



# Teaching Manual



# Welcome to the cricket Family!



Thank you for choosing to allow the fantastic sport of cricket into your school. As CEO of the Japan Cricket Association I would like to welcome you to the cricketing family.

Although a minor sport in Japan, cricket has a rich history in our country dating back more than 150 years to before the Meiji Restoration. Our mission now is to enrich lives by bringing people, communities, and countries closer together through the spirit and community of cricket.

Today there are more than 3,000 senior players involved directly in cricket throughout Japan, while at junior level we are taking the sport to an estimated 14,000 children each year. With this growth happening we believe it is vital to have a firm structure in place to secure the long-term future of the sport. This involves not just educating children, but showing teachers and volunteers exactly what cricket can do for them and creating as many opportunities as possible to learn more about the sport and even take on active roles.

Within these pages you will see the newly designed junior program that we believe will lay firm foundations for cricket to prosper in Japan in the manner that we believe it can. You will also see the outline of a pathway that can take a child from the classroom of your very own school, all the way to wearing Japan's National Colours and competing in global tournaments around the world.

To work alongside this manual we have also created visual aids such as pictures and videos which can be found on our newly designed website, and our dedicated development staff are available to answer any questions you may have and help in any way possible.

We are very excited about the future of cricket in Japan and thank you once again for helping with this adventure.

**Naoki Miyaji** CEO Japan Cricket Association

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# Cricket Blast Structure

The Cricket Blast program introduces Japanese children to cricket in a fun and safe environment. The program is closely aligned with local curriculums to focus on improving movement skills and helping children to reach their potential.

Cricket Blast is designed for girls and boys, 8 – 12 years old, with focus on fun and maximum participation. Children can enjoy the process of learning and developing important physical skills such as throwing, catching, hitting and bowling, while improving balance, agility and speed.

Official Cricket Blast coaches provide an open, fun and safe learning environment, employing cricket activities and interactive, engaging games that teach essential social skills such as communication, teamwork and leadership. This positive experience for children, teachers, parents and volunteers creates a passion for cricket and we hope will lead to a lifelong involvement with the game.

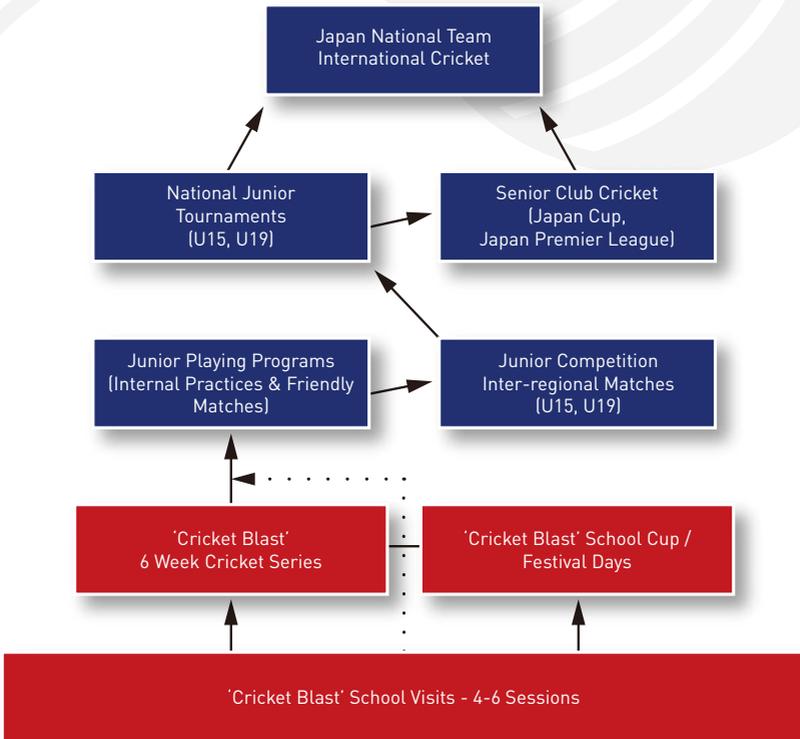
The pathway begins in schools, where we have designed four specific sessions that can be run by our professional coaches, or the local teachers, and will introduce children to the fundamentals of cricket. The final two sessions are game play situations to test what has been learned.

The next step is the Cricket Blast School Cup where we will invite all the schools in the region to put what they have learned in their PE classes into action on a cricket field. This will be an exciting day which aims to allow children to express themselves through sport and where everyone will be encouraged to have fun. We also plan to engage the local community and create a festival atmosphere.

