



HOWZAT!

Games - General

Name: Beat the Catches

Aim:

To acquire and develop close catching skills and running between the wicket skills.

To select and apply skills and tactics to increase runs scored by running hard and turning from a low position and using their bat. Also to decrease the runs scored by being ready to catch the ball and throwing the ball quickly between team mates.

To evaluate and improve performance by observing others perform by listening to and following instruction and self analysing performance to establish which areas need to improve to increase success.

To have knowledge and understanding of fitness and health to identify how their bodies are feeling after running between the wickets and what type of fitness they are employing.

Organisation:

Groups are organised as illustrated. On command player 1 from the batting team starting from a batting stance position begins to run across the grid and back sliding their bat over the designated lines highlighted by the cones. On return player 2 repeats the exercise. This continues until all have completed 1 run. At the same time the fielding team throws the ball under arm in order to one another across the grid and back. They are attempting to make as many catches as possible in the time it takes the batting team to complete their shuttles. Teams swap over after a completed innings. The team that has made the most catches are deemed the winners.

Technique:

When catching: Relaxed stance approximately shoulder width apart - knees bent; Weight on balls of feet; Hands together - fingers pointing down – big catching area; Head level – watch the ball; “Give” with the ball. When Running: Run straight; Run hard; Approach the ends in a low & balanced position; Reach out and slide your bat over the line; Face the ball when turning; Drive up from a low position; Slide bat over line in completion.

Adaptation/Variation:

Increase throwing distance; Increase / decrease running distance; Vary direction and height; Add another ball; Use bigger ball; Distraction catches; Timed game – how many catches; Catch one handed; Run three.



Equipment:

Players: groups of 10;

Tennis balls: 1 per group;

Cones: – 4;

Time: 10 - 15 mins;