

# ALL STARS CRICKET - MADE FOR KIDS

All Stars Cricket gives girls and boys from the ages of five to eight an opportunity to become a star. The curriculum of fun cricket activities and games provides your children with the basic movement skills to begin a lifelong love of our sport and general physical activity.

For an hour a week over an eight-week period, our fully trained and vetted activators will deliver game-based activities that teach basic cricket skills including catching, throwing and hitting moving balls and social skills such as teamwork and communication. Held at accredited cricket clubs, these courses are the perfect way for your child to learn about cricket and make friends in a safe and, most importantly, fun environment.

All participants will receive an All Stars Cricket branded pack including a cricket bat, ball, shirt, cap, backpack and water bottle.



## WHY IS ALL STARS CRICKET GOOD FOR MY CHILD?

All Stars Cricket will provide your child with all of the fundamental skills they need to play. Through lively, fun games, they will learn about cricket and be better prepared to take part in all sports. Over the eight-week programme, the trained activators will teach your child to:



- Catch and throw a ball
- Hit a moving ball
- Bowl with a straight arm
- Play a basic game of cricket
- Work and communicate as a team
- Have lots of fun with new friends

All Stars Cricket is also fantastic for parents. For an hour a week all mums and dads are invited to get involved and play cricket with their children. We know this is a great way to spend time with your child and create memories that will last a lifetime.



We at the England and Wales Cricket Board believe that cricket is a great way to spend time as a family being active, which is why All Stars Cricket encourages each and every child and parent to continue learning and playing cricket at home. This can be in your garden, in the park, on the beach, anywhere – all you need is a bat and ball.

If you have never played cricket then check out our suggestions to try with your child.

## TIPS:

- You don't need to know the rules, make up your own
- If your child is a beginner, use a big ball so they enjoy hitting and catching the ball
- Cricket can be broken down into skills like catching practice
- Throw the ball under arm and slowly
- Remember to have fun!

To register or find out more visit at [www.allstarscricket.co.uk](http://www.allstarscricket.co.uk)