

## ★ ACTIVITY / QUICK CRICKET

### FOCUS:

BATTING, RUNNING BETWEEN THE WICKETS, FIELDING, GAME SENSE

### EQUIPMENT:

1 BAT, 1 BALL, 2 SET OF STUMPS  
CONES, 1 ROPE



**DURATION:** 20 MINUTES MAX.

### DESCRIPTION:

- ▶ Split the group into two teams, one is batting and one is fielding

---

- ▶ Bat for set time per team or number of 'outs' per team.

---

- ▶ The ball is bowled to the batter by the coach who hits the ball into the field of play and then runs around one of the markers adjacent to the batting stumps.

---

- ▶ The fielders must return the ball to the bowler who can bowl the ball at any time – whether the batter is ready or not.

---

- ▶ Batters can be out two ways - caught or if the bowler hits the stumps by bowling it (overarm or underarm).

---

- ▶ The umpire may retire a batter after he/she scores a predetermined number of runs.

---

### MAKE IT EASIER:



- ▶ Bowl underarm

---

- ▶ Use a scorcher ball

---

- ▶ Max of 3 hits and rotate batter.

---

### MAKE IT HARDER:



- ▶ Introduce scoring zones

---

- ▶ Increase distance for batters to run

---


