

# LESSON 1 MILO Super 8s Easy Lessons

## WARM-UP — 5 MINUTES

Equipment: 1 Ball per person.

- FIGURE 8's



Figure 8 around the legs

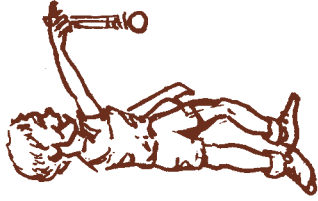
## ● CATCHING



Throw from front to behind, through legs catch behind — try the reverse, i.e. rear to front.



## ● DROP & CATCH



With hand on top — drop the ball & catch on top — repeat alternate hands.



## ● DROP CIRCLE & CATCH



Drop, circle & catch on top.



## STATION 1 — Basic Bowling

Equipment: 1 Ball, 1 Marker, 1 Target, 1 Set of Stumps per pair.

### Points to revise

1. Bowling Bowler ball to partner who bowls back pairs.



\*Revise basic bowling

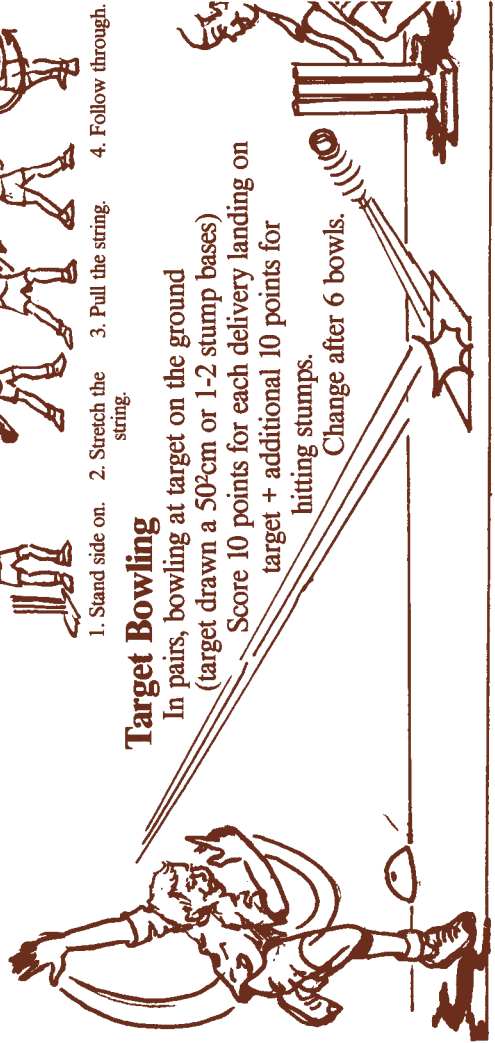


1. Stand side on. 2. Stretch the string. 3. Pull the string. 4. Follow through.

### Target Bowling

In pairs, bowling at target on the ground (target drawn a 50<sup>2</sup>cm or 1-2 stump bases) Score 10 points for each delivery landing on target + additional 10 points for hitting stumps.

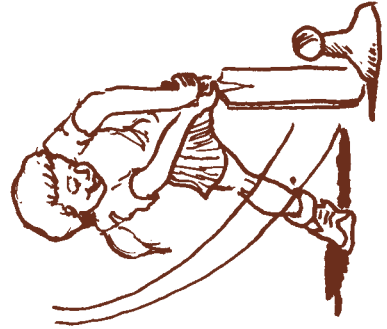
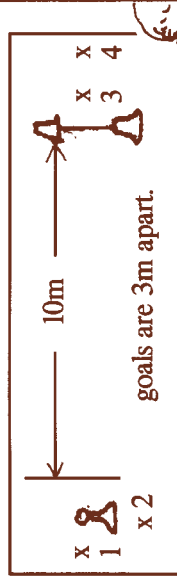
Change after 6 bowls.



## SKILL DRILLS TABLOID — 5 MINUTES PER STATION.

### STATION 2 — Tee Drive

Equipment: 1 Bat, 1 Ball, 1 Tee, 2 Markers per Group.



In pairs or small groups. Players hit ball from tee aiming to hit between markers toward other player(s). successful shots score 10 points. Change places after 6 turns.



# LESSON 1 SKILL DRILLS TABLOID CONTINUED

## STATION 3 LENGTH BOWLING

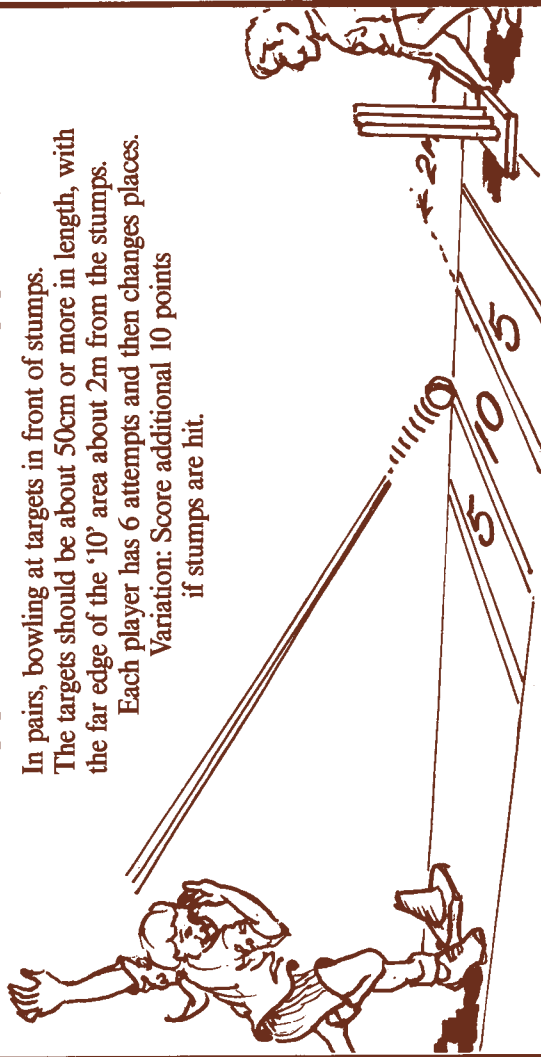
**Equipment:** 1 Ball, 1 Marker and Stumps per Group.

In pairs, bowling at targets in front of stumps.

The targets should be about 50cm or more in length, with the far edge of the '10' area about 2m from the stumps.

