

# Year 3 & 4



Consolidate ABC's and introduce  
fundamental movement skills

## Stage Objectives

Build the base of physical literacy skills.

Master/consolidate fundamental skills.

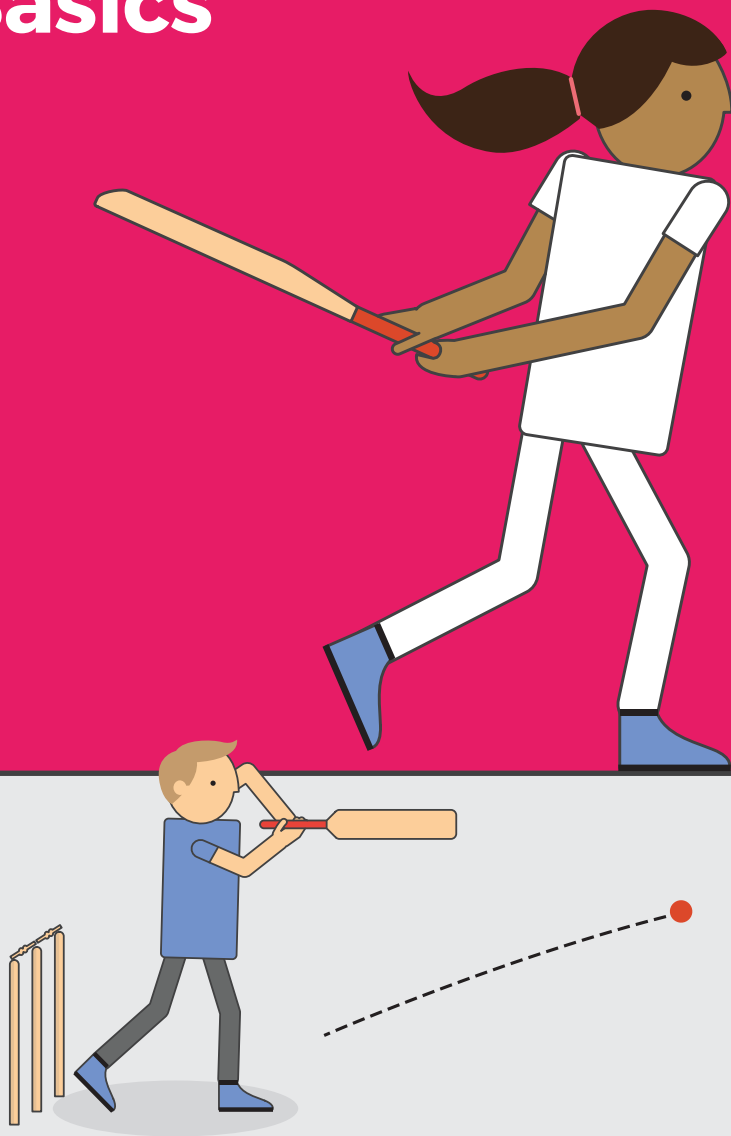
Introduce fundamental sport skills such as batting for direction/distance, throwing and catching.

Use modified games to practice movement skills.



Batting

# Basics



## Batting grip

First the players should, hold their hands together, comfortably, in the middle of the bat handle. Now look down at their hands. They should be making a V-shape with the thumb and forefinger of each hand, with the 'V' pointing to the forward edge of the bat.

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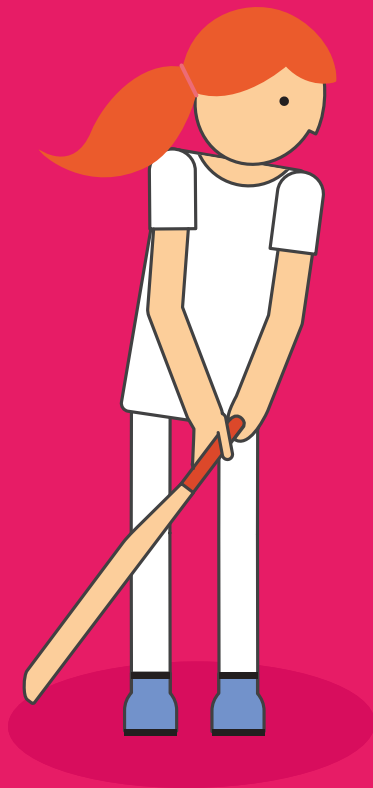
## Stance

This refers to the way in which a batter stands in front of the wickets to receive a bowled ball. When facing a bowler, the batter should always stand side-on, feet should remain shoulder-width apart. Players should have their head upright and eyes level.

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## Backswing

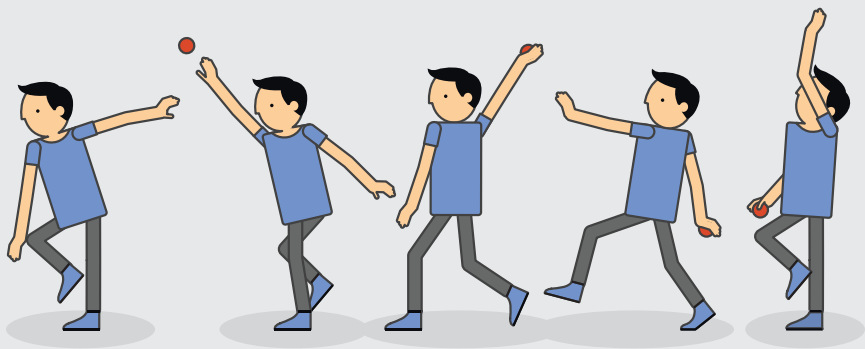
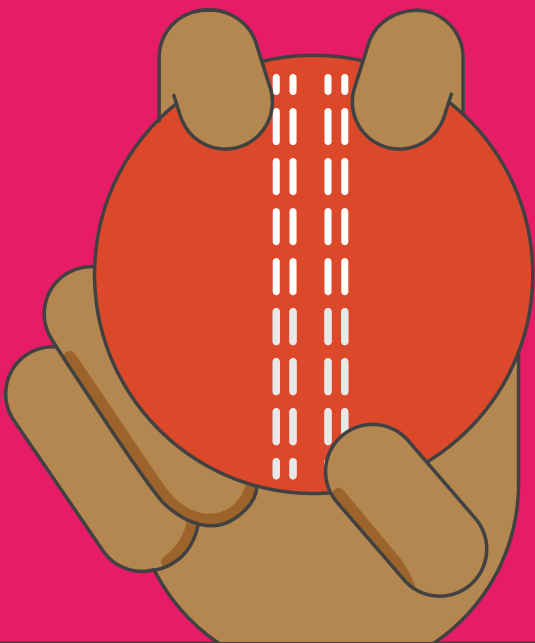
With correct grip and stance in place now progress to the backswing. Head still, eyes level, swing the bat backwards cocking the wrists, at the same time dip the front shoulder and step forward, swinging the bat down straight to hit the ball with the full face of the bat.





Bowling

# Basics



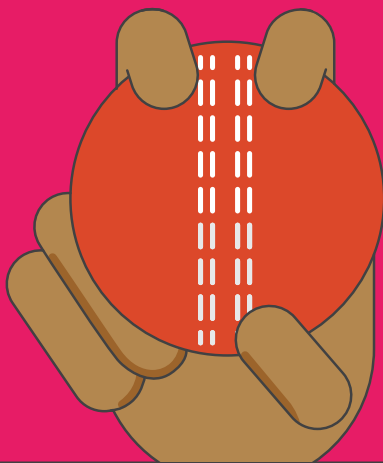
## Bowling grip

Players should grip the ball with their thumb underneath and the first two fingers on top (making 'bunny ears' on either side of the seam). As they bowl the seam will be upright, pointing towards the batter.