The final stage in our junior program is the Cricket Blast Series itself. We firmly believe that continuity of participation is the key to developing skills and enjoyment in cricket. As such the Cricket Blast Series will be held on six consecutive weeks twice a year. Each week will run for around two hours and at the end of the six weeks we hope to have seen considerable improvement in the skills of the participants while also encouraging an active, outdoors lifestyle.



## The road from the school ground to the Japanese National Team



# Session 1: Intro to Cricket



Our first session is an opportunity to work on some of the skills that are needed for cricket with short, fun games. This will help develop basic movement skills such as running, throwing, catching and hitting.

## Required Equipment:

- 1 ball for each person
- Wicket x 2
- Cone x 4~8 (dependent on number of players) or white lines forming a square
- Tees x 3~6
- Bats x 1~2

## Video

Intro Video



Activity	Time
Introduction	5 minutes
Snowball Tag	5 minutes
Ball Handling Routine	5 minutes
Catching Challenge	5 minutes
Continuous cricket*	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Snowball Tag



## Basic Rules

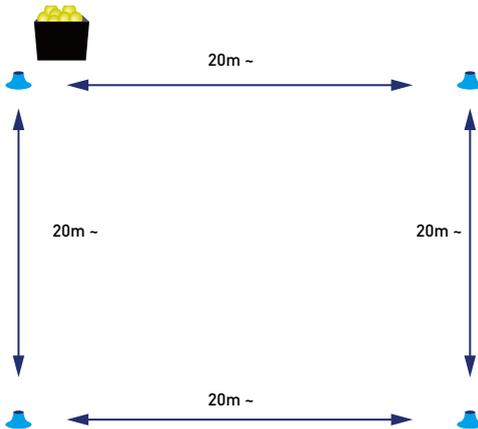
- Mark out a square approximately 20m x 20m.
- Place balls in a bucket in 1 corner of the square.
- Players must stay within the square.
- One player begins with a ball and is the tagger (ask for a volunteer).
- The tagger attempts to catch other players by tagging them with the ball between the shoulders and the hips (no throwing!).
- Once tagged players collect 1 ball and become taggers themselves until everyone has a ball.



## Coaching points

- Decide on the ending time.
- Try moving only by jumping with both legs.
- The balls can't be thrown.

### Set-up



Activity	Time
Intro	5 minutes
Snowball Tag	5 minutes
Ball Handling Routine	5 minutes
Catching Challenge	5 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Ball Handling Routine



All children with a ball & trying to follow exactly what the leader does with their ball. Keep it fast & fun.



## Suggested Routine

- Pass the ball around head/waist/knees/ankles. (Several times in each direction)
- Pass in a figure of 8 around knees.
- “Switch” – ball between knees with 1 hand in front & the other behind. Drop the ball & switch hands to catch (with or without bounce).
- ‘Yo-Yo’ – hold ball in one hand out in front. Drop ball & catch before it hits the ground with hand on top of ball. Try non-preferred hand. Alternate hands to drop & catch.
- ‘Circle & catch’ - hold ball in one hand out in front. Drop ball & circle hand around the ball before catching it again. Try non-preferred hand
- Throw ball under one leg & catch with other hand. Repeat with opposite hand & leg
- Bounce & catch with one hand. Try non-preferred hand. Alternate hands to bounce & catch
- Dribble like a basketball. Try non-preferred hand
- Hit the ball on an open hand to self. Try non-preferred hand



## Finally:

- Have the children throw the ball in the air and clap three times before catching.
- Then clap 5 times, then 10 times.
- Finally ask them to clap as many times as possible and see who gets the highest number (ask them to demonstrate in front of the class!).

Activity	Time
Intro	5 minutes
Snowball Tag	5 minutes
<b>Ball Handling Routine</b>	<b>5 minutes</b>
Catching Challenge	5 minutes
Continuos Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Catching Challenge



