



Podar Enrichment Academy

2011 - 12

SYLLABUS OF FUN CRICKET

Lesson 01-05→ Introduction, Rules of the game, Fielding games

10 Mints→ Running, Warming up Exercise's

15 Mints→ Fun drills of fielding/Catching (Fun Games)

15 Mints→ Basics of Cricket, Box **Cricket Game** (How to play a Cricket game)

20 Mints→ Playing Game

Next...

Lesson 06-10→ Running between the wickets, Over-Arm Bowling

10 Mints→ Running, Warming up Exercise's

15 Mints→ Running between the wicket fun drills

15 Mints→ Bowling drill game (**Over-Arm Bowling**)

20 Mints→ Playing Game

Next...

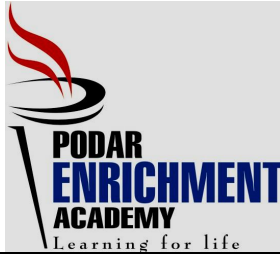
Lesson 11-15→ Bowling Fun Drills, Batting fun drills

10 Mints→ Running, Warming up Exercise's

15 Mints→ Bowling Fun drills—bowling high & Stump to Stump (Wicket to Wicket)

15 Mints→ Batting Fun drills—How to play in a V (On drive and off drive)

20 Mints→ Playing Game



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Next...

Lesson 16-20→ Fielding games, bowling drill

10 Mints→ Running, Warming up Exercise's

15 Mints→ Fun drills of fielding/Catching (Fun Games)

15 Mints→ Bowling drill game (**Over-Arm Bowling**)

20 Mints→ Playing Game

Next...

Lesson 21-25→ Difference between Limited Over & unlimited Over match
(**Match Situations**)

10 Mints→ Running, Warming up Exercise's

15 Mints→ Match Situation fun games (**Limited over Match**)

15 Mints→ Match Situation fun games (**Un-Limited over Match**)

20 Mints→ Playing Game

Next...

Lesson 26-30→ Single Wicket, Double Wicket Fun Competitions

10 Mints→ Running, Warming up Exercise's

15 Mints→ Single Wicket Fun Matches

15 Mints→ Double Wicket Fun Matches

20 Mints→ Playing Game

