

Extra Quick Games

Roll-a-Ball **61**

Tower Game **62**

'10 Game' Catchers v Runners **63**

Run Out **64**

Bowl Out **65-66**

Fielding Races **67-68**

Skill

Roll-a-Ball

Time

▶ 10 mins

Aim

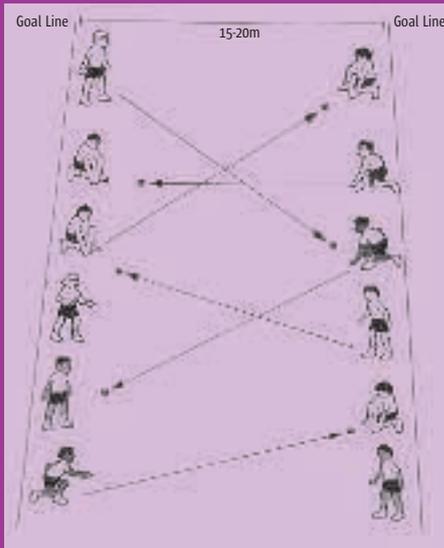
To practice stopping a ball with two hands, in a competitive game

Equipment

Tennis/soft balls approx 1 per 3 players, 4 cones/existing lines



Organisation



Link Cards

15 25

Instructions

- 1 Split into 2 teams. Same number of balls per team.
- 2 Each team spread out just in front of their goal line.
- 3 Teams continuously roll the ball underarm, attempting to cross the other team's goal line.
- 4 A goal is scored each time a ball crosses the goal line. First team to 10 goals wins.
- 5 The ball must be **rolled underarm** from just in front of the goal line.

Teaching Points

- Get your body into line with the ball and stop it using two hands.
- Roll the ball by placing your hand close to the ground.
- Roll the ball into the spaces in the other team's goal.

Catchphrase

Aim for the holes in the other team's goal!

61

Skill

Tower Game

Time

▶ 10 mins

Aim

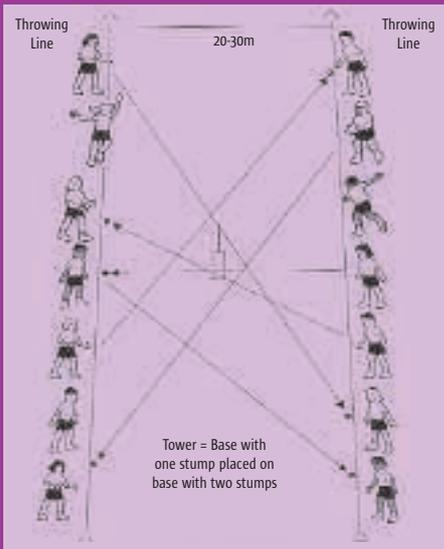
To improve throwing by use of a target

Equipment

2 kwik cricket bases and 3 stumps.
Tennis/soft balls approx 1 per 3 players,
4 cones/existing lines



Organisation



Catchphrase

Aim at the tower, then throw with power!

Link Cards

29

Instructions

- 1 Split into 2 teams. Same number of balls per team.
- 2 Each team spread out just behind their throwing line.
- 3 Tower assembled as picture and placed in the centre.
- 4 Teams throw continuously until tower is knocked over.
- 5 First team to knock down the tower 5 times wins.
- 6 Teams must not throw from in front of the throwing line.

Teaching Points

- Stand side on and aim at the target with non throwing arm.
- Use two hands to gather misses by the other side.
- Work as a team, everyone should have a turn.

Skill

'10 Game' Catchers v Runners

Time

▶ 10 mins

Aim

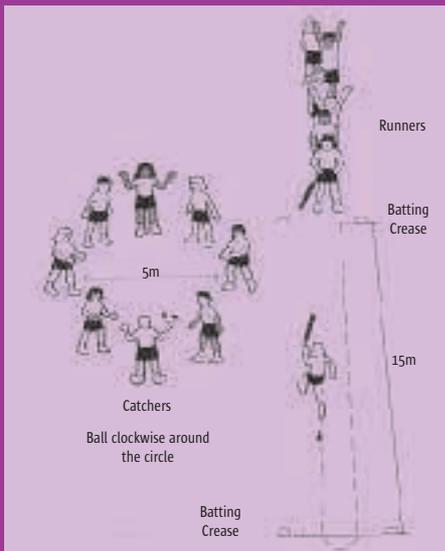
To practice catching and running between the wickets in a competitive game.

Equipment

1 tennis/soft ball, 2 bats 4 cones/
existing creases



Organisation



Link Cards

9

19

Instructions

- 1 Split into 2 teams.
- 2 Running team in a straight line, catchers in a circle.
(As diagram).

Batters:

- 1 In turn, runners run to the batting line (crease) and back, as in a relay.

Rules:

- 1 When all the batters have run once, the catchers stop. Record the catchers' score.
- 2 Teams change over.
- 3 The team with the most catches wins.

Catchers:

- 1 Throw the ball to each player clockwise around the circle.
- 2 Each clean catch counts as one point.

Teaching Points

Catchers: · Hands together, catch in two hands.

Runners: · Run fast in a straight line.

· Reach out and touch the bat down over the line at each end.

Catchphrase

Stay low, catch then throw!