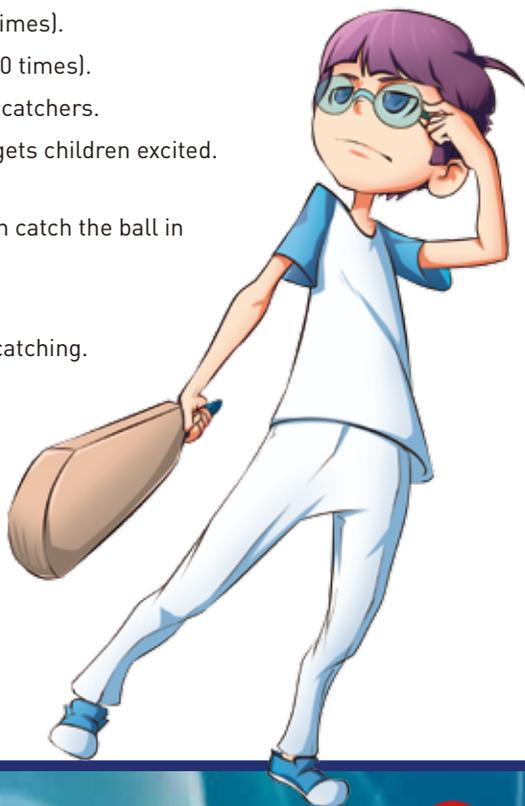
## Game Rules

- Children make pairs with one ball between them and another in a pocket/on the ground.
- The two face each other and take two steps back each (this can increase depending on age/ability).
- Throwing with an underarm motion, each child catches the ball 20 times with both hands.



## We can gradually increase the difficulty by doing the following:

- Catch only with your right hand (20 times).
- Catch only with your left hand (20 times).
- Clap your hands before catching (20 times).
- Increase the distance between the catchers.
- Add in a second ball – this always gets children excited. You can even add a third.
- See how many times each child can catch the ball in a minute.
- Try counting in English.
- Recite the English alphabet while catching.



Activity	Time
Intro	5 minutes
Snowball Tag	5 minutes
Ball Handling Routine	5 minutes
Catching Challenge	5 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

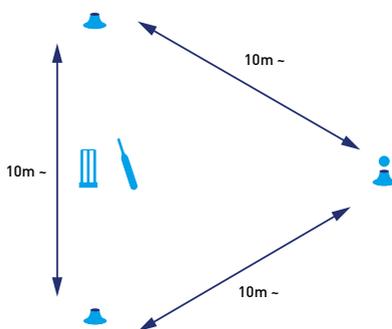
# Continuous Cricket



## Game Rules

- Divide the group into two teams (ideally no more than 10).
- The ball is bowled to the batter who hits the ball into the field of play and must then run around the marker which is 90 degrees from the stumps.
- The fielders must return the ball to the bowler who can bowl the ball at any time – but cannot move from where he/she is standing.
- The batter must run if he hits the ball.
- Batters can be out two ways – caught or if the bowler hits the stumps by bowling it.
- Each batter will face three deliveries, unless they are out. However, they cannot be out first ball.
- Team mates should count the total each player scores and add them up as they go.

## Set-up



Activity	Time
Intro	5 minutes
Snowball Tag	5 minutes
Ball Handling Routine	5 minutes
Catching Challenge	5 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Bonus Activities

## Rapid Fire

Rapid Fire is a good first time introduction to hitting a ball that is low down, rather than at waist height like in Baseball. This is especially good for players who are not quite ready to hit a moving ball and can easily replace Continuous Cricket as an end of session activity.

### Game focus

- Fielding: stopping the ball and catching
- Batting: grip and swing

### Number of players

- Limit the team size to a maximum of 10\*

### Area size

- A 20m distance between batters and fielders

### Game Rules

- Divide into Batting Team and Fielding Team.
- The object of the game is for the batting team to hit the balls from the tees in the direction of the fielding team. Fielders cannot move until the last ball is hit.
- The fielders should be approximately 20m from the batters. (This will vary with age/ability)
- Batter has 3 balls to hit.
- After the last ball is hit the batter runs between the wickets scoring single runs while the teammates count.
- To stop the batter from running the fielders have to retrieve the balls and put them back on the tees in the designated area and returned to behind the line 20m away.
- When all players from one team have batted, the teams reverse roles. The team with the highest total wins.

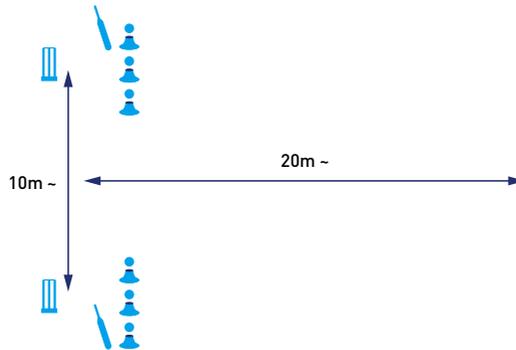


## SKILL AND ACTIVITY MODIFICATIONS

\*If time is short or you have a big group you can put out six tees and have players batting in pairs. This also teaches running between the wickets as a pair.

