

Right Cricket Activity

Our research has shown the 'traditional cricket offer' which is often formal and has failure as the biggest outcome, sees women and girls shying away from the sport. As a result cricket needs to be reframed into fun, sociable and informal, particularly for those who are new to the game.

What principles should you follow when engaging girls?

- *Avoid getting them to bat alone, always make sure they are batting in teams or pairs*
- *Making sure failure isn't the biggest outcome. I.e. getting them to focus on their own personal development rather than competing and comparing their selves to others*
- *Be inclusive- make sure everyone gets equal and as many goes as possible*
- *Have coaches or volunteers who understand their motivations to play.*
- *Empower young people to make their own decisions about what activities they do. Encourage them to take leadership*
- *Have 'bolt-ons', such as music, food or teambuilding activities*
- *Make it fun- provide lots of games and variation*
- *Rethink Cricket activity to incorporate social elements*

Games/ activities to consider:

- Diamond Cricket
- Hand Hockey
- Hit the Stumps
- Rapid Fire Cricket
- Glow in the dark Cricket
- Young people Led Cricket activity- encourage individuals to design their own activity. This is a fantastic way to help empower them to take leadership and help you see what activities they enjoy playing

