



HOWZAT!

Games - General

Name: Continuous 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 bowler quickly 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.

Organisation:

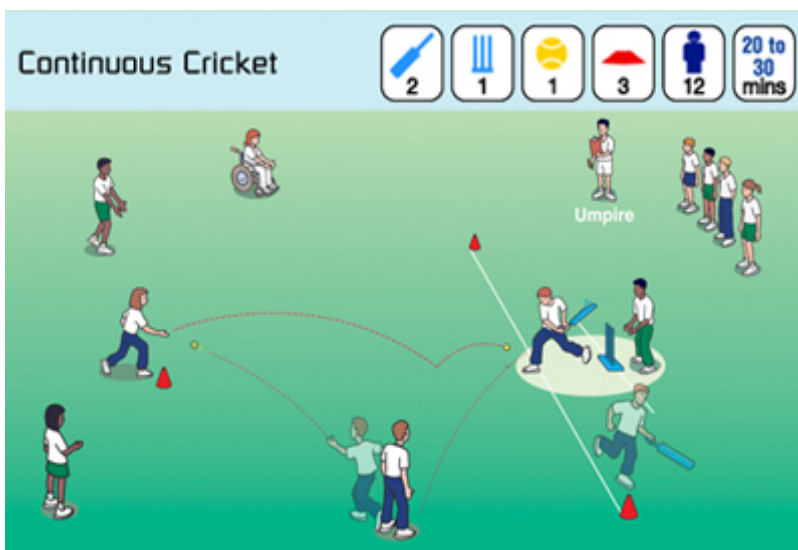
Groups of 14 players are organised as illustrated. The coach or teacher will act as the bowler and bowls to Player 1 on the batting team who attempts to hit the ball. Fielders are to be no closer than 10 meters from the striking batter. Batters must run around the cones once they have played a shot. The bowler can bowl the ball as soon as the fielding side returns. Batters can only be out caught or bowled. Teams swap over when an innings is complete the team with the most runs will be deemed the winners.

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.

Adaptation/Variation:

Hit balls off a cone; under arm feed; drop feed; thrown serve; increase / decrease size of fielding area; increase / decrease size of running area; add boundaries; increase / decrease the size of the stumps.



Equipment:

Players: groups of 14+;

Tennis balls: - 2;

Cones: – 3;

Stumps: - 1 set;

Time: 20 - 30 mins;