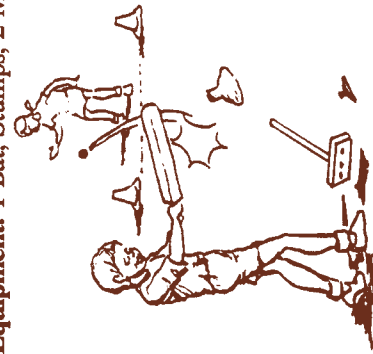
Each player has 6 attempts and then changes places.

Variation: Score additional 10 points if stumps are hit.

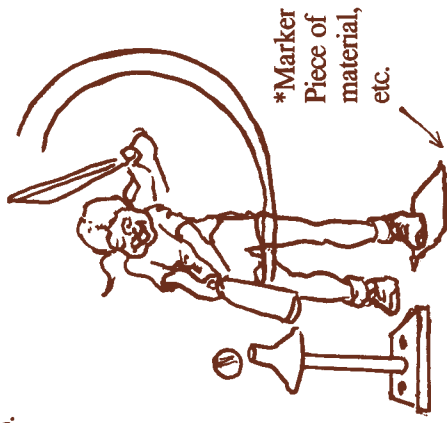


## STATION 4 TEE PULL SHOT

**Equipment:** 1 Bat, Stumps, 2 Markers per group.



In pairs or groups of 4 batters stands with back to 'goals'. Step with (right) foot (for right handers) onto marker\* and hit toward the goals. A 'goal' scores 10 points. After 5 attempts swap places. Add each pair's score together.



## MILO A Super 8s – 20 MINUTES CRICKET GAME

Batters can be out in three ways:—

1. **Bowled** if the ball hits the wicket or base.
  2. **Caught** if the ball is caught by any of the fielders before it hits the ground.
  3. **Run Out** if the batter does not reach their 'safe ground' before the ball hits the stumps.
- (NO Leg Before Wicket)

**If batters go out they simply swap ends and continue to bat.**

After two overs (6 balls per over, therefore 12 balls per pair), the batting pair retire and the next number pair have their turn to bat.

**So everyone gets to bat, and everyone gets to bowl**

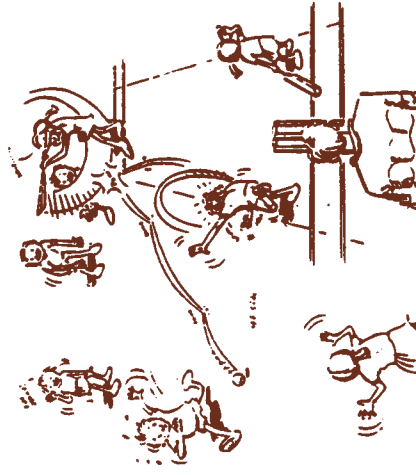
Each student bowls one over of 6 balls while their partner wicketkeeps at the batter's stumps. After they have completed their over, they swap with their partner to wicketkeep, and their partner bowls.

**You can bowl over-arm or under-arm**

The ball must be bowled (with a straight arm), not thrown. If a pair is not batting or bowling, they are fielding, so there is no time spent doing nothing.

**The idea of the game is to score as many runs as possible in your turn at bat, but is not 'Tippity' run.**

You do not have to run if you hit the ball. If the ball is missed, batters may still run.



# LESSON 2 MILO Super 8s Easy Lessons



## TIME ALLOCATION

WARM-UP 5 — 10 mins.  
 SKILL DRILLS 5 mins. per station.  
 CRICKET GAME 20 mins.  
 TOTAL  
 \*Times as for 45 min. sessions.  
 Double times at skill stations for 90 min. sessions.

**Equipment:** 1 Ball per participant.  
 6 — 8 Bats, 4 Tees, Assortment of markers/b.bags, etc. 4 — 6 sets of stumps.

## WARM-UP (5-10 mins.)

### LINE UP

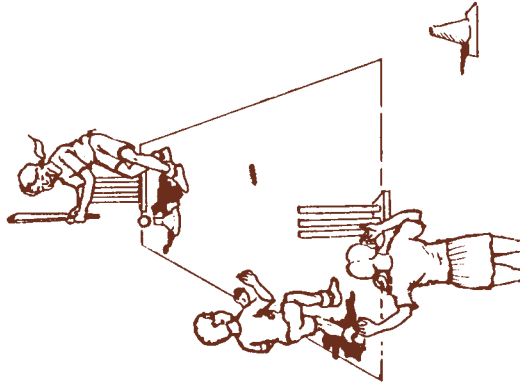
In groups of 4 to 8 the group is numbered off.

Number 1 bats and the rest become fielders. The ball is hit off the batting Tee, between the cones and the batter attempts to make as many runs as possible until the ball is returned to the stumps.

With batters batting in numerical order, number 2 then hits. When the ball is fielded, the remainder of the group line up and the ball is passed down the line to the last person who then sprints to touch the stumps.

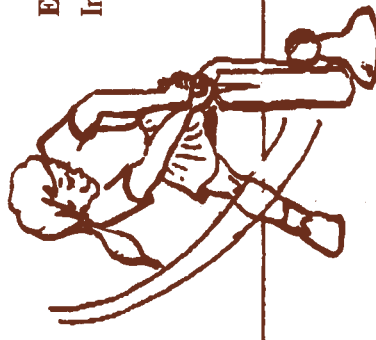
The ball must be hit between the cones to be in play.

With all batters batting in numerical order, the batter with the most runs wins — last in line touching the stumps with the ball, stops the batter from running.



## STATION 1 BATTING — FRONT FOOT DRIVE (FROM TEE) (REVISION!)

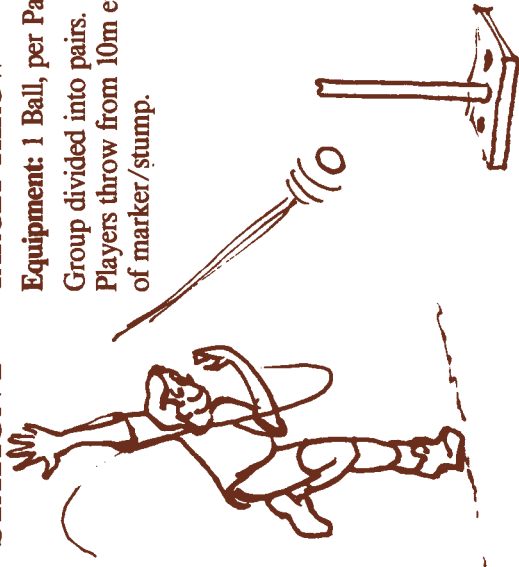
**Equipment:** 1 Tee, 1 Bat, 1 Ball, 2 Markers per Group.  
 In pairs or small groups.  
 Players hit ball from tee aiming to hit between markers guarded by other player(s).  
 Successful shots score 10 points.  
 Change places after 6 turns.



