



HOWZAT!

Fielding Games

Name: Run Them Out

Aim:

To acquire and develop intercepting skills when fielding and running between the wicket skills when batting.

To select and apply skills to increase the number of run outs when fielding and increase the number of runs when batting.

To evaluate and improve performance by listening to and following instruction and also be observing other participants performing. To analyse personal performance and identify areas in technique which need to be improved.

Organisation:

Divide the group into equal teams. One team will act as the batting team and one team will act as the fielding team. The wicket keeper from the fielding team rolls the ball out approximately half way in the grid as he hears the batter shout yes. The batter once they have called will run to the far crease and back. The fielder attacks the ball rolled out by the wicket keeper and throws underarm at the stumps. The batter will be deemed out if the fielder hits the stumps before they return to the batting crease. Two runs are scored if successful – single runs do not count. The innings continues until all are out. Teams swap over at the completion of the innings. The duration of the game can be a series of innings or time based. The team with the most runs will be deemed winners.

Technique:

When fielding: Attack the ball; Get low early; Maintain balance; Watch the ball; Pick up outside of throwing foot; Throwing hand arm and body follow through to target. When running between the wickets: Call loud; Run hard; Keep low when approaching the far crease; Slide bat over the crease line; Face the ball when turning; Reach out and slide bat over the crease line on completion; If the ground is suitable – dive if necessary.

Adaptation/Variation:

Increase / decrease throwing distance; Increase / decrease speed of serve; Use a stationary ball; Use weak hand; Use different balls; Increase / decrease running distance; Reduce stumps; Add stumps.



Equipment:

Players: - groups of 8;

Stumps: 2- 4 sets per group;

Bats: – 4;

Tennis balls: - 1 per group;

Cones: – 2 - 4;

Time: 10 - 15 mins;