



HOWZAT!

Batting Practices

Name: Front Foot Defensive

Aim:

To acquire and develop the skill of playing the forward defence.
 To select and apply the forward defence according to the line and length of the delivery.
 To evaluate performance by observing others and listening to and following instruction. By using self analysis to identify which technical and tactical areas to improve.

Organisation:

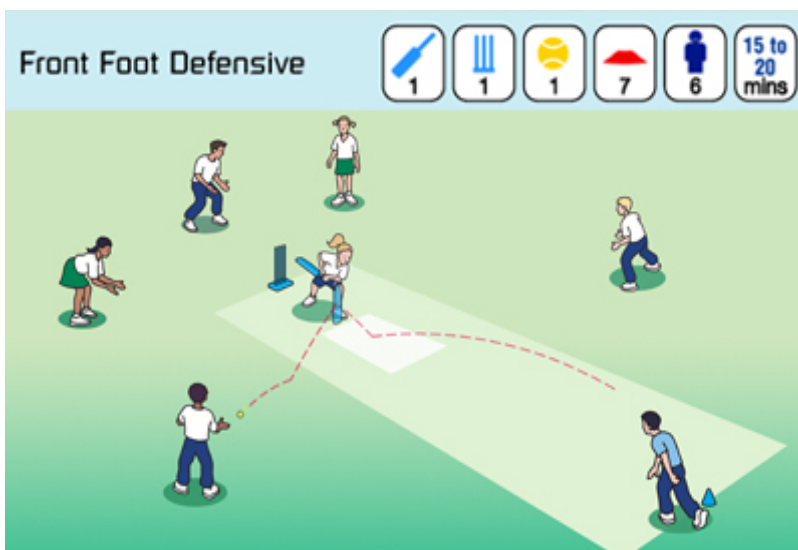
Players are organised as illustrated ensuring appropriate fielding regulations apply for year groups. The coach or teacher serves a ball on a good length to player number 1 who is acting as a batter. Fielders attempt to catch the batter out. Players rotate after a set number of goes or until the duration of the time allocated. When established players can take it in turns to serve.

Technique:

When batting: Adopt stance position – head level, balanced, include bat tap; Backswing and step forward or back; Watch the ball and make a decision on the direction to hit 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 and decelerates on contact; Bat is angled down; Maintain balance.

Adaptation/Variation:

Use bobble serves and spin serves; Use over arm throws; Use different balls; Increase / decrease serving distance; Fielders can catch the ball; Increase / decrease the size of the target; Add another batter.



Equipment:

- Players:** - groups of 6;
- Cones:** – 6 per group;
- Tennis balls:** - 6 per group;
- Stumps:-** 1 set per group;
- Bats:** - 1 per group;
- Time:** 15 - 20 mins;