- Increase/decrease number of balls hit.
- Increase distance to score a run.
- Have scoring zones for bonus runs.
- While waiting for the balls to be hit, the fielders can have fun by doing different things such as: Sit down, lie in the press up position, turn their backs and look through their legs, do a dance etc – anything to make fielding more exciting.

### Set-up



### In & Out

**Target:** 3rd~6th years of elementary school



### Rules:

- Draw a line and have all students line up along it, with the toes touching the line.
- When the instructor says, "Dete (out)!", jump to the other side of the

line. When instructor says, “Haitte (in)!”, jump back behind the line.

- A child is out of the game if they move when hearing “Dete (out)!” while outside the line or if they move when hearing “Haitte (in)!” while inside the line.
- In order to increase the difficulty level and also to become familiar with English, it’s good to change “Dete (out)!” to “Out” and “Haitte (in)!” to “In” and combine them.
- The child who stays in the game until the end wins.
- In order to increase the difficulty level and also to become familiar with English, it’s good to change “Dete (out)!” to “Out” and “Haitte (in)!” to “In” and combine them.
- The child who stays in the game until the end wins.

## Fielding Soccer

Set up an area like a mini-soccer field. Have a goal made of two single stumps and a small semi-circle around it at either end where nobody is allowed to go.

### Game Rules

- Groups are divided into equal team, with no more than 10 players per team.
- Playing field 20 – 30m max long.
- Aim to score a goal by throwing the ball from outside goal zone through the goal.
- Players may underarm the ball to team mates. If the ball is dropped then possession is given to the other team.
- Players cannot run with the ball but can run to receive it.

### SKILL AND ACTIVITY MODIFICATIONS

- Only allow throwing with non-preferred hand
- Increase/Decrease playing area
- Remove the goals and goalkeeper and make players throw to a team mate inside the goal zone who must catch the ball to score.

# Session 2

## Bowling

Session 2 is about learning and practicing the movements of the cricket bowler. Unlike pitching in baseball, bowling has a distinctive feature where you throw balls with a straight arm.

Although this movement may not be familiar, it is very important in cricket and helps children develop power, speed, sense of balance, and motor skills.

Professional cricket players produce speeds faster than 150km/h with this throwing method.

### Required Equipment

- Ball × children ÷ 2
- Wicket × 1
- Cone × 1

### Video

Fast bowling



Activity	Time
Intro	5 minutes
Introduction to Bowling	15 minutes
Target Batting	20 minutes
Wrap-up	2 minutes
Lesson time	45 minutes

# Introduction to Bowling



## Explanation

Make pairs.

Check one another's form by bowling to each other.



## Basic Movements

Like baseball, use a thumb, index finger, and middle finger to hold the ball. Stand side-on with the shoulder of your non-throwing arm facing the direction you are bowling.

Hold a ball with both hands under the chin, open both elbows. The image is to make a star with elbows, legs, and your head.

While keeping this small star, rock yourself sideways.

Spread both arms wide and make a big star. In order to increase force, return the horizontally spread arms to the vertical position and rotate broadly toward the target. The throwing arm draws a big circle when stretched straight toward the target. It's almost the same as the movement in a cartwheel.



Activity	Time
Intro	5 minutes
Introduction to Bowling	15 minutes
Target Bowling	20 minutes
Wrap-up	2 minutes
Lesson Time	45 minutes

# Target Bowling



## Game Rules

- Make a 20x20m square, and place a wicket in the center as a target.
- Mark each corner of the square with cones or white lines.
- Children make a line at each corner and begin bowling, targeting the wicket at the center of the square.
- Hitting the wicket gives 100 points. Knocking it down gives 1,000 points.
- After bowling, go to the end of the line.



## Coaching Points

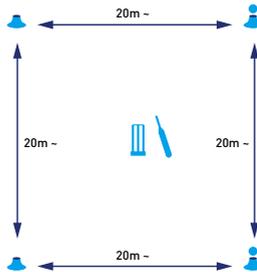
- Children in each corner form a team, and compete against other teams.
- Practice bowling as much as possible. (Throwing with a straight arm)
- Try increasing the difficulty by removing a stump every time a wicket is hit.



## Challenges

- Give 100 points individually depending on the number of wicket hits.
- Give 1,000 points individually depending on the number of wickets knocked down.
- Remove a stump when a wicket is hit. The group that removes all 3 stumps win.

