



HOWZAT!

Batting Games

Name: Front Foot Driving Game

Aim:

To acquire and develop attacking off side shots from the front foot.

To select and apply front foot shots according to line and length of ball.

To evaluate and improve performance by observing other participants, by listen to and following instruction and analysing how they have played to assess where improvements in the skill need to be made.

Organisation:

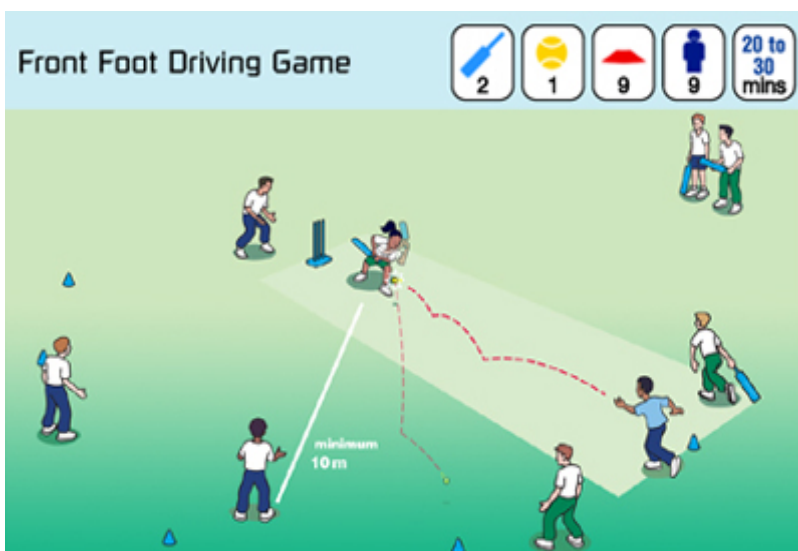
Players in groups of 8 (2 teams of 4) as illustrated take it in turns to hit full pitched deliveries served by the coach or teacher (underarm initially) off the front foot into the designated coned area. Fielders are placed in the area to stop the ball and return the ball to the wicket keeper to attempt to run the batsman out. Players bat in pairs and are encouraged to run between the wickets on successful shots. Players must run every third delivery if no attempts have been made the previous two. Batters are out if the ball is hit to the leg side or caught, bowled or run out. Teams swap over when an innings is complete.

Technique:

When batting: Adopt stance position – head level, balanced, include bat tap; Backswing and step forward; Watch the ball; Base established – front knee bent; Comfortable stride; Shoulders rotate vertically to begin downswing; Figure 9 shape with bat and arms; Bat swings through line of ball to complete follow through; Maintain balance. When fielding: Use long barrier technique; Watch ball go down on opposite knee to throwing arm; Back foot forms a wedge; Head in line with the ball. When throwing: Point front arm / elbow at the target; Throwing arm elbow comes through shoulder height or higher; Head steady, eyes focused on target; Back leg and body follow through once the ball has been released.

Adaptation/Variation:

Use a batting tee; Use bobble serves; Use throw downs; Increase / decrease the fielding area; Increase / decrease the distance for running; Use a bigger ball; Reduce fielders; Run after every attempt of a shot is made.



Equipment:

Players: - groups of 8 (2 teams of 4);

Cones: – 2 - 6 depending on four markings;

Tennis balls: - 1 per game;

Time: 20 - 30 mins;