

Somerset Girlguiding Cricket Challenge



SOMERSET
CRICKET BOARD

For more information please contact:

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ABOUT CRICKET



Learn the umpire signals (*see appendix*) (wide/no ball/out/4/6/bye/leg bye/dead ball)

- how many can you remember?
- test other people in your unit.



Find out about your/a local cricket club. (*see appendix*)

- what day and time do they practise?
- who is the junior coordinator?



Find out about Somerset Women, Western Storm and/or England Women. (*see appendix*)

- when and where do they play?
- who is the coach and/or captain of each team?

FAIR PLAY



Find out about 'The Spirit of Cricket'. (*see appendix*)

- what does it mean to you?
- how can you use it in everyday life/within your unit?



Find out about a female role model from any sport.

- do they exhibit aspects of 'The Spirit of Cricket'? If yes, why?



Find out about a female role model from cricket. (*see appendix*)

- do they exhibit aspects of 'The Spirit of Cricket'? If yes, why?



CRICKET SKILLS



Catching Challenges

1. Throw a ball in the air as high as you can. How many claps can you do before you catch it?
2. With a partner throw a ball to each other 10 times from 3m, 5m and 10m. How many catches out of 30 can you do?



Throwing Challenge

1. Throw a ball at a set of cricket stumps from 3m, 5m and 10m. Have three throws at each distance. How many hits out of 15 can you get?
2. Have 3 hoops (or coned areas) 2m, 4m and 8m away. Have five throws. 5 points for closest hoop, 10 points for the middle hoop and 20 points for the furthest hoop. How many points can you score?



Batting Challenges

1. How many times can you tap the ball on the bat without it touching the ground?
2. Hit a ball off a tee/cone through a 3m target from 5m away. How many times in 5 goes can you get it through the target?



Game *(see appendix)*

1. Play a game of 'Mayhem Cricket'
2. Set up and explain the game to your unit

HEALTHY LIVING



Find out what types of food sportsmen and women need before a game.

- why are these types of foods important?
- design a pre-match meal for a cricketer.



Why do we need to warm up before sport/activity?

- what needs to be included in a warm up?
- design your own warm up for a cricket session



Physical Challenges

1. How many star jumps can you do in 30 seconds?
2. How long can you balance a cone on your head whilst standing on one leg? Try both legs. Try squatting at the same time. Try closing your eyes as well.



CREATIVITY



Find out what is in a typical cricket tea and then create your own perfect cricket tea.



Create a cricket team name for your unit and design either: (*see appendix*)

- a team logo
- a team mascot (that embraces the Spirit of Cricket) or
- a cricket bat



Design a cricket shirt (this could be for a cricket team or your unit) (*see appendix*)

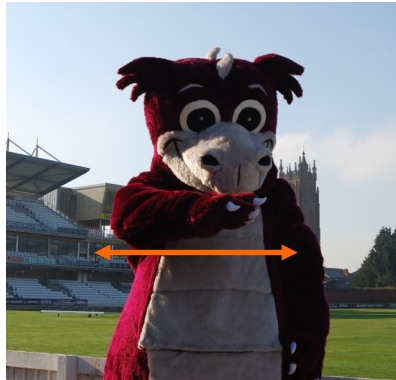


APPENDIX

UMPIRE SIGNALS
(linked to "About Cricket")



OUT



4 RUNS



6 RUNS



BYE



LEG BYE



DEAD BALL



WIDE



NO BALL

USEFUL LINKS

(linked to 'About Cricket')

Find a club near you - <https://www.somersetcricketboard.co.uk/find-a-club/>

Somerset Women - <https://www.somersetcountyycc.co.uk/teams/womens/>

Western Storm - <https://westernstorm.co.uk/>

England - <https://www.ecb.co.uk/england/women>

THE SPIRIT OF CRICKET

(linked to 'Fair Play')

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself. The major responsibility for ensuring the spirit of fair play rests with the captains.

1. There are two Laws which place responsibility for the team's conduct firmly on the captain.

Responsibility of captains

The captains are responsible at all times for ensuring that play is conducted within the Spirit of the Game as well as within the Laws.

Player's conduct

In the event of a player failing to comply with instructions by an umpire, or criticising by word or action the decision of an umpire, or showing dissent, or generally behaving in a manner which might bring the game into disrepute, the umpire concerned shall in the first place report the matter to the other umpire and to the player's captain, and instruct the latter to take action.

2. Fair and unfair play

According to the Laws the umpires are the sole judges of fair and unfair play.

The umpires may intervene at any time and it is the responsibility of the captain to take action where required.

