



HOWZAT!

Games - General

Name: Round the Cones

Aim:

To acquire and develop batting 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 number of runs scored when fielding by returning the ball to the bowler quickly 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.

Organisation:

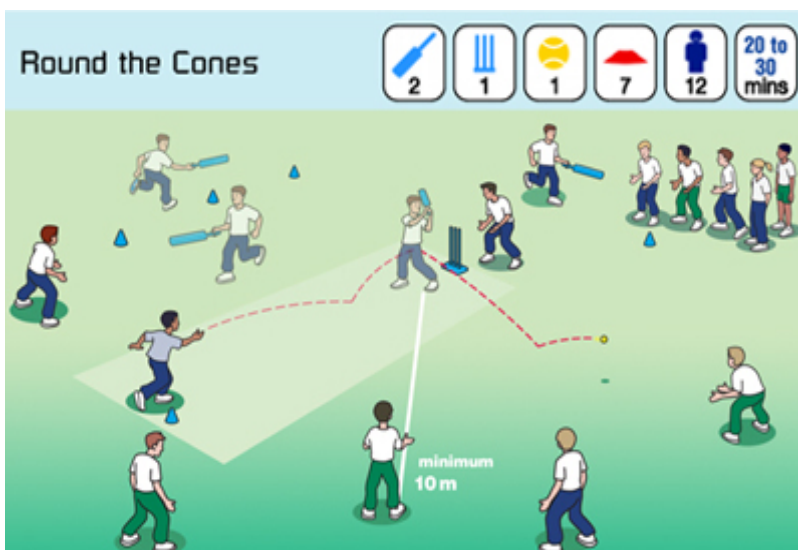
Groups are organised into 2 equal teams as illustrated. The coach or teacher feeds the ball to a batter positioned in front of the stumps. The batter attempts to hit the ball and run around the 3 cones and back to the team. As the batter reaches the team line the next batter can then run to the crease to receive the ball. The bowler may bowl the ball as soon as it has been returned by the fielder. 1 run is scored for every successful completion of the circuit; 1 run is deducted for caught or bowled. Teams rotate when all batters are out or within the time allocated per innings.

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.

Adaptation/Variation:

Increase / decrease boundary size; Increase / decrease fielders; Run every delivery that is played at; Hit from a tee; Vary serves; Change scoring – add boundaries; Bowl off side / leg side only.



Equipment:

Players: groups of 12;

Tennis balls: - 1 per group;

Cones: – 5 per group;

Stumps: - 1;

Time: 20 - 30 mins;