



Striking: Quick Cricket Strike

Equipment:

Cricket stumps and bat, tennis ball.

Set-up:

Place the cricket stumps at the back of the hitting bay. The student will be standing in front of the stumps. The tennis ball will begin at the entrance to the hitting bay. Coach will demonstrate a ground stroke to students.

Description:

The student is trying to protect the stumps behind them by batting away the incoming balls using a ground stroke. This activity develops timing, hand-eye coordination, and weight transfer.

Instructions:

The activity begins with one student batting, the coach pitching, and all of the others in the group fielding balls. The coach will pitch low bouncing balls in to the batter who will fend them away from the stumps by playing a ground stroke. The batter is trying to stop 10 consecutive balls from hitting the stumps.

Scoring:

Student that is most successful at defending the stumps scores a 3, second most successful scores a 4, and any others in the group score a 5.