3. The umpires are authorised to intervene in cases of:

- Time wasting
- Damaging the pitch
- Dangerous or unfair bowling
- Tampering with the ball
- Any other action that they consider to be unfair

4. The Spirit of the Game involves RESPECT for:

- Your opponents
- Your own captain
- The roles of the umpires
- The game's traditional values

5. It is against the Spirit of the Game:

- To dispute an umpire's decision by word, action or gesture
- To direct abusive language towards an opponent or umpire
- To indulge in cheating or any sharp practice, for instance:
 - (a) to appeal knowing that the batsman is not out
 - (b) to advance towards an umpire in an aggressive manner when appealing
 - (c) to seek to distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation of one's own side

THE SPIRIT OF CRICKET

(continued)

6. Violence

There is no place for any act of violence on the field of play.

7. Players

Captains and umpires together set the tone for the conduct of a cricket match. Every player is expected to make an important contribution towards this.

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THE SPIRIT OF CRICKET SCENARIOS

(linked to 'Fair Play')

1. Katie's team had been playing in a really competitive and close game against Ellie's team. Ellie had batted brilliantly and was really close to winning the game for her team but was out right at the end meaning that Katie's team won by just 2 runs. Whilst her team were running around celebrating, Katie went up to Ellie who was devastated, put her arm around her, shook her hand, told her how fantastic she had been and that she should be really proud of her team and herself.

Did Katie's actions support the Spirit of Cricket? What are the reasons for your answer?

2. Daisy was playing in a cup final when with the other team needing 1 run to win the ball was hit to Daisy in the air. As she dived forwards to catch it the ball just hit the floor before it went into her hands. No one saw this and thought that she had caught the ball meaning that her team were the champions. Daisy didn't own up to the ball bouncing and celebrated winning the cup with her team.

Did Daisy's actions support the Spirit of Cricket? What are the reasons for your answer?

PLAYER PROFILES

(linked to 'Fair Play' and female role models)

SOPHIE LUFF (Somerset Captain and Western Storm player)



Sophie was born in Taunton in 1993 and is a right-handed batsman. She is the Somerset Captain, plays for Western Storm and was also part of the England Academy. Sophie has scored 100 runs for Somerset three times. She was part of the Western Storm team that won the Kia Super League in 2017. She coaches all the Somerset girl's teams and also coaches cricket in primary schools in Somerset.

FRAN WILSON (Middlesex, Western Storm and England Player)



Fran was born in 1991 in Surrey and is a right-handed batsman. She used to play for Somerset but now plays for Middlesex, Western Storm and England. Fran made her debut for England on the 15th November 2010 against Sri Lanka. She has since gone on to play more than 30 games for England and was part of the team that won the World Cup in 2017. She also won the Kia Super League with Western Storm in 2017.

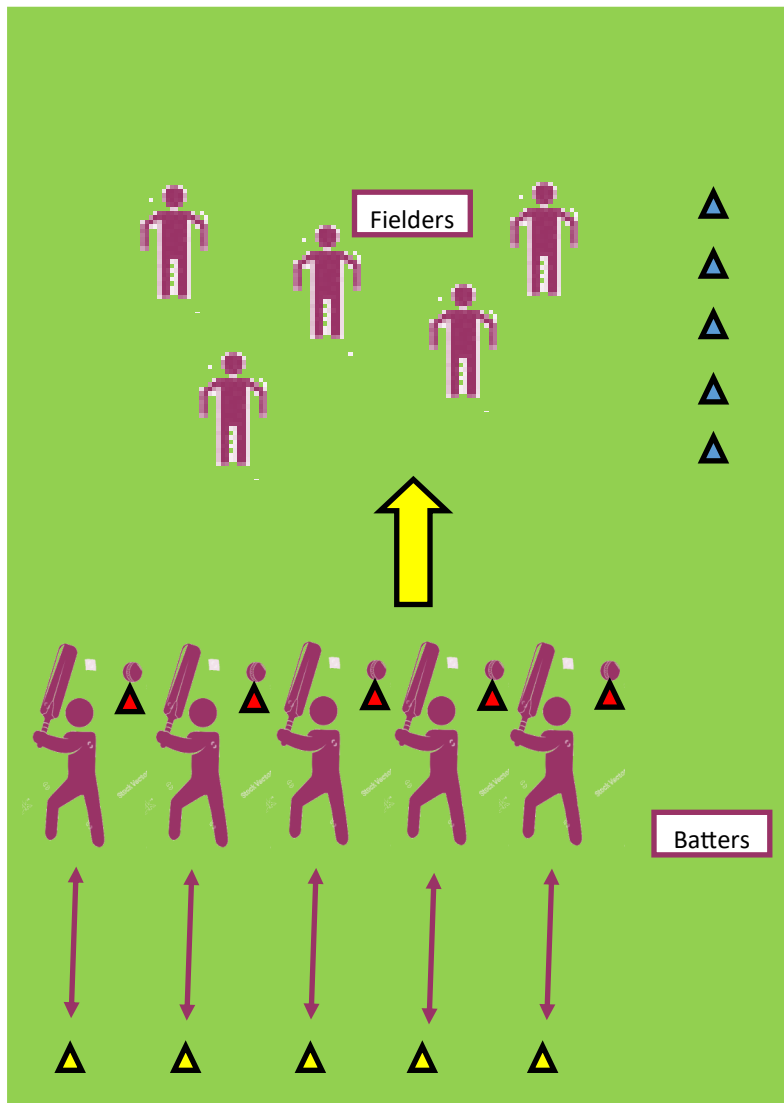
ANYA SHRUBSHOLE (Somerset, Western Storm and England Player)



Anya was born in Bath in 1991 and is a fast bowler. She plays for Somerset, Western Storm and England. Anya made her debut for England on the 14th August 2018 against South Africa. She has since gone on to play over 100 games for England. Anya took the final wicket in the World Cup Final in 2017 winning the trophy for England and being voted 'Player of the Match'. After the World Cup she was also given an MBE by the Queen. She also won the Kia Super League with Western Storm in 2017.

