ROSES

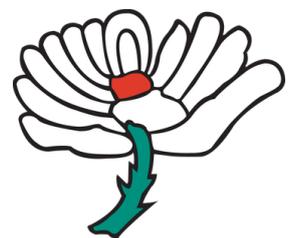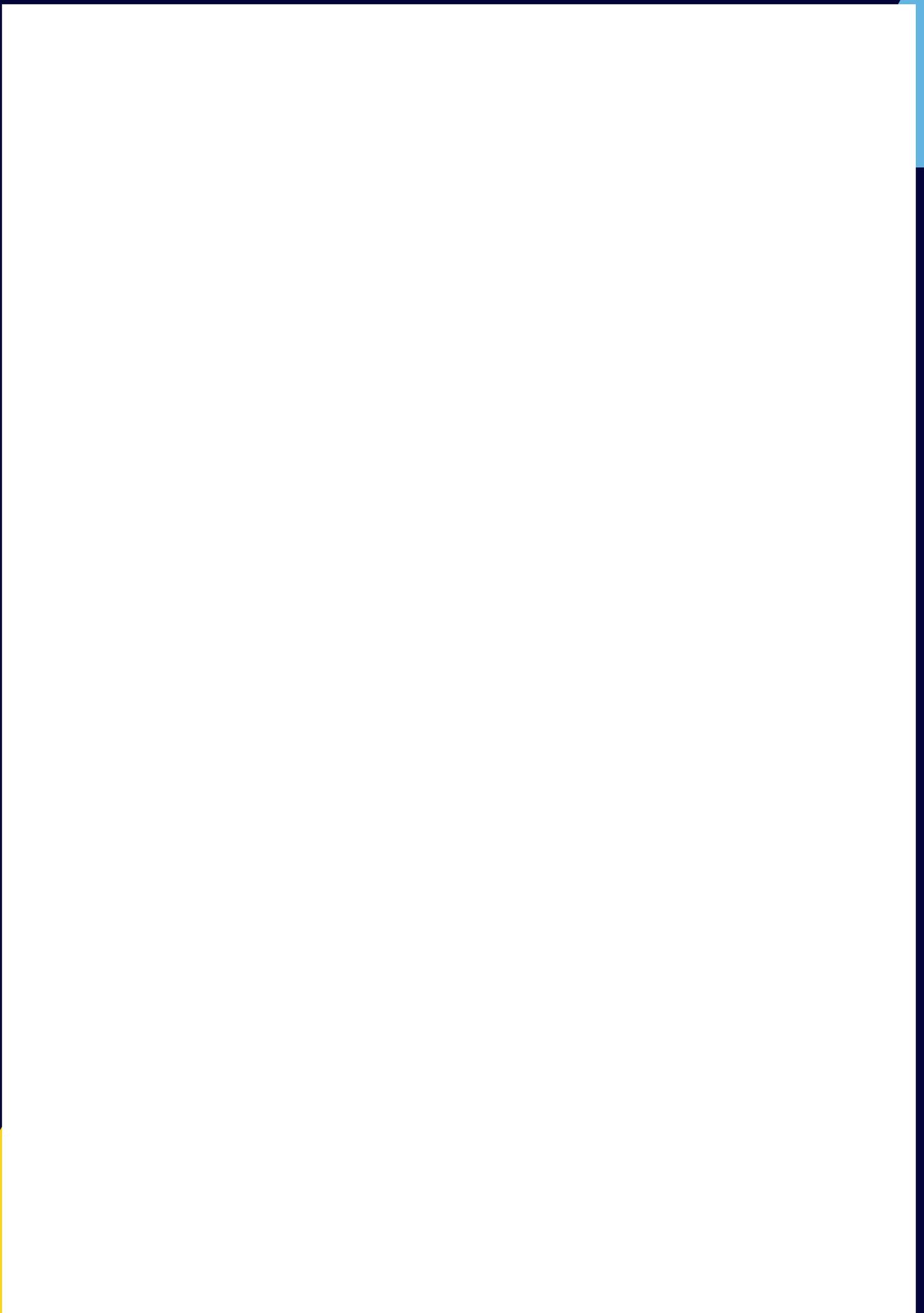## CRICKET

POWERED BY DYNAMOS

ROSES CRICKET

GAME & ACTIVITY CARDS

DYNAMOS CRICKET

ROSES CRICKET GAME & ACTIVITY CARDS

We hope you are looking forward to running your Girls Only Dynamos as part of Roses Cricket. You are able deliver your sessions following the Dynamos Cricket plan and incorporate your own cricket games and activities. We have designed some games to complement your delivery and bring the Roses Cricket style to life. In this pack you will see some game diagrams and rules. We have also included the Countdown Cricket Rules that will be used at the Roses Cricket Festivals.