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## Action

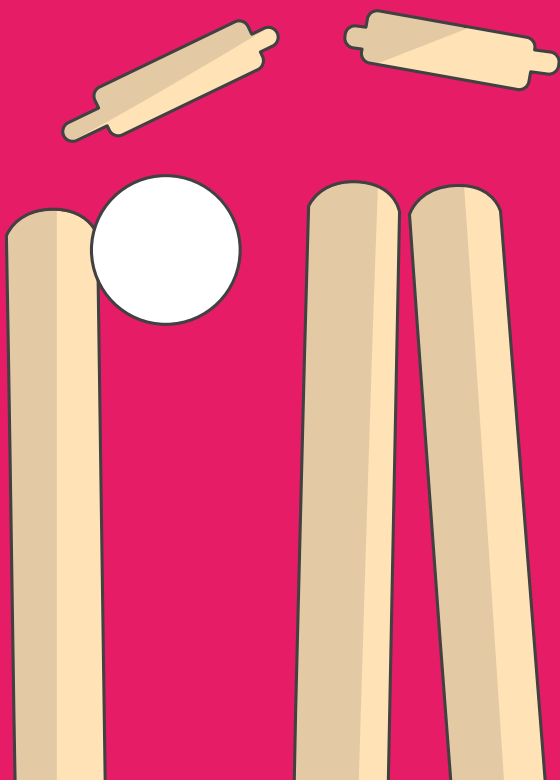
When we say 'action,' we're referring to the way that the ball is delivered to a batter. Bowlers should stand side-on to the target. With the ball held using the bowling grip, their bowling arm should be held straight down towards their back knee. Meanwhile, the other arm should be stretched up to the sky. Once the player is ready to bowl, make a windmill-like motion by bringing the non-bowling arm down, and the bowling arm up and over. Lastly, as they follow through the motion, the bowling arm should end across the front of their body.





Fielding

# Basics



# Fielders must learn to stop the ball and prevent runs

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## Underarm throw

These are short distance throws and are used for speed and accuracy. This means releasing the ball from below shoulder height. The correct way to perform a good underarm throw is by extending throwing arm back with straight arm then stepping forward towards the target with the opposite leg to the throwing arm. Then swing your throwing arm forward and release the ball. Allow the palm of the hand to continue through towards the target.

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## Overarm throw

These are longer throws and are used for power and distance. Players should stand side-on to the target that they are aiming for. The throwing arm moves back and up with the fingers on top of the ball. The non-throwing arm points towards the target, step towards the target throwing the ball keeping the elbow high. Throwing arm follows through across the body and the players should also transfer their body weight into the throw.

## Catching

Players must learn to catch the ball as this is one of the main ways to dismiss a batter. Players should move into position quickly, keeping head still and eyes on the ball, they should then cup their hands together with their little fingers touching. The palms of their hands should be facing the ball, ready to cushion the ball as you catch it.

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## Ground fielding

This refers to collecting the ball when it's on the ground. The best way to collect the ball quickly is to move into a low position with bent knees and gather the ball with two hands.

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## Wicketkeeping

It's important for the wicketkeeper to catch deliveries from the bowler that a batter misses. The wicketkeeper should be waiting on bent knees in a low position, at a comfortable distance behind the wickets to catch the ball. The other very important thing that a wicketkeeper does is they often collect the ball that is thrown by the fielders. When receiving a ball from a fielder like this, wicketkeepers should be standing close to the stumps.







# Equipment



## Balls

Variety of ball types can be used: Tennis balls, sponge balls, soft cricket balls etc.

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## Bats

Plastic or wooden.

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## Cones

Marker cones.

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## Batting tee

You can use batting tees to introduce batting. If batting tees are not available you could use stacked marker cones as an alternative.

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## Wickets (stumps)

You can use plastic or wooden stumps. If these are not available you can use upturned bins, buckets or similar targets.

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## Targets

You can use a range of targets to help develop throwing, bowling and batting accuracy.





# Snowball Tag



5 MINS



CONES, BALLS

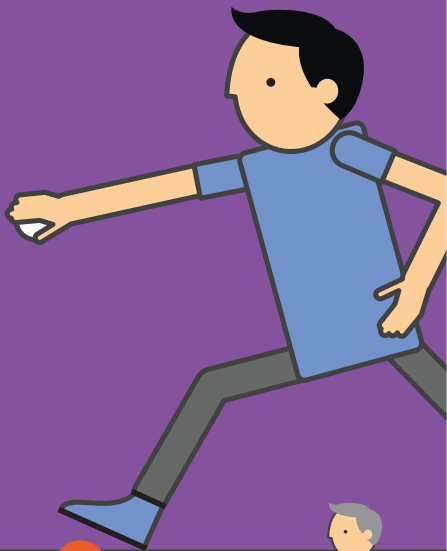


EVERYONE

**AIM: TO AVOID BEING TAGGED.**

## Instructions

- 01** Create a marked off zone which all players need to stand inside.
- 02** The coach gives a ball to one player – this person is now the tagger that everyone must avoid!
- 03** The tagger must run around trying to 'tag' the other players, who cannot run outside the marked zone.
- 04** Once tagged, a player has to collect a ball from the bucket outside the marked zone, and they then become another tagger.
- 05** The last player to be tagged is the winner.



## Progressions

- When a player is tagged and collects their ball, they must bounce-catch it five times before they can become an active tagger.
- Make the area either larger or smaller.

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## Coaching points / Success criteria

- Look for the spaces to move into.
- Work together as a team of taggers.

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## Key questions

- What can you do as a team of taggers?  
*(Work together to isolate a player.)*
- How can you make sure players know they are tagged?  
*(They run with a ball in their hands.)*





# Umpire Tag



5 MINS



CONES



EVERYONE

**AIM: TO LEARN THE CRICKET UMPIRE CALLS.**

## Instructions

- 01** Players spread out in a coned-off area, and one player starts as the tagger.
- 02** When tagged, players must stand on one leg with their arms out wide.
- 03** To be freed, another player must jump up and “high five” the tagged player.
- 04** Add the progressions to the freeing sequence one at a time.
- 05** Players cannot be tagged while they are freeing another player.



## Progressions

- Perform and call the “four” signal.
- Perform and call the “six” signal.
- Perform and call the “leg bye” signal.
- Perform and call the “bye” signal.
- Perform and call the “wide” signal.
- Perform and call the “no ball” signal.
- Call “howzat” and perform the “out” signal.

## Coaching points / Success criteria

- Make sure the players use clear signals.

## Key questions

- When is a good time to free someone else?  
*(When the tagger is not nearby.)*
- How will you communicate your calls clearly?  
*(Showing the signal clearly.)*



