

## ★ ACTIVITY / RAPID FIRE BOWLING

### FOCUS:

BOWLING, RUN UP, WICKET KEEPING

### EQUIPMENT:

1 ROPE, BALL, CONE, SET OF STUMPS PER PAIR



### DESCRIPTION:

- ▶ Split participants into pairs

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- ▶ Set of stumps per pair are set out in a straight line 3m apart.

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- ▶ The bowling crease is marked out by cones, 12-14 yards opposite each set of stumps.

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- ▶ One rope is laid out 4 yards from the stumps (this is the target area for the bowlers).

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- ▶ Bowler moves with momentum (walk or run up) & bowls the ball before the crease line.

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- ▶ The bowler aims to land it between the rope and stumps.

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- ▶ Once the bowler has bowled six balls, the bowler becomes the wicket keeper, the wicket keeper runs up to the cone and becomes the new bowler.

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- ▶ Add in a competition - Which group can land the ball over the rope ten times first? Call out 'howzat' when you're finished.

### MAKE IT EASIER:



- ▶ Decrease the length of the pitch

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- ▶ Move the rope closer to the bowler

### MAKE IT HARDER:



- ▶ Make the target the stumps

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- ▶ Increase the length of the pitch

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- ▶ Add in batters to make it more game related

