



# HOWZAT!

## Games - General

### Name: Pairs Cricket

#### Aim:

To acquire and develop batting, bowling and fielding skills.

To select and apply skills and tactics to score more runs whilst batting by hitting the ball into gaps and only playing at balls that are necessary. To reduce the amount of runs scored when fielding by returning the ball quickly to attempt run outs and by identifying where batters are hitting the ball.

To evaluate and improve performance by observing other team members and the opposition perform and by listening to and following instruction.

To understand the importance of being fit to run effectively between the wickets to increase opportunities to score runs.

#### Organisation:

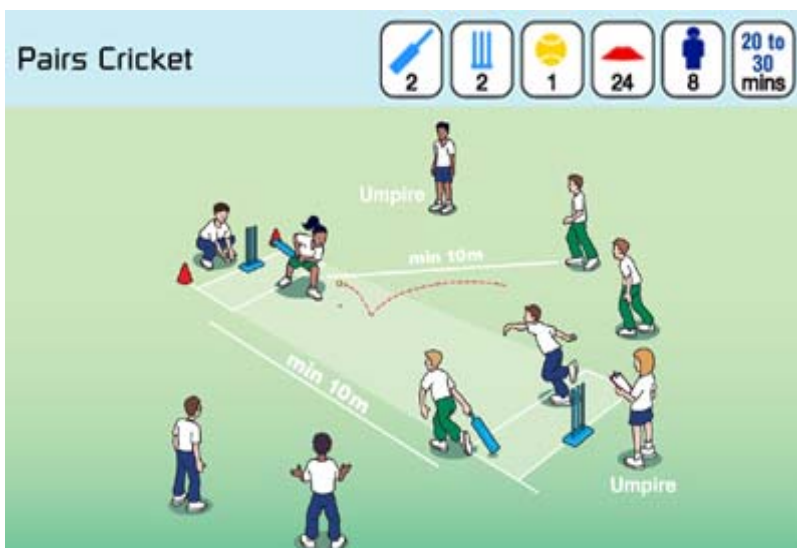
Groups are organised into pairs as illustrated. In pairs, players bat, bowl and keep wicket plus field on the off side and leg side for 2 over each pair. Players rotate after 2 overs e.g. batters to leg side fielders, leg side fielders to off side fielders, off side fielders to bowlers / wicket keepers and bowlers / wicket keepers to batters. Runs can be scored in the usual manner including boundaries and extras. Wide deliveries count as 2 runs but the ball will not be bowled again. Runs can be deducted for each time a batter is out. Scores start at 200. Bonus runs can be awarded for taking a catch or running a batter out or bowling or stumping a batter out. The pair with the highest overall score once the rotation is complete are deemed winners.

#### Technique:

When batting: Ensure the grip is correct; Relaxed / balanced stance; Watch the ball; Apply correct shot; Try to keep the ball down. When fielding: React to the ball; Hands ready; Watch the ball into your hands; Adopt throwing position; Back fielders up to prevent Additional runs; Aim at the base of the stumps. When Running: Call loud / clear – Yes, No, Wait; Run straight; Run hard; Approach the ends in a low & balanced position; Reach out and slide your bat over the line; Face the ball when turning; Drive up from a low position; Slide bat over line in completion.

#### Adaptation/Variation:

Increase / decrease boundary; Increase / decrease fielders; Hit from a tee; Use different serves; Use full equipment and a hard ball.



#### Equipment:

**Players:** groups of 8;

**Tennis balls:** 1 per group;

**Cones:** – 30;

**Stumps:** – 2 sets;

**Time:** 30 – 60 mins;