warm up activity. 5–10mins maximum.

Quiz questions

1. Stand up and show me how an umpire signals a wide?
   Both arms outstretched

2. What are 3 ways a Batter can get out?
   Batters can be dismissed in the following ways;
   - Bowled
   - Caught
   - LBW
   - Stumped
   - Run Out
   - Handled Ball
   - Obstructing the Field
   - Timed Out
   - Double Hit
   - Hit Wicket

3. How many days in a test match? 5
4. Add other questions that refer to current affairs in cricket.

WARM UP ACTIVITY

Kids Favourite Activity

Red Rover Refer to Have-A-Go, Page 1.
Stuck in the Mud Refer to Have-A-Go, Page 9.
Snow Ball Tag Refer to Have-A-Go, Page 9.
Couple Tag Refer to Have-A-Go, Page 11.
Giant Germ Refer to Have-A-Go, Page 7.

MAIN GAME 1

Kids Favourite Game 1

Skills Squared Refer to Have-A-Go, Page 2.
Tee Pairs Cricket Refer to Have-A-Go, Page 9.
Golden Child Refer to Have-A-Go, Page 10.
Rapid Fire Refer to Have-A-Go, Page 5.
V Ball Refer to Have-A-Go, Page 12.

MAIN GAME 2

Kids Favourite Game 2

Skills Squared Refer to Have-A-Go, Page 2.
Tee Pairs Cricket Refer to Have-A-Go, Page 9.
Golden Child Refer to Have-A-Go, Page 10.
Rapid Fire Refer to Have-A-Go, Page 5.
V Ball Refer to Have-A-Go, Page 12.

Wrap Up – 5mins maximum

- Remind them of the key elements from the session eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.

- Thank the volunteers and parents.

- Congratulate the children on a job well done.
Have-A-Go Games

**Session 01**
SKILLS SQUARED

**Session 02**
RELAYS

**Session 02**
LINE UP CRICKET

**Session 03**
RAPID FIRE

**Session 03**
TEE PAIRS CRICKET

**Session 04**
SKILLS SQUARED - VARIATION

**Session 05**
GOLDEN CHILD

**Session 06**
V-BALL
Session 09

Intro activity Quiz. 5–10mins maximum.

Quiz questions
1. What is the name of the Australian Women’s cricket team? Southern Stars.
2. What are 2 fielding positions? Refer to fielding positions diagram.
3. How many Batters can bat at once? Two
4. Add other questions referring to current affairs in cricket.

Main Game 1 Run Out Game

Game focus
• Game focus
• Batting
• Running
• Fielding
• Throwing

Number of players
• 8–12 players

Area size
• 35m X 15m

Duration
• 10 minutes

Equipment
• Two sets of stumps
• Two markers
• One tee
• Two balls
• One bat

GAME RULES
• Select two teams of 4–6 players, one running and one fielding.
• Set up one set of stumps and a marker 15m apart.
• Parallel, set up another set of stumps and position a tee with a ball on top, 25m away.
• On the coaches call of ‘go’ the first runner sets off to run two runs and the first fielder runs to collect the ball and return to a receiver at the stumps.
• Running team scores 2 if Batter beats the ball.
• After all players have had a turn, reverse roles.
• Highest score wins.

Skill and activity modifications
• Restrict/increase running distance for both teams.
• Running team carrying equipment (with/without bat, pads etc).
• Fielding team returns (over the stumps or broader area).
MILO in2CRICKET Have-A-Go

Game focus
- Batting: Grip, stance, hitting, judgement
- Fielding
- Bowling: Grip, straight arm

Number of players
- Group activity

Area size
- Optional

Duration
- 25 minutes

Equipment
- Two batting tees
- Two bats
- Three balls
- Two sets of stumps

GAME RULES
- Set up stumps 13–16m apart.
- Place 2 batting tees with a ball on either side of the pitch just forward of Batter.
- Organise players into pairs and number each pair.
- Maximum 10 per group (2 batting, 8 fielding).
- Each pair bats for 2 overs and bowls for 2 overs). Bowling can be underarm if required.

- When partner is bowling, other partner wicket keeps.
- If the ‘bowled’ ball is missed, and does not hit the stumps or can’t be reached, Batter hits ball from a tee of their choice.
- Only the ‘hit’ ball is in play.
- Batters can be ‘out’ Bowled, Caught or Run Out only.
- If Batters go out they swap ends and continue to bat.
- If pairs are not batting or bowling they are fielding.
- Everyone bats, bowls, fields and wicket keeps.

Skill and activity modifications
- Introduce fielding restrictions (i.e. two slips) to increase the number of gaps.
- Match evenly-skilled players to bat/bowl to each other.
- Use coloured tape to highlight the seam on the ball and encourage players to bowl with the seam spinning upright.
- Implement a double score zone in various places on the field.
- Only allow underarm throwing for all fielders to increase underarm skills.
- Place batting tees on a stump to increase catching opportunities.
- Only allow throwing with non-preferred hand.

