New Zealand Post

SUPERSTAR CRICKET

Contents

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Superstar Cricket

New Zealand Post Superstar Cricket is an entry level game, best suited to boys and girls from five-12 years old, and designed to help participants learn the basics of cricket in an enjoyable and exciting environment. It's an inclusive, made-for-age programme and its benefits extend far beyond the game of cricket. At its core Superstar Cricket provides children with opportunities to experience the value of team-work and active cooperation in a supportive and non-competitive framework. It creates an action-packed, fun atmosphere in which each participant feels fully involved.

In Superstar Cricket, all children receive equal turns at batting, bowling and fielding, no matter what level of sporting ability they have. The matches are played on smaller fields, allowing parents to be close to the action, and offering the possibility to stage several games on the same ground at the same time. Instead of sitting waiting to bat, children take part in a Skills Area, where games and activities help them develop vital cricket skills - ensuring everyone is engaged and having fun at all times.

The compact, modified format of Superstar Cricket means the game is short and sharp – and able to be completed in 60-90 minutes. Despite its brevity it covers all the fundamental aspects of the game and offers a continued pathway for children to progress into traditional forms of the game, or carry on in the similarly modified format of Super Cricket.

The Format

The New Zealand Post Superstar Cricket game is age and stage appropriate, providing options for pitch lengths, boundary sizes and duration.

It's played by two evenly numbered teams; players bat in pairs and each pair receives a certain number of overs, no matter how many times they are out.

Each time a batter is out the batters change ends, unless it happens on the last ball of an over or in the event of a run out.

Each bowler bowls a certain number of overs, so that everyone gets to bowl (there is a maximum of 6 balls in an over).

When one side has finished batting, its net total is calculated by deducting five runs for each batter dismissed from the total number of runs scored. This determines the "team score". The team with the highest "team score" is the winner.

As New Zealand Post Superstar Cricket is all about participation, coaches should set up skills areas for the batting team, to ensure continued activity for those waiting to bat, and those who have already batted. This helps minimise down time and keeps everyone active and engaged for the duration of the game. This is the ideal time for a parent/caregiver or older sibling not involved in the game to help out.

New Zealand Cricket

	YEARS 1 – 2	YEARS 3 – 5	YEARS 6 – 8
Players	8 per side	8 per side	8 per side
Game length	8 overs per side	12 overs per side	12 – 16 overs per side
Session time	45 – 60 minutes	60 minutes	60 – 70 minutes
Pitch length	10 metres	10-12 metres	12 – 14 metres
Pitch type	Grass pitch, mown outfield or artificial pitch.	Grass pitch, mown outfield or artificial pitch.	Grass pitch, mown outfield or artificial pitch.
Ground size	30m boundaries	30 – 35m boundaries	30 – 40m boundaries
Ball	Soft 'incredi' style ball or low bounce tennis ball.	Soft 'incredi' style ball or a low bounce tennis ball.	Soft 'incredi' style ball or a low bounce tennis ball.
Batting	Each pair bats for 2 overs.	Each pair bats for 3 overs.	Each pair bats for 3 – 4 overs (depending on the total number of overs in the game).
Bowling	Every player bowls one over. Bowlers can bowl underarm or overarm, depending on ability.	Every player bowls an equal number of overs where possible. Bowlers can bowl underarm or overarm, depending on ability.	Every player bowls an equal number of overs where possible. Bowlers can bowl underarm or overarm, depending on ability, but should be actively encouraged to try and bowl over arm.

Recommendations

	YEARS 1 – 2	YEARS 3 – 5	YEARS 6 – 8
Fielding	Fielding positions rotate after every over.	Fielding positions rotate after every over.	Fielding positions rotate after every over.
	Fielders must be a minimum of 10m away from the batters. (Exclusion zones can be marked out to help kids keep their distance).	Fielders must be a minimum of 10m away from the batters. (Exclusion zones can be marked out to help kids keep their distance).	Fielders must be a minimum of 10m away from the batters. (Exclusion zones can be marked out to help kids keep their distance).
Scoring	Scoring can be done through the CricHQ scoring app or on template provided.	Scoring can be done through the CricHQ scoring app or on template provided.	Scoring can be done through the CricHQ scoring app or on template provided.
Equipment	2 balls 2 batting tees 2 plastic bats 2 sets of stumps 2 stump bases Marker cones for the boundary	2 balls 2 batting tees 2 plastic bats 2 sets of stumps 2 stump bases Marker cones for the boundary	2 balls 2 batting tees 2 plastic bats 2 sets of stumps 2 stump bases Marker cones for the boundary

The above are guidelines; the number of players per team and overs played are flexible. If a team has an uneven number of players someone can bat twice or bowl extra overs.

Equipment & Pitch

To play Superstar cricket you'll need two plastic bats, two sets of stumps, two balls, and some marker cones for the boundary. Depending on the age of the children, you may also need two batting tees.

WHERE CAN YOU PLAY NEW ZEALAND POST SUPERSTAR CRICKET?

