

ACTIVITY BOOKLET

PRINTER
FRIENDLY
SHEETS
INCLUDED

ALL STARS
cricket

WELCOME TO



ALL STARS cricket

This summer, you and All Stars Cricket teammates are going to be learning all the skills you need to play cricket, and have loads of fun along the way!

There will be lots of catching, bowling, running and throwing, and most importantly, loads of batting!

This Activity booklet will help prepare you for your eight weeks of All Stars Cricket. It will also introduce you to some of the heroes currently playing in the England men's and women's teams. You can record your progress on the activity sheet at the end of this booklet. There are also fun colouring-in activities, please share your designs on social media channels using hashtag #AllStarsCricket .

**PRACTICE
MAKES
PERFECT!**



YOUR GROWN-UPS CAN GET INVOLVED IN ALL STARS CRICKET TOO!

Encourage them to join in with the warm ups and skills, and if they do take part you can also mark them on your printed out All Stars activity sheet.

It doesn't matter if they've never played before, they can learn along with you!

The Activators at your sessions love assistance so make sure your grown-up speaks to them to find out how they can get involved.

WORLD CUP SPECIAL

LOOKING AHEAD TO THE ICC WOMEN'S WORLD CUP 2022

In March 2022, World Champions England will attempt to retain their title.

England's first game is scheduled to take place on Saturday 5th March against rivals Australia!

England will play a series of round robin games and will hope to reach the knockout stages.



REFLECTING ON THE ICC MEN'S T20 WORLD CUP 2021

The ICC Men's T20 World Cup 2021 took place in the United Arab Emirates (UAE). In total, there were 45 matches and 16 countries taking part. England had a successful tournament winning all their group games, apart from their final match against South Africa.

England were knocked out of the tournament at the semi final stages, losing to New Zealand by 5 wickets.

The final featured Australia and New Zealand with Australia coming out on top! England completed the competition with four wins and only two losses.

It was a great tournament for England star Jos Buttler, who was England's highest run scorer. His innings included a superb 101 not out against Sri Lanka!



HEALTH TIPS

EAT LIKE A WORLD CUP WINNER

TSP
= TEASPOON

TBSP
= TABLESPOON

MOEEN'S REALLY FAST OVERNIGHT OATS

INGREDIENTS

50g jumbo oats
125ml milk
½ tsp honey
¼ tsp vanilla extract (optional)
Toppings to serve – fruit, nuts, seeds or nut butters all work well

INSTRUCTIONS

Combine oats, milk, honey and vanilla in a large jar or bowl.

Seal with a lid and shake to mix or stir if using a bowl.

Refrigerate for at least 6 hours and up to 4 days.

Stir, add toppings and serve.

INGREDIENTS

Approx. 500g boneless and skinless chicken thighs (fat trimmed off)
1 tin chopped tomatoes
2 chopped fresh chillies
3 tbsp apple cider vinegar
2 tbsp honey
1 tbsp paprika
1 tbsp tomato puree
2 tbsp Worcestershire sauce
2 tsp dry mustard
Salt and pepper
2 garlic cloves chopped
1 large onion

BEN'S SLOW COOKED BBQ PULLED CHICKEN

INSTRUCTIONS

First, mix the chopped tomatoes, chillies, vinegar, honey, paprika, tomato puree, Worcestershire sauce, mustard, salt and pepper in a slow cooker. Mix until smooth.

Add the chicken, onion and garlic then stir to combine.

Put the lid on and cook on a low heat until the chicken can be pulled apart (about 5-6 hours).

Transfer the chicken to a chopping board and shred with a fork.

Return the chicken to the sauce and stir well.

Serve with rice and steamed veg or in a bun with a salad.

HEATHER'S FLUFFY AMERICAN STYLE PANCAKES

INGREDIENTS

60g plain flour
1 tsp sugar
1 tsp baking powder
Small pinch of salt
120 ml milk
1 small egg
Melted butter or oil to cook
Toppings : Mixed berries, banana slices and honey

INSTRUCTIONS

Preheat the oven to 200°F (90°C), prepare a heatproof plate to store the cooked pancakes in the oven.

In a small bowl, whisk together flour, sugar, baking powder and salt. Set aside.

In a medium bowl, whisk together milk and egg.

Pour the dry ingredients into the milk mixture and stir (do not overmix).

Heat a large pan or griddle over a medium heat, then pour in the oil.

For each pancake, spoon 2 or 3 tablespoons of batter into the pan or skillet.

Cook until the surface of the pancake has some bubbles, this should be about 1 minute. Flip carefully with a thin spatula, cook for a further 1-2 minutes (until brown).