6 runs



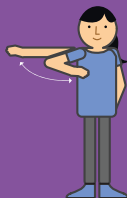
Out



Leg bye



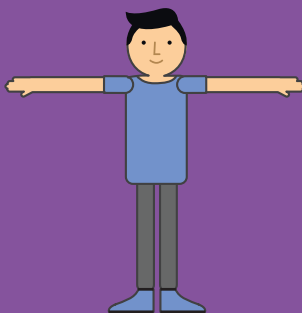
Bye



4 runs



No ball



Wide





# Stuck In The Mud



5 MINS



CONES

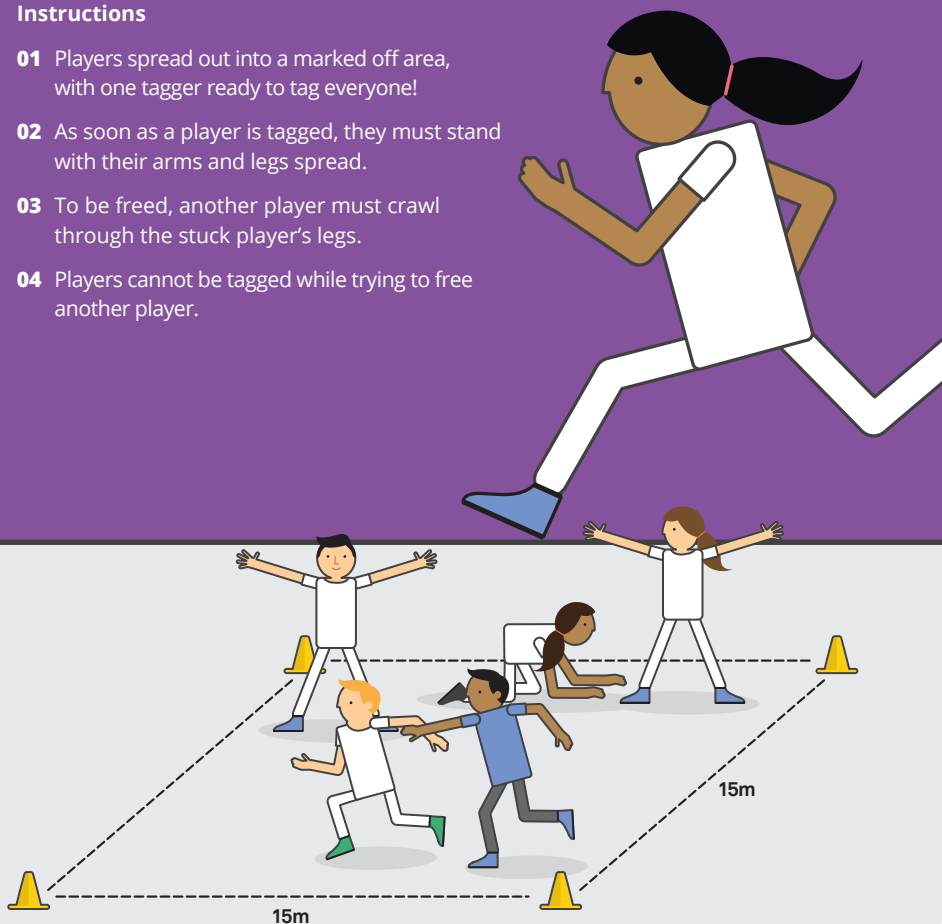


EVERYONE

**AIM: TO AVOID BEING TAGGED.**

## Instructions

- 01** Players spread out into a marked off area, with one tagger ready to tag everyone!
- 02** As soon as a player is tagged, they must stand with their arms and legs spread.
- 03** To be freed, another player must crawl through the stuck player's legs.
- 04** Players cannot be tagged while trying to free another player.



## Progressions

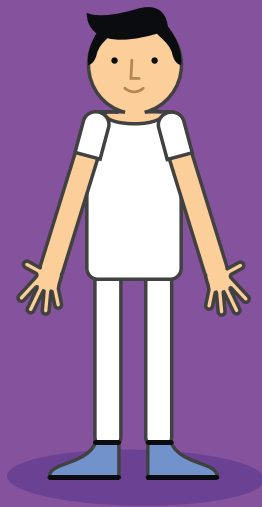
- Get the players to do five star jumps before crawling through to free the stuck player.

## Coaching points / Success criteria

- Players should look for open spaces to move into.
- Wide arms and wide legs.

## Key questions

- When is the best time to free someone else?  
*(When the tagger is not nearby.)*
- Where is the best place to go as a tagger?  
*(Close to players that are stuck.)*







# Empty The Rubbish



5 MINS



CONES, BALLS

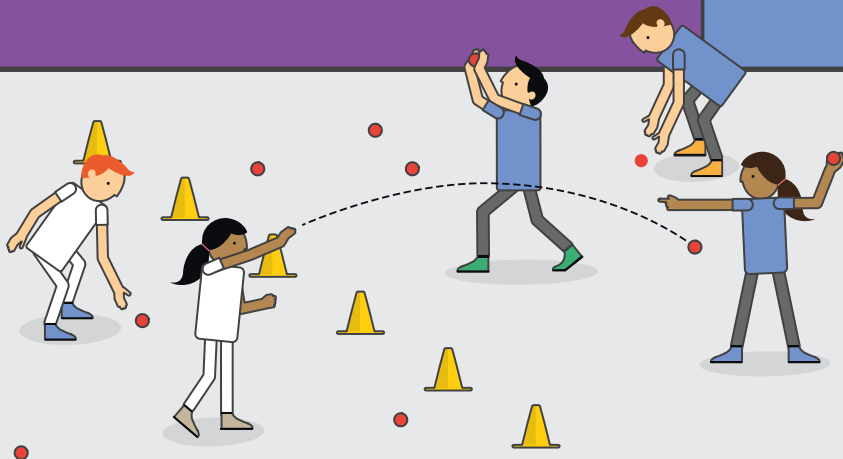
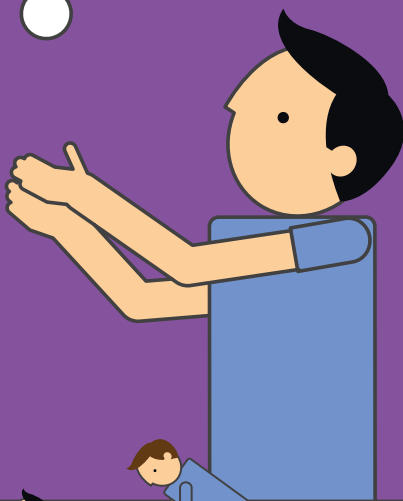


EVERYONE

**AIM: TO HAVE THE LEAST AMOUNT OF RUBBISH (BALLS) ON YOUR SIDE.**

## Instructions

- 01** Create two equal teams facing each other, with a dividing line in-between.
- 02** Divide the rubbish (balls) between the two groups.
- 03** The aim is to throw the rubbish onto the other team's side.
- 04** After a predetermined amount of time, the balls are counted to see who has the least.



## Progressions

- Make the area between the players larger so that the children have to move around more and throw harder.
- Increase or decrease the amount of balls for some extra fun.

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## Coaching points / Success criteria

- Throwing underarm.
- Opposite foot forward when throwing.
- Swing backwards with your arm first, then brush the ball past your thigh and follow through.

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## Key questions

- Why is calling for the ball important?  
*(To avoid collisions and have only one person going for one ball.)*
- What is the best way to stop the ball?  
*(Fielding the ball with hands together.)*





# Hit the Wicket



10-15 MINS



CONES, STUMPS, BALLS

SMALL GROUPS  
(PAIRS)**AIM: TO BE THE FIRST PERSON TO HIT THE STUMPS.**

## Instructions

- 01** Split the group into pairs.
- 02** Set up a set of stumps with three cones in front and three cones behind the stumps.
- 03** One player stands 10 metres in front of the stumps and one player stands 10 metres behind the stumps.
- 04** Using an underarm throw, one player tries to hit one of their three cones. The partner backs up and retrieves the ball and then attempts to hit their cone.
- 05** Once all three of their coloured cones have been hit, they need to try to knock over the stumps.



# Progressions

- Play two vs. two.
- Increase the number of cones.
- Players move further away from the targets.
- Use an overarm throw to hit the stumps.
- Reduce the stumps from three, to two, and then to one.

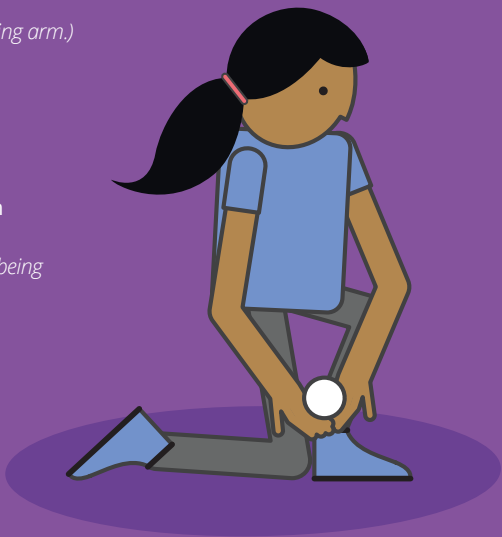
## Coaching points / Success criteria

### Underarm Throw:

- Extend throwing arm back.
- Step towards target with opposite leg to throwing arm.
- Swing throwing arm forward and release the ball.
- Palm of throwing hand continues towards target.

## Key questions

- How can you be more accurate?  
*(Point at the target with your non-throwing arm.)*
- What do you need to do if your ball doesn't go far enough?  
*(Throw harder!)*
- Why is it good to work together?  
*(So you can beat the other team.)*
- What can you do to work better with your partner?  
*(Communicate and take turns with one being the wicketkeeper.)*





# Here, There, Everywhere



10-15 MINS



CONES, BALLS

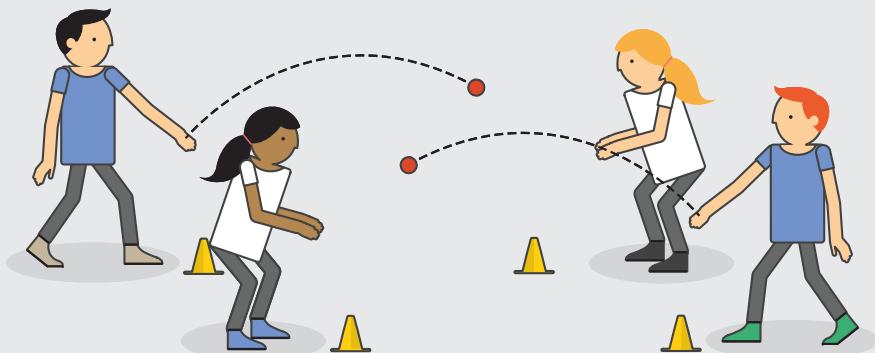


SMALL GROUPS (PAIRS)

**AIM: TO PASS AND CATCH THE BALL CONSISTENTLY WITH A PARTNER.**

## Instructions

- 01** Split the group into pairs.
- 02** Set up pairs of cones 2 metres apart.
- 03** Pairs start at a set of cones with a ball between them.
- 04** Make five passes before moving to an empty set of cones to make another five passes.
- 05** Once they have successfully been to five different sets of cones, the game is over.



