

Lydia Greenway

CRICKET FOR GIRLS



**Teachers CPD
Information
Leaflet**

Cricket for Girls Continual Professional Development (CPD) Courses and Workshops



Cricket for Girls specialises in the delivery of CPD courses and workshops for both teachers and coaches. We understand how important it is to feel confident and knowledgeable when delivering cricket.

From introducing the basic skills to developing advanced techniques and tactics, Cricket for Girls is uniquely placed to provide insight into all areas of the game thanks to the knowledge and experience of Head Coach Lydia Greenway and her team of coaches.

Courses and workshops we offer:

1. Cricket for Girls Level 1 Course
2. Cricket for Girls Level 2 Course
3. Advanced Batting workshop
4. Advanced Bowling workshop
5. Advanced Wicket Keeping and Fielding workshop
6. Bespoke courses
7. Head of Girls Cricket Course

1. Cricket for Girls Level 1: Full day course

A great starting place for anyone new to delivering cricket or for those looking to refresh their memory. The Cricket for Girls Level 1 will introduce and break down all elements associated with the game of cricket. The course will include:

- Introduction to batting
- Introduction to bowling
- Introduction to wicket keeping
- Variety of fun games
- Engaging drills to practice skills and techniques
- How to umpire in a pairs game
- How to score in a pairs game
- What does 'good' look like videos
- Pathway in girls cricket outside of school
- Ways of getting out

The day is split in to both practical and theory sessions ensuring all areas are covered throughout the day.

Dates to be confirmed - for further information and updates email events@cricketforgirls.com

2. Cricket for Girls Level 2: Full day course

For teachers with existing experience and understanding of the game. The Level 2 course will provide delegates with a deeper understanding of all aspects of the game, including technical drills to help develop and challenge talented players. The course will include:

- How to make the transition from soft to hard ball cricket
- How to run a net session effectively
- Introduction to net safety
- Introduction to protective equipment
- Fielding positions
- Field settings for different types of bowling
- Introduction to running between the wickets
- Introduction to strength and conditioning for cricket
- Progressive batting drills and techniques
- Progressive bowling drills and techniques
- Introduction to the Cricket for Girls fielding framework

The day is split into both practical and theory sessions ensuring all areas are covered throughout the day.

Dates to be confirmed - for further information and updates email
events@cricketforgirls.com

Cricket for Girls Advanced Workshops

For teachers and coaches wanting to take their knowledge and understanding of each discipline to the next level. The Cricket for Girls advanced workshops will equip you with the ability to develop and challenge more able players. The workshops will go into greater detail with regard to technique, tactics and training environments.

3. Advanced batting workshop: 2.5hour workshop

We will explore the different types of shots batters can play against both spin and pace as well as how batters can develop tactical awareness and mental toughness. This workshop will provide you with valuable insight into the following:

- How to develop batting against spin
- How to develop batting against pace bowling
- Mental toughness for batting
- Tactical awareness and how to develop game plans for batting
- Video analysis of bowling techniques

Dates to be confirmed - for further information and updates email
events@cricketforgirls.com

4. Advanced bowling workshop: 2.5hour workshop

We will break down the bowling techniques for pace, off spin and leg spin as well as provide you with the ability to develop promising bowlers. The course will include:

- How to introduce and develop off spin bowlers
- How to introduce and develop leg spin bowlers
- How to develop fast bowlers
- How to control a game through field settings
- How to develop a game plan to batters
- Video analysis of good techniques

Dates to be confirmed - for further information and updates email events@cricketforgirls.com

5. Advanced fielding and wicket keeping workshop: 2.5hour workshop

Two areas of the game often neglected but just as important in the modern day game. The workshop will take you through the Cricket for Girls fielding framework in greater detail, equipping you with innovative and exciting drills to help develop players in all areas of fielding. We will also go through all elements of wicket keeping in greater detail, ensuring you leave feeling confident to work with more able keepers.

Fielding

- Developing movement patterns
- High Catching
- Flat and slip catching
- Boundary fielding
- Diving
- Throwing
- Tactical awareness for fielders

Wicket keeping

- Standing back to pace bowling
- Standing up to pace bowling
- Keeping against spin
- Positioning at the stumps for incoming throws
- Tactical awareness for wicket keepers

6. Bespoke courses

Cricket for Girls can visit your school to deliver a bespoke to suit the needs of your PE staff.

Please contact events@cricketforgirls.com to arrange your bespoke course.

7. Head of Girls Cricket Course

A two day intensive course for teachers aspiring to, or taking on, the role of Head of Girls Cricket. A relatively new role and one many are still finding their way in, this course aims to provide a clear framework and structure for what this role looks like and how teachers can operate in it effectively. Throughout the course we will cover:

- What does the Head of Girls Cricket role look like?
- Key challenges and difficulties to delivering girls cricket
- Good practice case study
- How to manage the transition from soft to hard ball cricket
- Which format to play when?
- Practical workshops to further develop cricketing knowledge
- Umpiring and scoring workshops
- Game management
- ECB Workshop (competitions, talent ID, pathway of girls cricket outside of school)

The course will be a great opportunity to work with your peers and become clear and confident in fulfilling the role of Head of Girls Cricket.

Dates to be confirmed - for further information and updates email events@cricketforgirls.com

What people say about our courses.....

“Excellent event. One of the best courses I have been on”

Barbara Young PE Teacher Orley Farm School

“Very well organised and detailed CPD. Would love to attend more”

Jaden Cameron, Sports Assistant, Prosepct House School

“Really great event. I learnt a lot in terms of techniques and drills”

PE Teacher Wimbledon High School

**“Excellent tuition – perfect balance of theory and practical work.
Fulfilled all my objectives”**

PE Teacher Mayville High School