## SKILL DRILLS TABLOID STATION 2

### TARGET THROW

**Equipment:** 1 Ball, per Pair, 1 Set of Stumps.  
 Group divided into pairs.  
 Players throw from 10m either side of marker/stump.



# LESSON 2 SKILL DRILLS TABLOID CONTINUED

## STATION 3

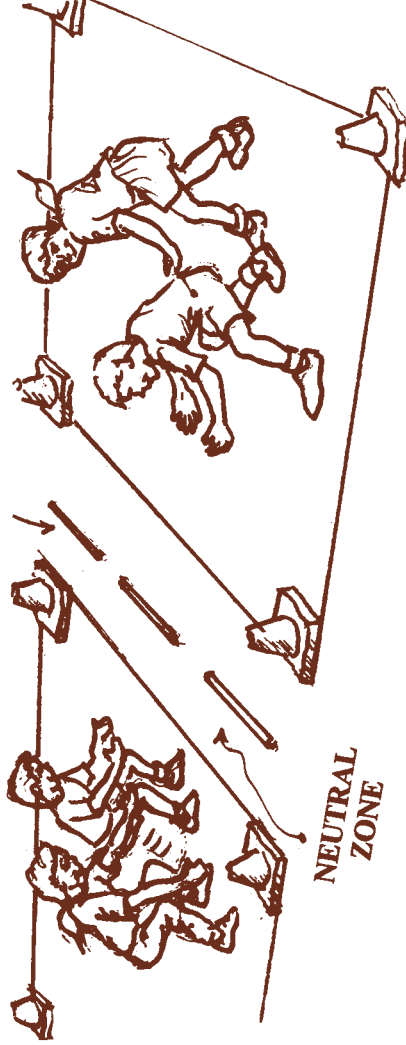
### SLIPS CATCHING

Equipment: 1 Ball,  
8 Markers per Group.

Ball can only be lobbed from below knee height.  
Pair must not allow ball to land in their court.

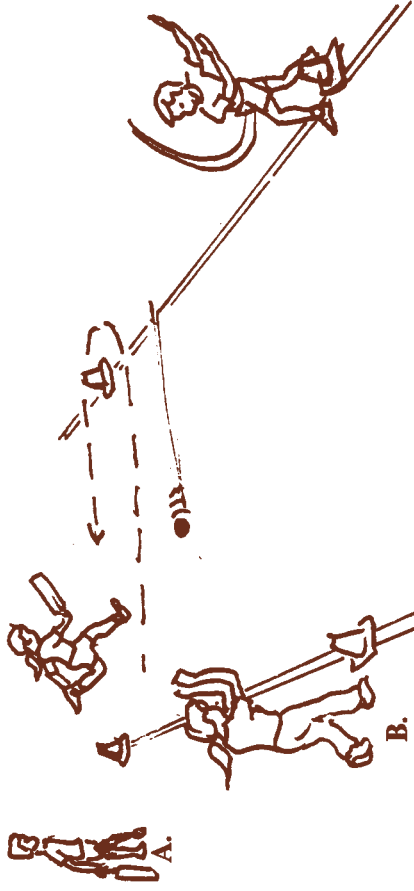
Score 10 points each time ball lands in opponents square or opponent lands ball outside of court

Markers, net or stumps optional



## STATION 4 CATCHING Vs RUNNING

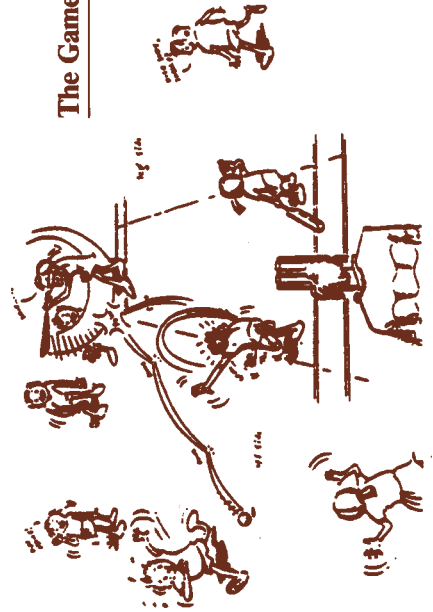
Equipment: 1 Bat, 1 Ball, 4 Markers per Group.



Pair A complete runs whilst B throw ball back and forth, trying to get in as many catches as possible. 1 point for each catch. Swap roles and A try to get more catches. Repeat if time permits.

## CRICKET GAME – MILO Super 8s PAIRS

### The Game



Batters can be out in three ways:—

1. **Bowled** if the ball hits the wicket or base.
2. **Caught** if the ball is caught by any of the fielders before it hits the ground.
3. **Run Out** if the batter does not reach their 'safe ground' before the ball hits the stumps. (NO Leg Before Wicket)

**If batters go out they simply swap ends and continue to bat.**

After two overs (6 balls per over, therefore 12 balls per pair), the batting pair retire and the next number pair have their turn to bat.

**So everyone gets to bat, and everyone gets to bowl**

Each student bowls one over of 6 balls while their partner wicketkeeps at the batter's stumps. After they have completed their over, they swap with their partner to wicketkeep, and their partner bowls.

**You can bowl over-arm or under-arm**

The ball must be bowled (with a straight arm), not thrown. If a pair is not batting or bowling, they are fielding, so there is no time spent doing nothing.

**The idea of the game is to score as many runs as possible in your turn at bat, but is not 'Tippity' run.** You do not have to run if you hit the ball. If the ball is missed, batters may still run.

# LESSON 3 MILO Super 8s Easy Lessons



## TIME ALLOCATION

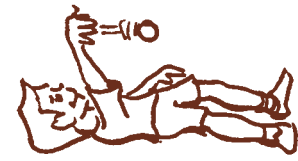
WARM-UP 5 — 10 mins.  
 SKILL DRILLS — 5 mins. per station.  
 CRICKET GAME 20 mins.  
 TOTAL

\*Times as for 45 min. sessions.

Equipment: 1 Ball per student.