Transfer to the heatproof plate, cover with foil and keep warm in the oven until serving.

Serve warm with mixed berries, banana slices and honey.

WEEK 1

CATCHING

KEEP YOUR EYE ON THE BALL!

It's time to complete your first activity - catching! Catching the ball in cricket is really important and a great way of getting the batter out. Remember to watch the ball carefully, cup your hands together and don't let the ball hit the floor!

*"Catching is a great skill to learn
In cricket, there's an old phrase
that says 'catches win matches'."*

DID YOU KNOW?

During the Men's T20 World Cup 2021, **Jason Roy** took the most catches by a fielder (not including wicket keepers) with a total of 4!



ALL STARS AT HOME CATCHING CHALLENGE

YOUR CHALLENGE IS TO CATCH!

Throw a ball up in the air and see how many claps you can do between catches. Challenge your friends and family to see who can do the most!

allstarscricket.co.uk/parents

YOUR SCORE:

THEIR SCORE:

KEEP PRACTISING AND IF YOU BEAT YOUR FIRST SCORE, ADD YOUR NEW ONE HERE!

A print-at-home version is available at the end.

Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5

Attempt 6

WEEK 2

COMMUNICATION

IT'S GOOD TO TALK!

This week it's time to complete your communication activity. Cricketers need to communicate well with each other all the time.

When fielding the batter might hit the ball in the air near to you so you should call out your name so nobody tries to catch it too. Also, when you are batting you need to decide with your partner whether you are going to run or not.

"Listening is a really important part of communicating. Make sure you always listen to your team mates and Activator."



DID YOU KNOW?

Communication is particularly important if you are team captain. The current captain of the England Women's cricket team is **Heather Knight**.

ALL STARS AT HOME COMMUNICATION

YOUR CHALLENGE IS TO COMMUNICATE!

Ask someone at home to play with you and see who can complete the most tasks in one minute.

allstarscricket.co.uk/parents

YOUR SCORE:

THEIR SCORE:

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Attempt 4

Attempt 5

Attempt 6

WEEK 3

BATTING

WATCH IT AND WHACK IT!

This one is going to be fun - it's batting week! When you hit the ball it's a great feeling! Just make sure you watch the ball, swing the bat back and then give it a whack!

"See the ball, hit the ball! You'll be hitting fours and sixes in no time!"

DID YOU KNOW?

When you hit the ball over the boundary without it bouncing you get 6 runs! **Jos Buttler** hit a total of 12 sixes in the Men's T20 World Cup 2021! More than any other Player!



ALL STARS AT HOME BATTING CHALLENGE

YOUR CHALLENGE IS TO BAT AGAINST A TARGET!

Choose a partner and see who can hit the most targets?

allstarscricket.co.uk/parents

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THE HUNDRED

WHAT IS THE HUNDRED?

The Hundred is the unmissable summer event of 2022. 100 balls packed with world-class cricket, live music and great family entertainment.

Two competitions, eight city-based men's and women's teams featuring the best players from all around the world.

August 2022. Everyone is welcome.

THE HUNDRED 2021

The Hundred first took place on Wednesday 21st July 2021 with Oval Invincibles hosting Manchester Originals at the Kia Oval.

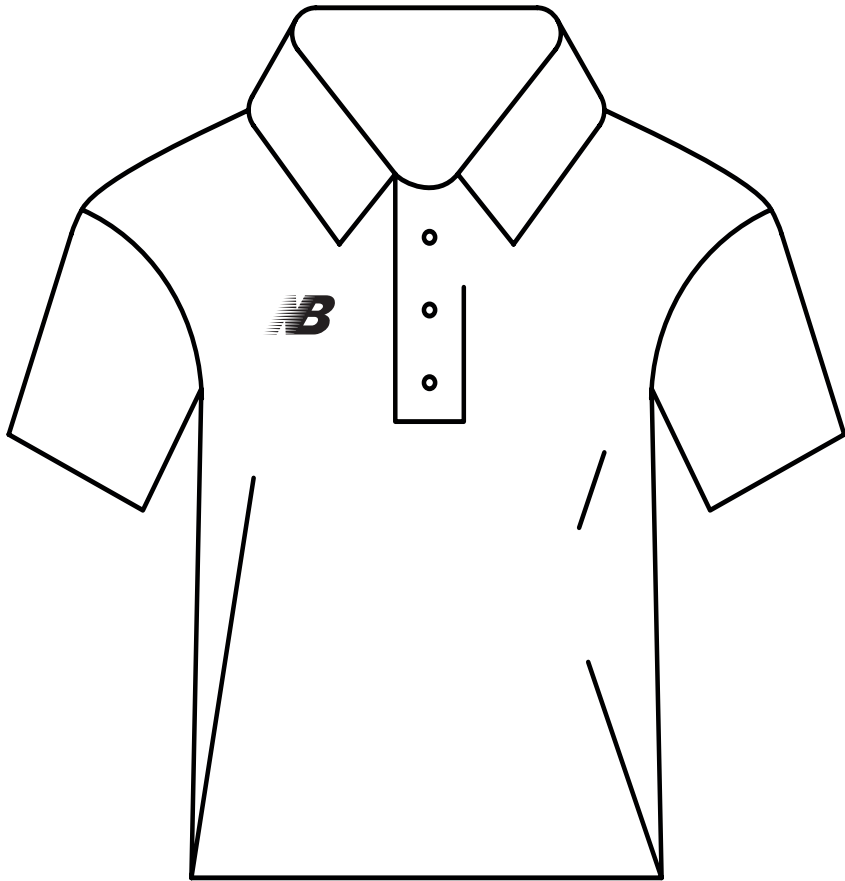
The competition proved to be a huge success engaging all areas of the community. Venues provided not only cricket but a range of entertainment for all to enjoy!

