

**CRICKET
TIPS**



**For First-time
Players & Parents**

Batting

How do I hold a cricket bat?

- Both hands should be together.
- Both hands should be in the middle of the grip; this gives control & power.
- The **Pink V's** should line up down the outside edge of the bat.



How & where should I stand?

- Feet shoulder width apart. Knees bent.
- Bat in line with middle stump.
- 1 foot either side of the batting crease.



MILO MiniTips

- Watch the ball.
- When the ball is bowled, try to score runs off it.

3 easy ways to score more runs

Running between wickets.

As the bowler lets the ball go, be ready to run. Run every run quickly.

Hitting balls into gaps.

Try and hit the ball into spaces where there are no fielders.

Be patient!

You can't hit every ball for 6. Wait for the right ball to whack!



Playing shots to 'Short' deliveries.

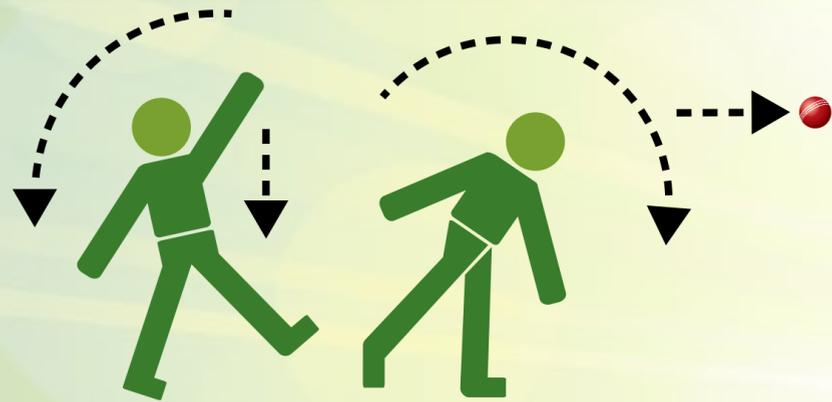
- Back **foot** moves 'back and across' to get body in line with the ball.



Playing shots to 'Full' deliveries.

- Front **foot** towards the ball. Front **knee** stays bent while hitting the ball.

Bowling



Learning how to Bowl: Rock'n'Bowl

- Lift front knee at the same time that the front (non-bowling) arm stretches up high and forward. Body leans back and the bowling arm lies down at side.
- Stamp on front foot in a straight line towards the target and pull straight down with the non-bowling hand as the bowling hand moves over the top (arm straight) to bowl.
- Step through with back foot towards the target by taking it across the front foot.
- Follow through will bowling hand across the body.

