

ALL-GIRLS CRICKET BLAST

Providing a girls-only option to create a comfortable space to start playing. Keeping girls together to build connections and friendships can help boost confidence and retention!

SAMPLE ACTIVITIES

Find all the activities [here](#) or on the CA Coach App



Warm Up

Keep it light, social, and enjoyable.

*“Catch & Chat”, “In the Water Debrief”,
“Balance & Share” & “Teamwork Test”*



Main Activities

Build cricket skills each week with lots of participation and fun activities.

Bowling: *“Knock Em Down, Build Em Up” & “Golden Ducks”*

Batting: *“Protect Your Castle” & “Noongar Wana”*

Fielding: *“Scorcher Ball” & “Ready, Aim, Fire”*

Games

Maximise participation and mix things up each session.

*“Anywhere Cricket”, “Continuous Cricket”
“Diamond Cricket” & “Smash Series Cricket”*

OTHER CONSIDERATIONS

- **Flexible setup:** Run as a separate program to club Cricket Blast, or just keep girls in their own group.
- **Role models matter:** Female coaches inspire participation.
- **Promote it clearly:** Specify girls-only opportunities so everyone knows they're available.

TAKE IT TO THE NEXT LEVEL

- **Give girls ownership:** Let them choose team names, celebrations, and activities.
- **Add music:** Keep the energy high! Click for the [Cricket Blast playlist](#).
- **Mix it up:** Include non-cricket games (e.g. handstands, musical statues).