### Set up



Activity	Time
Intro	5 minutes
Introduction to Bowling	15 minutes
Target Bowling	20 minutes
Wrap-up	2 minutes
Lesson Time	45 minutes

## Bonus Activities



### Target Hit

**Location:** a somewhat spacious area like a school play ground

**Number of people:** more than 8 people

**Equipment:** balls, wicket or cone

**Target:** 3rd–6th grades of elementary school

### Rules

1. Draw circles (one for each team) of about 30m in diameter using a line-drawing marker. Put wickets or cones at the center.
2. Make pairs within each team. The pairs stand on opposite sides of the circle, with one member of the pair holding a ball.
3. Throw the ball against the target and the team that knocks down the most targets within a time limit wins.



### Treasure Hunter

**Location:** a school play ground or gymnasium

**Number of people:** more than 6 people

**Equipment:** a ball for each team and more than 10 cones for each team

**Target:** 1st ~ 6th grades of elementary school

### Rules

Each team stands on a line and each throws a ball aimed at cones 10 meters away. The team that hits a cone with a ball inside wins. After throwing, the child picks up their ball, hands it to the next team member and goes to the back of their line. Cones are removed when they are hit.



# Session3

## Batting

Session 3 is batting practice. In cricket you can hit the ball in any direction. In order to score more, sometimes batters hit a ball either to the side or behind. When a batted ball reaches the boundary along the ground, it gives 4 points. When it reaches the boundary without bouncing, it awards 6 points (a homerun for cricket).

### Required Equipment

- Bat
- Wicket
- Batting Tees × 3
- Ball × 3
- Cone × 6 or white lines (for fielding)

### Video

Various Batting Videos



Activity	Time
Intro	5 minutes
Around the World	10 minutes
Pairs Cricket	25 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Around the World



## Game Rules

- 5 people in each team. Compete with 2 teams or as individuals.
- Three target zones are marked with cones.
- The ball is placed on a tee and the player tries to hit it into a target zone.
- Once a ball enters the zone, the same zone can't be targeted again.
- The defence side tries to prevent balls from entering the zones. A maximum of 2 people to defend each zone is allowed.
- When all batters have finished hitting, switch offense and defence.



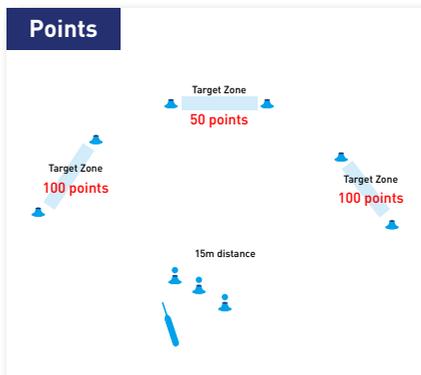
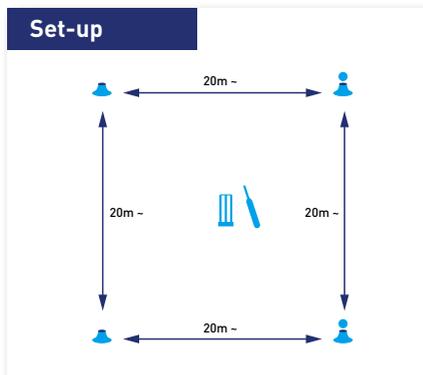
## Scoring

- 5 points are given for hitting the ball to each zone.
- If the ball beats the fielder and passes through the zone then points are awarded as shown in the diagram.
- If the fielder catches the ball then the fielding team gets 10 points.



## Coaching Points

- Look at the ball when batting and hit it with power.
- Target difficult to defend areas like zone corners.



Activity	Time
Intro	5 minutes
Around the World	10 minutes
Pair Cricket	25 minutes
Wrap-up	5 minutes
Lesson time	45 minutes