## Progressions

- Call out a different number.
- Instruct them to catch down low or up high.
- Catch to the left or catch to the right.
- Catch with the right hand, left hand, or alternate hands.
- Rather than throwing, roll the ball and pick it up cleanly.

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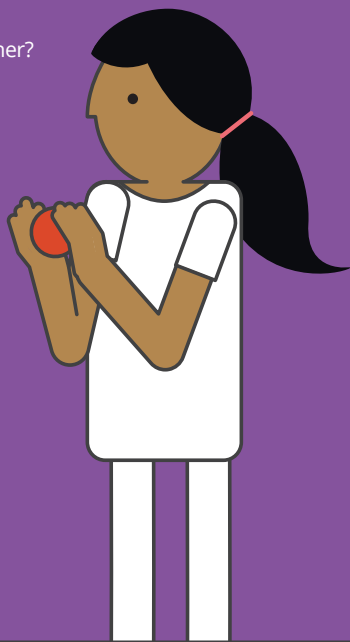
## Coaching points / Success criteria

- Eyes on the ball.
- Cup your hands together with little fingers touching.
- Palms should always face the ball when catching.
- Always cushion the ball into your hands.

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## Key questions

- What is the best way to throw when you are close together?  
*(Throw underarm.)*
- When might you throw underarm in cricket?  
*(When you are close to the stumps.)*
- How do you make sure you and your partner stay together?  
*(Communicate and point to the cone you are moving to.)*





# Field on your Feet



10-15 MINS



CONES, BALLS

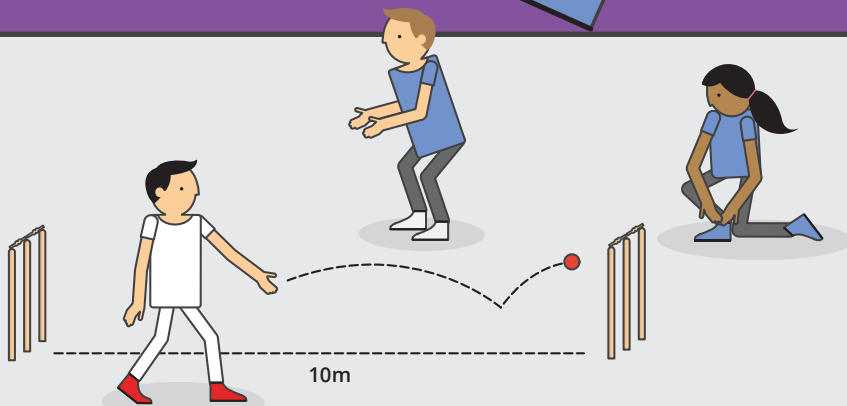


SMALL GROUPS: 2-4

**AIM: TO STOP THE BALL AS QUICKLY AS POSSIBLE.**

## Instructions

- 01** Create two equal teams, ideally four per team (one batter and three fielders).
- 02** Set up two sets of stumps 10 metres apart for the batter to run between.
- 03** The batter throws the ball underarm as far as they can out into the field. While the fielders run to fetch the ball, the batter runs between the stumps.
- 04** As soon as the fielder collects the ball, they must hold it in the air and call "Stop!" That's the signal that the batter should stop running.
- 05** Count how many runs the batter made, before swapping with a fielder.
- 06** The batter with the highest score wins.



## Progressions

- Roll the ball into the field.
- Fielders return the ball to a cone.
- Strike the ball into the field.

## Coaching points / Success criteria

- Low position.
- Bend your knees.
- Gather the ball with two hands.

## Key questions

- Where is the best place to stand in the field?  
*(Away from the other fielders.)*
- Where is the best place to throw the ball?  
*(Into the empty spaces.)*
- Who is the best person to chase the ball?  
*(The person who is closest to where the ball has been thrown/hit.)*
- How can you help your teammates react faster?  
*(By calling and pointing.)*







# Dive Alive



10-15 MINS



CONES, BALLS

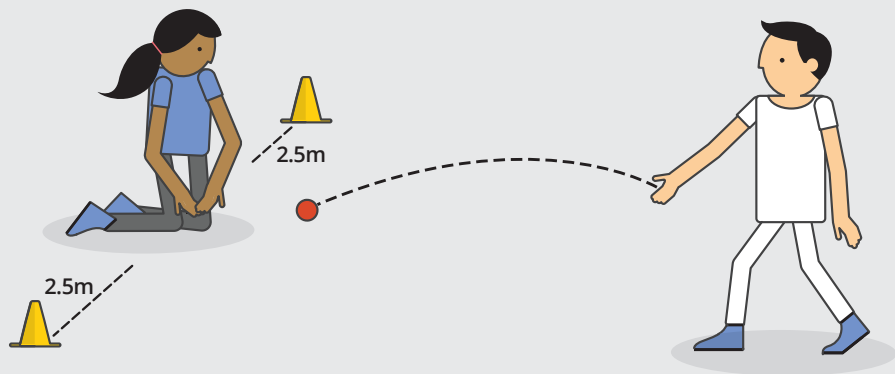
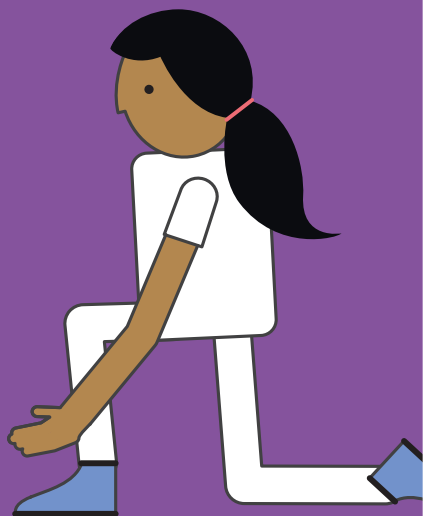


SMALL GROUPS (PAIRS)

**AIM: TO STOP THE BALL BY DIVING.**

## Instructions

- 01** Split the group into pairs.
- 02** One player starts kneeling down between the cones.
- 03** Roll the ball to a cone for the partner to stop.
- 04** Partners swap over after six turns.



## Progressions

- Player moves from knees to crouching.
- Player moves from crouching to standing.
- Place the cones further away.

## Coaching points / Success criteria

- Stay low to the ground.
- Stretch out.
- Always keep your eye on the ball.
- Land on the side of your body.

## Key questions

- Where should you focus your eyes?  
*(On the ball.)*
- What part of the body should you land on?  
*(The larger parts.)*
- What part of the body should you stop the ball with?  
*(With your hands.)*





# Shuttle Run



10-15 MINS



CONES, BATS

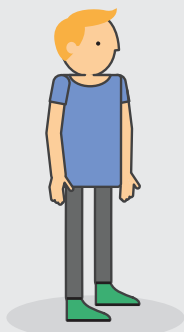
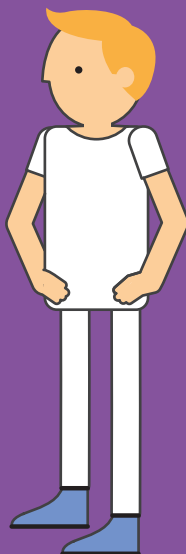


SMALL GROUPS (PAIRS)

**AIM: TO STOP THE BALL BY DIVING.**

## Instructions

- 01** Split the group into pairs.
- 02** Place three to four cones approximately 5 metres apart, per pair.
- 03** Take turns running to the first cone and back, the second cone and back, and the third cone and back.
- 04** Touch each cone with your right hand along the way.
- 05** Continue until you have completed the shuttle.
- 06** Repeat touching each cone with your left hand.
- 07** Compete against the other pairs.



