

**Intro activity** Quiz. 5–10mins maximum.

## Quiz questions

1. What is the name of the Australian Women's cricket team? Southern Stars
2. Name 2 fielding positions? Refer to fielding positions diagram
3. What state does Ellyse Perry play for? New South Wales
4. Add other questions that refer to current affairs in cricket.

### MAIN GAME 1

## Run Out Game

### Game focus

- Game focus
- Batting
- Running
- Fielding
- Throwing

### Number of players

- 8–12 players

### Area size

- 35m X 15m

### Duration

- 10 minutes

### Equipment

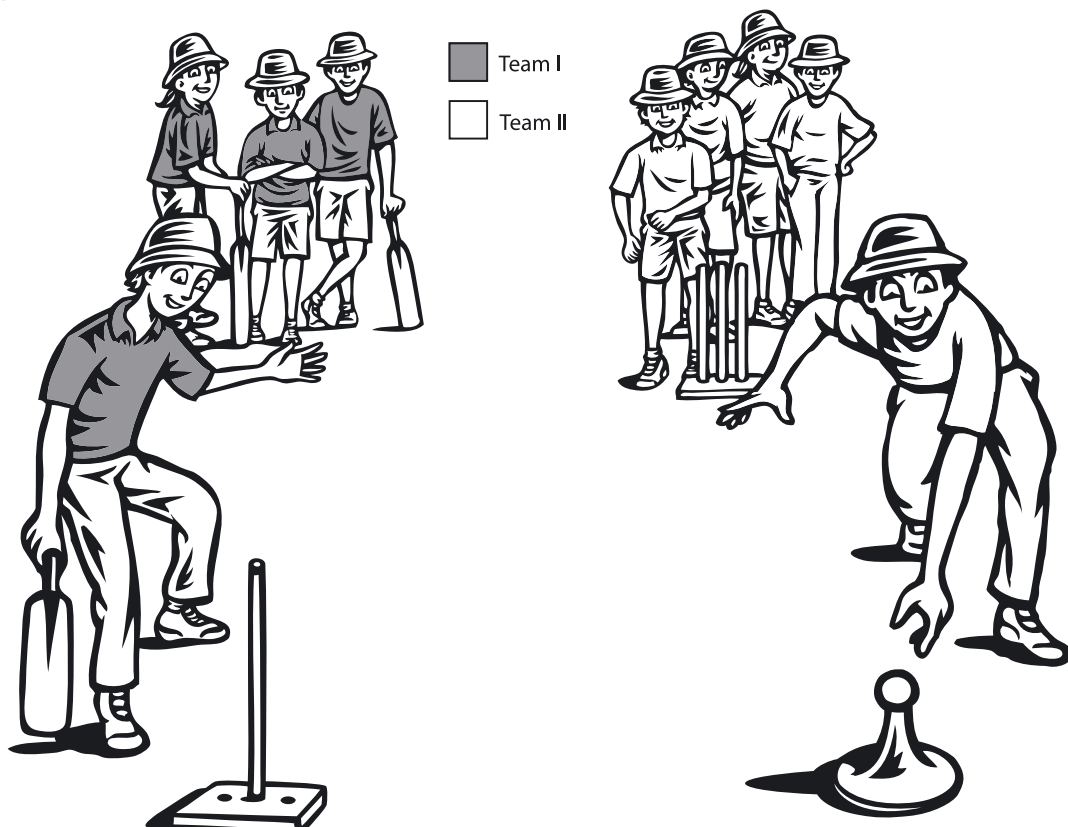
- Two sets of stumps
- Two markers
- One tee
- Two balls
- One bat

### GAME RULES

- Select two teams of 4–6 players, one running and one fielding.
- Set up one set of stumps and a marker 15m apart.
- Parallel, set up another set of stumps and position a tee with a ball on top, 25m away.
- On the coaches call of 'go' the first runner sets off to run two runs and the first fielder runs to collect the ball and return to a receiver at the stumps.
- Running team scores 2 if Batter beats the ball.
- After all players have had a turn, reverse roles.
- Highest score wins.

### Skill and activity modifications

- Restrict/increase running distance for both teams.
- Running team carrying equipment (with/without bat, pads etc).
- Fielding team returns (over the stumps or broader area).



