

CONTINUOUS CRICKET

TIME 30 mins

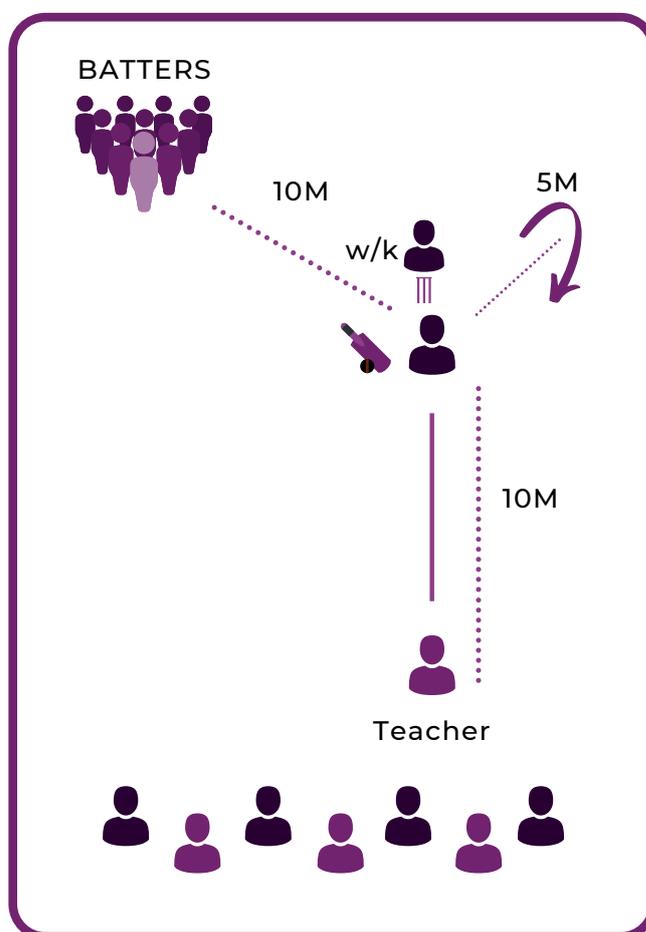
AIM To improve basic striking, fielding and decision making skills

EQUIPMENT 2 bats, 1 tennis/soft ball (foam indoors), 2 sets of stumps/chairs (together) and 2 cones

INSTRUCTIONS

- 1) Split into 2 teams, decide which team bats
- 2) Batting team line up as in diagram
- 3) Fielding team spread out in front of the stumps, minimum 10m away for safety
- 4) One fielder acts as a wicketkeeper (see w/k)
- 5) Teacher serves ball one bounce underarm at the stumps. Batter attempts to hit it
- 6) Whether they hit it or not, the batter has to run
- 7) Batter scores one run each time they travel round the cone and back. More than one run at a time can be scored
- 8) Fielders return the ball every time to the teacher who continuously serves
- 9) Each batter keeps going until they are bowled, caught or hit wicket
- 10) Highest team score wins

ORGANISATION



CATCHPHRASE

"If you are slow, you will miss your go!"

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TEACHING POINTS

Batters

- Do not stand so close that you hit your own stumps
- Stand side on and watch the ball

Fielders

- Be ready every ball
- Aim your throw straight to the teacher as quickly as possible
- Catch in two hands

IDEAS FOR PROGRESSION

- Fielders change positions by moving one place clockwise each time a batter is out. Only one w/k at a time and all other fielders should be a minimum 10m away for safety

- Fielders take it in turn to serve the ball

Inside

- Batters can be caught off the walls and the ceiling

Outside

- Introduce a harder ball where safe and appropriate (not a cricket ball)
- Have a boundary line (approx 40m from stumps), if the ball crosses having bounced first = 4 runs, without bouncing = 6 runs

- Two innings per team

- Set a time limit, (i.e 10 mins per batting team). Batters continuously rotate whether they are out or not out