Wrap Up – 5mins maximum
- Remind them of the key elements from the session. eg. Batting – watch the ball, Bowling – straight arm, Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
Intro activity Quiz. 5–10mins maximum.

Quiz questions
1. How many runs are penalised from a wide? 1.
2. Can a Batter be caught off a no ball? Yes, but it is ‘not out’.
3. How many wickets does each team have? 10.
4. Add other questions referring to current affairs in cricket.

The Last Session
This is the players last session, so you may like to run it a bit differently than normal. We recommend that you let the players choose their warm up activity, however the Double Chance Pairs Cricket game is suggested because it is a good link to the MILO in2CRICKET Have A Game tier of the program that the children will progress to. As well as this, we suggest a break-up activity with parents following the session. Here you can present certificates, host a BBQ and discuss the next opportunity for the children to play cricket at your club or school.

WARM UP ACTIVITY

Kids Favourite Activity

Red Rover
Stuck in the Mud
Snow Ball Tag
Couple Tag
Giant Germ

Refer to Have-A-Go, Page 1.
Refer to Have-A-Go, Page 9.
Refer to Have-A-Go, Page 5.
Refer to Have-A-Go, Page 11.
Refer to Have-A-Go, Page 7.

Snowball Tag

Red Rover—Parents vs. Children

Couple Tag

Giant Germ

Scarecrow Tag/ Stuck In The Mud
**MAIN GAME**

**Double Chance Pairs Cricket (2 innings)**

**Game focus**
- Batting: Grip, stance, hitting, judgement
- Fielding
- Bowling: Grip, straight arm

**Number of players**
- Group activity

**Area size**
- Optional

**Duration**
- 25 minutes

**Equipment**
- Two batting tees
- Two bats
- Three balls
- Two sets of stumps

**GAME RULES**
- Set up stumps 13-16m apart.
- Place 2 batting tees with a ball on either side of the pitch just forward of Batter.
- Organise players into pairs and number each pair.
- Maximum 10 per group (2 batting, 8 fielding).
- Each pair bats for 2 overs and bowls for 2 overs. Bowling can be underarm if required.
- When partner is bowling, other partner Wicket Keeps.
- If 'bowled' ball is missed, and does not hit the stumps or can't be reached, Batter hits ball from a tee of their choice.
- Only the 'hit' ball is in play.
- Batters can be 'out' Bowled, Caught or Run Out only.
- If Batters go out they swap ends and continue to bat.
- If pairs are not batting or bowling they are fielding.
- Everyone Bats, Bowls, Fields and Wicket keeps.

**Skill and activity modifications**
- Introduce fielding restrictions (i.e. two slips) to increase the number of gaps.
- Match evenly-skilled players to bat/bowl to each other
- Use coloured tape to highlight the seam on the ball and encourage players to bowl with the seam spinning upright.
- Implement a double score zone in various places on the field.
- Only allow underarm throwing for all fielders to increase underarm skills.
- Place batting tees on a stump to increase catching opportunities.
- Only allow throwing with non-preferred hand.

**Wrap Up – 5mins maximum**

- Remind them of the key elements from the session.
  eg. Batting – watch the ball, Bowling – straight arm,
  Throwing – point your front arm at the target etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
MILO in2CRICKET

Have-A-Game
Intro activity Quiz questions and/or warm up activity. 5–10mins maximum.

Quiz questions
1. What is the name of the main ground that cricket is played at in Melbourne? Melbourne Cricket Ground.
2. Who is the Wicket Keeper in the Australia Men’s Team? As current.
3. How does the umpire signal when a 6 has been hit? Both arms raise above his head.
4. Add other questions referring to current affairs in cricket.

Warm Up Activity Longest Hit Contest

Equipment
• Cones/Markers
• Cricket Bats
• Balls

Activity
• Place cones/markers at distances 10, 20, 30 and 40m from the Batters.
• Coordinators place ball on a tee and Batters try to hit the ball as far as possible.
• Each Batter takes turns to have 3 hits before swapping with the next player in the group.
• Mark each players longest hit.
GAME

Aussie Pairs Cricket

Game focus
• Batting: Grip, stance, hitting, judgement.
• Fielding: Gather, pick up, throw and catch.
• Bowling: Grip, straight arm.

GAME RULES
• Players compete in pairs against the other pairs.
• Batters can be out bowled caught or run out.
• If Batters get out they simply swap ends and continue to bat.
• After two overs the batting pair retire and the next pair have their turn to bat.
• Each player bowls 1 over of 6 balls while their partner wicket keeps. After they have completed their over they swap.
• The ball must be bowled with a straight arm.
• If a pair is not batting or bowling, they are fielding, so that everyone is involved.
• You do not have to run when you hit the ball. If the ball is missed, Batters may still run.

GAME EXTENSION
• Divide teams into pairs.
• Each pair bats for 2 overs.
• 2 pairs bowl to each other (1 over/Bowler).
• 6 ball overs.
• If a Bowler bowls 4 dot balls = end of over.
• If the batting pair score off 5 balls in an over = 1 extra ball that over.
• If the batting pair score off all six balls in an over = 2 extra balls that over.
• Hitting a 4 = 2 extra balls.
• Hitting a 6 = 2 extra balls.
• If a Batter gets out = −5 runs and swap ends.