63

Skill

Run Out

Time

15 mins

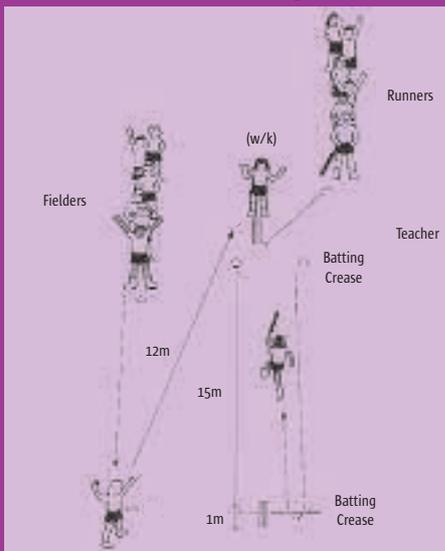
Aim

To improve throwing and running between the wickets

Equipment

2 bats, 1 tennis/soft ball, 2 sets of stumps/skittles, 7 cones (or 3 if already existing creases)

Organisation



Instructions

- 1 Split into 2 teams, decide which team bats.
- 2 One of fielding team acts as wicketkeeper (w/k).
- 3 When teacher calls 'Yes':
 - 1st batter runs to the other batting line (crease) and back.
 - 1st fielder runs to the stationary ball and throws for the w/k to catch and then touch against the stumps.
- 4 One point is awarded to the fielding team for every run out.

Teaching Points

- Batters:** · Use the bat as an extension of your arm. Stretch it out to touch over the line at each end.
- Fielders:** · Turn and balance before throwing.
- Point non throwing arm at the target and throw the ball without bouncing to the wicketkeeper.



Link Cards

9 29 31

- 5 Replace ball to repeat with next member of each team.
- 6 Teams change when each member has had a turn.
- 7 The fielding team with the most run outs wins.

Catchphrase

When it's your go, do a flat hard throw!

Skill

Bowl Out

Time

15 mins

Aim

To practice basic bowling skills in a continuous game

Equipment

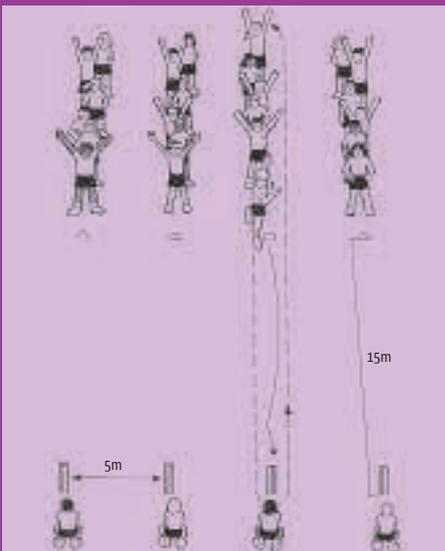
Each group has a tennis/soft ball (foam indoors), set of stumps/chair and a cone



Link Cards

33 45

Organisation



Instructions

- 1 Split into groups, between 4-6 is ideal.
- 2 Team members bowl in turn at the stumps and then join the back of the team to await their next turn.
- 3 One member of each team acts as a wicketkeeper (w/k) and returns the ball to the next bowler.
- 4 After each member has bowled the front person swaps with the w/k.
- 5 Five points are scored each time the wicket is hit. The ball must only bounce once.
- 6 Highest team score after 3 minutes win.

Catchphrase

Watch the wicket and you are likely to hit it!

65

Teaching Points

- Bowl from standing still.
- Aim with your front arm.
- Focus on your target.
- Release with a straight bowling arm.
- Take a step forwards after release. (Follow through).

Ideas for progression

Using the same lesson format:

- (i) Decrease difficulty by allowing underarm bowling. See page 43.
- (ii) Where space permits, allow overarm bowling with a run up. See page 47.

Using either underarm or overarm only:

- (i) Chalk or use cones to mark a target 5m long x 2m wide in front of the wicket. One bounce in the target = 5 points, hit the wicket = 5 points. Maximum per bowl = 10 points. First team to 40 points, wins.
- (ii) Set a longer time limit (i.e. 5 minutes).
- (iii) A ball each if available.
- (iv) Decrease the size of the above target.

Time

15 mins

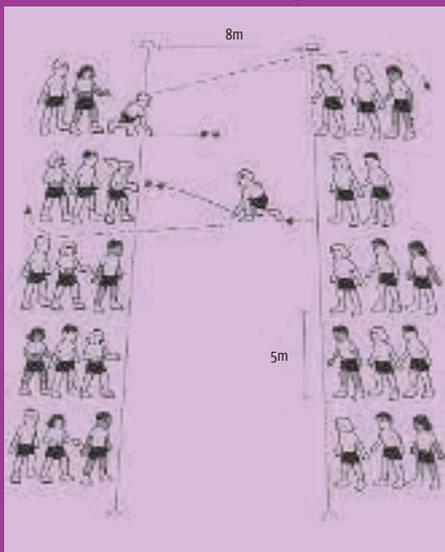
Aim

To practice fielding skills in a race

Equipment

1 tennis/soft ball per group. 4 cones/
existing lines

Organisation



Link Cards

11 27

Instructions

- 1 This example uses picking up one handed and throwing (page 27), for other skills see ideas for progression.
- 2 Divide into groups of 6.
- 3 Half of the group on the serving line, other 3 opposite on the fielding line.
- 4 First person on the serving line very gently rolls the ball out and runs to join the back of the fielding group.
- 5 First person on the fielding line runs out, picks up and underarms the ball for the next server to catch and then continues to the back of the serving group.
- 6 Repeat until every person is back to their original position.

Teaching Points

Serving: · Roll the ball out gently.

Fielding: · Underarm the ball at waist height.

Ideas for progression

Using the same lesson format practice these fielding skills:

- (i) Running towards the ball – picking it up with two hands and throwing overarm.

Serving and fielding line = 15m apart.

Server rolls the ball out a little bit harder.

Fielder runs towards the ball and uses the techniques on pages 15 & 29.

- (ii) Stopping the ball with two hands and throwing overarm.

Serving and fielding line = 15-20m apart.

Server rolls the ball much harder.

Fielder waits for it to arrive and uses the techniques on pages 25 & 29.