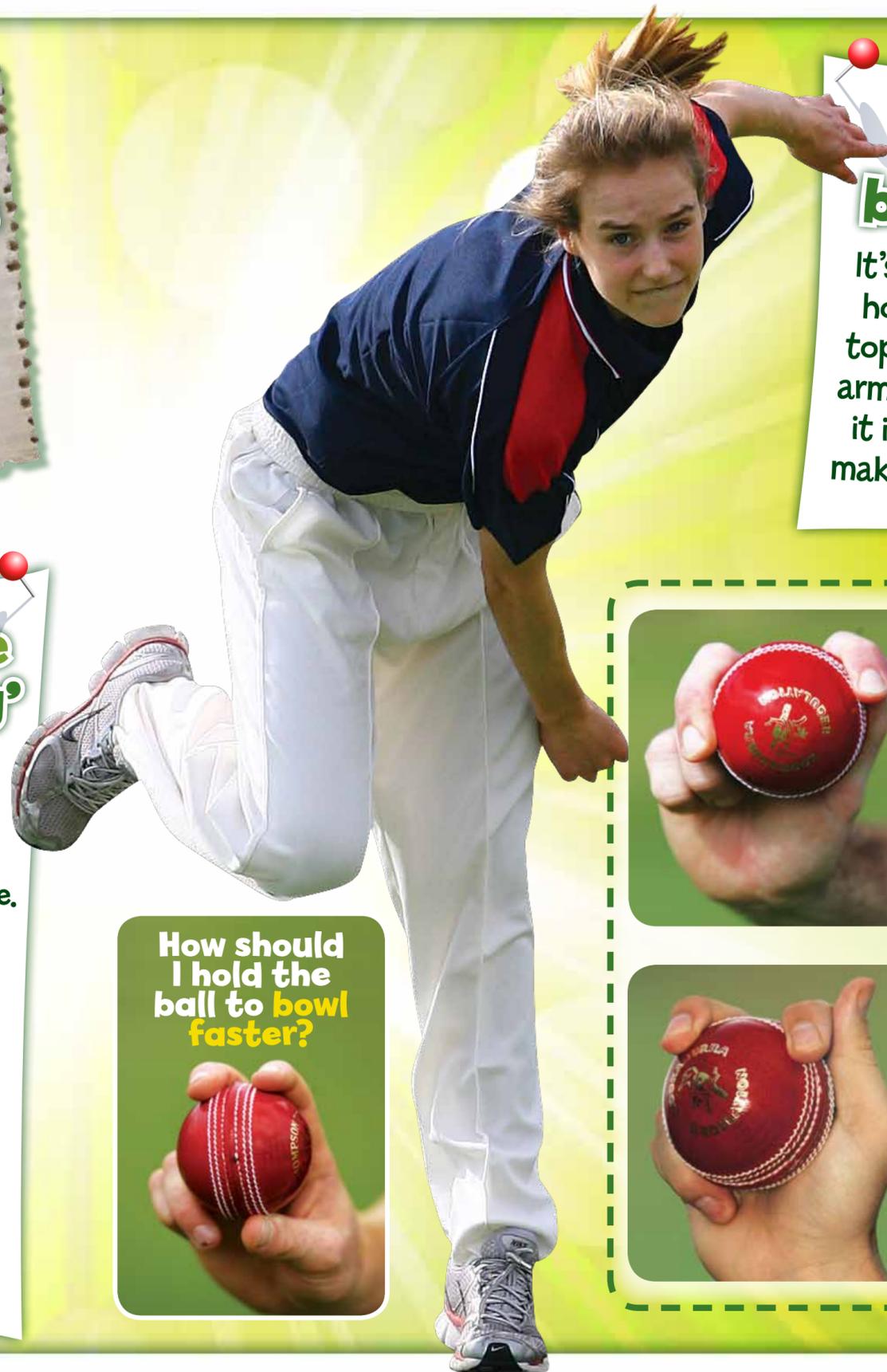


Try to bowl the ball to hit the stumps.

How do I make the ball 'swing' in the air when I bowl?

- Hold the ball as shown here.
- When you let the ball go, try and run your 'Pointer' & 'Middle' fingers down the seam of the ball.
- If the seam is spinning smoothly through the air, the ball might swing.

How should I hold the ball to bowl faster?



The secret to bowling faster...

It's not about how fast the hand holding the ball comes over the top. The hand of the non-bowling arm needs to pull down hard when it is reaching to the sky. This will make the bowling arm move faster.



How do I bowl 'Off Spin'?

- Hold the ball like this.
- Spin the ball like you're opening a round door knob.
- The Pointer finger is the main spinning finger.



How do I bowl 'Leg Spin'?

- Hold the ball like this.
- As you bowl the ball, the back of your hand should face you.
- Remember; spin the ball hard.



Fielding

How do I catch a ball?

- Have **hands cupped** together.
- Once the ball touches you hands, gently cradle the ball into your body.
- Pretend you're catching an Egg.



What else can I do to be a Good fielder?



- Walk in with the bowler: As the bowler runs in to bowl, walk towards the batter like a Tiger stalking it's prey; knees slightly bent and hands together. You will be ready to pounce on any balls that come to you.



When fielding, expect every ball to come to you.



How do I throw Under-Arm?

- When you pick up the ball, stay front-on to target.
- If throwing with 'right hand', step to target with **Left foot**
- Throwing arm moves straight back, then straight through towards the target. **Keep arm straight.**

How do I throw Over-Arm?