If you have any questions please get in touch with your regional W&G manager.
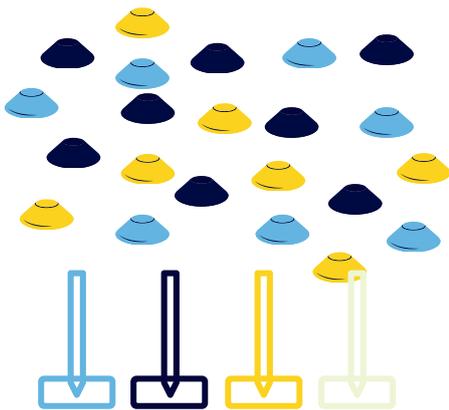
ROSES WARM UPS

'R-P-S' TIG

ROCK-PAPER-SCISSORS Tig is a great way of getting everyone moving. All participants start with 3 objects (these could be cones, balls, beanbags etc. Running around they tig someone and play R-P-S, loser gives the winner a cone. They must then run and tig someone else. The game continues for a set period of time. Most Cones Wins!

CONE DASH

Teams line up behind a single stump. 1 at a time they run forward and collect a cone placing it on their stump and high-5 the next person. Each round can add a rule eg, different colour each time, 2 at a time, R-P-S winner gets the cone etc. The winner could be the most or you could have a secret winning code such as top cone must be yellow! The participants must figure this out... *this warm-up requires a lot of cones!!
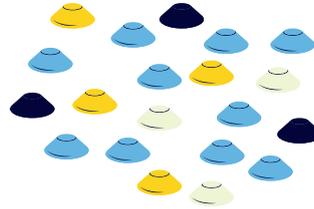
PETAL / TREASURE

Teams must complete 10 catches to collect a piece of treasure/petal from the middle of the 'island'. Rounds can be added to allow teams to steal from each other. You could also time the game and have them give the treasure to another team to 'frame' them! The catches could get harder or the ball could change!

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ROSES ACTIVITIES

ROSES GAME

Coned batting zones

Stump ('stem') to collect cones when hit into batting zone

Fielders must spread both inside & outside the batting zones. They can intercept the ball to stop it hitting a cone

Adding more cones may increase successes rate

Arrange areas of cones in a 'petal' shape. Batters must hit the ball into the petal. If they do they can put a cone ('petal') onto their stump ('stem').

You can adapt the games rules to suit your group. You may chose to have 2 teams with batters taking turns in a timed innings/ number of balls/or wickets lost. You could also have pairs batting and their score is the amount of petals after their innings.

The game can be progressed by changing the petal zones making them bigger/smaller or changing the batting zone to reflect different shots.

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ROSES ACTIVITIES

SKILLS BUILD ROSES

Hoop

1. As a team they must complete 10 catches with a bean bag to place it in the hoop. This 'plants the seed' to grow the Rose. Once they have 10 seeds in the pot they can move on to bowling

2. Teams must bowl to knock down 3 sets of stumps. When they knock one down they place it above the hoop ('plant pot') to grow the stem. Once they have all the stumps they can move on to batting.

3. Off a tea batters must hit their ball past the boundary. For every ball they hit past they can add a cone ('petal') to the end of the stem to form their Rose.

This activity can be adapted to suit your group. They may participate in teams competing/ racing against other teams to complete their Rose. Alternatively your group could complete the Rose together working through each skill. The batting element can be adapted to runs in a game adding cones for every run.

CLEAR THE FIELD
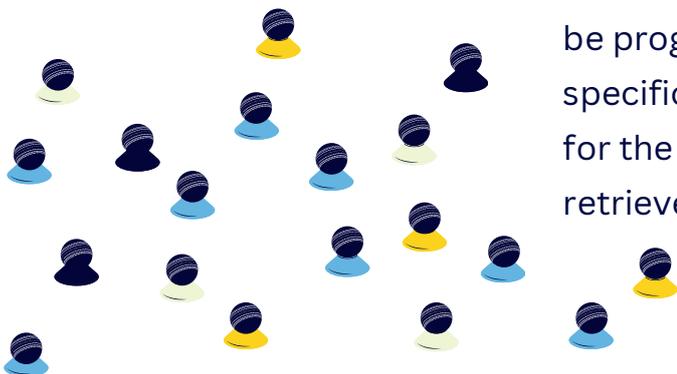
Hoop

Teams work together to clear the balls from the field. Taking it in turns they must run collect the ball and throw it to the wicket-keeper. Every ball thrown and caught cleanly can go in the hoop. The team with the most balls collected wins. This activity can be progressed by calling specific cones/colours for the fielders to retrieve the ball from.

