



HOWZAT!

Fielding Practices

Name: Pairs Target Barrier

Aim:

To acquire and develop the skill of stopping the ball using a long barrier technique.
To select and apply tactics to prevent their partner from scoring points and also to try to score points.
To evaluate and improve performance by observing partners performance, listening to instruction and analysing where they can improve to prevent the ball from going past them.

Organisation:

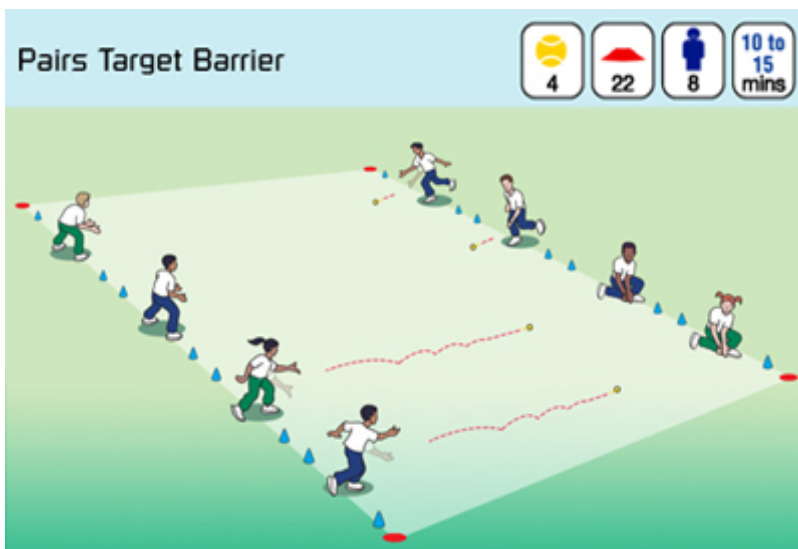
Players in pairs as illustrated try to score points by rolling the ball underarm at their partner's goals. Goals will be approximately 2 metres apart. Players must use the long barrier when stopping the ball. This continues for a set amount of time or until a designated score has been achieved.

Technique:

Relaxed stance; Watch the ball; Adopt the "Ready Position"; Weight slightly forward – weight on balls of feet; Go down on knee opposite to throwing arm; Back foot rest behind front knee to form a wedge; Head over the ball; Fingers pointing down; Body position at right angles to the ball.

Adaptation/Variation:

Increase / decrease throwing distance; Increase / decrease the size of goals; Use different size / shaped balls; Perform barrier on both sides – left and right knee.



Equipment:

Players: in pairs up to 24;

Tennis balls: – 1 per pair;

Cones: – 4 per pair;

Time: 10 – 15mins;