

WICKETZ

STAYING ACTIVE
AT HOME PACK

WEEK 4

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LORD'S TAVERNERS
Giving young people a sporting chance

Parent/Guardian/Carer/Support Worker notes

During these uncertain times, we have created a Wicketz cricket survival pack!

We hope these activities will keep our Wicketz participants busy, active and enthused about cricket during these long days!

We will release a new challenge or task each week for you to enjoy at home and once you've completed each challenge please send your entries to contact@lordstaverners.org and feel free to share photos or videos of your tasks on social media while tagging the Lord's Taverners.

If you have any questions about the challenges, get in touch with Dan Wilson, Wicketz Programme Manager via email: dan.wilson@lordstaverners.org

Good luck!

Lord's Taverners Social Media channels

Facebook – facebook.com/thelordstaverners

Twitter - twitter.com/lordstaverners (@LordsTaverners)

Instagram - instagram.com/lordstaverners (@lordstaverners)

CHALLENGE 4

HEALTH AND FITNESS FOR CRICKET

In cricket, there are physical attributes that you can work on that will enable you to improve your game. Improving these attributes may lead to you being able to hit the ball further, bowl quicker or take that stunning full-length diving catch. Below is a list of attributes, can you find out definitions for each and what are the key attributes for batting, bowling and fielding.

Are there any that you think are important for all three?

ATTRIBUTES:

POWER

FLEXIBILITY

AGILITY

SPEED

CORE STRENGTH

STAMINA/ENDURANCE



What are the key attributes you have that make you a good cricketer?

This week we have some videos from our Wicketz coach Danny in Southampton working on improving his fitness in some of these areas. We would love to see you working out at home, please send us your videos of some of Danny's exercises or we would love to see your own exercises that you are doing to keep you fit and ready for the moment we can get back to our Wicketz hubs!

CHALLENGE 4

POSITIVE MENTAL HEALTH

Exercise isn't just about being able to run for longer or getting the muscles ready for the trip to the beach. Regular exercise can have a huge positive impact on mental health. People who exercise regularly have shown to be more energetic through the day, sleep better at night and be more able to relax and feel better about themselves.

In a time where we may be feeling a little more stress and anxiety due to not knowing when things may return to normal, exercise can break the flow of negative thoughts and allow you to focus on something positive.

We would love to see you keeping an exercise diary over the next week and letting us know how exercise makes you feel.