

# Rounders – Batting

## Keywords

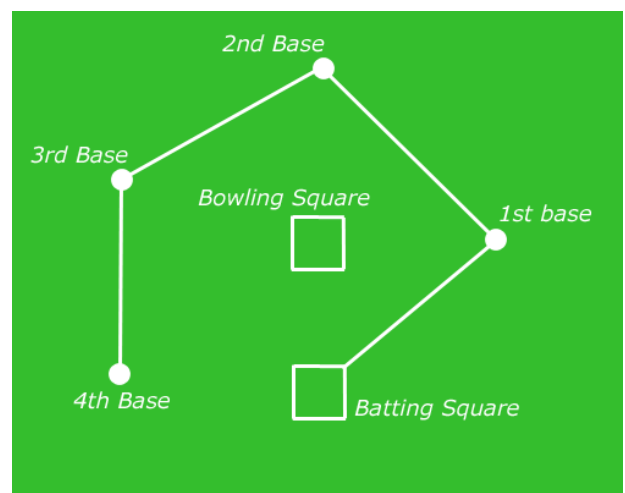
Pitch	Posts
Balance	Obstruction
Control	Balance
Bases	Strike
Fielder	Bowl
Coordination	No Ball

Can you think of anymore?



- 1) STAND SIDEWAY ON
- 2) NON STANDING FOOT FORWARD
- 3) BAT UP – HEAD HEIGHT
- 4) FOLLOW THROUGH ON CONTACT
- 5) MAKE SURE YOU RUN AROUND GATE – NOT THROUGH!

Making and Applying Decisions	Can you select the correct throw?
	What is effective throw?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you hit the space?
	What area of field do you aim at?
	Can you control game?
Accurate Replication	Can you copy the each shot?
	Can you perform barriers?
	Can you bowl ball?
	Is your batting stance correct?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game



## Can you set up a Rounders pitch?

In groups of 5 can you replicate the pitch above and practice batting, bowling and fielding? Bowl each player 5 balls each.

# Cricket/Rounders – Throwing

## Keywords

Pitch	Posts
Balance	Obstruction
Control	Balance
Bases	Strike
Fielder	Bowl
Coordination	Cushion

Can you think of anymore?



### Throwing Coaching Points

- Stand sideways to the target. The throwing arm is taken back behind the head.
- Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder.
- Release the ball with both feet on the ground and the chest facing the target.
- Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.



Making and Applying Decisions	Can you select the correct throw?
	What is effective throw?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you hit the space?
	What area of field do you aim at?
	Can you control game?
Accurate Replication	Can you copy the each shot?
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# Cricket – Batting

## Keywords

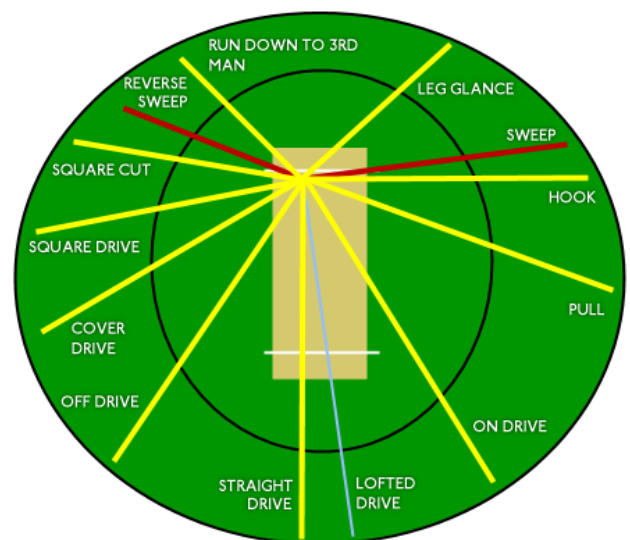
Bowler	Wicket Keeper
Balance	Wickets
Control	Balance
Crease	Bouncer
Fielder	Slips
Coordination	No Ball

Can you think of anymore?



- 1) STAND SIDWAY ON
- 2) HAND NEAREST TO BOWLER IS AT THE TOP OF THE BAT
- 3) BAT FLAT AND FACING THE BOWLER
- 4) STEP INTO SHOT
- 5) FOLLOW THROUGH ON CONTACT

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	What is effective throw?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents' weakness?
	Can you hit the space?
	What area of field do you aim at?
	Can you control game?
Accurate Replication	Can you copy the each shot?
	Can you perform barriers?
	Can you bowl ball?
	Is your batting stance correct?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
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Can you direct the ball to area of the field? Where are the teams fielders positioned?

# Cricket/Rounders – Fielding

## Keywords

Pitch	Posts
Balance	Obstruction
Control	Balance
Bases	Strike
Fielder	Bowl
Coordination	No Ball

Can you think of anymore?



High Catch

- Cup Hands
- Keep eye on Ball
- Cushion ball on impact



Body Catch

- Cup Hands
- Aim to catch with base of fingers
- Bring ball into body.



Long Barrier

- Body behind the ball
- Hands low to the ground to 'safely' pick up the ball

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	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you hit the space?
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	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game