



HOWZAT!

Games – Bowling

Name: Make the Batter Play

Aim:

To acquire and develop bowling skills to make the batter play at the ball.

To select and apply a range of bowling skills to make the batter play at the ball.

To evaluate performance by observing other performers and listening to instruction and demonstration.

To improve performance by analysing own performance to establish where improvements in the skill need to be made and then delivered.

Organisation:

Players work in groups of 5, 1 acts as bowler 1 acts as wicket keeper, 1 acts as batter, the remainder act as fielders. The bowler bowls an over at the batter trying to make the batter play at the ball in a defensive manner. The batter has to decide whether to play at the ball or not, depending on the type of delivery. Points are awarded to the bowler when the batter plays at the ball defensively; batters are awarded points when they leave the ball successfully.

Additional points are awarded to the bowler if they take a wicket. All bat, bowl and keep wicket. The game continues for a set amount of repetitions or time.

Technique:

Run up to be smooth and balanced with an even stride pattern; Run up to allow the bowler to land from the bound into a coil position (back foot contact); Momentum goes down toward the target (front foot contact) with hips and shoulders in alignment to keep the action safe; Arms swing through and legs drive through to complete the action.

Adaptation/Variation:

Start from a base position then use a one step method; Increase / decrease the length of the pitch; Increase the length of run up; Award bowling points for off side leaves; Award batting point for well executed attacking shots; Use a hard ball; Batters and wicket keepers to use full cricket protective equipment including a helmet; Minimum safe distances apply for fielders.



Equipment:

Players: groups of 5+;

Bats: 1 per group;

Balls: 1 per group;

Stumps: 1 per group;

Cones: 22 per group;

Time: 15 - 20 mins;