## WARM-UP

• DROP, CLAP & CATCH



• HITTING FROM FIST TO FIST



• KNEEL, THROW, STAND & CATCH



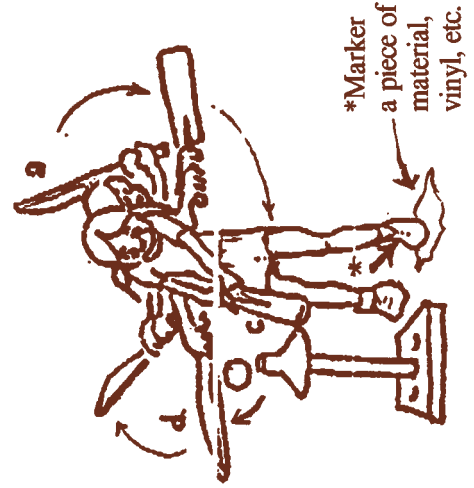
## SKILL DRILLS TABLOID

### STATION 1 — PULL SHOT

Equipment: 1 Bat, Stump, Tee, Ball, 2 Markers per group.



In pairs or groups of 4  
 Batter stands with back to 'goals'.  
 Step with foot onto \*marker  
 (i.e. right foot for right handers) and  
 hit the ball toward the goals.  
 A 'goal' scores 10 points.  
 After 5 attempts swap places.  
 Add each pair's score together.

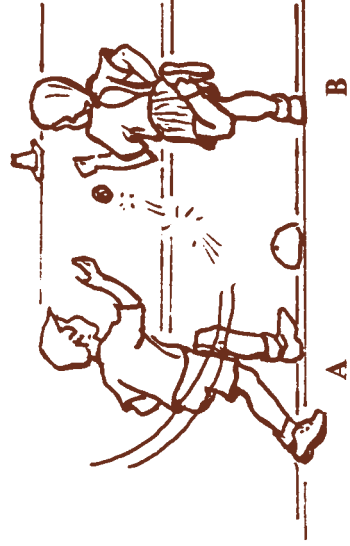


\*Marker  
 a piece of  
 material,  
 vinyl, etc.

### STATION 2 — CHASE & RETURN

Equipment: 1 Ball, 2 Markers per Group.

Groups of 8 (in pairs).  
 Partner A rolls ball out for B  
 who chases, picks up and returns  
 to A. Swap after 3 turns.



\*Must throw from  
 behind this line.



# LESSON 3 SKILL DRILLS TABLOID CONTINUED

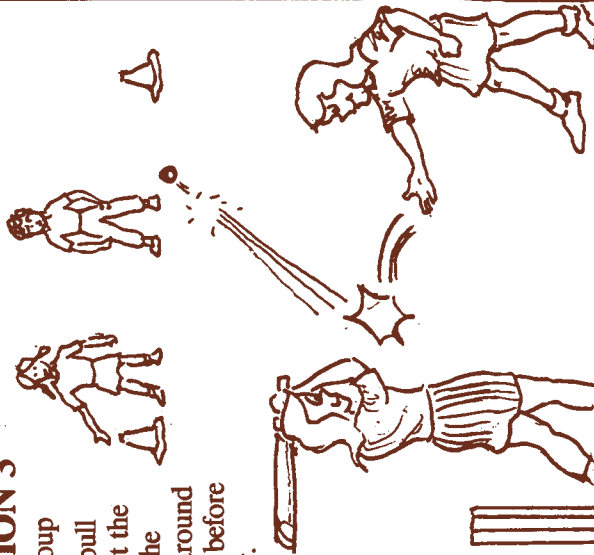
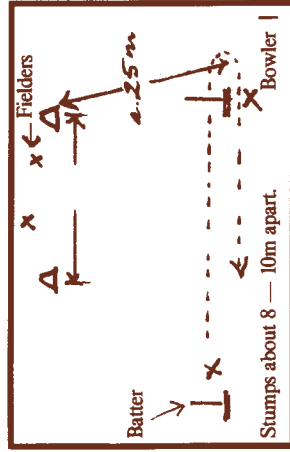


## HELTER SKELTER

### STATION 3

**Equipment:** 1 Ball, Bat, 2 Markers per group

Played in groups of 4. The batter plays a pull shot to an underarm full toss, aiming to hit the ball between the two markers (square of the stumps). The batter then attempts to run around the bowlers mark and back to the stumps before the fielders get the ball back to the bowler. Rotate after 3 turns each.



### STATION 4

#### THE RUN OUT GAME (MINI GAME)

**Equipment:** 1 Bat, 1 Ball, 4 Markers and or Stumps per group.

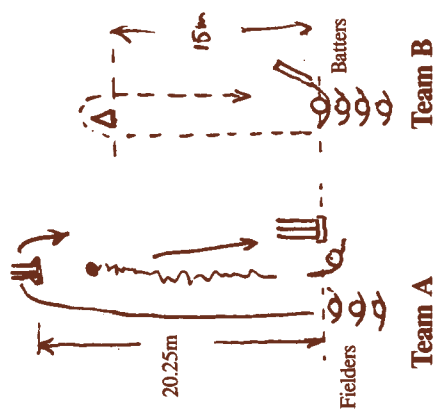
Divide group into two teams of 4.

The ball is rolled out for the fielder to chase and field.

At the same time the runner sprints around the marker and back to the stumps to try to beat the return.

Every successful run scores a point.

Each player has a turn then the teams swap positions or roles.



\*The ball must be rolled from a designated line or marker and has to be returned from another situated at 20 — 25m in front.  
Batters run to own marker or stumps 15m away.

## CRICKET GAME — DIAMOND CRICKET — 4 BOWLER — 25 MINUTES

**Equipment:** 2 Sets of: 1 Ball, 4 Bats, 4 Sets of Stumps.

E.G.: For a class of 32 students . . . divide into 2 games of 16, i.e. 4 teams playing each other (see below).

The game is played around a diamond formation using 4 sets of stumps for bases.

Teams of 4 bat — one player on each base. Each team faces 2 overs i.e. 12 balls between them: 1 over = 6 bowls or 1 over = 10 bowls for longer games. Batters can be 'out', bowled, hit wicket, caught or run out, in which case no score is credited.

Another team (x 4 players) will act as the bowling team i.e. a keeper/bowler at each base. Any of these keeper/bowlers can bowl at any time . . . generally the one to whom the ball is returned to bowls. (Players encouraged to share the bowling!)