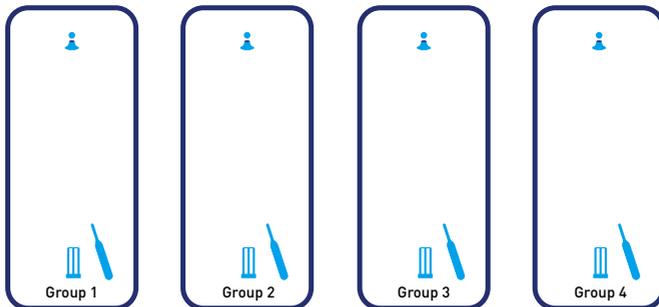
# Pairs Cricket



## Game Rules

- Players compete in pairs against the other pairs (1 pair bats, 1 pair is bowler & keeper, other pairs field). Maximum of 8 players is best.
- Batters can be out bowled, caught or run out
- If batters get out they simply swap ends and continue to bat
- After two overs the batting pair retire and the next pair have their turn to bat
- Each player bowls one over of 6 balls while their partner wicket-keeps
- After they have completed their over they swap positions
- If a ball is bowled 'wide' the batter can place the ball on the Tee for a 'Free Hit'
- If a pair is not batting or bowling, they are fielding, so that everyone is involved. Have two fielders on the right on the batter, and two on the left.
- You do not have to run when you hit the ball.
- If the ball is missed, batters may still run
- A bowling pair will score 5 points for hitting the stumps.
- A fielding pair will score 5 points for taking a catch or hitting the stumps to run a player out.

## Set-up



Activity	Time
Intro	5 minutes
Around the World	10 minutes
Pair Cricket	25 minutes
Wrap-up	5 minutes
Lesson time	45 minutes

# Bonus Activities



**Target Batting** (this is the same as Round the World but without fielders)

**Number of people:** About 4 people per group

**Equipment:** Bat × 1 Cones × 5

**Target:** All elementary school students

## Rules

1. Place 3 cones on the batter's side and put a ball on each cone. Make a gate 3 meters wide at a place about 15 meters away from the batter's side.
2. Children hit the balls on the cones targeting the gate. When it enters the gate, they earn points. The child with the most points win.
3. The children waiting for their turn participate in both judging and picking up the balls on the other side of the gate. For a safe game, batters should aim to hit the balls along the ground.



## Homerun Game

**Location:** School Field

**Number of people:** Groups of around four

**Equipment:** Bat, ball, white line

**Target:** 3rd ~ 6th years of elementary school

## Rules:

1. There is a batter. 10 meters away from the batter is a pitcher. Draw a white line 30 meters away from the batter. The defense is on the other side of the white line.
2. The pitcher throws with an underarm motion with one bounce, and the batter hits the ball so that it goes over the white line with no bounce. If the ball goes over the white line, it earns 1 point. The child with the most points wins.
3. When the batted ball is caught by the defense without bouncing, it does not earn a point.

# Session 4

## Wrapping-up

Session 4 puts the exercises up until now into practice as a game. The game will begin after a relay-format warm up..

### Required Equipment:

- Cone x 8
- Ball x 4
- Wicket x 4
- Bat x 4

### Video



Activity	Time
Intro	5 minutes
Relays	15 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Catching Relay



## Game rules

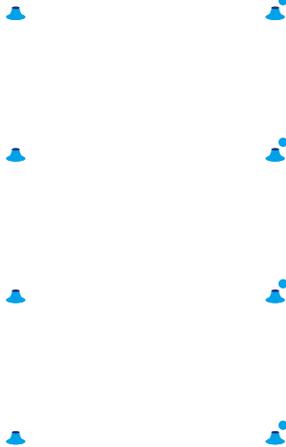
- The first runner of each of the 4 teams runs toward the cone on the other side.
- Take the ball from the cone, throw it in the air, clap 3 times and catch it.
- Put the ball back on the cone and run back to touch the next runner.
- When touched, the next runner starts.



## Coaching Points

- Do this as fast and as accurately as possible.
- Determine the number of claps depending on the grades.
- Children in the higher grades pass with an underhand throw to the next runner on their way back to the line (3 meters).

### Set-up



Activity	Time
Intro	5 minutes
Relays	15 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Batting relay



## Game Rules

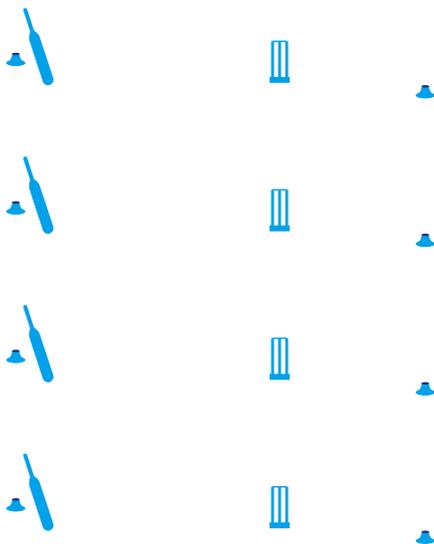
- Run with a bat, touch the wicket in the center with the bat and turn.
- Run to the far cone and touch it with the bat before returning to the first cone and giving the bat to the next runner.