It's easy really – anywhere with a reasonably flat surface will work well. This can mean outdoors, such as a cricket pitch, a field or tennis court, or a large indoor area, such as a school hall or gymnasium.

If the pitch seems a bit long or short for the age and ability of your Superstar team, then feel free to adjust the length. Similarly, you're welcome to change the distance of the boundaries, although a maximum of 40 metres is recommended.

FIELDING POSTITIONS

1. Point
2. Cover
3. Extra Cover
4. Mid off
5. Mid on
6. Mid wicket
7. Square leg
8. Fine leg
9. Wicket-keeper
10. Third man
11. Bowler

Game Layout

Skills Area

It's a four!

30-40m

It's a six!

1.2m

Second chance tee

10-14m

Umpire
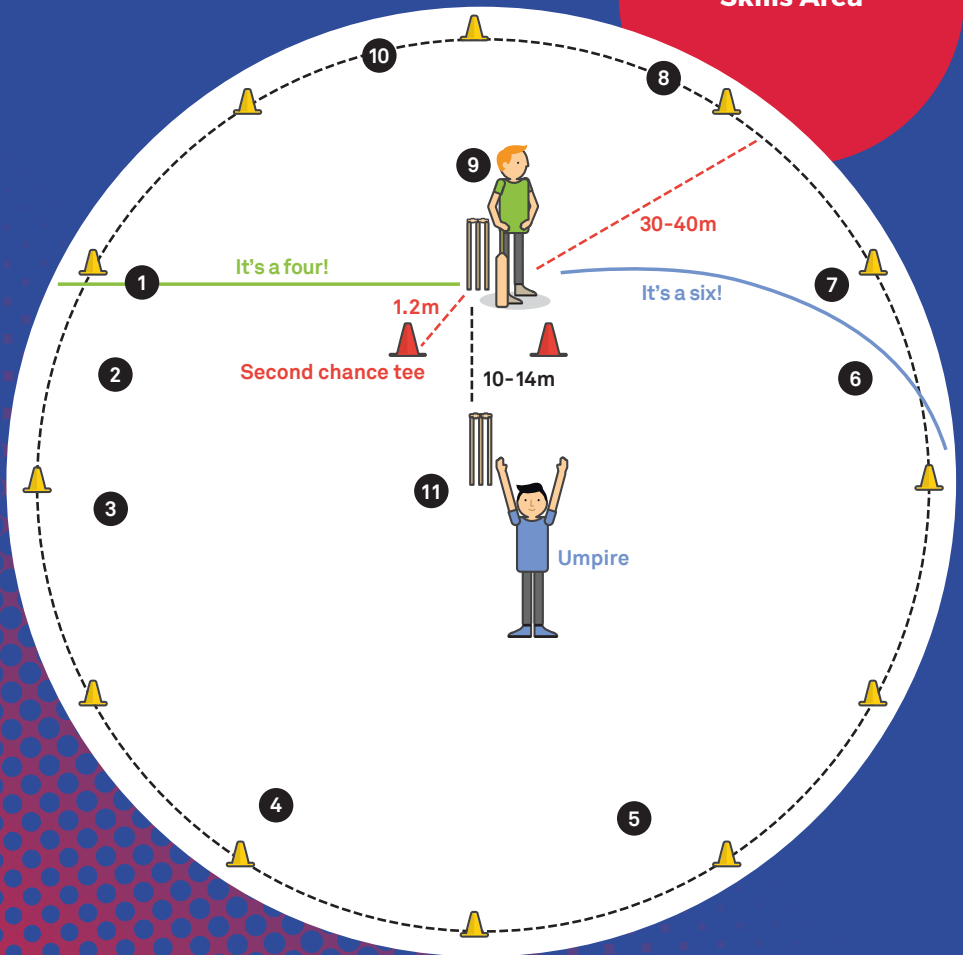
Multiple Game Layout
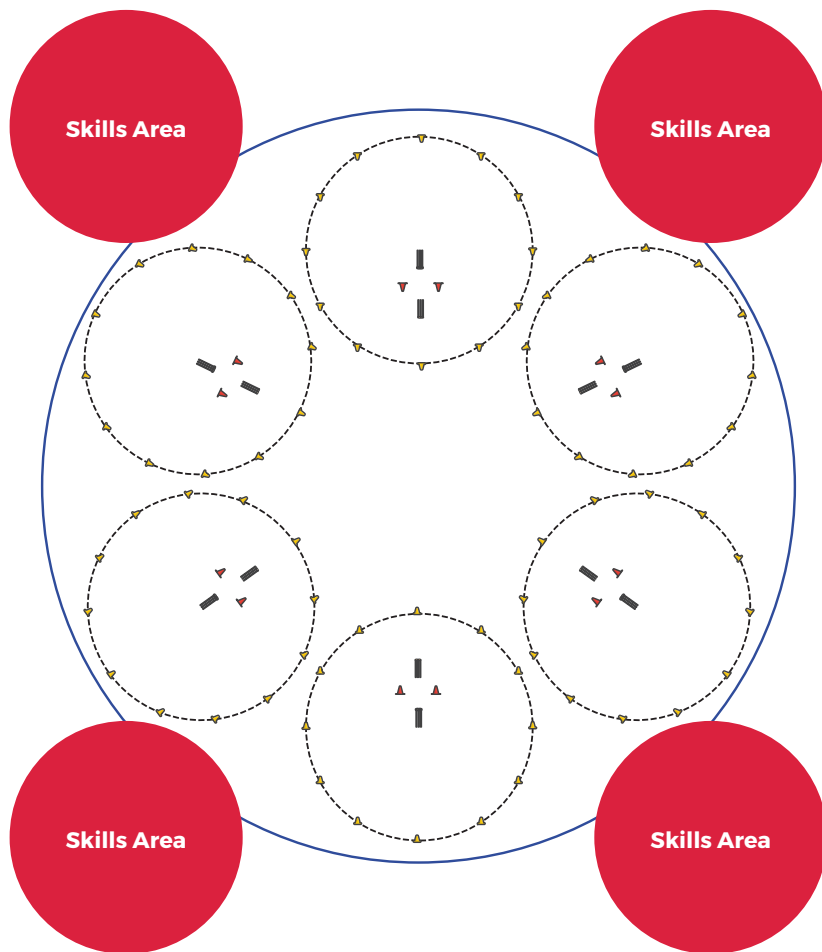
The Rules

