

London UK Autistic Youth Cricket Development Project



Content

The project offers Autistic youth, boys and girls with a structured development cricket programme. Games and exercise routines with bat and ball are fun and stimulate participants. Parents take part in the programme and are on hand to offer help and assist their child feel they have support whilst with a coach. We intend to build the project in London and aim to attract 20 members in the future. Children take part in many activities and this project is just one of those many events. We intend to utilise winter indoor training centres for indoor training in the winter months giving us a chance to attract more children into the programme. The project is under development at this current stage and the report is being developed. Participants continue to join the project and it looks promising as time goes on. We are indebted to Diamond Trading FX for their generous support and faith.

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TRADE TO AID SPORT

SPONSOR OF PROJECT: Diamond Trading FX

PROJECT REPORT: London, United Kingdom

The London Development Cricket Project for autistic youth consists of the following:

- Cricket development games and skills training for youth

Project Location: London, Middlesex County, United Kingdom



CRICKET DEVELOPMENT FOR AUTISTIC YOUTH

EXECUTIVE SUMMARY

The London Youth Development Cricket Project for autistic youth is a tailor-made cricket course which assists children in multiple ways. Skills training and fun exercises are part of one-to-one training exercises aimed at improving areas of the child's development affected by autism.

Autism (Autism Spectrum Disorder, or ASD) is a lifelong developmental condition that primarily affects a child's social communication and interaction, and leads to restricted and repetitive behaviors or interests. It impacts a child's ability to interact with others, communicate effectively, and can also influence their learning, movement, and sensory experiences.

We are currently building a group of 20 youth with autism for cricket development training. The youth are resident in the borough of Barnet in London and all seek to be involved in a sport programme as part of their further development.

Children with disabilities lack opportunities to partake in sport programmes and the project offers a special programme consisting of fun exercises and games.

BENEFITS OF THE PROJECT

The project aims to improve the following areas in youth development:

Ball games significantly benefit children with autism by enhancing gross motor skills, hand-eye coordination, balance, and planning through activities like throwing, catching, and kicking. These games also foster crucial social skills such as turn-taking, teamwork, communication, and social inclusion, offering a fun and motivating way to improve overall physical and social development in a structured environment.

Physical and Motor Skill Development

Gross Motor Skills:

Activities like kicking, throwing, and rolling balls help children develop fundamental movement skills and improve balance and coordination.

Hand-Eye Coordination:

Catching and throwing balls require the child to track the ball and coordinate their hands and eyes, which strengthens this vital skill.

Motor Planning:

Participating in ball games helps children learn to plan and execute movements, which is a critical skill for many children with autism who may struggle with this area.



Fine Motor Skills:

For younger children, the act of gripping and moving balls helps develop hand and finger muscles.

Social and Communication Benefits

Turn-Taking and Teamwork:

Games like basketball or kickball provide natural opportunities for children to practice turn-taking and collaborate with others.

Social Inclusion:

Ball games encourage children to interact with peers, promoting social inclusion and a sense of belonging.

Communication:

The need to coordinate movements and understand rules in a ball game encourages verbal and non-verbal communication between children.

Focus and Attention:

Tracking a moving ball requires visual attention, helping children to focus and learn to filter important information while playing.

Cognitive and Sensory Aspects

Visual Tracking:

Following the movement of a ball helps develop visual tracking skills, which is important for learning and development.

Cognitive Development:

Ball play helps children learn about the properties of objects, such as how they roll, bounce, and move, contributing to cognitive development.

Sensory Input:

Ball games can provide enjoyable sensory input, such as gripping and manipulating different types of balls, which can be particularly helpful for children with sensory sensitivities.

Our Mission

Our mission is :

- To offer a stimulating programme benefitting participants and improving their lives
- To make each session fun
- To include parents in helping their child train during the session and being involved in their development.

Participation group and one to one training

Training has been successful with individuals and learning for them has been very progressive. Observations indicate the following:

- Better overall concentration
- Catching skills have improved
- Batting skills have improved
- Better awareness of skill routines
- Enjoyment in classes evident
- Parent involvement excellent with Father and Mother present at sessions



Project Aim and objectives

Target : 2- 20 children

Area: Hampstead Garden suburb

All skills for catching , batting and throwing implemented



Project assists children in development

Sport significantly helps children with autism by improving physical health, motor skills, and sensory regulation, while also boosting social skills, communication, self-esteem, and mental wellbeing. Sports provide structured environments to develop non-cognitive skills like teamwork and persistence, and offer opportunities for positive social relationships. Specific programs and accommodations, such as visual aids and quieter exploration times, can make sports more accessible and beneficial for autistic children.

Conclusion

We are building the project in London. There is interest from the community for our service and hope more children will join in the future. We have a range of exercises and games which capture the interest of participants.

Finally, children in London, United Kingdom, who suffer disabilities are in great need of activities, and long to be accepted within the community. We have such important work ahead and are dedicated to offering these classes and building the project.

The project is ongoing and under development.

Thank you to Diamond Trading FX, Mr Harry Goldman and the Board of Directors for support and faith in our project

