



HOWZAT!

Bowling Games

Name: Coconut Shy Bowling

Aim:

To acquire and develop bowling accuracy by bowling at a large ball on the top of a stump.
To select and apply skills and tactics to effectively hit the stump or ball on the stump.
To evaluate own performance to improve bowling technique to support accuracy.

Organisation:

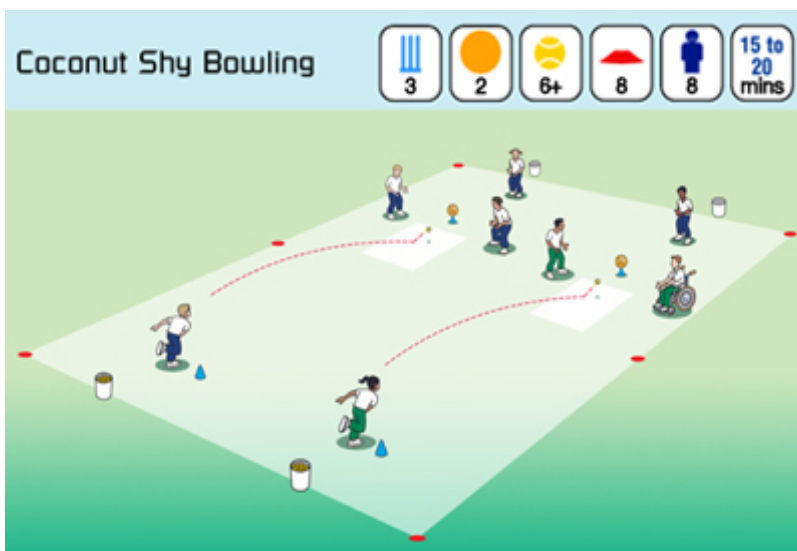
In groups of 4 players take it in turn to bowl at the stump which has a large ball balanced on it (using a batting tee on top of the stump for balance). Waiting players act as fielders and wicket keepers whilst the bowler bowls. Fielders replace the ball on the stump if it is knocked off. Points can be awarded for successful hits. The game continues for a set number of repetitions or time.

Technique:

Run up to be smooth and balanced with an even stride pattern; Run up to allow the bowler to land from the bound into a coil position (back foot contact); Momentum goes down toward the target (front foot contact) with hips and shoulders in alignment to keep the action safe; Arms swing through and legs drive through to complete the action.

Adaptation/Variation:

Start from a base position then use a one step method; Increase / decrease the length of the pitch; Increase the length of run up; Increase the target; Add target cones; Bowl underarm.



Equipment:

Players: - work in pairs;

Cones: – 3 per station;

Tennis balls: - 2 per pair (bucket of balls can be used);

Stumps: - 10 (6 – 3 – 1);

Time: 10 - 15 mins;