- Stand side-on to your target.
- Line **both feet** up so that they are in a straight line pointing at your target.
- Raise throwing arm so that the **elbow is higher than the shoulder**, and the ball is pointing away.
- Throw the ball.
- Let the throwing arm follow through.



When throwing, always place your fingers across the seam (like spin bowling), not down the seam. This will help the throw be more accurate, as the ball won't swing through the air.



How do I stop the ball?

- Have both **hands together**, **out in front** of the body.
- Bend at the **knees first**, then the hips. This helps you get lower to the ground.

Wicketkeeping



Where should I stand?

Whether you are keeping to Pace or Spin, you must be able to see where the ball is coming from.

When keeping to spin, make sure you don't stand too far back from the stumps. If you're too far back it's harder to catch the ball.



What's the best way to catch the ball?

Always try and catch the ball with your head in line with your hands.



MILO MiniTips

The best way for a young wicket keeper to improve is to catch lots and lots of balls.

Helpful Hints and Fun...

Cricket Words

How many can you find?

Score **40**

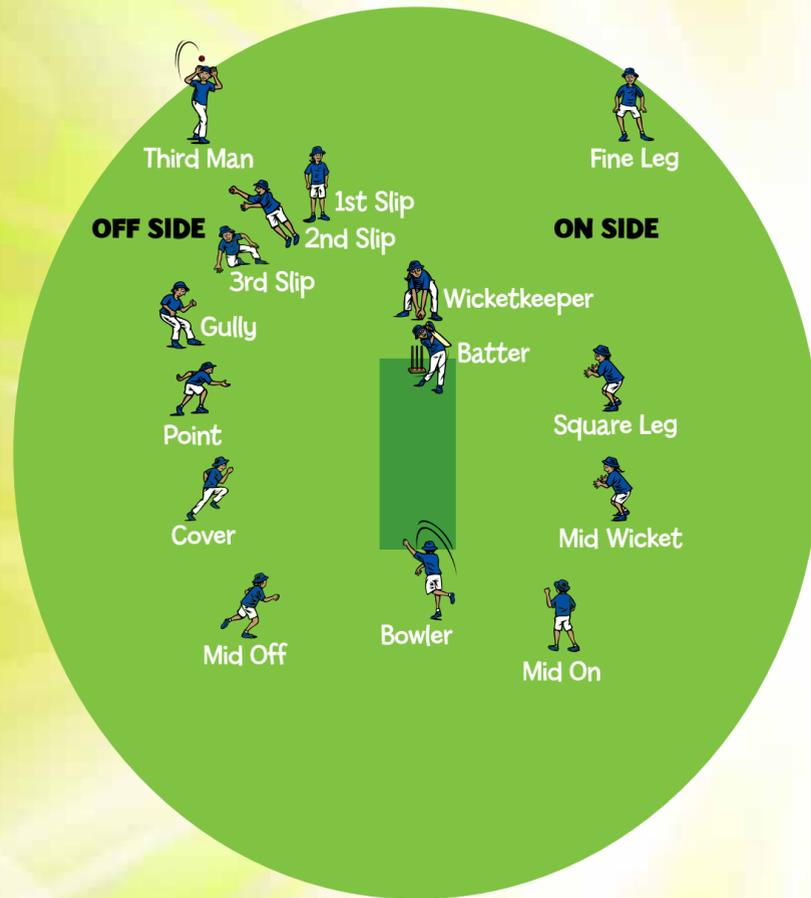
Time **3:08**

B	S	P	I	T	C	H	U	I	E
W	T	Z	S	D	O	D	M	H	I
I	U	F	S	B	E	B	P	H	I
C	M	C	I	P	C	O	I	O	B
K	P	A	Play				R	W	A
E	S	U	Play				E	Z	T
T	T	G	V	I	G	D	T	A	T
S	Y	H	L	X	F	A	E	T	E
O	U	T	F	O	U	R	L	R	R
P	N	B	A	L	L	Y	C	Y	W

