



HOWZAT!

Batting Games

Name: Target Pull Shot

Aim:

To acquire and develop batting and fielding skills.

To select and apply batting and fielding skills to increase the opportunities to score runs when batting and decrease the opportunities to score runs when fielding.

To evaluate and improve performance by listening to and following instructions, by observing and listening to other participants and self analysing areas where improvements could be made.

Organisation:

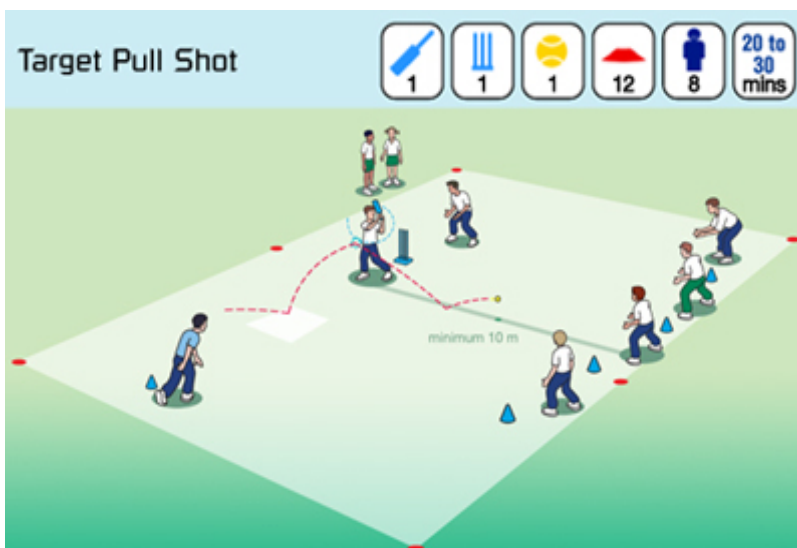
Groups of 8 are organised as illustrated. Waiting batters stand in a safe area. Fielders are placed as illustrated – they must not encroach. The coach or teacher serves the ball over arm so it bounces once and arrives at the batter approximately waist height. Player 1 attempts to pull the ball down and in between the coned area to score runs. Runs are awarded as such: 3 runs for the ball passing through the outer cones; 5 runs if the ball passes through the middle cones. All have a set number of attempts in each team. Teams rotate after a completed innings. Batters can be out caught and additional attempts will be forfeited. The team with the most wins are deemed winners.

Technique:

When batting: Adopt stance position – head level, balanced, include bat tap; Backswing and step forward; Watch the ball; Base established – front knee bent; Comfortable stride; Shoulders rotate vertically to begin downswing; Figure 9 shape with bat and arms; Bat swings through line of ball to complete follow through; Maintain balance. When fielding: Use long barrier technique; Watch ball go down on opposite knee to throwing arm; Back foot forms a wedge; Head in line with the ball. When throwing: Point front arm / elbow at the target; Throwing arm elbow comes through shoulder height or higher; Head steady, eyes focused on target; Back leg and body follow through once the ball has been released

Adaptation/Variation:

Use a batting tee; Use bobble serves; Use throw downs; Increase / decrease the fielding area; Increase / decrease the distance for running; Use a bigger ball; Reduce fielders.



Equipment:

Players: - groups of 8 (2 teams of 4);

Cones: – 2 - 6 depending on four markings;

Tennis balls: - 1 per game;

Time: 20 - 30 mins;