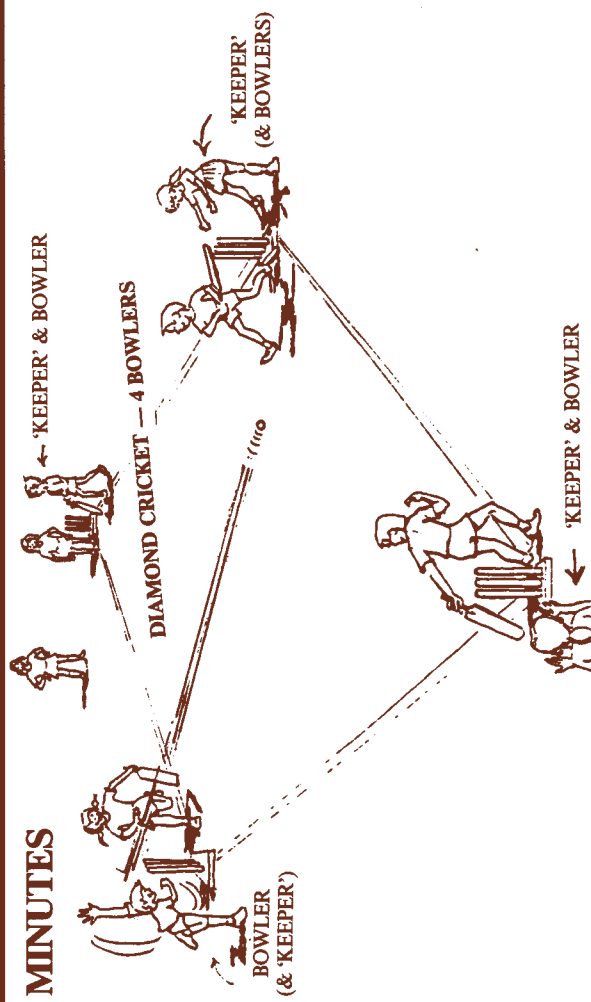
All other players field.

Whenever a batter hits the ball all 4 batters run anticlockwise to the next base.

Batters carry their bat with them. Each base travelled scores one run.

Team scoring the most runs wins.

**ROTATION:** BOWLING TEAM 2, 3, 4, 1 BATTING 1, 2, 3, 4





# LESSON 4 MILO Super 8s Easy Lessons

## TIME ALLOCATION

WARM-UP 5 — 10 mins.  
 SKILL DRILLS 5 mins. per station.  
 CRICKET GAME 20 mins.  
 TOTAL

\*Times as for 45 min. sessions.  
 Equipment: 1 Ball per Student.

## WARM-UP

- THROW, CLAP & CATCH



- FLICK & CATCH



- SIT, THROW, STAND AND CATCH

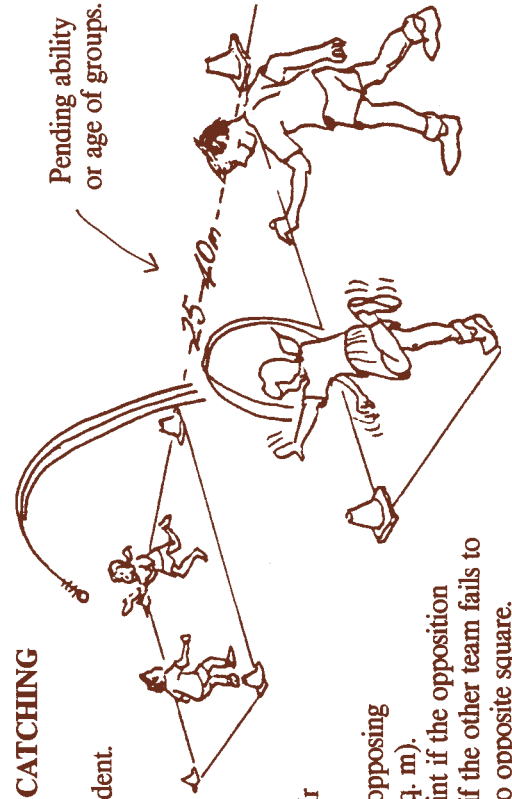
Hold ball with feet.  
 Jump, release and catch.  
 Release in front, behind.



## STATION 1

### OUTFIELD CATCHING

Equipment:  
 1 Ball per Student.



Either pair Vs pair of 4 V 4.  
 Players throw to opposing square (5 — 15 sq. m).  
 Teams score a point if the opposition drops the ball or if the other team fails to throw the ball into opposite square.

## SKILL DRILLS

### STATION 2

#### DROP & DRIVE

Equipment: 5 Markers  
 or 4 Flags and 1 Marker,  
 1 Bat and Ball per Group.

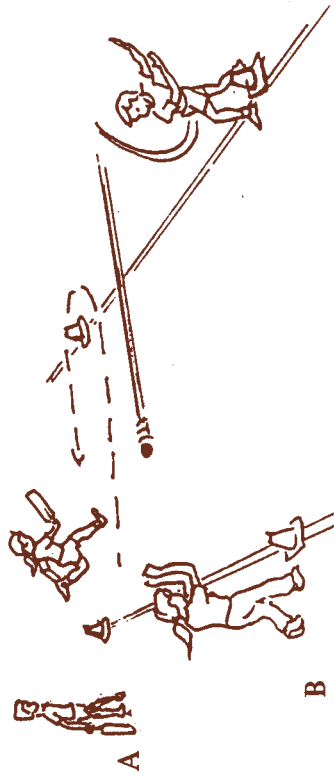


The player holds bat with arm (nearest to target), drops the ball and steps towards anticipated landing position of the ball to hit it on the 2nd bounce — goals or targets may be included and also scoring. Swap with partner(s) after 5 hits.

# LESSON 4 SKILL DRILLS TABLOID CONTINUED

## STATION 3 CATCHING Vs RUNNING

Equipment: 1 Bat, 1 Ball, 4 Markers per group.



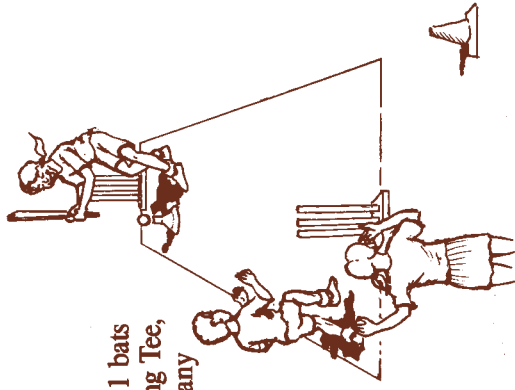
Pair A complete 8 runs whilst B throw ball back and forth, trying to get in as many catches as possible. 1 point for each catch. Swap roles and A try to get more catches. Repeat if time permits.

## STATION 4 LINE UP

Equipment: 1 Ball, 2 Bats, 1 Tee, 2 Markers, 2 Sets of Stumps per Group.

In groups of 4 to 8 the group is numbered off. Number 1 bats and the rest become fielders. The ball is hit off the batting Tee, between the cones and the batter attempts to make as many runs as possible until the ball is returned to the stumps.