(Variation: no boundaries, players have to run every run)

Remember to include a particular aspect of the game to focus on during each session. For example this Game focuses on turning the strike over running between wickets, and field placements.

GAME RULES
• Players compete in pairs against the other pairs.
• Batters can be out bowled caught or run out.
• If Batters get out they simply swap ends and continue to bat.
• After two overs the batting pair retire and the next pair have their turn to bat.
• Each player bowls 1 over of 6 balls while their partner wicket keeps. After they have completed their over they swap.
• The ball must be bowled with a straight arm.
• If a pair is not batting or bowling, they are fielding, so that everyone is involved.
• You do not have to run when you hit the ball. If the ball is missed, Batters may still run.

Wrap Up-5mins maximum

• Remind them of the key elements from the session. eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
• Thank the volunteers and parents.
• Congratulate the children on a job well done.
Intro activity  Quiz questions and/or warm up activity. 5–10 mins maximum.

Quiz questions
1. Name 4 different fielding positions? Refer to fielding diagram.
2. Who bats at number 3 for Australia in Test Matches? As current.
3. Name one Australian Women’s Cricket Player? Refer to MILO in2CRICKET.com.au for women’s player profiles.
4. Add other questions referring to current affairs in cricket.

WARM UP ACTIVITY  Target Hitting

Equipment
• Cricket Bats
• Cones
• Balls

Batting Activity
• Hitting off a batting tee (front foot drive) at a marker approximately 6m away.
• Other group members field behind the marker.
• 1 point for hitting the marker.
• 10 points for getting the marker to flip and land upright again (also known as the ‘Super Flip’).
• 3 turns each then swap.

Variation: increase/decrease the distance between the tee and the marker. Or, turn the activity into a relay.
Aussie Pairs Cricket

**Game focus**
- Batting: Grip, stance, hitting, judgement.
- Fielding: Gather, pick up, throw and catch.
- Bowling: Grip, straight arm.

**GAME RULES**
- Players compete in pairs against the other pairs.
- Batters can be out bowled caught or run out.
- If Batters get out they simply swap ends and continue to bat.
- After two overs the batting pair retire and the next pair have their turn to bat.
- Each player bowls 1 over of 6 balls while their partner wicket keeps. After they have completed their over they swap.
- The ball must be bowled with a straight arm.
- If a pair is not batting or bowling, they are fielding, so that everyone is involved.
- You do not have to run when you hit the ball. If the ball is missed, Batters may still run.

**GAME EXTENSION**
- Divide teams into pairs.
- Each pair bats for 2 overs.
- 2 pairs bowl to each other (1 over/Bowler).
- 6 ball overs.
- If a Bowler bowls 4 dot balls = end of over.
- If the batting pair score off 5 balls in an over = 1 extra ball that over.
- If the batting pair score off all six balls in an over = 2 extra balls that over.
- Hitting a 4 = 2 extra balls.
- Hitting a 6 = 2 extra balls.
- If a Batter gets out = −5 runs and swap ends.

(Variation: no boundaries, players have to run every run)

Remember to include a particular aspect of the game to focus on during each session. For example this Game focuses on turning the strike over running between wickets, and field placements.

Wrap Up-5mins maximum

- Remind them of the key elements from the session.
  eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
Intro activity Quiz questions and/or warm up activity. 5–10mins maximum.

Quiz questions
1. Which state does Mitchell Johnson play for? WA.
2. What does Cameron White bowl? Leg Spin.
4. Add other questions referring to current affairs in cricket.

Warm Up Activity Target Bowling

Equipment
• Balls
• Stumps
• Markers

Activity
• Bowling at stumps from the marker approximately 6m apart.
• Other group members are the Wicket Keepers.
• 1 point for hitting the stumps.
• 10 points for knocking the stumps over.
• 100 points for a ‘hatrick’.
• 3 turns each then swap.

(Variation: Increase/decrease the activity as a relay. Remove stumps as they are hit.)
The Game
• Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time.
• A coin toss is used to decide which team bats first in each game.

Equipment
• Wooden or plastic bats.
• Soft balls should be used.
• Batters can wear pads or gloves, but it is not a necessity.
• Plastic Stumps.

BATTING
• Each pair will bat together for 2 overs.
• Pairs remain batting irrespective of the number of times they are dismissed, until they have batted for 2 overs.
• Batters swap ends at the conclusion of each over.
• Players can be ‘Out’ in the following ways: Bowled, Caught, Run Out, Stumped or Hit Wicket.
• There is no Leg Before Wicket (LBW).
• The only penalty for being ‘Out’ is that players swap ends (this does not apply for a run out) and the bowling team receives 5 bonus runs.
• The next batting pair must be ready to bat immediately following the previous pair’s innings.
• An assistant or parent should be nominated to sit with the batting team, encouraging the players to cheer the Batters.

