

★ ACTIVITY / SIX RUN DERBY

FOCUS:

BATTING, STRIKING, HITTING SIXES

EQUIPMENT:

1 BAT, 3 BALLS PER GROUP



DESCRIPTION:

Being able to hit the ball to and over the boundary is a marketable skill in today's cricket environment. We want to encourage the ability to hit long from an early age. Obviously, this activity requires a large or controlled space for safety's sake.

- ▶ Pair up the participants, or have children work with their parents
- ▶ From an appropriate distance bowlers deliver either a rolled, bounced or full-toss delivery to the batsman.
- ▶ The batsman attempts to hit the ball as hard and long as they can in a pre-determined direction.
- ▶ Batsman should challenge themselves to hit further each time.
- ▶ Each pair has turns at being the batsman or the bowler, swapping roles every 3 deliveries.

MAKE IT EASIER:



- ▶ Use a scorchers ball
- ▶ Have batters start by hitting a rolling ball.

MAKE IT HARDER:



- ▶ Increase the size of the playing area.
- ▶ Make target 'gates' using cones.
- ▶ A batter is out if they don't clear the target zone on the full.

