

Intro activity Quiz questions and/or warm up activity. 5–10mins maximum.

Quiz questions

1. Who was the Australian men's captain before Ricky Ponting? Steve Waugh
2. What colour cricket ball is used in Twenty20™ cricket? White
3. Who is the youngest player currently in the Australian men's test team? As current
4. Add other questions referring to current affairs in cricket.

WARM UP ACTIVITY

Target Bowling

Equipment

- Balls
- Stumps
- Markers

Activity

- Bowling at stumps from the marker approximately 6m apart.
- Other group members are the Wicket Keepers.
- 1 point for hitting the stumps.
- 10 points for knocking the stumps over.
- 100 points for a 'hat-trick'.
- 3 turns each then swap.

(Variation: Increase/decrease the activity as a relay. Remove stumps as they are hit).



Game On

The Game

- Each game is played between two teams with a minimum of eight players. Substitutes may be used in any combination providing that no more than eight individuals bat and eight individuals bowl or field at one time
- A coin toss is used to decide which team bats first in each game

Equipment

- Wooden or plastic bats
- Soft balls should be used
- Batters can wear pads or gloves, but it is not a necessity
- Plastic Stumps

BATTING

- Each pair will bat together for 2 overs.
- Pairs remain batting irrespective of the number of times they are dismissed, until they have batted for 2 overs.
- Batters swap ends at the conclusion of each over
- Players can be 'Out' in the following ways: Bowled, Caught, Run Out, Stumped or Hit Wicket.
- There is no Leg Before Wicket (LBW).
- The only penalty for being 'Out' is that players swap ends (this does not apply for a run out) and the bowling team receives 5 bonus runs.
- The next batting pair must be ready to bat immediately following the previous pair's innings.
- An assistant or parent should be nominated to sit with the batting team, encouraging the players to cheer the Batters.

BOWLING

- 8 players must bowl and wicket keep for 1 over each (there is no designated Wicket Keeper).
- All overs are bowled from the same end. At the end of each over the Batters swap ends.
- There is a maximum 6 deliveries in 1 over.

WIDES AND NO BALLS

- A ball that bounces over shoulder height shall be deemed a 'No Ball'. Any full toss above waist height shall also be deemed a 'No Ball'.
- 2 plastic cones shall be placed at 90 degrees, 120cm from the middle stump at the Batter's end. Any ball that passes outside this area shall be deemed a 'Wide'.
- Two runs are awarded to the batting team for every 'Wide' or 'No Ball' bowled by the bowling team.
- Any delivery that bounces more than once or rolls along the ground shall be deemed a fair delivery.

FIELDING

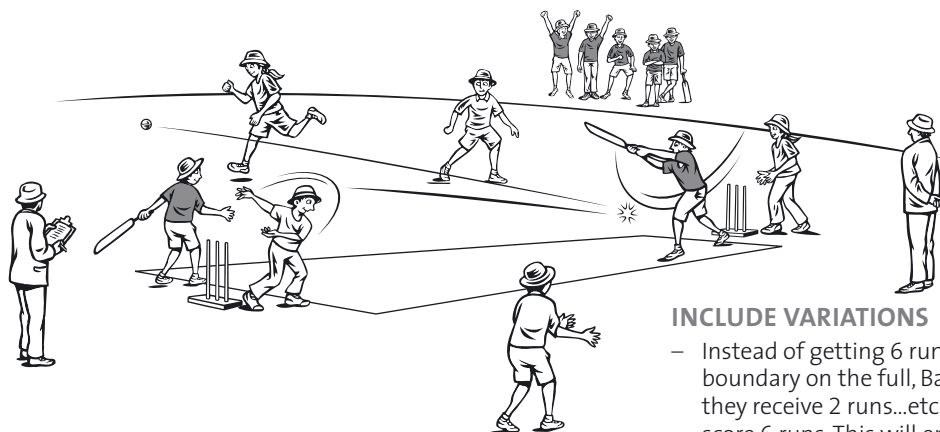
- At the moment of delivery, no player may field closer than 10 metres from the bat (except for the Wicket Keeper or Slips Fielders).

SCORING

- All runs and extras are scored according to the rules of cricket.
- Every wicket taken by the bowling side results in the bowling side receiving five bonus runs to their score.
- Scoring sheets are available on the CD-Rom.

UMPIRING

- Two umpires, one or both can score.
- Each umpire should encourage the players to play within the spirit of the game.



INCLUDE VARIATIONS

- Instead of getting 6 runs when the ball goes over the boundary on the full, Batters receive 1 run, for hitting a 4 they receive 2 runs...etc...for scoring a single they actually score 6 runs. This will encourage kids to look for the singles.
- The fielding team gets 2 runs added to their batting score for every diving save they do in the field.

Wrap Up-5mins maximum

- Remind them of the key elements from the session. eg. Batting – watch the ball, grip stance, Bowling – straight arm, follow through, Throwing – point your front arm at the target, follow through etc.
- Thank the volunteers and parents.
- Congratulate the children on a job well done.