BOWLING
• 8 players must bowl and wicket keep for 1 over each (there is no designated Wicket Keeper).
• All overs are bowled from the same end. At the end of each over the Batters swap ends.
• There is a maximum 6 deliveries in 1 over.

WIDES AND NO BALLS
• A ball that bounces over shoulder height shall be deemed a ‘No Ball’. Any full toss above waist height shall also be deemed a ‘No Ball’.
• 2 plastic cones shall be placed at 90 degrees, 120cm from the middle stump at the Batter’s end. Any ball that passes outside this area shall be deemed a ‘Wide’.
• Two runs are awarded to the batting team for every ‘Wide’ or ‘No Ball’ bowled by the bowling team.
• Any delivery that bounces more than once or rolls along the ground shall be deemed a fair delivery.

FIELDING
• At the moment of delivery, no player may field closer than 10 metres from the bat (except for the Wicket Keeper or Slips Fielders).

SCORING
• All runs and extras are scored according to the rules of cricket.
• Every wicket taken by the bowling side results in the bowling side receiving five bonus runs to their score.
• Scoring sheets are available on the CD Rom.

UMPIRING
• Two umpires, one or both can score.
• Each umpire should encourage the players to play within the spirit of the game.

Wrap Up-5mins maximum
• Remind them of the key elements from the session. eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
• Thank the volunteers and parents.
• Congratulate the children on a job well done.
Session 4

Intro activity Quiz questions and/or warm up activity. 5–10mins maximum.

Quiz questions

1. What is the name of the main cricket ground in Brisbane? Gabba (The Woolloongabba Ground).
2. Name 3 players that play for your state team?
3. Name 3 players that play for rival states?
4. Add other questions referring to current affairs in cricket.

Warm Up Activity Fielding Soccer

Equipment
- Tennis Balls
- Cones/Markers
- 2 Single Stumps

Game Rules
- 2 sets of goals 5m apart.
- Playing field 30-40m long.
- Aim to score a goal by rolling ball from outside goal zone through the goal.

Skill and Activity Modifications
- Players may underarm the ball to team mates.
- Players cannot run with the ball but can run to receive it.
- One goal keeper inside goal zone per team.

- Only allow throwing with non-preferred hand.
- Increase/Decrease playing area.
- Remove the goals and goalkeeper and make players throw to a team mate inside the goal zone who must catch the ball to score.
Game On

The Game
• Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time.
• A coin toss is used to decide which team bats first in each game.

Equipment
• Wooden or plastic bats
• Soft balls should be used
• Batters can wear pads or gloves, but it is not a necessity
• Plastic Stumps

BATTING
• Each pair will bat together for 2 overs.
• Pairs remain batting irrespective of the number of times they are dismissed, until they have batted for 2 overs.
• Batters swap ends at the conclusion of each over
• Players can be ‘Out’ in the following ways: Bowled, Caught, Run Out, Stumped or Hit Wicket.
• There is no Leg Before Wicket (LBW).
• The only penalty for being ‘Out’ is that players swap ends (this does not apply for a run out) and the bowling team receives 5 bonus runs.
• The next batting pair must be ready to bat immediately following the previous pair’s innings.
• An assistant or parent should be nominated to sit with the batting team, encouraging the players to cheer the Batters.

BOWLING
• 8 players must bowl and wicket keep for 1 over each (there is no designated Wicket Keeper).
• All overs are bowled from the same end. At the end of each over the Batters swap ends.
• There is a maximum 6 deliveries in 1 over.

WIDES AND NO BALLS
• A ball that bounces over shoulder height shall be deemed a ‘No Ball’. Any full toss above waist height shall also be deemed a ‘No Ball’.
• 2 plastic cones shall be placed at 90 degrees, 120cm from the middle stump at the Batter’s end. Any ball that passes outside this area shall be deemed a ‘Wide’.
• Two runs are awarded to the batting team for every ‘Wide’ or ‘No Ball’ bowled by the bowling team.
• Any delivery that bounces more than once or rolls along the ground shall be deemed a fair delivery.

FIELDING
• At the moment of delivery, no player may field closer than 10 metres from the bat (except for the Wicket Keeper or Slips Fielders).

SCORING
• All runs and extras are scored according to the rules of cricket.
• Every wicket taken by the bowling side results in the bowling side receiving five bonus runs to their score.
• Scoring sheets are available on the CD-Rom.

UMPIRING
• Two umpires, one or both can score.
• Each umpire should encourage the players to play within the spirit of the game.

Wrap Up - 5mins maximum
• Remind them of the key elements from the session. eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
• Thank the volunteers and parents.
• Congratulate the children on a job well done.
**Intro activity** Quiz questions and/or warm up activity. 5–10mins maximum.

**Quiz questions**

2. Who has taken the most test wickets for Australia? Shane Warne.
3. Who has taken the second most test wickets for Australia? Glenn McGrath
4. Add other questions referring to current affairs in cricket.

