

Basic Fielding - Lesson Plan 1

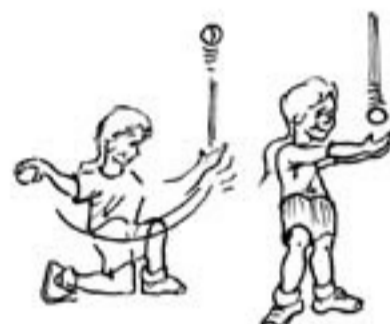
BALL HANDLING ACTIVITIES



Throw, clap & catch



Flick & catch in front



Kneel, throw, stand & catch

GAME APPLICATION

LINE UP



AIM

Each batter in turn to score as many runs as possible.

To start: Number each player in batting order.

- Place the ball on the tee.
- Position the 2 markers at each side of the wicket forward of the batter (near batter = easy, further away more difficult).

The game: Each batter in turn aims to hit the ball between the foul markers and then run between the running markers.

- A fielder collects the ball.
- All others run and line up behind the fielder.
- The ball is passed back until the last player in
- The last person then runs to touch the stumps at the bowler's end with the ball to stop the batter running.
- Repeat for each batter in turn.
- Batter with the most runs wins.

