



HOWZAT!

Batting Games

Name: Hitting to Space

Aim:

To acquire and develop batting placement skills during competition.

To select and apply batting placement skills according to line and length of ball and where fielders are placed.

To evaluate and improve batting placement by observing others, listening to and following instruction. Identifying areas in own performance that need to be improved.

Organisation:

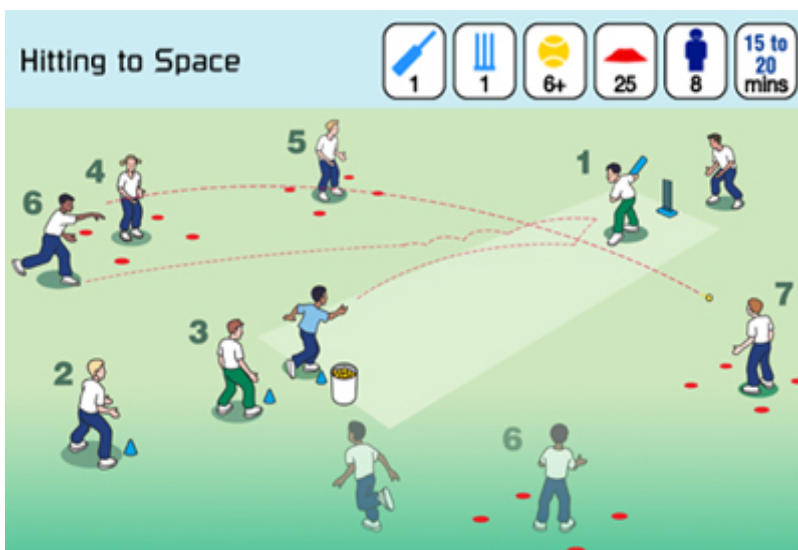
In groups of 8 as illustrated the coach or teacher feeds the ball to player 1 who strikes the ball between players 3 – 7. The coach or teacher shouts a fielders number who then retrieves the ball and throws it back to the fielder who is the next number. e.g. Player 2 fields the ball and throws it back to player 3, player 4 fields the ball and throws it back to fielder 5 etc. The batter must run when the ball has been struck and must continue running until the ball has been returned to the correct fielder; only completed runs are counted. The game continues for a set number of repetitions or time allocated. No runs are added if the batter is caught out. The batter with the most runs is deemed the winner.

Technique:

When batting: Adopt stance position – head level, balanced, include bat tap; Backswing and step forward; Watch the ball; Base establish – 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 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:

Bat in pairs; Players to bowl when game is established; Use a bigger ball; Hit off a tee; Increase / decrease the fielding area; Increase / decrease the fielders; Alter feed – bobble feed, drop serve, throw downs.



Equipment:

Players: - groups of 8;

Cones: – 25 per group (can use markers);

Tennis balls: - 2 per group;

Stumps:- 1 set;

Time: 15 - 20 mins;