**WARM UP ACTIVITY** Run-Out Game

**Number of players**
- 8–12 players

**Area size**
- 35m X 15m

**Duration**
- 10 minutes

**Equipment**
- Two sets of stumps
- Two markers
- One tee
- Two balls
- One bat

**GAME RULES**
- Select 2 teams of 4–6 players, 1 running and one fielding.
- Set up one set of stumps and a marker 15m apart.
- Parallel, set up another set of stumps and position a tee with a ball on top, 25m away.
- On the coaches call of ‘go’ the first runner sets off to run two runs and the first fielder runs to collect the ball and return to a receiver at the stumps.
- Running team scores 2 if Batter beats the ball.
- After all players have had a turn reverse roles.
- Highest score wins.

**Skill and activity modifications**
- Restrict/increase running distance for both teams.
- Running team carrying equipment (with/without bat, pads etc).
- Fielding team returns (over the stumps or broader area).
The Game
• Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time.
• A coin toss is used to decide which team bats first in each game.

Equipment
• Wooden or plastic bats
• Soft balls should be used
• Batters can wear pads or gloves, but it is not a necessity
• Plastic Stumps

BATTING
• Each pair will bat together for 2 overs.
• Pairs remain batting irrespective of the number of times they are dismissed, until they have batted for 2 overs.
• Batters swap ends at the conclusion of each over.
• Players can be ‘Out’ in the following ways: Bowled, Caught, Run Out, Stumped or Hit Wicket.
• There is no Leg Before Wicket (LBW).
• The only penalty for being ‘Out’ is that players swap ends (this does not apply for a run out) and the bowling team receives 5 bonus runs.
• The next batting pair must be ready to bat immediately following the previous pair’s innings.
• An assistant or parent should be nominated to sit with the batting team, encouraging the players to cheer the Batters.

BOWLING
• 8 players must bowl and wicket keep for 1 over each (there is no designated Wicket Keeper).
• All overs are bowled from the same end. At the end of each over the Batters swap ends.
• There is a maximum 6 deliveries in 1 over.

WIDES AND NO BALLS
• A ball that bounces over shoulder height shall be deemed a ‘No Ball’. Any full toss above waist height shall also be deemed a ‘No Ball’.
• 2 plastic cones shall be placed at 90 degrees, 120cm from the middle stump at the Batter’s end. Any ball that passes outside this area shall be deemed a ‘Wide’.
• Two runs are awarded to the batting team for every ‘Wide’ or ‘No Ball’ bowled by the bowling team.
• Any delivery that bounces more than once or rolls along the ground shall be deemed a fair delivery.

FIELDING
• At the moment of delivery, no player may field closer than 10 metres from the bat (except for the Wicket Keeper or Slips Fielders).

SCORING
• All runs and extras are scored according to the rules of cricket.
• Every wicket taken by the bowling side results in the bowling side receiving five bonus runs to their score.
• Scoring sheets are available on the CD-Rom.

UMPIRING
• Two umpires, one or both can score.
• Each umpire should encourage the players to play within the spirit of the game.

Wrap Up-5mins maximum
• Remind them of the key elements from the session.
  eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
• Thank the volunteers and parents.
• Congratulate the children on a job well done.
**Session 6**

**Warm Up Activity**

**WARM UP ACTIVITY**

**Longest Throw Contest**

**Equipment**
- Balls
- Cones/ Markers

**Activity**
- Place cones/markers at distances 10, 20, 30 and 40m from the throwers.
- Participants must try to throw the ball as far as possible.
- Each participant takes turns to have 3 throws.
- Mark each player's longest throw.

**Intro activity** Quiz questions and/or warm up activity. 5–10 mins maximum.

**Quiz questions**

1. Which two countries play for the Border/Gavaskar trophy?
   - Australia and India.

2. How many overs are there in a One Day International?
   - 100.

3. Who is captain of the Australian Women's cricket team?
   - As current.

4. Add other questions referring to current affairs in cricket.
Wrap Up-5mins maximum

• Remind them of the key elements from the session.
  eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.

• Thank the volunteers and parents.

• Congratulate the children on a job well done.
WARM UP ACTIVITY Target Throwing

**Equipment**
- Balls
- Fielding Target, cones/markers

**Activity**
- Throwing overarm at a marker.
- 5 year olds are 5 steps back from the marker, 6 year olds are 6 steps back from the marker, etc.
- Partner is on the opposite side, also throwing at the marker.
- 1 point for hitting the cone.
- 10 points for getting the marker to do the Super Flip.

(Variation: Throw with opposite hand)

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Intro activity Quiz questions and/or warm up activity. 5–10 mins maximum.

**Quiz questions**

1. Who has the highest batting average in Australian cricket? Sir Donald Bradman, 99.94.
3. What is the colour of the Australian One Day International Uniform? Green & Gold.
4. Add other questions that refer to current affairs in cricket.
**GAME**

**The Game**
- Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time.
- A coin toss is used to decide which team bats first in each game.