# Double Chance Pairs Cricket

## Game focus

- Batting: Grip, stance, hitting, judgement
- Fielding
- Bowling: Grip, straight arm

## Number of players

- Group activity

## Area size

- Optional

## Duration

- 25 minutes

## Equipment

- Two batting tees
- Two bats
- Three balls
- Two sets of stumps

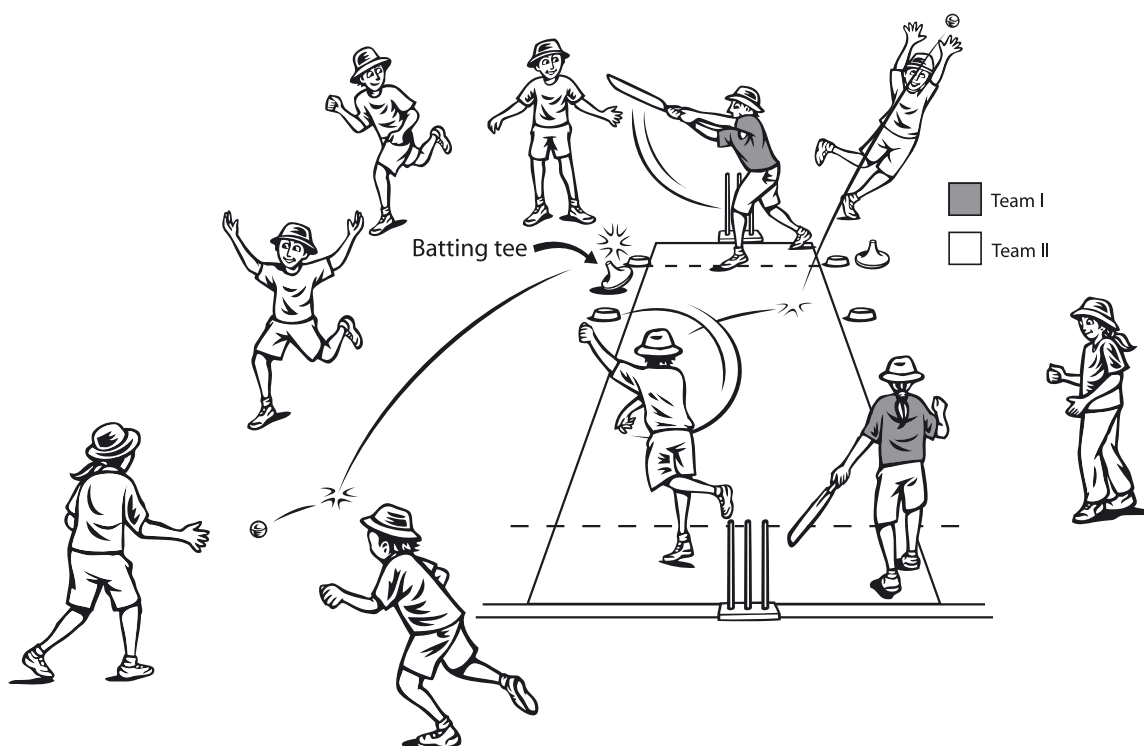
## GAME RULES

- Set up stumps 13–16m apart.
- Place 2 batting tees with a ball on either side of the pitch just forward of Batter.
- Organise players into pairs and number each pair.
- Maximum 10 per group (2 batting, 8 fielding).

- Each pair bats for 2 overs and bowls for 2 overs). Bowling can be underarm if required.
- When partner is bowling, other partner wicket keeps.
- If the 'bowled' ball is missed, and does not 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 and continue to bat.
- If pairs are not batting or bowling they are fielding.
- Everyone bats, bowls, fields and wicket keeps.

## Skill and activity modifications

- Introduce fielding restrictions (i.e. two slips) to increase the number of gaps.
- Match evenly-skilled players to bat/bowl to each other.
- Use coloured tape to highlight the seam on the ball and encourage players to bowl with the seam spinning upright.
- Implement a double score zone in various places on the field.
- Only allow underarm throwing for all fielders to increase underarm skills.
- Place batting tees on a stump to increase catching opportunities.
- Only allow throwing with non-preferred hand.



## Wrap Up – 5mins maximum

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