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ROSES ACTIVITIES

GARDEN BOWLING
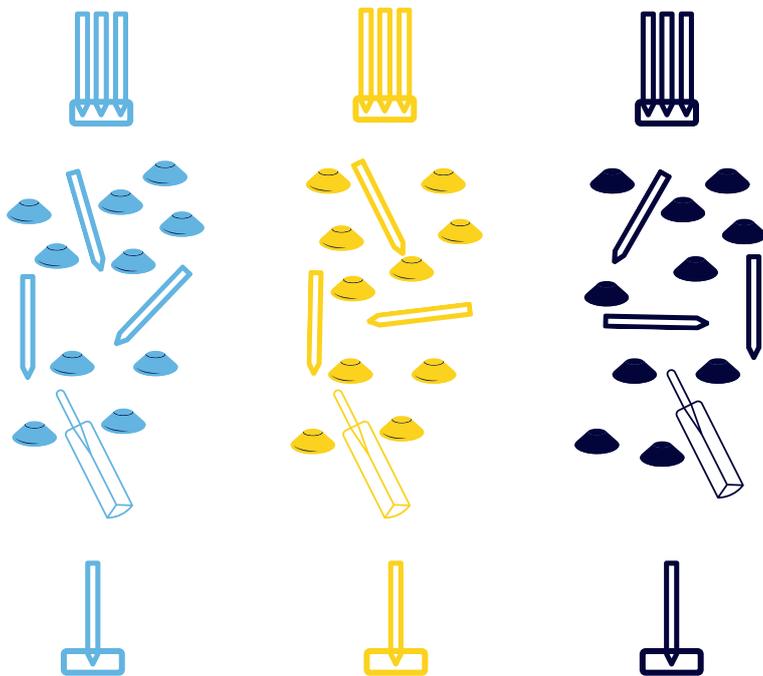
Teams bowl towards their stumps aiming at targets on their wicket ('garden'). Each piece they hit they can add to another teams garden. The team with the least equipment in their garden wins.

This can be progressed by being specific on the area in which the equipment lies. By changing the area of the equipment bowlers can practice bowling line and length.

CROUNDERS

Batting team line up behind the pitch
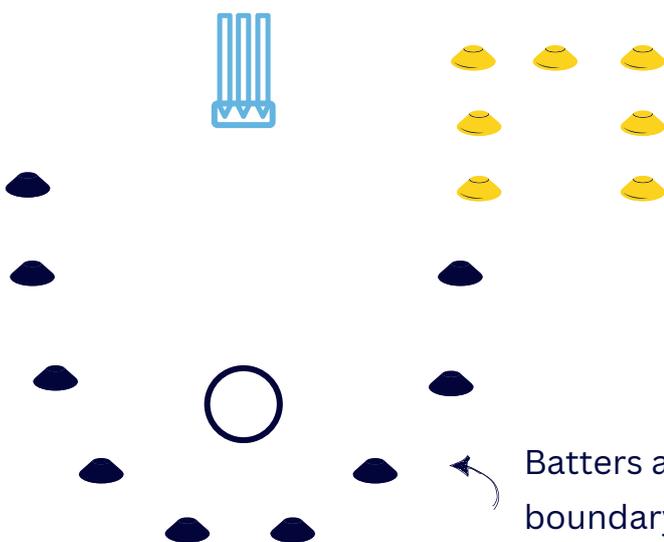
Batters must hit the ball then start to run around the boundary. When the fielders get the ball back to the bowler in the hoop the batter must stop in their position on the boundary. Only when another batter overtakes them can they carry on running. The last batter must try and overtake all the remaining batters and get them into the golden zone at the end.