The Southern Brave were triumphant in winning the men's competition with the Oval Invincibles winning the women's competition!

Next year the competition will be even better! Look out for announcements on player recruitment and fixtures soon!



DESIGN YOUR OWN HUNDRED TEAM NAME AND SHIRT



A print-at-home version is available at the end.
Share your design with #AllStarsCricket



WEEK 4

RUNNING

KEEP ON RUNNING!

Are you a good runner?

Great - you are going to love this week!
Players have to do lots of running in Cricket.

Whether you are fielding a ball, running between the wickets to score runs, or charging into bowl, you need to keep on running.

"The All Stars warm ups are great for running. Always give 100%!"

ALL STARS AT HOME RUNNING CHALLENGE

GET YOUR RUNNING SHOES ON!

Set up an obstacle course and see who can complete it in the quickest time!

allstarscricket.co.uk/parents

YOUR SCORE:

THEIR SCORE:

KEEP PRACTISING AND IF YOU BEAT YOUR FIRST SCORE, ADD YOUR NEW ONE HERE!

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Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5


Attempt 6

DID YOU KNOW?

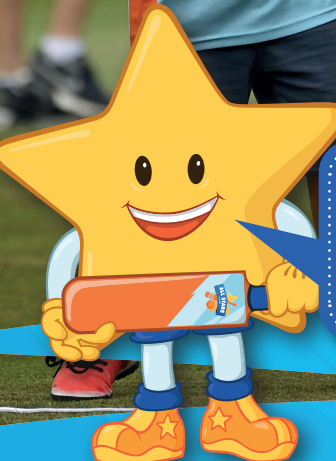
Bowlers like **Katherine Brunt** can sometimes run up to 10 miles in a game of cricket. That's the same length as 160 football pitches!

WEEK 5

TEAMWORK



Now you are part of the All Stars Cricket team, it's time we complete the teamwork activity! In cricket every player must work together to help each other be the best they can be. Bowlers need their fielders to catch and stop the ball, batters need to run well together and everybody needs to cheer on each other all the time.



"In cricket every player in the team is important. Always try your best, and keep encouraging your team mates."

ALL STARS AT HOME TEAMWORK CHALLENGE

YOUR CHALLENGE IS TO WORK AS A TEAM!

Get lots of friends or family involved in the teamwork challenge. How many catches does it take your team to complete it?

allstarscricket.co.uk/parents

**YOUR
SCORE:**

**THEIR
SCORE:**

**KEEP PRACTISING AND IF YOU BEAT
YOUR FIRST SCORE, ADD YOUR
NEW ONE HERE!**

A print-at-home version is available at the end.

Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5

Attempt 6

DID YOU KNOW?

England's men and women's teams are both current holders of the ICC Cricket World Cup! The next One Day World Cup will take place in **March 2022**, make sure you tune in and support!



BOWLING

So, you'll have done lots of bowling at your All Stars Cricket sessions already, so it's definitely the right time for you to complete the bowling activity!

Sometimes bowling can be a little bit tricky, so make sure you listen out for the tips your activator gives you. Don't worry if you can't do it right away, just try and look at the target and keep your bowling arm straight. Practice, practice, practice!

"Bowling fast is really exciting, but it's really important to be accurate too, so make sure you aim well!"

ALL STARS AT HOME BOWLING CHALLENGE

YOU WILL BE BOWLING AT A TARGET!