## Coaching Points

- Hold the bat with both hands when running.
- Hand the bat to the next runner in a way that makes it easy for them to receive.

### Set-up



Activity	Time
Intro	5 minutes
Relays	15 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

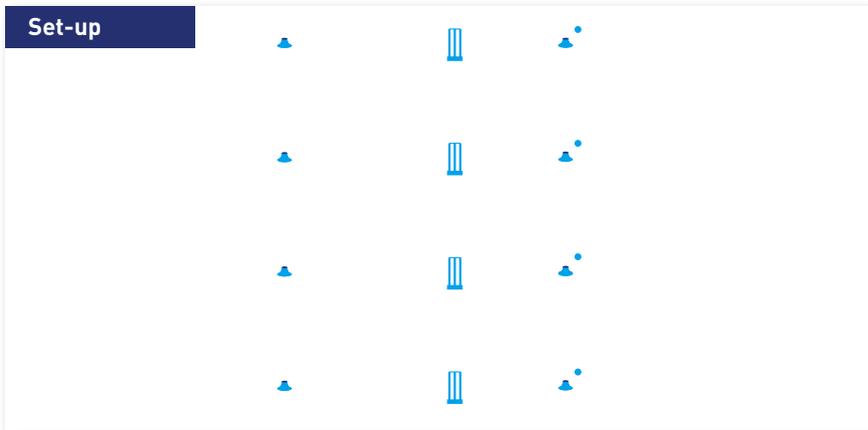
# Bowling Relay

## Game Rules

- The first runner runs to the far cone and picks up a ball.
- Bowl toward the wicket.
- When hitting the wicket, the bowler collects it and passes it to the next runner.
- When the wicket is not hit, the next runner picks it up and, when the runner returns, begins.
- From the second runner onwards, the runners run toward the far cone holding the ball.
- Announce the team that hit the wicket the most as well as the team that was the fastest.

## Challenge

- Make the number of stumps as target to 1 or 2.



# Continuous Cricket

See Page 10 (bowling should now be done overarm in the style learned in session 2)

Activity	Time
Intro	5 minutes
Relays	15 minutes
Continuous Cricket	20 minutes
Wrap-up	5 minutes
Lesson Time	45 minutes

# Session 5

## Cricket Blast

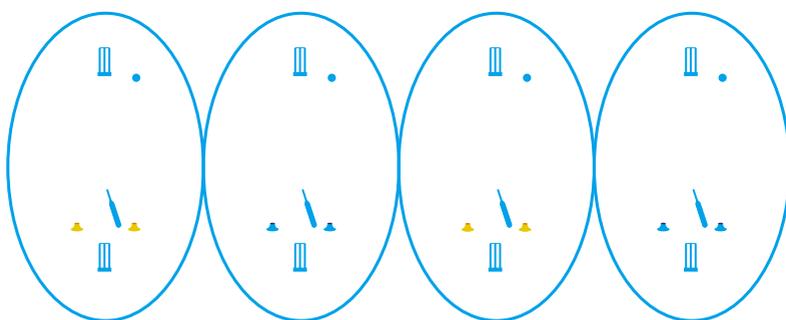
Let's try a real game in Session 5. It's a game for elementary school children called cricket blast. Cricket is a gentleman's sport, so play fair, polish your teamwork and aim to win.

### Required Equipment

- Bat × 2,
- Wicket × 2,
- Ball × 1,
- Cone × 2

Activity	Time
Intro	5 minutes
Cricket Blast	35 minutes
Wrap-up	5 minutes
Lesson time	45 minutes

### Set-up



# Session Plan



## Running Order

- Each team has six players.
- Within each team players will be in pairs.
- One pair will be bowler and 'keeper, one pair fielding on the leg side, one on the off side.
- If necessary teams can stretch to eight players, but the game will take longer

## Bowling

- An over will consist of four deliveries.
- Each bowler will bowl one over.
- The bowler must try to bounce the ball once before reaching the batter, and aim at the stumps.
- The bowler must keep their arm straight, and not throw the ball like a baseball pitcher.



