

# CRICKET FOR GIRLS LEVEL 1 & 2 CPD COURSE FOR TEACHERS

DELIVERED BY EX ENGLAND CRICKETERS LYDIA GREENWAY & BETH MORGAN

AT LORD'S, THE HOME OF CRICKET



**LEVEL 1 CPD AND REFRESHER COURSE: 18 OR 21 MARCH 2019**  
**LEVEL 2 CPD COURSE: 29 APRIL 2019**

9:30AM – 3:00PM AT THE MCC INDOOR ACADEMY

**An exclusive event for teachers and club coaches to learn how to coach and deliver cricket lessons, all to take place at the Home of Cricket, scene of the England Women's World Cup Victory in 2017.**

Lydia had a stellar England career winning five Ashes series and two World Cups and following her retirement in 2017 founded Cricket for Girls. She commentates for both the BBC and SKY and is passionate about bringing the game to young sportswomen.

Beth Morgan was a member of the England team which retained the Ashes in Australia in 2008 and which won the Women's World Cup in 2009.

Cost: £150 + VAT per person or £400 + VAT for three members of staff from one school

Afternoon Tea Included

To book please email [events@cricketforgirls.com](mailto:events@cricketforgirls.com)  
For other enquiries please contact [deborah@cricketforgirls.com](mailto:deborah@cricketforgirls.com)

CONTENT	LEVEL ONE	LEVEL TWO
<b>BATTING</b>	*	
Batting set up - Grip, stance and backswing	*	
How to hit straight	*	
How to hit a ball that doesn't bounce	*	
Basic batting drills and games	*	
Introduction to Tornado Cricket	*	
Introduction to batting equipment for hard ball cricket		*
Introduction to net safety		*
Introduction to T-Pairs and Pairs cricket		*
Technical development drills		*
Introduction to playing off the back foot		*
Introduction for playing slow/spin bowling		*
Introduction to developing decision making		*
<b>BOWLING</b>		
Grip	*	
Basic bowling technique from standing	*	
Introduction to using a run up	*	
Basic drills and games for bowling	*	
Introduction to alignment drills		*
Introduction to bowling off spin and drills		*
Introduction to bowling leg spin and drills		*
Introduction to Strength and Conditioning for bowlers		*
<b>FIELDING</b>		
Technique for close catching	*	
Technique for high catching	*	
Basic drills and games for catching	*	
Basic technique for overarm throwing	*	
Basic drills and games for overarm throwing	*	

Basic technique for attacking and stopping/picking up a moving ball	*	
Introduction to the Cricket for Girls fielding framework		*
Footwork drills		*
Introduction to diving		*
<b>WICKET KEEPING</b>		
Basic technique for standing back		
<b>THOERY</b>		
Introduction to the basic rules	*	
Scoring pairs cricket	*	
Introduction to umpiring	*	
What does good look like	*	
Introduction to the pathway for female cricketers	*	
How to make the transition from soft ball to hard ball cricket		*
Net safety		*
How to use nets		
Introduction to field positions		*
Introduction to field settings to different types of bowlers		*
Using a bowling machine		*