With batters batting in numerical order, number 2 then hits. When the ball is fielded, the remainder of the group line up and the ball is passed down the line to the last person who then sprints to touch the stumps. The ball must be hit between the cones to be in play. With all batters batting in numerical order, the batter with the most runs wins — last in line touching the stumps with the ball, stops the batter from running.



## CRICKET GAME — DIAMOND CRICKET — 4 BOWLER — 25 MINUTES

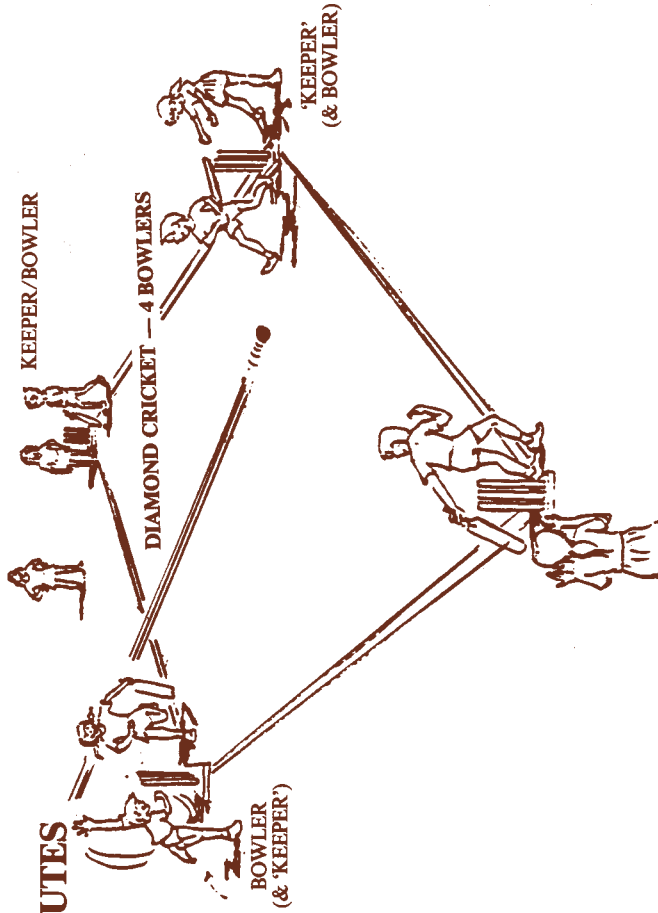
Equipment: 4 Sets of Stumps, 4 Bats, 1 Ball per game.

E.G. For a class of 32 students . . . — into 2 games of 16. In teams of 8 (i.e. 4 teams). The game is played around a diamond formation using 4 sets of stumps for bases. Teams of 4 bat — one player on each base. Each team faces 2 overs i.e. 12 balls between them: 1 over = 10 bowls for longer games.

Batters can be 'out', bowled, hit wicket, caught or run out, in which case no score is credited. Another team (x4 players) will act as the bowling team, i.e. a keeper/bowler at each base. Any of these keeper/bowlers can bowl at any time . . . generally the one to whom the ball is returned to bowl. (Players encouraged to share the bowling!) All other players field.

When ever a batter hits the ball all 4 batters run anticlockwise to the next base. Batters carry their bat with them. Each base travelled scores one run. Team scoring the most runs wins.

ROTATION: BOWLING TEAM 2, 3, 4, 1. BATTING: 1, 2, 3, 4.







# LESSON 5 MILO Super 8s Easy Lessons

## TIME ALLOCATION

WARM-UP 10 Mins.

SKILL DRILLS 5 mins. per station.

CRICKET GAME 20 mins.

TOTAL

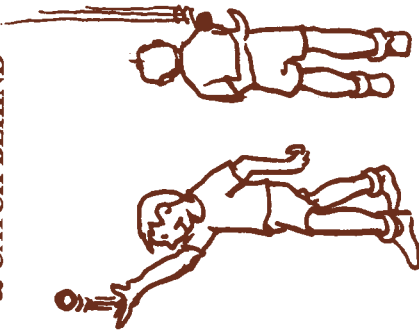
Equipment: 1 Ball per Student.

## WARM-UP

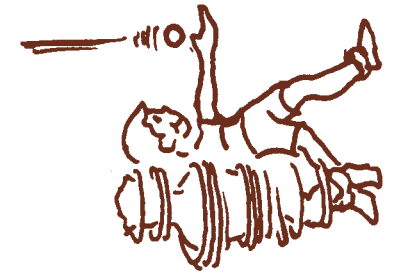
### ● FLICK THROUGH & CATCH



### ● THROW FROM FRONT & CATCH BEHIND



### ● SPIN & CATCH

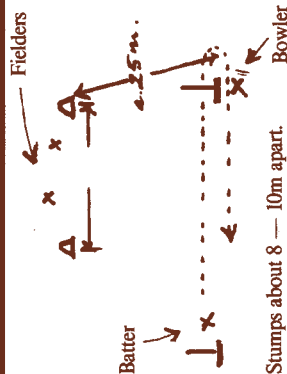


Throw (flick) through legs from front to back and back to front. Throwing and catching with both hands in contact with the ball.  
Try to repeat as quickly as possible.

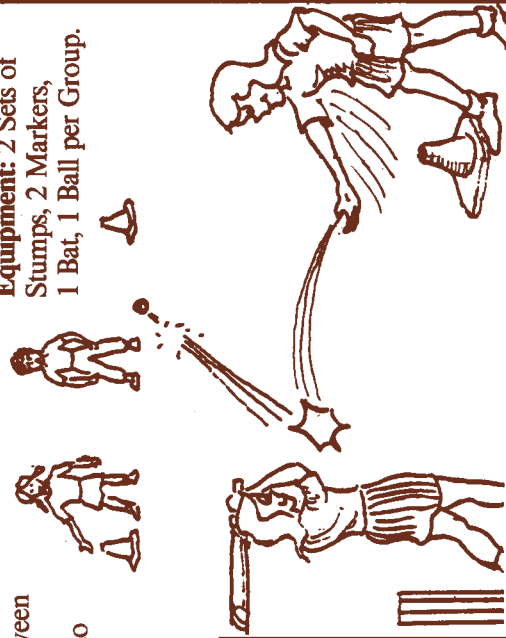
Throw spin 360° and catch.

## STATION 1 HELTER SKELTER (Played in groups of 4).

The batter plays a pull shot to an underarm full toss, aiming to hit the ball between the two markers (square of the stumps). The batter then attempts to run around the bowlers mark and back to the stumps before the fielders get the ball back to the bowler. Rotate after 3 turns each.