5m



5m



5m



## Progressions

- Alternate hands at each cone.
- Run with a bat.
- Use different movements between the cones like hopping or skipping.

## Coaching points / Success criteria

- Hold the bat with one hand.
- Reach out to touch the cone with the bat.
- Turn quickly.

## Key questions

- Do you have to run past the cone or can you reach out and touch it with your bat?  
*(It's better to reach with your bat because it reduces the distance you need to run.)*





# Through the Channel



10-15 MINS



CONES, BALLS,  
BATS, BATTING TEES

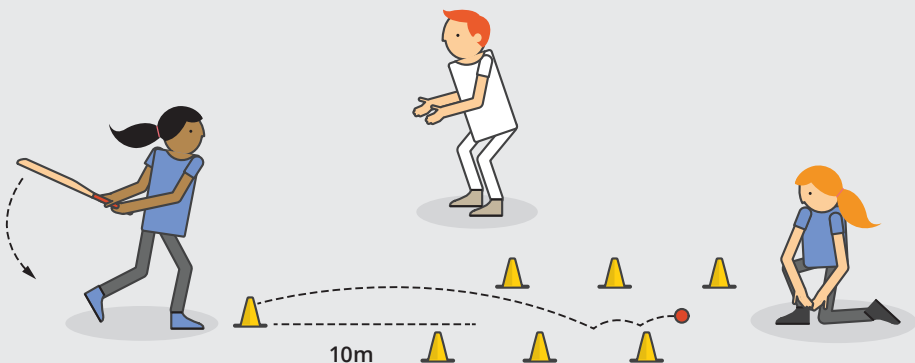
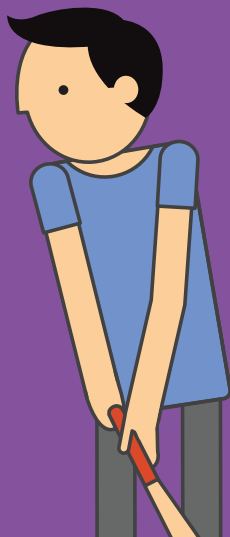


SMALL GROUPS: 2-4

**AIM: TO STRIKE THE BALL STRAIGHT DOWN THE CHANNEL.**

## Instructions

- 01** Create small groups (one batter, one fielder, and one wicketkeeper).
- 02** Mark a channel with two cones and place a batting tee 10 metres away.
- 03** Hit a ball off the batting tee through the channel, straight down to the wicketkeeper. If the ball passes through the cones then it's worth 2 runs.
- 04** The wicketkeeper retrieves the ball and passes it to the fielder, who places it back on the batting tee.
- 05** Players swap roles after six turns.



## Progressions

- Move the batting tee further away, encouraging the batters to strike harder.
- Make the channel narrower so that the batters need to strike more accurately.

## Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Swing the bat down straight hitting the ball with the full face of the bat.

## Key questions

- Where does your bat have to point when you follow through?  
*(Towards the target.)*
- How can you hit the ball past the fielder?  
*(By hitting the ball harder.)*





# Caterpillar Cricket



10-15 MINS

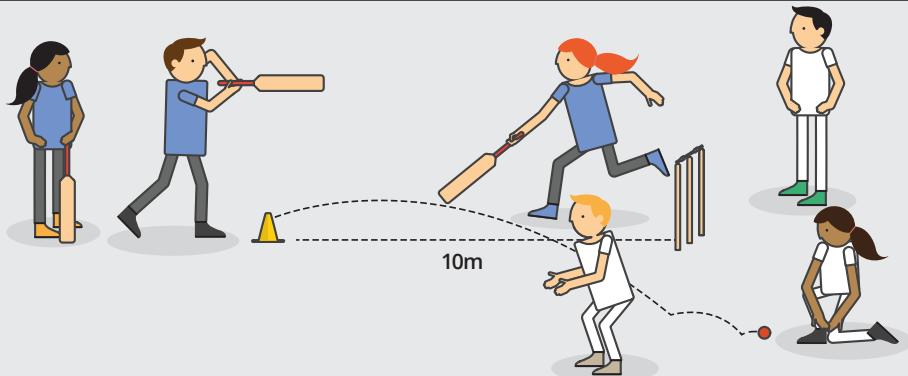
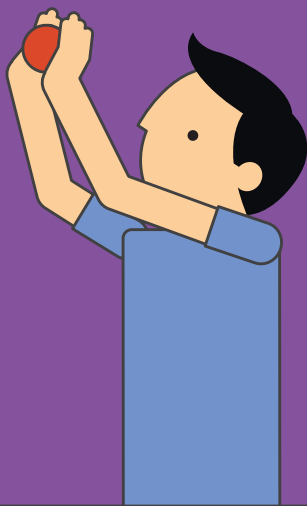
CONES, STUMPS, BALLS,  
BATS, BATTING TEES

SMALL GROUPS: 2-4

**AIM: TO SCORE AS MANY RUNS AS YOU CAN.**

## Instructions

- 01** Create two equal teams (ideally of six to three batters and three fielders), and place the stumps 10 metres away from the batting tee.
- 02** The three batters line up behind the batting tee. When the first batter hits the ball into the field, the whole batting team must run between the batting tee and the stumps as many times as possible.
- 03** The fielders need to work together as a team to collect the ball and pass it between each other before they place the ball back on the batting tee.
- 04** The batting team has to stop running once the ball is back on the batting tee. Each batter has two turns before the teams swap over.
- 05** The winning team is the team with the most runs.



## Progressions

- Increase the distance between the stumps.
- Run as a relay.
- The coach can underarm bowl to the batter.

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## Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Follow through.

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## Key questions

- How can your team get the ball to the batting tee faster?  
*(By throwing it.)*
- Why is it important to communicate in the field?  
*(So that the fielders don't do the same job.)*
- Why is it important to communicate when batting?  
*(To avoid being run out.)*







# Beat The Ball



20 MINS



CONES, BALLS,  
BATS, BATTING TEES

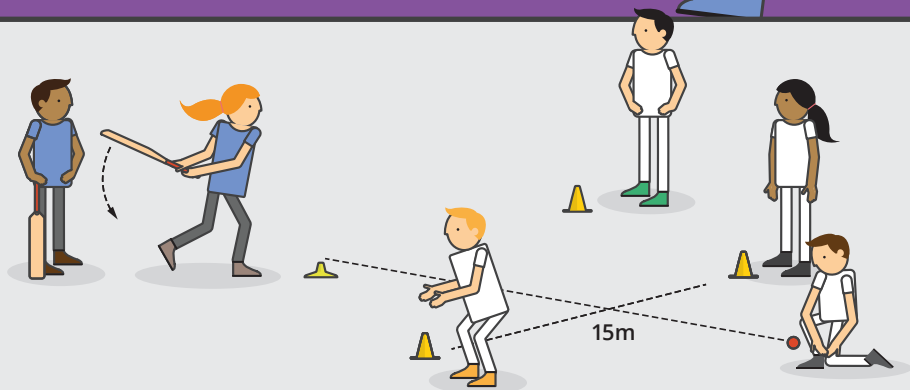


LARGE GROUPS: 6-8

**AIM: TO SCORE AS MANY POINTS AS POSSIBLE.**

## Instructions

- 01** Create equal numbered teams (players bat in pairs while the others field).
- 02** Set up four bases in a diamond shape.
- 03** One batter hits the ball off a batting tee and into the field, and then runs as fast as possible around each of the bases.
- 04** It's up to the fielding team to collect the ball and pass it around each of the bases, starting from base one.
- 05** The batter scores a run for getting home before the ball, and vice versa.



## Progressions

- Choose to either bowl or throw underarm.
- Increase or decrease the size of diamond.
- The batter is 'run out' and cannot run further if the ball is thrown past them.  
The next batter has their turn to try and get the first batter back home.

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## Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Swing the bat backwards cocking the wrists.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Follow through.

