



HOWZAT!

Fielding Games

Name: Hit the Stumps

Aim:

To acquire and develop over arm throwing accuracy.

To select and apply skills and tactics to increase the amount of successful hits.

To evaluate and improve performance by listening to and following instruction and also by observing other participants performing. To analyse personal performance and identify areas in technique which need to be improved.

Organisation:

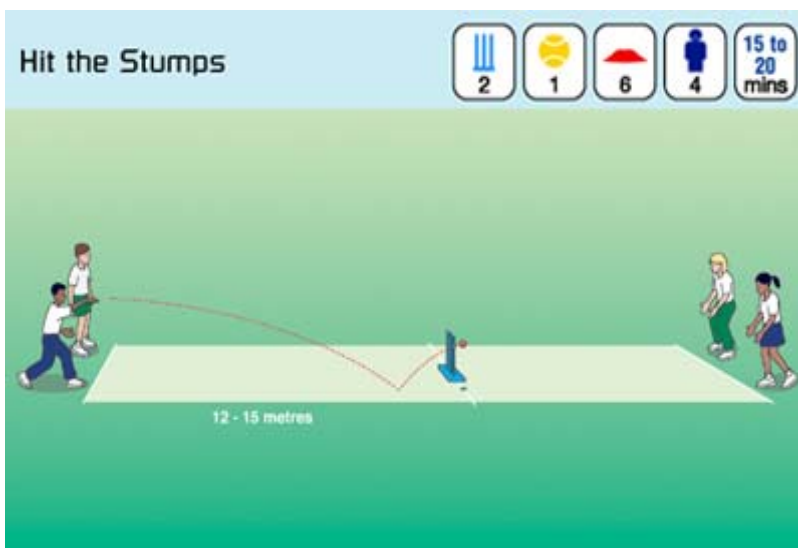
Groups are divided into 2 equal teams as illustrated. Players stand behind the coned area then attempt to hit the stumps with an over arm throw. Throws are alternated between teams and players in teams. The game continues for a set amount of repetitions or until a total has been achieved. The team with the most hits / points are deemed to be the 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.

Adaptation/Variation:

Add more balls; Increase / decrease the number of stumps; Increase / decrease the throwing distance; Use a bigger ball; Award points to the throwing team if the fielding team misses the ball.



Equipment:

Players: - groups of 4;

Stumps: 1 set per group;

Tennis balls: - 1 per group;

Time: 10 - 15 mins;