

Beyond Basic Fielding - Lesson Plan 1

GROUND FIELDING

- Stay front on the ball.
- Bend knees & move into a low position.
- Extend arms out in front to pick up ball.
- Draw ball back through hip.
- Swing arm through, release the ball and allow hand to continue through toward the target.

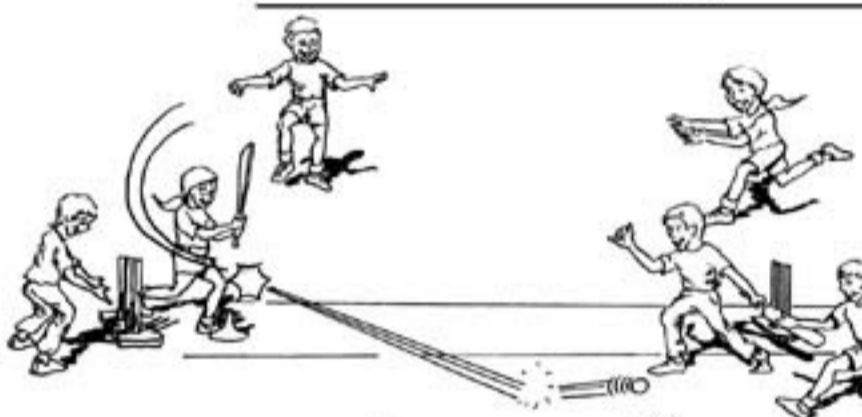


GAME APPLICATION

TEE PAIRS CRICKET

AIM

Batters in pairs to hit a ball off a tee to score as many runs as possible



To start: Set up stumps 13 – 16m apart.

- Place 2 batting tees with a ball on each either side of pitch just forward of batter.
- Organise players into pairs & number each pair.
- Maximum 10 per group (8 playing the game, 2 being coached to the side – rotate through the game).



Game

Each pair bats in turn for 12 balls (ie. 6 balls in a row with partner as runner)

- Those not batting are fielding.
- Players should be positioned as wicketkeeper & bowler to assist with run outs
- Batters can be 'out' Caught or Run Out only.
- IF BATTERS GO OUT THEY DO NOT SCORE FROM THAT ATTEMPT HOWEVER THEY CONTINUE TO BAT.
- When each pair has batted a 2nd innings can begin.
- Highest scoring pair wins.



Assess

- Are fielders confidently getting their bodies behind the ball?
- Are fielders watching the ball from the time it is hit until it is fielded?
- Are fielders underarming the ball accurately?
- Are the fielders positioned appropriately?
- Are the batters hitting the ball into the gaps?

Modify

- **Game:** By designating field positioning. Rotate fielders to ensure they all have a chance to field balls.
- **Skills:** It is encouraged to have 2 players in turn practicing fielding and underarm throwing with the helper coach and then rotated through the game.

Encourage

- Highlight fielding efforts.