**Equipment**
- Wooden or plastic bats
- Soft balls should be used
- Batters can wear pads or gloves, but it is not a necessity
- Plastic Stumps

**BOWLING**
- 8 players must bowl and wicket keep for 1 over each (there is no designated Wicket Keeper).
- All overs are bowled from the same end. At the end of each over the Batters swap ends.
- There is a maximum 6 deliveries in 1 over.

**WIDES AND NO BALLS**
- A ball that bounces over shoulder height shall be deemed a ‘No Ball’. Any full toss above waist height shall also be deemed a ‘No Ball’.
- 2 plastic cones shall be placed at 90 degrees, 20 cm from the middle stump at the Batter's end. Any ball that passes outside this area shall be deemed a ‘Wide’.
- Two runs are awarded to the batting team for every ‘Wide’ or ‘No Ball’ bowled by the bowling team.
- Any delivery that bounces more than once or rolls along the ground shall be deemed a fair delivery.

**FIELDING**
- At the moment of delivery, no player may field closer than 10 metres from the bat (except for the Wicket Keeper or Slips Fielders).

**SCORING**
- All runs and extras are scored according to the rules of cricket.
- Every wicket taken by the bowling side results in the bowling side receiving 5 bonus runs to their score.
- Scoring sheets are available on the CD-Rom.

**UMPIRING**
- Two umpires, one or both can score.
- Each umpire should encourage the players to play within the spirit of the game.

**Wrap Up—5 mins maximum**
- Remind them of the key elements from the session. eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.

**INCLUDE VARIATIONS**
- If Batters hit a 4 or 6 they get those runs plus any others they run.
- The fielding team gets 5 runs added to their batting score for every run out (good throw to the Wicket Keeper/Bowler or a direct hit).
**Session 8**

**Intro activity** Quiz questions and/or warm up activity. 5–10 mins maximum.

**Quiz questions**

1. In which state would you find Bellerive Oval? Tasmania.
2. Who was the first Test match played between? Australia and England.
3. How many days are there in a Sheffield Shield match? 4.
4. Add other questions referring to current affairs in cricket.

**Warm Up Activity**

- **Longest Hit** Refer to Have-A-Game, Page 1.
- **Target Hitting** Refer to Have-A-Game, Page 3.
- **Target Bowling** Refer to Have-A-Game, Page 5.
- **Fielding Soccer** Refer to Have-A-Game, Page 7.
- **Longest Throw Contest** Refer to Have-A-Game, Page 11.
- **Target Throwing** Refer to Have-A-Game, Page 13.

**Game**

**Kids Favourite Game**

- **Aussie Pairs Cricket**

Game On

**Wrap Up**- 5 mins maximum

- Remind them of the key elements from the session. eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
Have-A-Game Warm Up Activities

Session 01
LONGEST HIT

Session 02
TARGET HITTING

Session 03
TARGET BOWLING

Session 04
FIELDING SOCCER

Session 05
RUN OUT GAME

Session 06
LONGEST THROW CONTEST

Session 07
TARGET THROWING
Session 9

Intro activity Quiz questions and/or warm up activity. 5–10 mins maximum.

Quiz questions

2. Who was the Australian captain before Ricky Ponting? Steve Waugh.
3. What colour is the cricket ball used in Test matches? Red.
4. Add other questions referring to current affairs in cricket.

Warm up activity Target Bowling

Equipment
- Balls
- Stumps
- Markers

Activity
- Bowling at stumps from the marker approximately 6m apart.
- Other group members are the Wicket Keepers.
- 1 point for hitting the stumps.
- 10 points for knocking the stumps over.
- 100 points for a ‘hat-trick’.
- 3 turns each then swap.

(Variation: Increase/decrease the activity as a relay. Remove stumps as they are hit.)
The Game

- Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time.
- A coin toss is used to decide which team bats first in each game.

Equipment

- Wooden or plastic bats
- Soft balls should be used
- Batters can wear pads or gloves, but it is not a necessity
- Plastic Stumps

BATTING

- Each pair will bat together for 2 overs.
- Pairs remain batting irrespective of the number of times they are dismissed, until they have batted for 2 overs.
- Batters swap ends at the conclusion of each over.
- Players can be ‘Out’ in the following ways: Bowled, Caught, Run Out, Stumped or Hit Wicket.
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- The only penalty for being ‘Out’ is that players swap ends (this does not apply for a run out) and the bowling team receives 5 bonus runs.
- The next batting pair must be ready to bat immediately following the previous pair’s innings.
- An assistant or parent should be nominated to sit with the batting team, encouraging the players to cheer the Batters.

Bowling

- 8 players must bowl and wicket keep for 1 over each (there is no designated Wicket Keeper).
- All overs are bowled from the same end. At the end of each over the Batters swap ends.
- There is a maximum 6 deliveries in 1 over.

WIDES AND NO BALLS

- A ball that bounces over shoulder height shall be deemed a ‘No Ball’. Any full toss above waist height shall also be deemed a ‘No Ball’.
- 2 plastic cones shall be placed at 90 degrees, 120cm from the middle stump at the Batter’s end. Any ball that passes outside this area shall be deemed a ‘Wide’.
- Two runs are awarded to the batting team for every ‘Wide’ or ‘No Ball’ bowled by the bowling team.
- Any delivery that bounces more than once or rolls along the ground shall be deemed a fair delivery.