Equipment: 2 Sets of Stumps, 2 Markers, 1 Bat, 1 Ball per Group.



## SKILLS DRILLS STATION 2

### THE RUN OUT GAME (MINI GAME)

Equipment: 1 Bat, 1 Ball, 4 Markers and/or Sets of Stumps.

Divide group into two teams of 4.

The ball is rolled out for the fielder to chase and field.

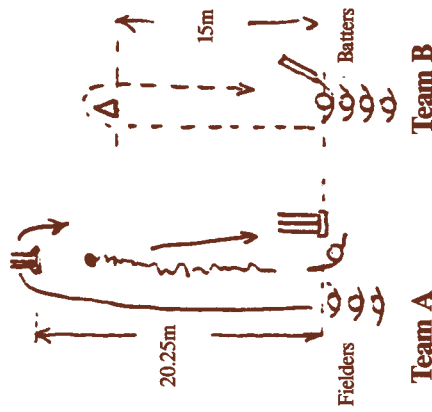
At the same time the runner sprints around the marker and back to the stumps to try to beat the return

Every successful run scores a point.

Each player has a turn then the teams swap positions or roles.

\*The ball must be rolled from a designated line or marker and has to be returned from another situated at 20 — 25m in front.

Batters run to own marker or stumps 15m away.



Stumps about 8 — 10m apart.

Bowler

Team A

Team B

# LESSON 5 SKILL DRILLS TABLOID CONTINUED

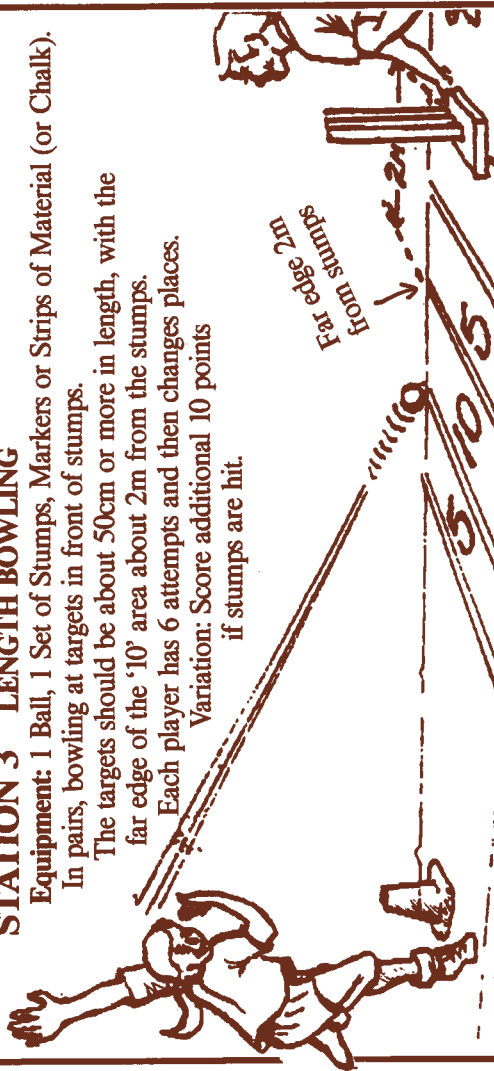
## STATION 3 LENGTH BOWLING

**Equipment:** 1 Ball, 1 Set of Stumps, Markers or Strips of Material (or Chalk).  
In pairs, bowling at targets in front of stumps.

The targets should be about 50cm or more in length, with the far edge of the '10' area about 2m from the stumps.

Each player has 6 attempts and then changes places.

**Variation:** Score additional 10 points if stumps are hit.



## STATION 4

### OUTFIELD CATCHING

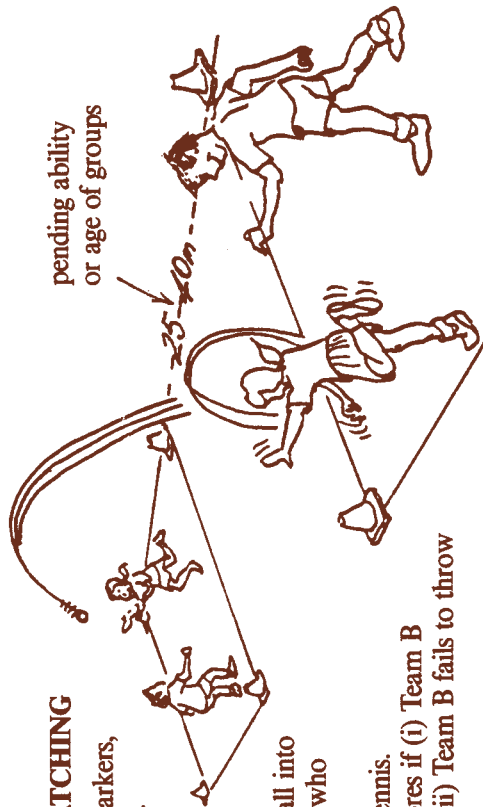
**Equipment:** 8 Markers, 1 Ball per Group.

2 Vs 2 or 4 Vs 4.

One team lobs ball into other teams area who attempt to catch.

**Scoring:** As for tennis.

E.G. Team A scores if (i) Team B drop the ball or (ii) Team B fails to throw into A's area.

