

★ ACTIVITY / RAPID FIRE

FOCUS:

BATTING, FIELDING, GAME SENSE

DURATION: 20 MINUTES MAX.

EQUIPMENT:

1 BAT, 2 RUBBER BALLS, 4 SCORCHER BALLS, 2 ROPES, 6 CONES



DESCRIPTION:

- ▶ Two teams. One team is batting and one team is fielding.
- ▶ One rope is placed in the field for the bowler's crease line and the safety line where fielders must be behind when a participant is batting. The second rope is out in the field. For each ball that is hit past this rope the batting team get a bonus 4 runs like a boundary in cricket.
- ▶ The coach rolls or underarm throws 6 balls in total (one after the other) to the batter. Four scorcher balls are used in the game.
- ▶ The batter attempts to hit the balls out in the field. The fielders cannot move until all the balls have been delivered. Once this has occurred, the batter then makes as many runs as possible for their team between the stumps.
- ▶ The fielding team cannot cross the designated safety line until all balls have been hit.
- ▶ The fielders need to get all the balls (hit and missed) and return them to the bucket at the feet of the bowler. The fielding team shouts 'HOWZAT' once all the balls have been returned. The batter then stops running, and the team total score count stops, until the next batter comes in.
- ▶ Once all batters have had their turn, the two teams swap over.

MAKE IT EASIER:



- ▶ Have batters hit stationary balls
- ▶ With stationary balls you could have multiple batters hitting at once so as to minimize the number of batters waiting to have their turn.

MAKE IT HARDER:



- ▶ Increase the pitch length
- ▶ Make the bowling more difficult e.g. spin the ball