FIELDING

- At the moment of delivery, no player may field closer than 10 metres from the bat (except for the Wicket Keeper or Slips Fielders).

SCORING

- All runs and extras are scored according to the rules of cricket.
- Every wicket taken by the bowling side results in the bowling side receiving five bonus runs to their score.
- Scoring sheets are available on the CD-Rom.

UMPIRING

- Two umpires, one or both can score.
- Each umpire should encourage the players to play within the spirit of the game.

INCLUDE VARIATIONS

- Instead of getting 6 runs when the ball goes over the boundary on the full, Batters receive 1 run, for hitting a 4 they receive 2 runs...etc...for scoring a single they actually score 6 runs. This will encourage kids to look for the singles.
- The fielding team gets 2 runs added to their batting score for every diving save they do in the field.

Wrap Up-5mins maximum

- Remind them of the key elements from the session.
  eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
**Intro activity**  Quiz questions and/or warm up activity. 5–10 mins maximum.

**Quiz questions**

1. How do you score a six? Hit the ball over the boundary on the full.
2. Can a batsman be stumped off a wide? Yes.
3. Who is the current Australian Womens Wicket Keeper? As current.
4. Add other questions referring to current affairs in cricket.

**The Last Session**

This is the players’ last session, so you may like to run it a bit differently than normal. We suggest a break-up activity with parents following the session. Here you can present certificates, host a BBQ and discuss the next opportunity for the children to play cricket at your club or school.

**WARM UP ACTIVITY**  Run-Out Game

**GAME RULES**

- Select 2 teams of 4–6 players, 1 running and one fielding.
- Set up one set of stumps and a marker 15m apart.
- Parallel, set up another set of stumps and position a tee with a ball on top, 25m away.
- On the coaches call of ‘go’ the first runner sets off to run two runs and the first fielder runs to collect the ball and return to a receiver at the stumps.
- Running team scores 2 if Batter beats the ball.
- After all players have had a turn reverse roles.
- Highest score wins.

**Skill and activity modifications**

- Restrict/increase running distance for both teams
- Running team carrying equipment (with/without bat, pads etc).
- Fielding team returns (over the stumps or broader area).
GAME

Game On - Parents vs. Children

**The Game**
- Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time.
- A coin toss is used to decide which team bats first in each game.

**Equipment**
- Wooden or plastic bats may be used by Batters.
- Cricket Australia recommended balls or tennis balls may be used for the program.
- Batters can wear pads or gloves, but it is not a necessity.
- It is strongly recommended that the Wicket Keeper stands behind the fielding disc during delivery.

**BATTING**
- Each pair will bat together for 2 overs.
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- Batters swap ends at the conclusion of each over.
- Players can be ‘Out’ in the following ways: Bowled, Caught, Run Out, Stumped or Hit Wicket.
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**SCORING**
- All runs and extras are scored according to the rules of cricket.
- Every wicket taken by the bowling side results in the bowling side receiving five bonus runs to their score.

**Wrap Up - 5mins maximum**
- Remind them of the key elements from the session.
  - eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.
Learning to play

Captaincy

Role of the Captain
• Each week you will need to pick a different captain for each team. They must flip the coin at the beginning of the match to determine which team is batting and bowling. At the conclusion of the match the captains should lead their teams out to shake hands with the opposition.

Batting

Role of the Batter
• Teach participants about their role in the game when they are batting. This includes an explanation of the role of the Bowler and that the Bowler cannot start his run up until the Batter is ready, the idea of batting is to score runs, and to protect their wicket.

How to score runs
• Teach participants every possible way they can score a run (running, extras, boundaries and off the helmet).

Where to stand when non striker
• Teach participants where to stand when they aren’t facing.

Backing up at non strikers end
• Teach participants that they should back up at the non strikers end as the Bowler delivers the ball.

Ways to go out
• Teach participants the different ways you can be given out.

Ingoing and outgoing Batters change over
• Teach participants that as soon as a wicket falls the next Batter should be ready to go in to bat.

Bowling

Role of the Bowler
• Teach participants that the role of the Bowler is to get the game started, play cannot commence until the ball is bowled. Teach the Bowler about wides, standing behind the stumps at the Bowlers end, shining the ball and most importantly to go back to start their run up while ball is being thrown around the field.

No Balls
• Teach and demonstrate to participants all of the no balls that can be called, make sure they know not to over step the front crease or touch the side crease.

Fielding

Role of the fielder
• Teach participants about their roles in the field. The object is to stop the other team from scoring runs, to try and get a wicket and to get back into their position quickly.

Role of the Wicket Keeper
• Teach participants about what the Wicket Keeper should do during their time in the field. This includes staying up to stumps when the ball is hit, stand behind the stumps when the ball is thrown in and stump or catch the Batter.