## Batting

- Players will bat in pairs for two overs.
- A player is 'out' if they are bowled (ball hits the stumps), caught or run out.
- If a player does not score for three successive deliveries they will be given a 'free hit'.
- A player scores 'runs' by hitting the ball and running between the stumps.
- If the ball reaches the boundary then the batter will be awarded four 'runs'
- If the ball clears the boundary without bouncing then the batter will be awarded six 'runs'.
- When freehitting, the batter can't hit backwards.

### Free hit rule

- A wide is any delivery that passes outside of the batting tees.
- If a bowler delivers a 'wide' then the batter will have a 'free hit'.
- If a ball is going wide and the batter hits it then there is no free hit.
- If a bowler delivers a ball above waist height without bouncing then the batter will have a 'free hit' unless the batter hits the ball anyway.
- A batter can be out caught or run out from a 'free hit' – but they will still be awarded the two bonus runs.
- If a ball bounces three times or more/starts rolling, then the batter can also have a 'free hit'.
- When a free hit is taken the fielders must stay in the same position and a safe distance from the bat.
- If a player has a 'free hit' because they have not scored from three deliveries then they do not get the two bonus runs.

Playing the game in this format should take 35 minutes.



The explanation below is for a full game of Cricket Blast where an over is made up of six deliveries and each player will bowl two overs and each pair will bat for four overs. This format should take 90 minutes to complete.

# Scorer's work

## ● Before the match

1. First, both captains decide which team bats first by a game of rock, paper, scissors.
2. Insert the team names for the "Batting Team" and "Bowling Team" at the bottom with the date.
3. In the vertical "Batsman" column, insert the names of the batters. Batsman 1 and Batsman 2, 3 and 4, and 5 and 6 are each a pair.
4. In the horizontal "Bowler" column, insert the name of the pitchers. Bowler Over1 and Over2 is a pair. When one of the pair is the bowler, the other is the wicketkeeper. In the same way, Over3 and Over4 are a pair.

## ● During the match

5. Record each batsman's points in the chart next to their name.
  - "A free hit" by a bowler's wild pitch adds 2 points. Insert . Insert added points + 2 points in . For example, means no run + 2 points, and 4 runs + 2 points.
  - For the balls that result in no runs being scores, insert a (dot) in the box.
  - When made out (= wicket), insert X. When becoming out after 1 run, insert 1 and X.
  - When the same batsman earns no points 3 consecutive times (3 dots), the third time is a free hit. However, no will be added. Please insert the number of runs earned, instead of .
6. When an over is finished, alternate the positions of 2 batsmen.
7. When a batsman pair finishes 4 overs, insert each total number of outs (x) in the "Wkts" on the right, and total number of runs in the "Runs". Next, write down a pair's total points in the "Pair Total" column.
8. When 3 groups of batsman pairs are finished, insert the team total points in the bottom right column.
9. X (out=wicket) gives bonus runs (Wktsx5) to the opposing team. When 12 overs are done, insert the number of X multiplied by 5 in the "Total Wktsx5" column. Also, complete the "Bonus Runs" in the opposing team's scorecard.

## ● Rules for the batsman

While keeping score, the scorer must give instructions to the umpires and players regarding the batter.

- Each batsman is given a chance to hit 12 balls total with 4 overs.
- When the same batsman receives a ball 3 consecutive times, change to the other batsman.
- When in an odd number, for example, 1 run and 3 runs, the batter of the pair changes.

## ● Free hit rules

In case of "a free hit",

- The fielder can't move until the ball on the tee is hit.
- The batsman can hit only toward the front side of the tee.

## ● Explanation of Blast Cricket Terms

Out = wicket... includes a ball hitting the wicket, a runout, and the fielder catching a ball with no bounce (caught).

Free hit... to hit the ball on the tee.





Over 1

Over 2

Over 3

Over 4

Pair Total

Team Running Score

	Over 1		Over 2		Over 3		Over 4		Pair Total		Team Running Score	
	Wkts	Runs	Wkts	Runs	Wkts	Runs	Wkts	Runs	Wkts	Runs	Wkts	Runs
<b>Bowler</b>												
<b>Batsman 1</b>												
<b>Batsman 2</b>												
<b>Bowler</b>												
<b>Batsman 3</b>												
<b>Batsman 4</b>												
<b>Bowler</b>												
<b>Batsman 5</b>												
<b>Batsman 6</b>												



<b>Batting Team</b>	
<b>Bowling Team</b>	
<b>Date</b>	

<b>Team Total</b>		
<b>Total Wkts x 5</b> (To the other team)		
<b>Bonus Runs</b>		
<b>Total</b> (Team Total + Bonus Runs)		

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