Choose a partner to play with and see who can hit the target most in two minutes. Get ready for a bowl off!

allstarscricket.co.uk/parents

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THEIR SCORE:

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Attempt 1

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Attempt 5

Attempt 6

DID YOU KNOW?

England bowler **Mark Wood** is one of England's fastest bowlers, he can reach speeds of **95mph**. Now that is fast!

ENGLAND CRICKET PLAYERS WORDSEARCH

CAN YOU FIND
ALL THE NAMES?



G R W Z U C G Z Z G V M B T T
K O Y M N J N A K P V H R X G
N O E C C L E S T O N E U B W
I T Q J Z Q T H R L I X N P O
G W J V B U T T L E R D T W A
H S T O K E S S C I V E R Y K
T A O R A S H I D O Q W K A E
Y B E A U M O N T B P N R T S
Z V P L H Q Y T J F V C D T E
A R C H E R Z F M R G F F S S



BEAUMONT



ROOT



ECCESTONE



WOAKES



ARCHER



KNIGHT



SCIVER



STOKES



BRUNT



BUTTLER



RASHID



WYATT

THROWING

HOW ACCURATE IS YOUR THROW?

Just one more week to go now, and this week, you'll be completing your throwing activity! As a fielder, throwing is very important to stop the other team scoring.

You need to try and throw the ball as quick and as straight as you can to the wicket keeper or bowler, and if you hit the stumps, you may even run the batter out!

"Could you throw the ball to hit the stumps? Practice the activity and hit those targets!"

DID YOU KNOW?

At the 2019 World Cup final, Jason Roy was the fielder who threw the ball in from the boundary to run out Martin Guptill on the last ball of the game. This made England World Champions!



ALL STARS AT HOME THROWING CHALLENGE

YOUR CHALLENGE IS THROWING!

How accurately can you throw? Set up some targets of different sizes and challenge a friend, or someone in your family, to knock them all over!

allstarscricket.co.uk/parents

YOUR SCORE:

THEIR SCORE:

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Attempt 1

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Attempt 3

Attempt 4

Attempt 5

Attempt 6

WEEK 8

SPIRIT OF CRICKET

It's got to the final week and you have learnt a lot of cricket skills. Now it's time to have a match so you'll need to complete your 'Spirit of Cricket' exercise. This is something very special in cricket. All cricketers need to play fairly, cheer each other on and be kind to your opponents. But most of all keep smiling and have fun!

"Whether you win or lose, it's important to shake hands and say well done to everyone."

DID YOU KNOW?

In 2020, the West Indies were selected for the MCC Spirit of Cricket Award. Both the Men's and Women's squad toured England in difficult circumstances during Covid-19, showing their commitment and courage!

ALL STARS AT HOME SPIRIT OF CRICKET

YOUR CHALLENGE IS TO PLAY YOUR FAVOURITE ALL STARS CRICKET GAME EVER!

Even though everyone is trying to get a good score, remember to give your family member or friend lots of encouragement!

allstarscricket.co.uk/parents

KEEP PRACTISING AND IF YOU BEAT YOUR FIRST SCORE, ADD YOUR NEW ONE HERE!

YOUR SCORE:

THEIR SCORE:

A print-at-home version is available at the end.

Attempt 1

Attempt 2

Attempt 3

Attempt 4

Attempt 5

Attempt 6

EXCLUSIVE

MONEY CAN'T BUY EXPERIENCE

At **All Stars Cricket**, we love that we can give our All Stars the opportunity to meet some of the best cricketers in the world and see some amazing matches across the country.

We call these our '**Money Can't Buy Experiences**' because it's something that no one else gets the chance to do.



At our England games, All Stars are treated like VIP's and go onto the pitch at the lunch break to show off their skills to crowds of up to 30,000 people! Some even get to wave flags in the guard of honour for the players at the start of the match.

Children come along with their families to attend Money Can't Buy Experiences at England Games. Thousands of others also attend games and their local professional county ground!



GET INVOLVED!

To be in with a chance to win, you'll need to ask your adult to register at ecb.co.uk/mcbe. The lucky winners will then be chosen at random. Fingers crossed as it might be you!



ALL STARS AND DYNAMOS ONE STOP SHOP



About

We can't wait to get started for the new season. Welcome to the new one stop shop for all your All Stars Cricket and Dyanamos Cricket equipment and appareal! Balls, bats, stumps we got it!

Website / Contact

We want to assist you and your purchases as soon as possible!

