

Batting Core Principles – for successful Cricketers

SKILL AREAS	OBJECTIVES	CORE PRINCIPLES	DESCRIPTION OF CORE PRINCIPLES	OUTCOME
Batting	Hit the ball	Watch the ball	To watch the ball closely (seam, writing on ball or shiny/rough) from the point of release until you either hit the ball or leave it	Score runs
		Balance	To be in a stable position with your head still at impact. Good balance is being in a position to hit the ball with the full face of the bat	
		Full face of the bat	The full face of the bat is presented to hit the ball along the path the ball is travelling. This enables quality striking of the ball	
		Top hand dominant	When holding the bat the top hand needs to firmly hold the grip to ensure the full face of the bat is presented to hit the ball. The bottom hand becomes more dominant for back foot, horizontal bat strokes	

Bowling Core Principles – for successful Cricketers

SKILL AREAS	OBJECTIVES	CORE PRINCIPLES	DESCRIPTION OF CORE PRINCIPLES	OUTCOME
Pace Bowling	Bowl fast	Grip	Two fingers either side of the seam with the thumb resting on the seam underneath	Take wickets
		Run up	Commencing with a slight lean forward and small steps gradually increasing in stride length. Maintain balance and a path towards the target	
		Release	Aim to release from the highest point with the fingers behind the ball so that the seam is released in a perfectly upright position	
		Follow through	Driving through the crease bowlers need to continue in a straight line until returning to a vertical position	
Spin Bowling	Spin the ball	Spin hard	A firm and comfortable grip on the ball to enable either "wrist" or "finger" spin as hard as you can	Take wickets
		Spin up	Releasing the ball high over front leg, aiming to flight the ball above the batters eye level. However the skill is to ensure the ball bounces before the batter providing an area of uncertainty for the batter to move either forward or back	

Fielding Core Principles – for successful Cricketers

SKILL AREAS	OBJECTIVES	CORE PRINCIPLES	DESCRIPTION OF CORE PRINCIPLES	OUTCOME
Fielding	Catch the ball	Watch the ball	To watch the ball closely (seam, writing on ball or shiny/rough) from the point of release and contact right through until the ball is in your possession	Save runs Get run outs Help take a wicket
		Stop it	To ensure your eyes and hands are in line with the ball moving in an assertive manner toward the ball	
		Catch it	To provide open and soft hands. Fingers must <u>not</u> point at the ball. Hands and eyes in line with the path of the ball	
		Throw it	Fingers on top of the ball with the throwing arms elbow above shoulder height. Point to the target, release and follow through	

Wicket Keeping Core Principles – for successful Cricketers

SKILL AREAS	OBJECTIVES	CORE PRINCIPLES	DESCRIPTION OF CORE PRINCIPLES	OUTCOME
Wicket Keeping	Catch the ball	Watch it	To watch the ball closely (seam, writing on ball or shiny/rough) from the point of release until you catch the ball or it is returned from the field	Save runs Get run outs Help take a wicket
		Catch it	To provide open and soft hands. Fingers must not point at the ball. Hands and eyes in line with the path of the ball	