



# HOWZAT!

## Games - General

**Name: Circle Cricket**

**Aim:**

To acquire and develop batting and fielding skills.

To select and apply skills and tactics to score more runs whilst batting by hitting the ball into gaps and only playing at balls that are necessary. To reduce the amount of runs scored when fielding by returning the ball to the in fielders quickly to attempt run outs and by identifying where batters are hitting the ball.

To evaluate and improve performance by observing other team members and the opposition perform and by listening to and following instruction.

To understand the importance of being fit to run effectively between the wickets to increase opportunities to score runs.

**Organisation:**

Groups are organised as illustrated. The coach or teacher serves the ball to player 1 who strikes the ball into the field and runs between the stumps. Fielders must collect the ball and then attempt to hit the stumps at the batters end to run the batter out. Cones or markers are placed in a circle approximately 5 metres from the stumps (10metre dia). Throws can be relayed from outfielders to infielders who then can shy at the stumps.

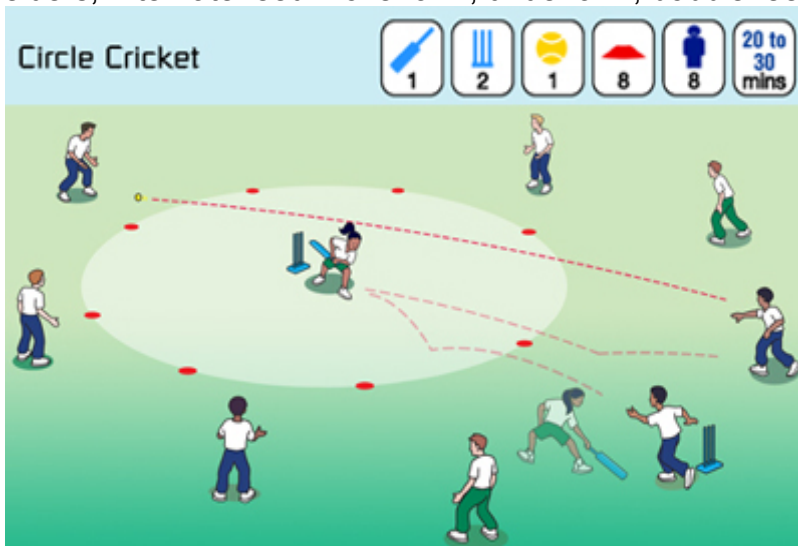
Fielders are encouraged to back the throws up should they miss the target. The batter can continue running until they have run 5 runs. Batters will stop running if the fielding team hits the stumps within the 5 run threshold. Each batter receives 6 deliveries. The batter with the most runs will be deemed the winner.

**Technique:**

When batting: ensure the grip is correct; relaxed / balanced stance; watch the ball; apply correct shot; try to keep the ball down. When fielding: react to the ball; hands ready; watch the ball into your hands; adopt throwing position; back fielders up to prevent additional runs; aim at the base of the stumps. 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 / decrease the size of the circle; Increase / decrease the size of the running area; Add additional runs; Hit from a tee; Use a bigger ball; Add another batter; Increase / decrease fielders; Alternate feed – over arm, under arm, bobble feed.



**Equipment:**

**Players:** 16;

**Tennis balls:** 1;

**Stumps:** – 4 sets;

**Bats:** – 4;

**Time:** 20 - 30 mins;