



HOWZAT!

Games - General

Name: Follow the Leader

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.

To have knowledge and understanding of fitness and health and know why it is important to be fit to play cricket.

Organisation:

Groups are organised into 2 equal teams as illustrated. Player 1 on the batting team attempts to strike the ball between 1st and 2nd base. They must then run around all bases and through the home gate. All players on the batting team must follow player 1 around the bases and through the home gate also. Player 2 on the batting side now takes strike.

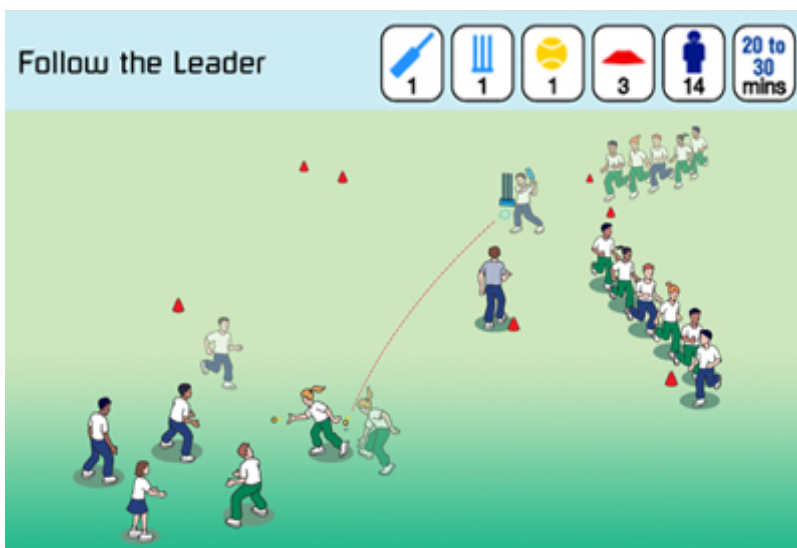
When hit, the ball is collected by the nearest fielder and all fielders must form a line. The ball must be passed along the line.

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; aim at the base of the stumps.

Adaptation/Variation:

Increase / decrease boundary size; Increase / decrease fielders; Run every delivery that is played at; Hit from a tee; Vary serves; Change scoring – add boundaries; Bowl off side / leg side only.



Equipment:

Players: groups of 12;

Tennis balls: - 1 per group;

Cones: – 7 per group;

Stumps: - 1 set;

Time: 20 - 30 mins;