



HOWZAT!

Fielding Games

Name: Cross Fire

Aim:

To acquire and develop throwing accuracy skills by aiming at a large ball.
To select and apply skills and tactics to hit the large ball over the opponents goal line.
To evaluate and improve performance by observing other players, by listening to and following instruction and by analysing how they can improve certain areas of their technique to become more accurate.

Organisation:

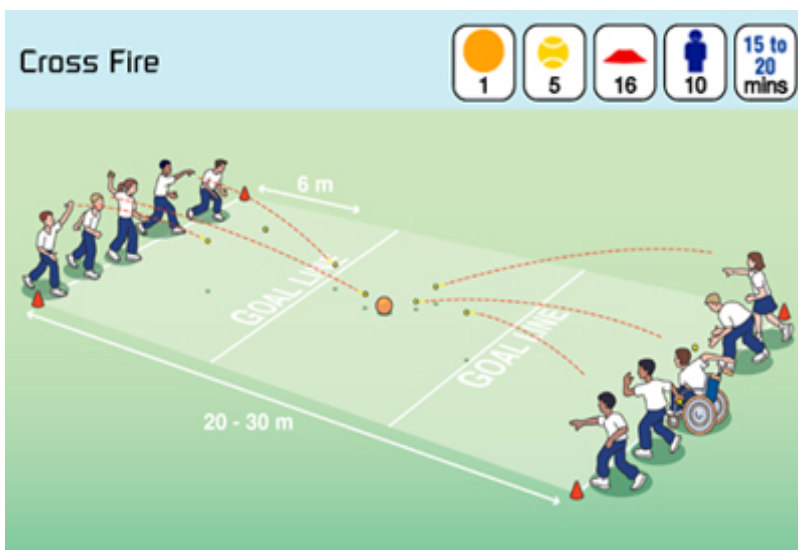
Group is divided into 2 equal teams as illustrated. Teams have to attempt to throw a ball to hit the large ball in the middle of the grid. Teams will try to hit the large ball over the opponents goal line to score a goal (additional cones may be used to identify goal lines). Once a goal is scored the ball is returned to the middle of the grid. Balls may be collected on command from the coach or teacher from the goal line but must only be thrown from the fielding line. A set number of goals or time is allocated for the duration of the game. The team scoring the most goals will be deemed winners.

Technique:

When throwing over arm: Hold ball across seam; Wide base – balanced; Front arm – elbow points at target; Throwing elbow level with shoulder as it comes through; Back leg trails until after the release; Full follow through; Head steady and eyes fixed on target.

Adaptation/Variation:

Increase / decrease the distance of the grid; Add another large ball; Reduce the amount of smaller balls; Reduce / increase the throwers; Use bigger balls to throw.



Equipment:

Players: - in groups of 8 - 10;

Tennis balls: - 8 – 10 per group;

Cones: – 4;

Time: 10 - 15 mins;