



# HOWZAT!

## Fielding Games

**Name: Team Target Long Barrier**

**Aim:**

To acquire and develop defensive fielding techniques.

To select and apply skills and tactics to reduce the amount of points scored when fielding and increase the amount of points scored when throwing by communicating with one another and employing the correct fielding technique.

To evaluate and improve performance by observing others perform and by listening to and following instruction. By analysing areas in their technique with need to be improved.

**Organisation:**

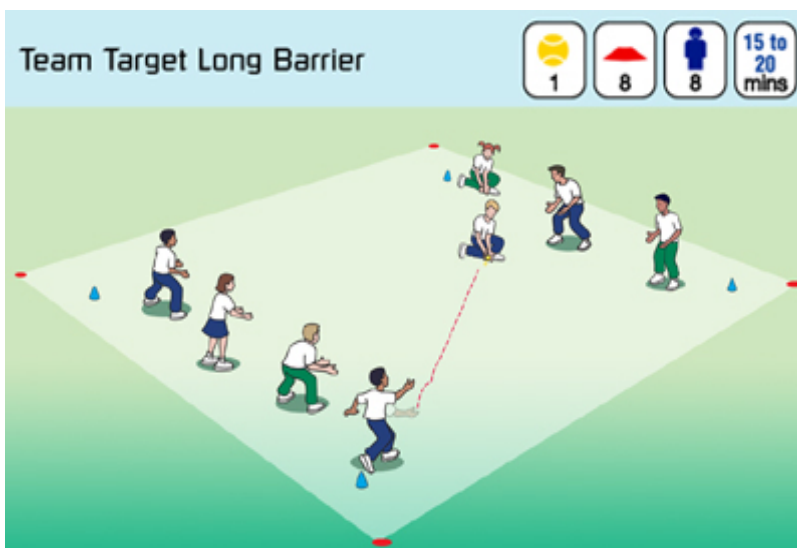
Groups of 8 as illustrated are divided into 2 equal teams. Player 1 begins with the ball and rolls it under arm across the grid in an attempt to pass the ball through the opponents fielding line. Players who are defending their line must use the long barrier fielding technique to prevent the ball from passing. Points are awarded for each time the ball is stopped correctly and deducted for each time the ball passes the line or is stopped incorrectly (by using their feet instead of their hands). The game continues for a set number of repetitions (points achieved) or time allocated. The team with the most number of points are deemed the winners.

**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 boundary; Use different size / shaped balls; Perform barrier on both sides – left and right knee; Add more balls.



**Equipment:**

**Players:** - in groups of 8;

**Tennis balls:** - 1 per group;

**Cones:** – 4;

**Time:** 10 - 15 mins;