MAYHEM CRICKET

(linked to 'Cricket Skills')



How to set up: (see diagram on left)

- Split group into 2 teams (batters and fielders)
- Each batter stands behind a red cone with a ball on, fielders find a space to field
- Place a yellow cone 5m behind each batter
- Place blue cones (same number as there are batters) to the side of the fielders

How to play:

Leader shouts 'GO'. On 'go' the batters all hit their balls towards the fielders & then turn around & run between the cone they hit the ball off (red cone) & the yellow cone behind them. They keep running until the fielders have placed a ball each on the blue cones at the side. Add up how many each batter has run (to the yellow cone & back counts as 2) & then swap the teams around so the other team get a go at batting

How to change it:

- ⇒ Have some fielders stood behind the blue cones so that the other fielders have to throw them the ball to catch and then place on the cones instead

TEAM LOGOS

(linked to 'Creativity')



TEAM KITS

(linked to 'Creativity')

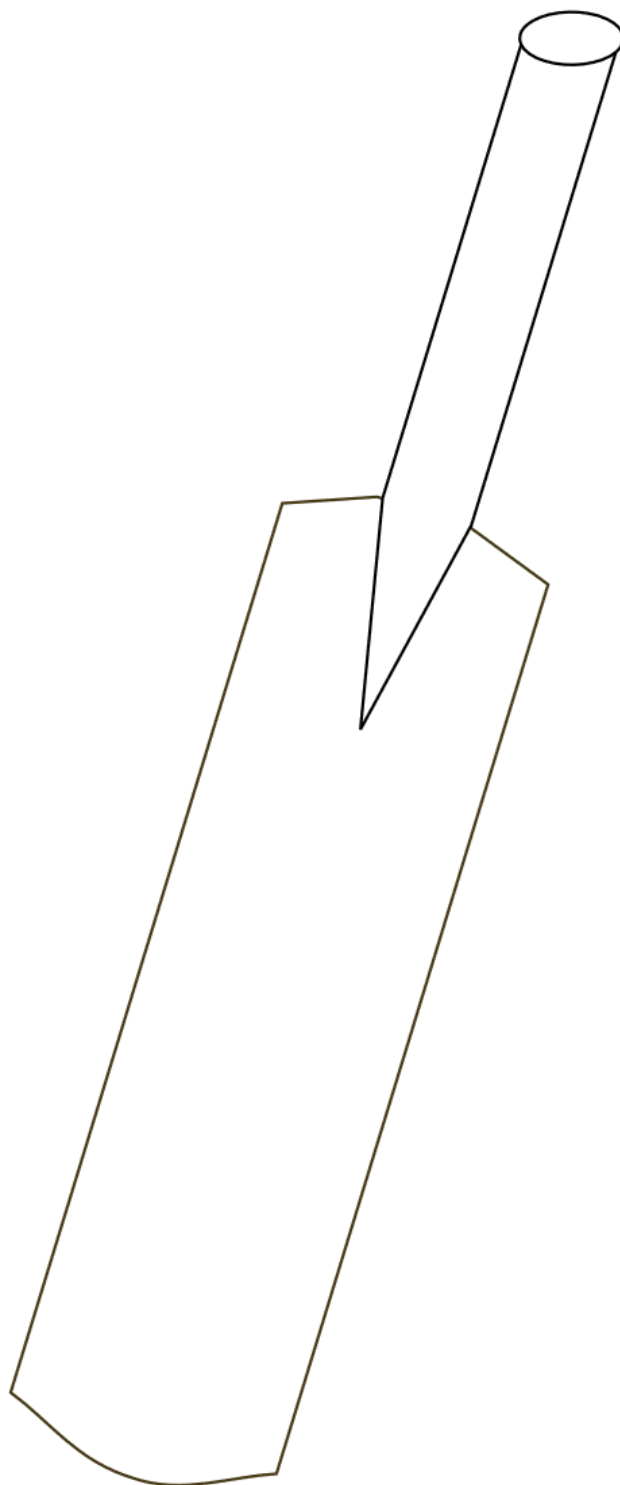


TEAM MASCOTS

(linked to 'Creativity')



DESIGN YOUR OWN CRICKET BAT



DESIGN YOUR OWN CRICKET SHIRT

