



HOWZAT!

Games – Warm Ups

Name: Stump Ball

Aim:

To acquire and develop throwing, catching and movement skills.

To select and apply skills tactics to effectively hit the stumps or create opportunities to hit the stumps by communicating with teams mates and creating space to receive the ball.

To evaluate how to effectively create space and use throwing skills to improve accuracy of throws to increase opportunities to hit the stumps.

To have an understanding of health and fitness by being aware of how creating space by moving around physically makes you tired and increases your heart rate.

Organisation:

Groups of 12 divide into two equal teams. The aim of the game is to create space to hit the opponent's stumps which are positioned in a 5 metre radius circle marked by cones. Players are allowed to throw the ball to team mates direct without the ball touching the ground. If the ball is dropped then it is surrendered to the opposing team. Defenders attempt to gain possession by intercepting the ball. No contact is allowed and no players are allowed in the coned area unless to retrieve the ball after it has hit the stumps. The winning team is the one with the most hits after a set time.

Technique:

Communicate with team mates; Create space; React quickly to commands; Throw flat and fast with accuracy; Provide a catching area – target area fro the thrower; Point front arm at the target when over arm throwing; Keep head steady – level; Flex knees when receiving the ball.

Adaptation/Variation:

Make the circle bigger; Remove some of the stumps; Reduce the circle; Reduce the number of players; Increase the pitch size; Use other movement skills – side steps, hopping, skipping, jumping; Throw with weak hand; Catch one handed. *If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.*



Equipment:

Players: 12 per game;

Cones: 12;

Tennis Balls: 1;

Stumps: 2 sets;

Time: 5 -15 mins