Batter
Boundary
Four
Six
Umpire

Stumps
Pitch
Out
Fielder
Ball

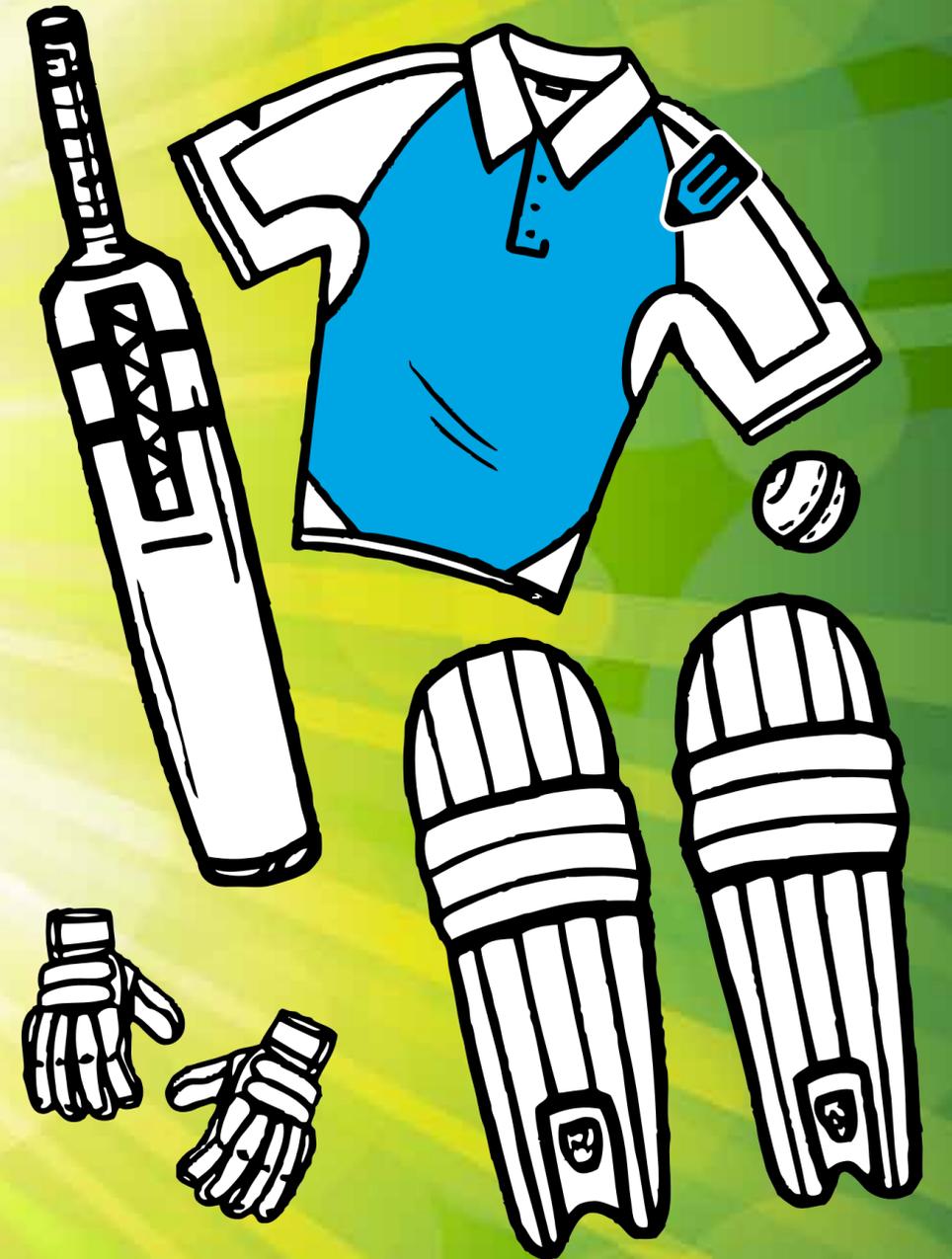
Caught
Stumped
Wickets
Howzat



Basic Fielding Positions

Colour me in!

Who is your favourite team?





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