

Girls Transition Program

A combination of Cricket Blast, Smash Series Cricket & Junior Cricket to help pave the way for girls into Junior Cricket!

Recommended 4 Week program.

Sample Program Plan



First Session

Get to know each other, explore, and build confidence

Intro & Warm Up: "Catch & Chat"

Activities: "Skittle the Stumps", "Striking Levels" & "Make Your Own Drill!"

Game: "Smash Series" Have a Go

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Middle Session (s)

Build game skills and play in teams

Warm Up: Game Skills (e.g. "Risky Run Outs", "Yes, No, Wait!")

Game: "Smash Series" (+ simple sideline activity e.g. Batting Blast)

Final Session

Introduce junior cricket gear with confidence

Warm Up: Try gear (helmets & pads), fun drills (pad relays, helmet catches)

Game: Smash Series using Junior Cricket gear (start with soft ball)

Other Considerations

- **Share what's next:** Whether it is next week or next season, give a quick preview to build excitement and confidence.
- **Familiar faces help:** Having the future team coach involved makes the transition easier.

Take it to the Next Level!

- **Create teams early:** Let girls choose team names and colours to build ownership and consistency.
- **Weekly challenge:** Add a fun "Challenge of the Week" to keep them coming back.
- **Quick team chats:** Include 5 mins for team tactics before games.
- **Celebrate effort:** Give a "Player of the Day" reward (e.g. club hat or voucher).