Where to field
• Teach participants about all of the fielding positions. Use the fielding markers to demonstrate positions.

Walking in with the Bowler
• Teach participants about the importance of walking in with the Bowler from their fielding position, then returning to it before the next ball.

Running out a Batter
• Teach participants how to run out a Batter (i.e. Hit the stumps with the ball while they are out of their crease).

Throwing the ball around the field
• Teach and demonstrate the practice of ‘throwing the ball around the field’.

Backing up throws
• Teach and demonstrate how to back up the stumps after someone has thrown the ball.

Running

When to call for a run
• Teach participants the difference between a safe run and a risky run, so that they don’t waste a scoring opportunity when they are batting.

Running between wickets
• Teach participants how to ground their bats when they make it to the crease and then show them the difference in speed when looking straight or when looking at the ball.

Calling
• Teach participants the 3 essential calls when running: YES, WAIT and NO.

Umpire

Umpiring signals
• Demonstrate each of the signals and teach participants what they are used for.

Listening and respecting
• Teach participants to respect and listen to the umpires no matter what the decision.
Basic Batting

Batting
- The most important element of batting is to keep your eye on the ball.

Batting grip
- V’s are formed by the thumb and forefinger aligned down the back of the bat.
- Hands comfortably spaced in the middle of the handle.

Batting stance
- Side on.
- Feet shoulder width apart.
- Head upright, eyes level.

Basic Bowling

Grip
- Grip the ball with thumb underneath & and first two fingers on top of the ball on either side of the seam.
- Try to bowl the ball with the seam upright pointing toward the batter.

When at the bowling crease beginners should be:
- Standing side on to the target.
- Non-bowling hand reaches up high & bowling hand moves down low.
- Non-bowling hand pulls straight down as bowling hand moves over the top (arm straight) to bowl.
- Follow through with bowling hand across the body.

Bowling with a run up
- To teach bowling with a run-up only progress to next point when the previous skill is mastered.
- Revise: basic bowling action (arm action, including release of the ball).
- LIFT front knee and at the same time, perform the initial stretching movement of the arms. STAMP on front foot in a straight line towards the target and BOWL.
- STEP THROUGH with back foot towards the target by taking it across the front foot. LIFT front foot, STAMP and BOWL.
- Then, build run-up one step at a time. That is, one STEP back foot STEP THROUGH across front foot, LIFT front foot, STAMP and BOWL.

Fielding Throwing & Catching

Ground Fielding
- Stay front on to the ball.
- Bend knees & move into a low position to keep your eyes and hand in line with the ball.

Throwing
- Body side on to target.
- Step towards target.
- Throwing hand moves back with the first two fingers on top of the ball.
- Fingers across the seam.
- Throw the ball keeping the elbow high.
- Throwing arm follows through across the body.

Catching
- Move into position quickly.
- Keep head still, eyes on ball.
- Fingers point down, up or to the side (never at the ball).
- Giving with the ball.

Underarm throwing
- Extend throwing hand back with arm straight.
- Step towards target.
- Swing arm through, release the ball and allow palm to continue through towards the target.
- Have body weight moving towards target.
Fielding Positions

Fielding positions are for a right-handed Batter
In addition to the health and fitness benefits of sport, cricket is a team game and provides a number of lessons on life. It teaches values, discipline, respect for others, leadership and teamwork. Cricket is also a great social game offering opportunities to interact both on and off the field for all those involved.

Participation in sport in general, and cricket in particular, is a great way to enhance individual lifestyle. Cricket is inclusive in that it can be played at any age, culture and gender and provides a range of recreational, social and lifestyle opportunities.

In addition to the health and fitness benefits of sport, cricket is a team game and provides a number of lessons on life. It teaches values, discipline, respect for others, leadership and teamwork. Cricket is also a great social game offering opportunities to interact both on and off the field for all those involved.

The MILO in2CRICKET Have-A-Go activities are the first step towards experiencing some of these benefits. The next steps of learning and playing the sport may involve joining a club or school team, or advance to the MILO in2CRICKET Have-A-Game activities, which has been specifically developed as a second tier program for intermediate participants.

MILO in2CRICKET Have-A-Game activities are a great learning program and a critical link for participants who are interested in continuing in the sport.

How to encourage the transition from MILO in2CRICKET Have-A-Game to the junior club:

Here are some suggestions for Centre Coordinators to assist participants make the transition to club cricket:

• Invite senior club players to assist with sessions.

• If a club based centre has a junior team, invite the club junior coach/Coordinator to speak with participants who are considering progressing to the next level. Distribute information on behalf of the club, e.g. club contact details or junior team practice details, etc.

• Contact the nearest club and or State/Territory cricket Association if your centre is not club based. State/Territory Cricket Association Cricket Officers can assist with linking to your nearest club. It is important to establish a link for continuity and to identify a playing pathway for participants.

• Ask your State/Territory Cricket Association to provide you with a list of club/school contacts. These methods are not fool proof however they do provide opportunities for participants to link with organisations who deliver the next stages of cricket.
Acknowledgments

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