

Beyond Basic Fielding - Lesson Plan 3

THROWING & CATCHING

■ Throwing

- Body side on to target
- Step toward target
- Throwing hand moves back & up fingers on top of ball
- Non throwing hand points toward the target
- Throw the ball keeping the elbow high
- Throwing arm follows through across the body

■ Catching

- Move into position quickly
- Keep head still, eyes on ball
- Fingers point down, up or to side
- Giving with the ball

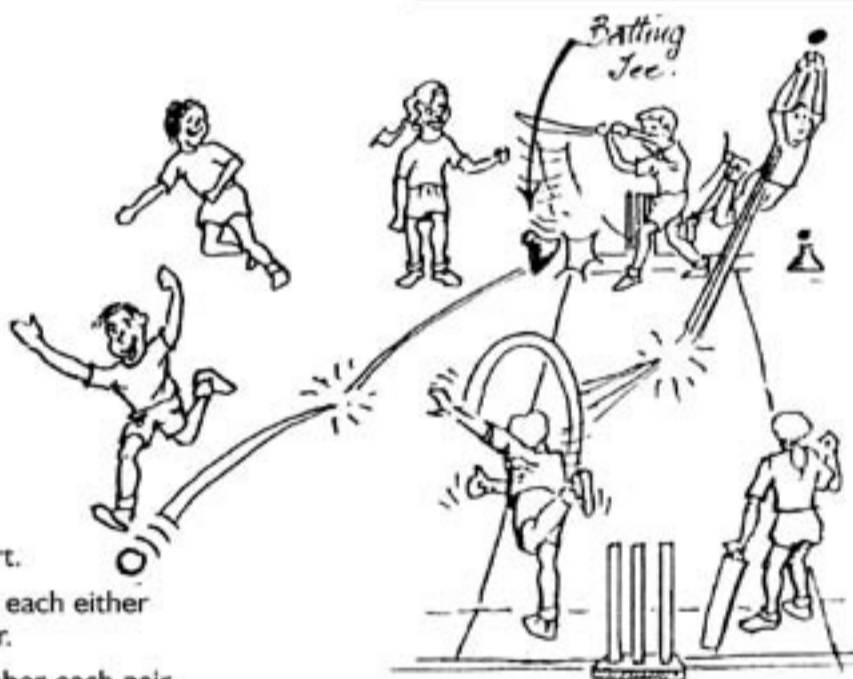


GAME APPLICATION

DOUBLE CHANCE PAIRS CRICKET

AIM

Batters in pairs to hit either a ball bowled or 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 for 2 overs (12 balls) & bowls for 2 overs (6 balls each partner). Bowling can be underarm if required.
- When partner is bowling, other partner wicketkeeps.
- If 'bowled' ball is missed (& doesn't hit the stumps) or can't be reached, batter hits ball from a tee of their choice.
- Only the hit ball is in play.
- Batters can be 'out' Bowled, Caught or Run Out only.
- IF BATTERS GO OUT THEY SWAP ENDS & CONTINUE TO BAT.
- If pairs are not batting or bowling they are fielding.
- EVERYONE BATS, BOWLS, FIELDS & WICKETKEEPS.



Assess

- Are the fielders ground fielding, catching and throwing with the correct technique?
- Are the batters calling and communicating to each other?

Modify

- **Game:** Match evenly skilled players to bat/bowl to each other.
- **Skills:** It is encouraged to have 2 players in turn practicing with the helper coach and then rotated through the game.
- Place 1-2 fielders in slips to create more gaps.

Encourage

- Encourage good sportsmanship (e.g. clapping when good efforts are made, shaking hands, accepting the umpires decision etc).