



HOWZAT!

Batting Games

Name: Lords Pull Shot

Aim:

To acquire and develop batting and fielding skills.

To select and apply batting and fielding skills to increase the opportunities to score runs when batting and decrease the opportunities to score runs when fielding.

To evaluate and improve performance by listening to and following instructions, by observing and listening to other participants and self analysing areas where improvements could be made.

Organisation:

In 2 equal teams up to 8 per side as illustrated bat for a set amount of deliveries – usually 6 deliveries per batter. The batting side has to pull the ball (back foot) in between the coned area to score runs. Fielders are placed in the coned area to prevent runs being scored. Fielders return the ball to the wicket keeper. The coach / teacher will initially serve the ball to each batter – usually from a dropped serve. Servers may be used from the batting team once the game has been established. If the ball is struck along the floor in between the cones one run is awarded. Addition runs may be included such as: 4 runs if it passes the fielders – boundary line; 1 run to line 1 and back; 2 runs to line 2 and back. Batters can be out caught and run out. If a bobble serve is used then the batter can be out bowled.

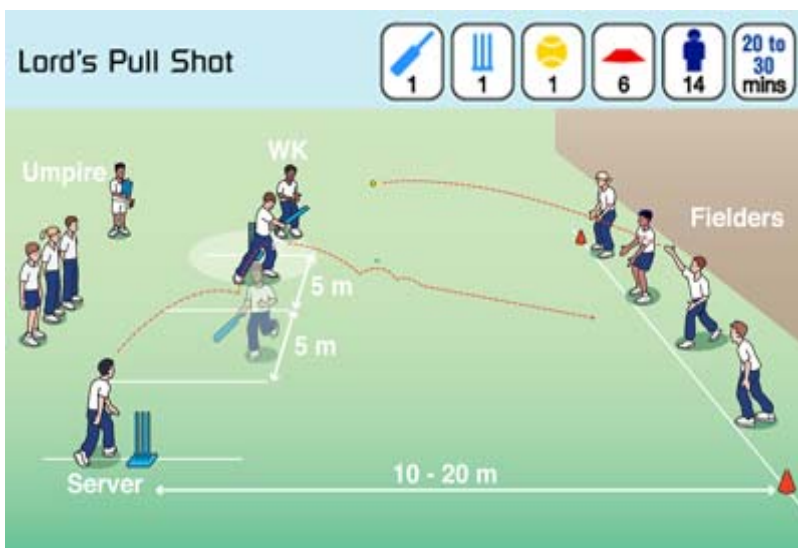
Remaining balls are forfeited once the batter is out.

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.



Equipment:

Players: - 16 - 2 groups of 8;

Cones: – 2 - 6 depending on four markings;

Tennis balls: - 1 per game;

Time: 20 - 30 mins;