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## Key questions

- Where should you hit the ball to score the most runs?  
*(Into the empty spaces.)*
- How can the fielders work together to get batters out or stop them from scoring?  
*(Make sure to communicate with each other.)*





# Windmill Lob



10 MINS



CONES, BALLS

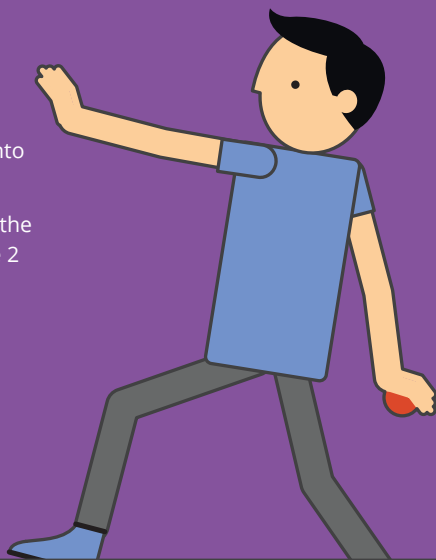


INDIVIDUAL

**AIM: TO SCORE AS MANY POINTS AS POSSIBLE.**

## Instructions

- 01** Practice the windmill action, as outlined on the "Cricket Basics" card.
- 02** Stand still and practice catapulting a ball into the zones marked out with the cones.
- 03** Players score points based on which zone the ball lands in. Zone 1 receives 1 point, Zone 2 receives 2 points, and so on.



## Progressions

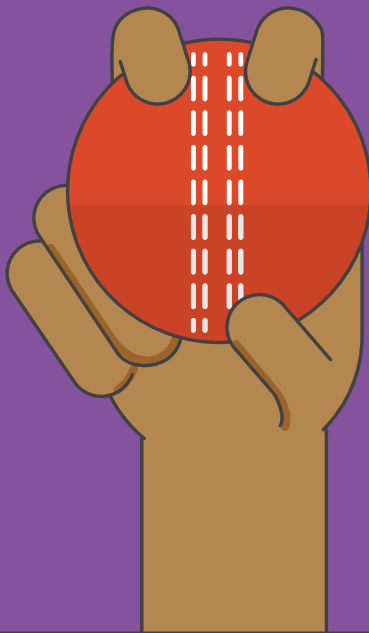
- Partners nominate a zone.
- Walk in and catapult the ball.

## Coaching points / Success criteria

- Use the “bunny ears” grip.
- Stand side-on with your feet apart.
- Point your front arm towards the target.
- Swing your bowling arm straight over like a windmill and release the ball at the top.
- Follow through with bowling arm across the front of your body.

## Key questions

- How close is your bowling arm to your ear?  
*(It should brush your ear.)*
- How do you get the ball to go further?  
*(Step forward and follow through.)*





# Rock 'n' Bowl



10 MINS



CONES, STUMPS, BALLS

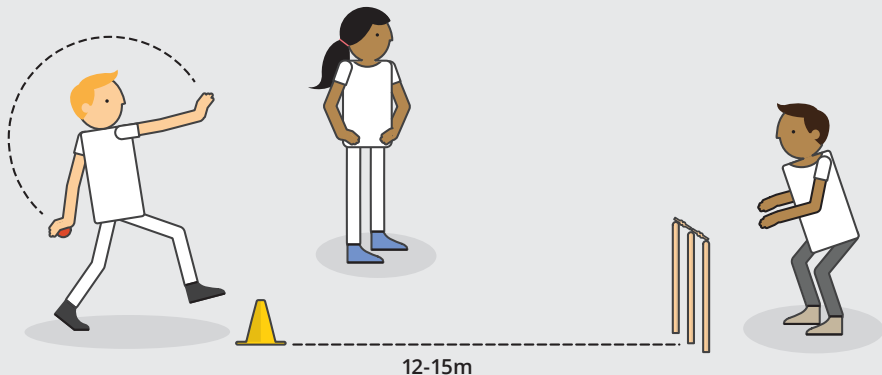


SMALL GROUPS: 2-4

**AIM: TO HIT THE STUMPS.**

## Instructions

- 01** Create small groups - ideally groups of three. Each group gets a cone and a set of stumps.
- 02** One player starts as the bowler, one player starts behind the stumps, and one player starts at the side of the channel as the fielder.
- 03** The bowler bowls, wicketkeeper collects the ball and passes the ball to the fielder who then passes back to the bowler.
- 04** Rotate roles after bowling six times.



## Progressions

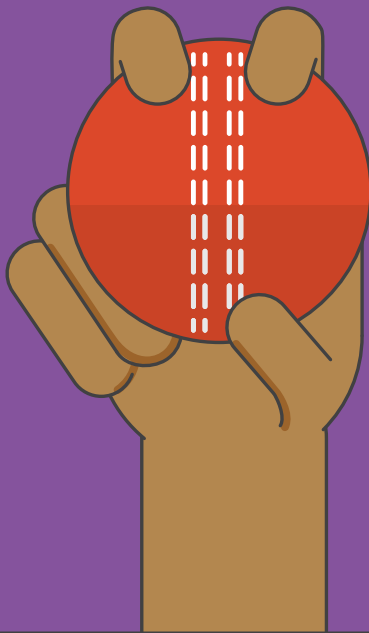
- Rotate positions after every attempt.
- The third player stands on the other side of the channel.

## Coaching points / Success criteria

- Use the “bunny ears” grip.
- Stand side-on with feet apart.
- Point your front arm at the target.
- Rock back and forth.
- Swing your bowling arm straight over like a windmill, and release the ball at the top.
- Follow through with your bowling arm across the front of your body.

## Key questions

- What happens if you follow through?  
*(The ball goes further.)*
- How does having a run up help?  
*(It gives the bowler more power.)*





# Side-On Squares



15 MINS



CONES, BALLS

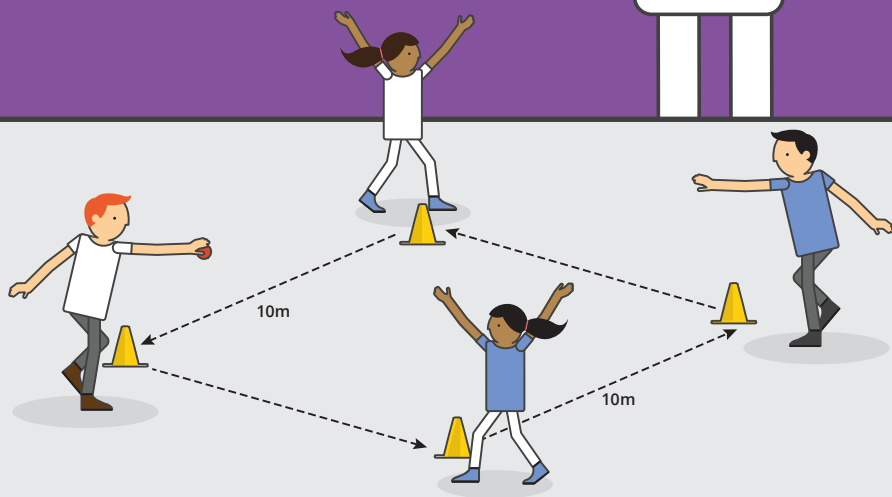
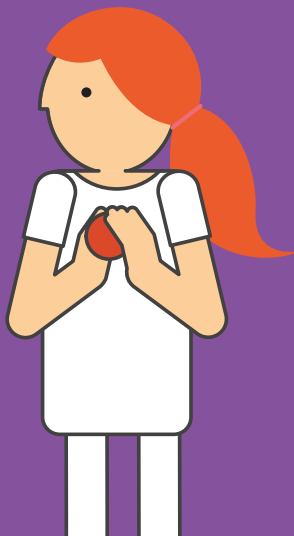


SMALL GROUPS: 2-4

**AIM: TO PROMOTE A SIDE ON BOWLING ACTION.**

## Instructions

- 01** Set up a square using the cones, 10 metres x 10 metres.
- 02** One player begins with the ball and stands at each corner of the square.
- 03** The bowler bowls the ball to the next player on the cone in a clockwise direction.
- 04** Players catch the oncoming ball and then prepare themselves to bowl to the next person upon a cone.



## Progressions

- Place two stumps (1/2 metre apart) in front of each player. The bowler must try to bowl the ball through the 'channel' created by the stumps.

## Coaching points / Success criteria

- Use the "bunny ears" grip.
- Stand side-on with feet apart.
- Point your front arm at the target
- Rock back and forth.
- Swing your bowling arm straight over like a windmill, and release the ball at the top.
- Follow through with your bowling arm across the front of your body.