Visit us at our websites over at:

allstarscricketshop.co.uk
dynamoscricketonlineshop.co.uk



All Stars Cricket
Participant T-Shirt - **£11.00**



All Stars
Cricket Bat - **£8.00**



All Stars Cricket Rucksack -
Returner - **£10.00**



All Stars Cricket Ball White
with Blue Seam - **£5.00**



Please contact our helpdesk on:

0800 085 7998

allstarscricket@ecb.co.uk

allstarscricket.co.uk

Follow us on:





**PRINT-AT-HOME
VERSIONS BELOW**

ACTIVITY SHEET

At the end of each week don't forget to add your scores and colour in your trophy!

WEEK 1 CATCHING

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 2 COMMUNICATION

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 3 BATTING

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 4 RUNNING

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 5 TEAMWORK

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 6 BOWLING

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 7 THROWING

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

WEEK 8 SPIRIT OF CRICKET

YOUR SCORE:	THEIR SCORE:
.....



Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6
.....

COLOURING IN

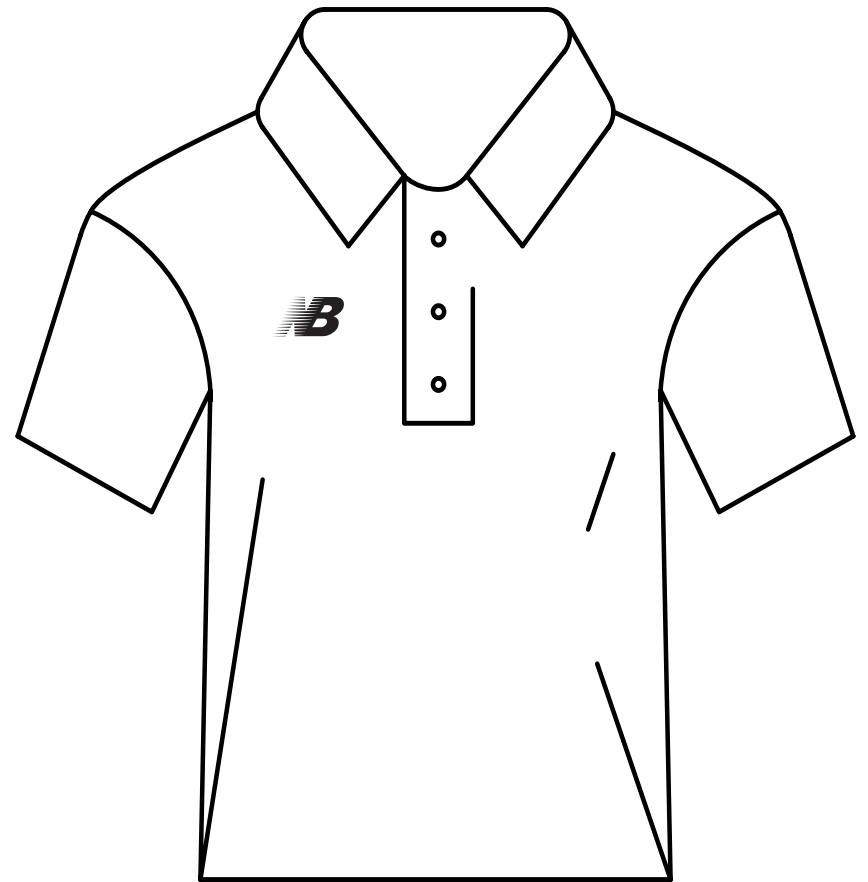
COLOUR IN YOUR OWN ALL STARS TROPHY

Please share your picture on social media channels using hashtag **#AllStarsCricket**

We will reward the best entries!



DESIGN YOUR OWN HUNDRED TEAM NAME AND SHIRT



Share your design with **#AllStarsCricket**

ENGLAND CRICKET PLAYERS WORDSEARCH

**CAN YOU FIND
ALL THE NAMES?**

G	R	W	Z	U	C	G	Z	Z	G	V	M	B	T	T
K	O	Y	M	N	J	N	A	K	P	V	H	R	X	G
N	O	E	C	C	L	E	S	T	O	N	E	U	B	W
I	T	Q	J	Z	Q	T	H	R	L	I	X	N	P	O
G	W	J	V	B	U	T	T	L	E	R	D	T	W	A
H	S	T	O	K	E	S	S	C	I	V	E	R	Y	K
T	A	O	R	A	S	H	I	D	O	Q	W	K	A	E
Y	B	E	A	U	M	O	N	T	B	P	N	R	T	S
Z	V	P	L	H	Q	Y	T	J	F	V	C	D	T	E
A	R	C	H	E	R	Z	F	M	R	G	F	F	S	S

BEAUMONT

BRUNT

ROOT

BUTTLER

ECCLESTONE

RASHID

WOAKES

WYATT

ARCHER

STOKES

KNIGHT

SCIVER