



HOWZAT!

Games - General

Name: Danish Rounders

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 around the bases 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:

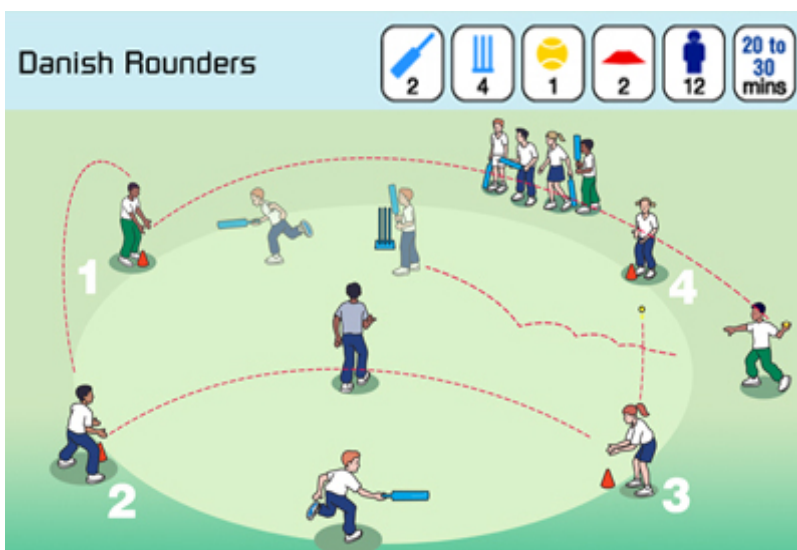
Groups are organised into 2 equal teams as illustrated. Each batter strikes the ball which has been served by the coach or teacher and attempts to run around the cones and back to the base line. The fielding team must retrieve the ball and throw it to each of the bases in turn attempting to beat the running batter to the final base. The batting team continues for a set number of time or until all the batters are out; teams then rotate. The team which completes the most runs are deemed 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; communicate from base to base to receive the ball. When Running: Run hard; slide bat over the final base line in completion.

Adaptation/Variation:

Increase / decrease running distance between bases; Reduce out fielders; Add an additional base; Use a bigger ball; Use different serves; Hit from a tee; Use a player from the fielding side to serve when the game is established; Shout "Howzat" at the final base for run outs.



Equipment:

Players: groups of 12;

Tennis balls: - 1;

Bats: - 1;

Cones: – 5;

Stumps: - 1 set;

Time: 20 - 30 mins;