Batters are stuck on the boundary until overtaken

Fielders must stand outside of the boundary
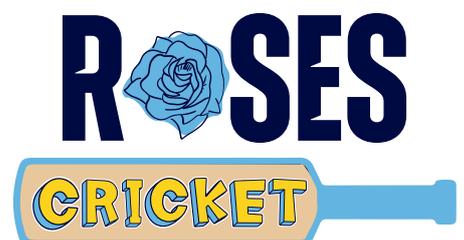
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ROSES ACTIVITIES

BOWLATHON

A simple game to encourage wicket taking. Bowlers to bowl at opposing team batters in lanes. If they get a batter out the next batter from that team stops bowling and comes in to bat (the departing batter returns to bowling for their team). The first team to get all of their opposition out wins.
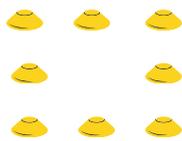
*consider space between lanes and use softer/ tennis balls when space is limited.

Encourage bowlers to bowl fast and at the stumps!

SPREAD THE SEEDS

Fielders can start in a box or spread out depending on ability

Batters complete 10 runs to score points plus any balls not collected.

Batters have 30 seconds to git as many balls 'seeds' as far and wide as they can. This could be from a tee, bobble feed, normal feed or bowler. Once the have hit all of the balls the fielders must collect them as a team and get them back to the bowlers bucket. They cannot move with the ball and must throw them between each other. Any balls left out before the batter completes 10* runs are added to the batters score. This can be adapted to suit the group. This can be a team game or individual and can be adapted to your group. You can adapt the time to hit balls (or have a set number of balls) as well as adapting how many runs the batter must complete. Fielders could start in fielding positions to encourage the batters to pick the gaps.
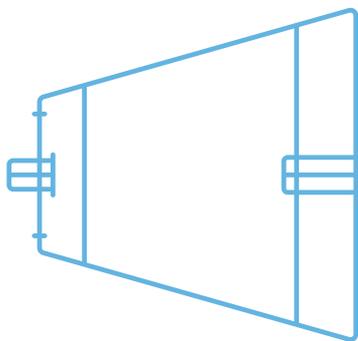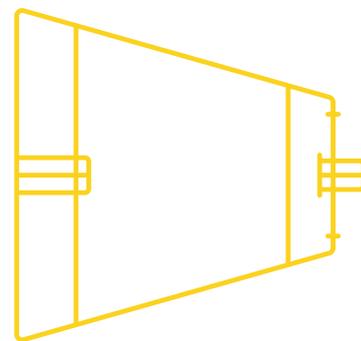
ROSES ACTIVITIES

EVERYONE IN

Note: this game is for larger advanced groups
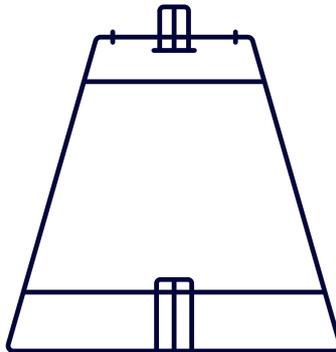
3 x fielding teams, 1 on each pitch

Batting Team: 2 batters on each pitch

Set pitches up back to back. 1 team will bat and 3 teams will field (1 on each pitch). The batting team bat for as long as they can. If a fielding team gets a batter out, their team becomes the batters on all of the pitches and the batters will then field on the empty pitch. The game is fast paced and teams can be swapping and moving pitches a lot. This allows everyone to be involved in a game at any one time.

(Batters must play in front of square (forwards) and shot hit behind them is out)

This can be progressed by adding points for runs scored or timing how long batting teams can last.

Group Size	Teams	Team Size	Pitches
12	3	4	2
24	4	6	3
40	5	8	4

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FESTIVAL RULES

TEAMS

- Teams can be made up of 6 players
- Games will last for 12 overs / sets (5 balls)
- 6 overs / sets per innings
- Every player will bowl
- Fielders will move around after each over

THE GAME

- The game will be scored on the Countdown Cricket App
- 5 runs added to the bowling team for a Wicket
- 3 runs for a Wide or No Ball (3+ bounces) *No Extra Ball
- Highest Score Wins

KIT

- Dynamos Windballs
- Dynamos Stumps
- Dynamos Bats (where available)
- Flat markers (fielding positions)
- Cones (crease)

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SCORING YOUR GAMES

The Countdown Cricket app allows you to score your games at ease. The app is accessible for all using a smartphone and the rules can be seen when starting a game.

The app will be used at festivals and leagues to score all matches. You can create an account to save your scores and edit team names.