



HOWZAT!

Bowling Games

Name: Test Bowling

Aim:

To acquire and develop the skill of bowling accurately.

To apply skills and tactics to increase the amount of scoring opportunities by aim at the base of the stumps and maximising the target area.

To evaluate and improve performance by listening to instruction, observing other performers and analysing their own performance to improve bowling consistency.

Organisation:

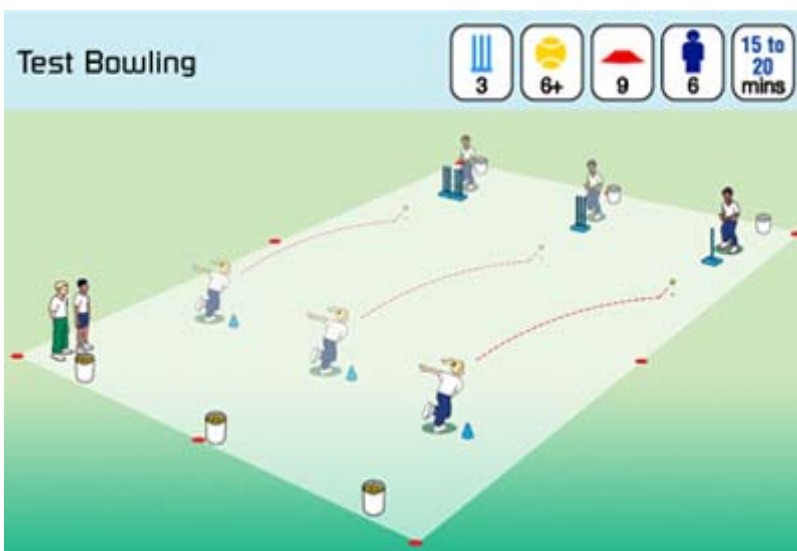
Players working in pairs attempt to hit the stumps whilst bowling. Pair 1 start and player 1 bowls 2 balls at the first target – 6 stumps, then 2 balls at the next target – 3 stumps and finally 2 balls at the last target – 1 stump.. Player 2 fields the balls for player 1. Points are awarded for successful hit – 1 point for hitting 6 stumps, 2 points for hitting 3 stumps and 3 points for hitting 1 stump.

Technique:

Run up to be smooth and balanced with an even stride pattern; Run up to allow the bowler to land from the bound into a coil position (back foot contact); Momentum goes down toward the target (front foot contact) with hips and shoulders in alignment to keep the action safe; Arms swing through and legs drive through to complete the action.

Adaptation/Variation:

Start from a base position then use a one step method; Increase / decrease the length of the pitch; Increase the length of run up; Increase the target; Add target cones; Bowl underarm.



Equipment:

Players: - work in pairs;

Cones: – 3 per station;

Tennis balls: - 2 per pair (bucket of balls can be used);

Stumps: - 10 (6 – 3 – 1);

Time: 10 - 15 mins;