## Key questions

- When players step to bowl, where does their front foot point?  
*(Towards the target.)*







# Catapult Cricket



10 MINS



CONES, BALLS

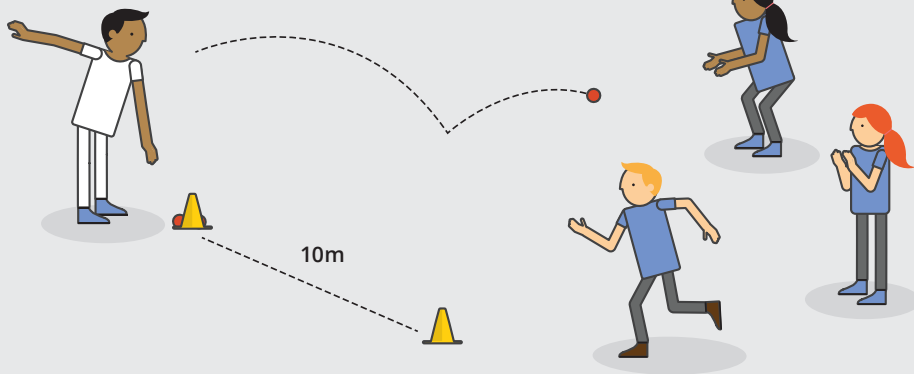


SMALL GROUPS: 2-4

**AIM: TO BOWL THE BALL TOWARDS A PLAYER.**

## Instructions

- 01** Create two equal groups (one bowler, the rest fielders).
- 02** Bowler bowls the ball into the field, and then runs to the cone and back again as many times as possible.
- 03** Meanwhile, the fielders need to race to retrieve the ball and return it to the bowling cone.
- 04** After two turns, the players swap roles.



## Progressions

- Bowl six balls in a row.
- Fielders can't move until all six balls have been bowled.

---

## Coaching points / Success criteria

- Use the “bunny ears” grip.
- Stand side-on with your feet apart.
- Point your front arm at the target.
- Rock back and forth.
- Swing your bowling arm straight over like a windmill, and release the ball at the top.
- Follow through with your bowling arm across the front of your body.

---

## Key questions

- What do you need to do to bowl the ball more accurately?  
*(Point your non-bowling arm towards the target.)*



# One, Two, Three, Four



20 MINS



CONES, BALLS, BATS

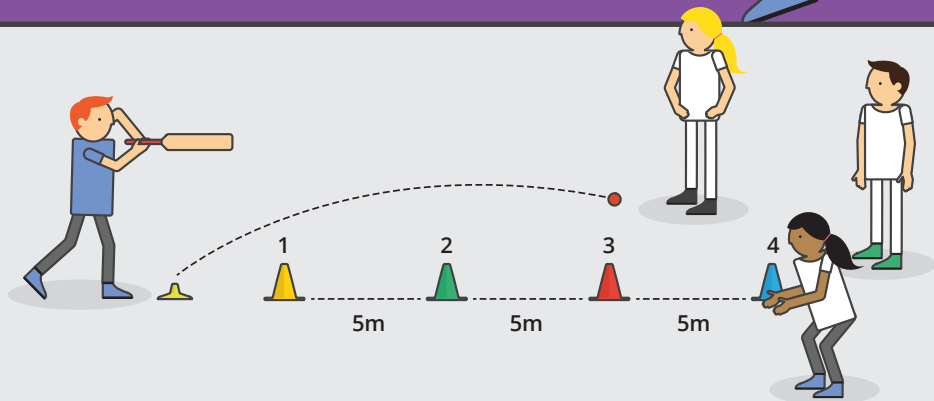


SMALL GROUPS: 2-4

**AIM: TO SCORE AS MANY RUNS AS POSSIBLE.**

## Instructions

- 01** Create two equal teams - ideally teams of four.
- 02** Place four cones, each worth a value between 1 and 4, approximately 5 metres apart. The cone closest to the batter should be worth one point, and the cone furthest away should be worth four.
- 03** Batters take turns to hit the ball into the field and choose which cone to run to. They score that many runs if they make it to the cone before the ball is returned to the cone.
- 04** Each batter has two turns before the teams swap over.



## Progressions

- Bat twice in a row, attempt to run a certain number of runs, for example you can make 7 runs in two attempts.
- The rest of the batting team calls which cone to run to. If called correctly, they get additional bonus runs.

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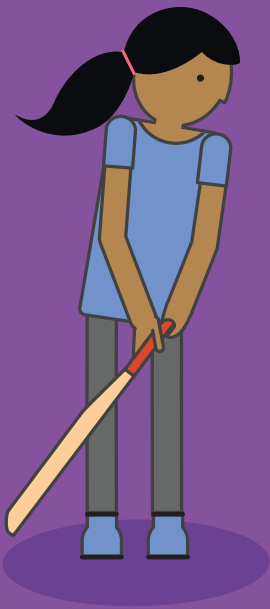
## Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Look to hit the ball into spaces.

---

## Key questions

- As a batter, where should you try to hit the ball and why?  
*(Into the spaces away from the fielders, in order to get more runs.)*
- What do you have to do to make it go in that direction?  
*(Follow through in that direction.)*



# Collector Cricket



20 MINS

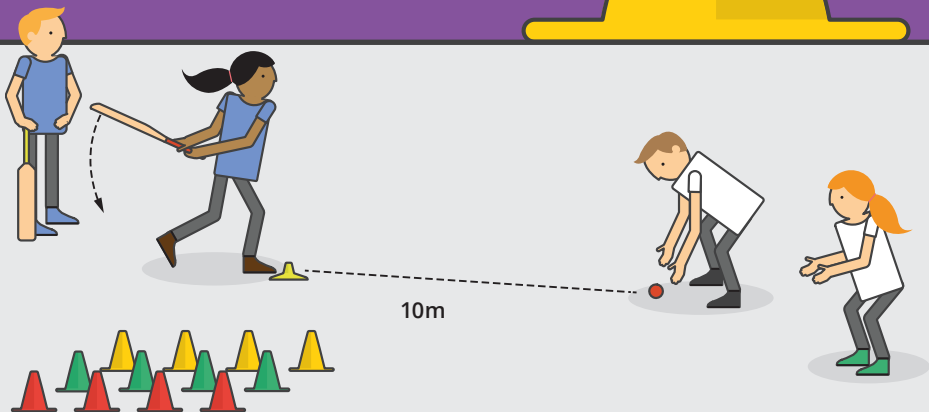
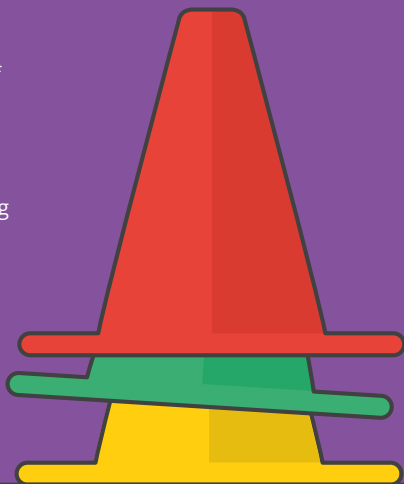
CONES, BALLS,  
BATS, BATTING TEES

SMALL GROUPS: 2-4

**AIM: TO COLLECT AS MANY CONES AS YOU CAN.**

## Instructions

- 01** Create teams of 4 or 5. You'll need a team of batters and a team of fielders.
- 02** The batting team take turns to hit the ball off a batting tee. Then they run to collect one cone at a time.
- 03** The fielders are to collect the ball and return it to the batting tee. The batter must stop running when the ball is back on the batting tee.
- 04** Count how many cones the batter managed to collect, before returning them for the next batter's turn. Each cone equals 1 point.
- 04** Each batter is allowed two turns before swapping over.



