



Year 7 Cricket Learning Journey



Equipment needed

- Wickets
- Cricket balls
- Cricket Bats

Reminders

- We will be outside, and it may be sunny – bring suncream and a cap.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Batting Look at correct technique.
<u>Lesson 2</u>	Batting Focusing on accuracy and placement.
<u>Lesson 3</u>	Bowling Bowling technique.
<u>Lesson 4</u>	Fielding Retrieving, catching and stopping the ball.
<u>Lesson 5</u>	Fielding Throwing accuracy
<u>Lesson 6</u>	Bowling Bowling whilst under pressure.

Keywords

Accuracy	Technique	Retrieving	Under pressure
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