

★ ACTIVITY / YES, NO, WAIT

FOCUS:

RUNNING BETWEEN THE WICKETS, LISTENING, DECISION MAKING

EQUIPMENT:

2 ROPES, BATS AND WICKETS



DESCRIPTION:

- ▶ 2 ropes act as crease lines to further represent a large cricket pitch.
- ▶ Participants line up on one side facing the opposite line
- ▶ The deliverer calls out one of the three commands: -
- ▶ YES: the participants run all the way through to the opposite crease line;
- ▶ NO: The participants STOP where they are.
- ▶ WAIT: The participants move out until YES or NO is called.
- ▶ Once they reach the other side they score 1 run.
- ▶ If they break the commands or fail to respond quickly enough they are RUN OUT and go back to the line they started at.
- ▶ Each participant makes a choice if they would like to run with a bat, single stump or nothing at all.

MAKE IT EASIER:



- ▶ Make the playing area smaller
- ▶ Less game related – Participants take part in different locomotion movements e.g. skipping, hopping on one leg, backwards walking etc.

MAKE IT HARDER:



- ▶ Increase the size of the playing area
- ▶ Speed the game up
- ▶ Participants go in pairs. Create game like scenarios and get the participants to think by adding in fielders. Coach hits a ball out in field. Fielders throw the ball into the stumps and are try to run out the participants.