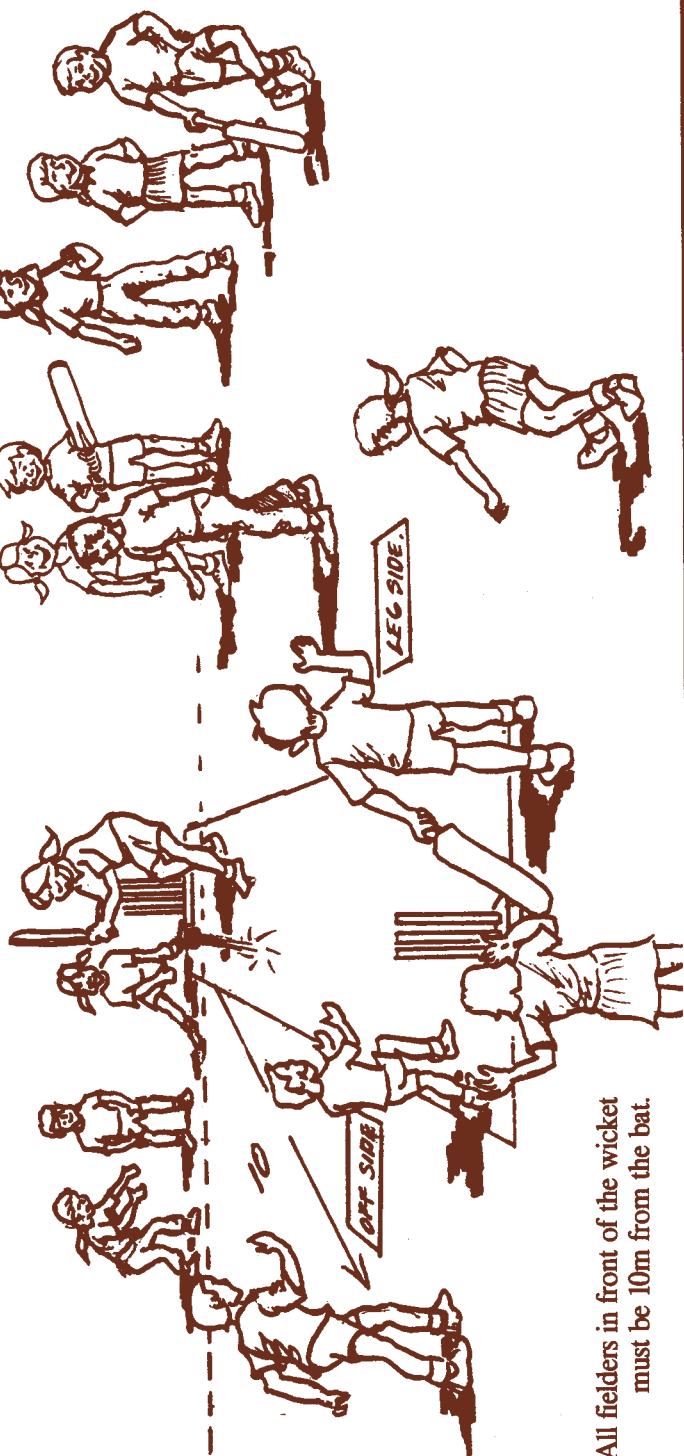


## CRICKET GAME - SUPER 8s

**Equipment:** 2 Sets of Stumps, 1 Ball, 2 Bats.

\*See Lesson 6 for description.

POINT



All fielders in front of the wicket must be 10m from the bat.

# LESSON 6 MILO Super 8s Easy Lessons

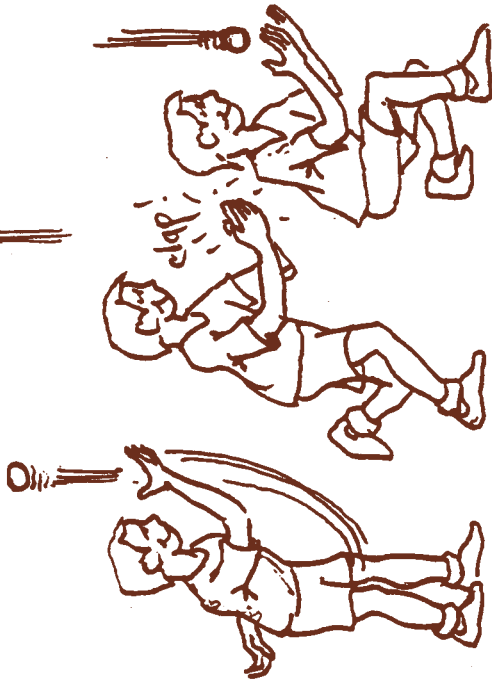
## TIME ALLOCATION

WARM-UP 5 mins.

CRICKET GAME 40 mins.  
TOTAL

Equipment: 1 Ball per Player.

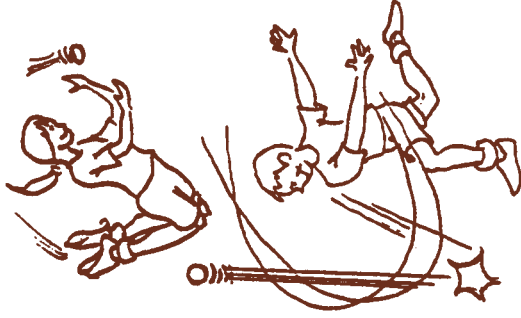
## WARM-UP



• THROW, CLAP & CATCH

## • JUMP AND CATCH (Ball held in feet — see Lesson 4).

EXTENSION: Jump ball over head from behind to catch in front.

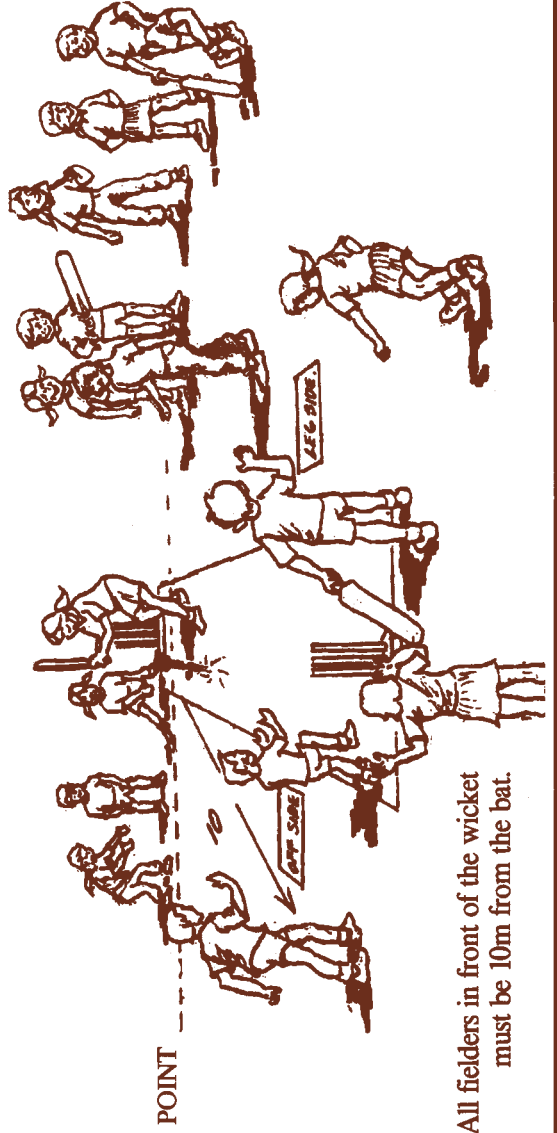


• BOUNCE AND CATCH

Bounce ball as high as possible to catch.

## CRICKET GAME – SUPER 8s

(See rules overleaf.)



All fielders in front of the wicket must be 10m from the bat.