



# HOWZAT!

## Games – Warm Ups

### Name: Blockers

#### Aim:

To acquire and develop a range of defensive fielding skills under pressure.

To select and apply defensive fielding skills and tactics to prevent points being scored.

To select and apply a range of throwing skills and tactics to score points.

To evaluate how to successfully work as a defensive team to improve the amount of stops they make by communicating and making good use of their space.

To evaluate how to work as an attacking team and successfully improve performance by using a range of throwing skills and spatial awareness skills by distributing the ball to adjacent fielders to create gaps in the defence.

#### Organisation:

2 – 3 players defend the middle line (coned) in a grid by using a range of defensive fielding skills such as the long barrier or diving to prevent 2 – 3 players on either end of the grid (coned) from scoring runs. 4 runs are scored each time the ball passes from one group of attacking fielders to another group of attacking fielders (opposite). 1 wicket is taken each time the defending team in the middle stops the ball. Throws must be underarm at first.

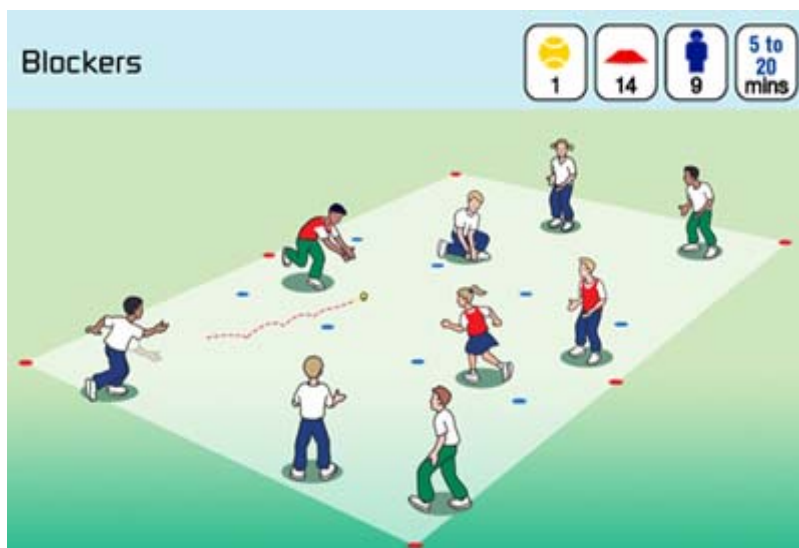
Players can rotate after 10 wickets are taken. The defending team with the least amount of runs scored against them after completing 10 wickets will be deemed the winners.

#### Technique:

When defending: Maintain a low but balanced position – knees bent; Head level – over the ball; Focus on the ball; Weight on balls of feet; Weight slightly forward; Go on opposite knee to throwing arm; Knee and back foot form a wedge; Stop the ball at right angles. When diving: Dive at right angles; Keep low – dive flat; Watch the ball; Emphasis on stopping the ball first.

#### Adaptation/Variation:

Increase/Decrease the length of the playing area; Decrease the width of the fielding area; Add another ball; Remove a defending fielder; Add a defending fielder; Use over arm throws – one bounce; Use one handed catching – stopping; Throw with the weak hand; Use cross area distraction catches with other groups. *If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.*



#### Equipment:

**Players:** 6 – 9 per group;

**Cones:** 6;

**Tennis Balls:** 1 per game;

**Time:** 5 -15 mins;