## Progressions

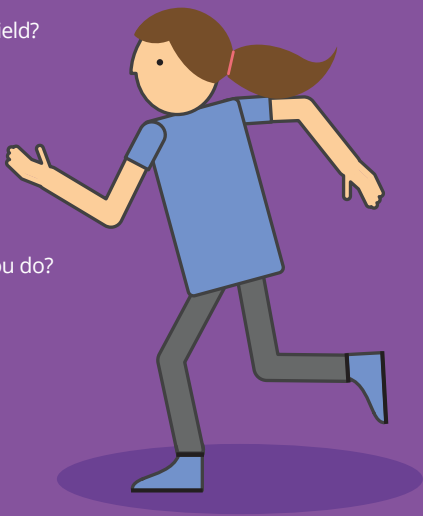
- Bowl or throw the ball.
- Increase the distance to the cones.
- The batter runs to a bucket of balls and underarm throws one ball at a time back to the other batters. Each successfully caught ball equals 1 run.
- The fielding team must pass the ball to each other once before placing it back on the batting tee.

## Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.
- Stand side-on to the batting tee.
- Step forward with the foot beside the ball.
- Swing the bat down straight hitting the ball with the full face of the bat.
- Keep your head still when striking the ball.
- Look to hit the ball into the spaces.

## Key questions

- How should you organise yourselves in the field?  
*(Spread out - some fielders close, some far away.)*
- How do you make it difficult for the batters?  
*(By spreading out and working together.)*
- How do you decide who would chase the ball?  
*(The person closest to where the ball went should chase it.)*
- If you weren't chasing the ball what would you do?  
*(Backed up the fielder.)*





# Champion Catch



5 MINS



1 BALL (PER PAIR),  
CONES



SMALL GROUPS  
(PAIRS)

AIM: TO CATCH THE BALL IN PAIRS AT DIFFERENT DISTANCES.

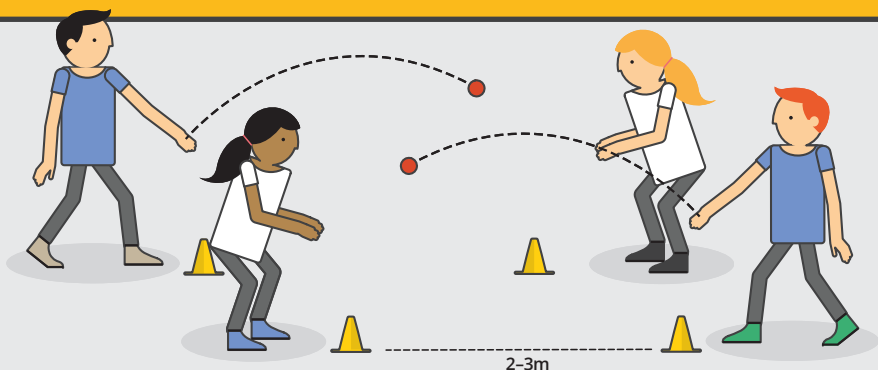
## Instructions

- 01** In pairs players stand 2-3 metres apart.
- 02** Underarm lob the ball to each other.
- 03** Counting how many catches they take.
- 04** After catching 5 catches one partner moves 1 meter back and the pair attempt to catch another 5 catches.

## Success criteria

Participation based.

*Note: There are no accredited points for Year 3-4 age group children.*









# Bowled 'em



10 MINS



3 CONES, BALL,  
STUMPS



SMALL GROUPS: 3

**AIM: TO BOWL THE BALL ACCURATELY AND TRY TO HIT THE WICKETS.**

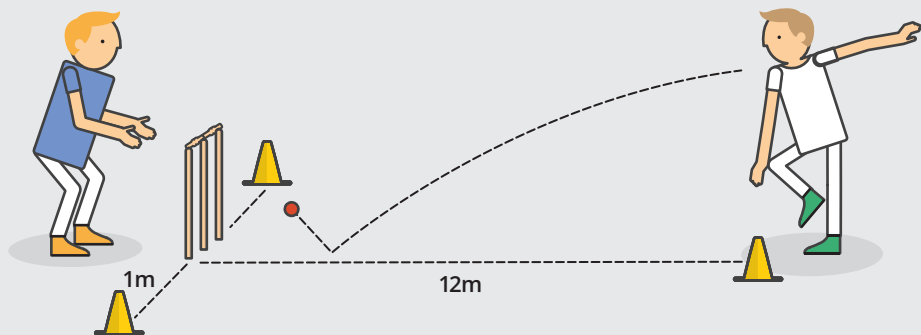
## Instructions

- 01** Set up the cones and stumps 12 metres apart.
- 02** Using a standing (side on) bowling technique (no run up), bowl the ball and try to hit the stumps.
- 03** For a further challenge give;  
2 points if the ball hits the stumps.  
1 point if the ball goes inside the cones.

## Success criteria

Participation based.

*Note: There are no accredited points for  
Year 3-4 age group children.*







# Run 'em Up



10 MINS



4 CONES, 2 BATS,  
2 SETS OF STUMPS



SMALL GROUPS  
(PAIRS)

**AIM: TO RUN BETWEEN THE WICKETS (STUMPS) WHILE CALLING AND SLIDING THE BAT.**

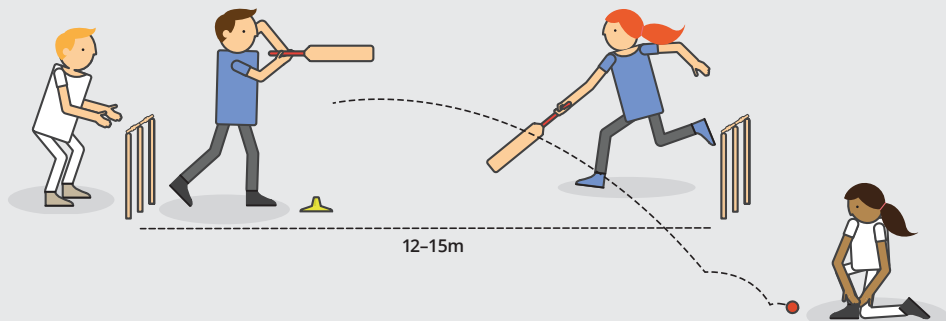
### Instructions

- 01** Hit the ball off the batting tee.
- 02** Run between the wickets in pairs.
- 03** At each end, call and slide the bat over the crease.
- 04** For a further challenge:
  - 1 point awarded for completing 1 run and sliding the bat correctly
  - 2 points awarded for completing 2 runs and turning and sliding bat correctly
  - 3 points awarded for completing 3 runs and turning and sliding bat correctly

### Success criteria

Participation based.

*Note: There are no accredited points for Year 3-4 age group children.*







# Ultimate Under Arm



10 MINS



4 CONES, STUMPS,  
3 BALLS



SMALL GROUPS: 3

**AIM: TO THROW THE BALL UNDERARM TO HIT THE WICKETS.**

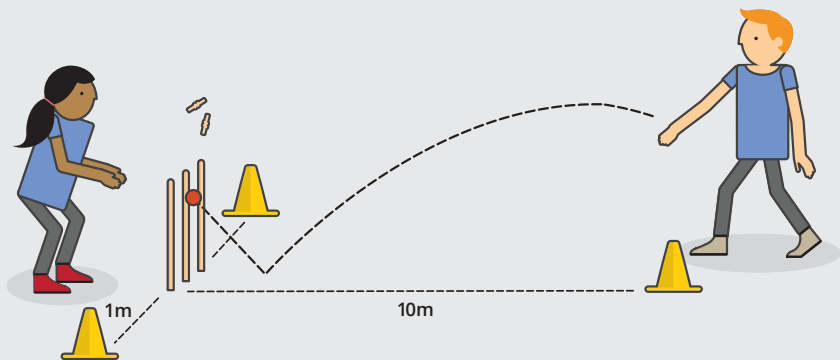
## Instructions

- 01** Throw the ball underarm to try and hit the wickets, or get ball to go through the wider set of cones.
- 02** For a further challenge:  
1 point is awarded for getting the ball to go between the outer cones.  
2 points are awarded for getting the ball to hit the wickets.

## Success criteria

Participation based.

*Note: There are no accredited points for Year 3-4 age group children.*







# Smash It



10 MINS



4 CONES, 3 BALLS,  
BAT, BATTING TEE



SMALL GROUPS: 3

AIM: TO HIT THE BALL STRAIGHT AND ACCURATELY.

## Instructions

**01** Hit/drive the ball through the cones.

If the ball goes through centre cones = 2 runs (2 points).

If the ball goes through outside cones = 1 run (1 point).

## Success criteria

Participation based.

*Note: There are no accredited points for  
Year 3-4 age group children.*