Toss a coin to decide which team will bat first – it's the fairest way.

Each team starts with a total of 200 runs. For every wicket lost there is a penalty of -5 runs to the batting team. The team with the most runs at the end of the game will be the winner!

In the unlikely event that the teams finish with equal scores, then the winner is the team that lost the least number of wickets. In the very unlikely event that a clear winner still can't be determined, the winning team will be the one that bowled the least number of "No Balls".

A game can only be played if there is an umpire too.

Batting

- Players bat in pairs.

- Each pair faces an allotted number of overs, irrespective of the number of times they get out.

- There are five possible ways to get out in Superstar Cricket. These are:

  Bowled: When the bowler's ball hits the stumps. (A batter cannot be out Bowled off a Wide or a No Ball)

  Caught: When the batter hits the ball in the air and it's caught before it lands. (A batter cannot be out Caught off a Wide) or a No Ball)

  Hit wicket: When the batter accidentally knocks their stumps as they try to hit the ball. (A batter cannot be out Hit Wicket off a Wide or No Ball)

  Stumped: When the batter is out of their ground (does not have their bat or their body behind the line) and the wicketkeeper gathers the ball and knocks the stumps with ball.

  Run out: When the ball is used to knock the stumps while a batter is still running between the wickets and has not passed their bat or body over the front line.

- To keep things simple, there are no Byes or Leg Byes. If a ball goes past the on-strike batter without them hitting it and they run, unlike traditional cricket, the runs are awarded to the batter

Note that there are NO LBWs – so that's one less thing for batters to worry about.

- At the end of the over, batters swap ends, so that the batter that was on strike is now off strike. This also happens when there is a wicket except in the case of a run out. *For younger age groups (years 1 – 3) if the batter fails to hit two consecutive balls in one over, then they must hit off the second chance tee (batting tee) and run. Only one swing at the tee ball is allowed, and the ball must be hit in front of the stumps (not behind for safety reasons). This allows batters of all abilities the opportunity to score runs.*

- To keep the rest of the team entertained while they're waiting to bat, the coach is encouraged to run small skill sessions – check out the skills section at the back of the handbook for some ideas.

Five Ways To Get Out

Bowled!

Caught!

Hit Wicket!

Stumped!

Run out!
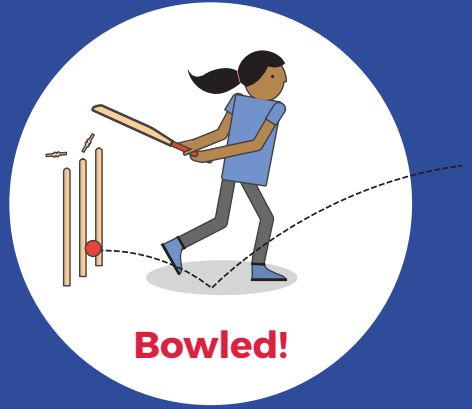
Bowling

- All players must bowl. Players should bowl an equal number of overs each (where possible).

- To keep the game fast-paced, bowlers should only take a short run up.

- Bowlers can bowl underarm or overarm, depending on ability (as children get older and more adept, they should be encouraged to bowl overarm).

- **All overs should be bowled from one fixed end of the pitch.**

- There is a maximum of six deliveries in each over. No Balls and Wides are **not** re-bowled.

- An overarm delivery that bounces more than once or rolls along the ground shall be considered a fair delivery (unless the bowler is deliberately rolling it).

- Having said that, ultimately the umpire may decide whether the ball was fair or not, and can decide that the batter should hit the ball off the second chance tee.

Fielding

- No fielder is allowed within 10 metres of the bat until after the ball has been hit (except for the wicketkeeper).

- Fielders should rotate around the field after each over. Wicketkeepers, though, should stay in the same position.
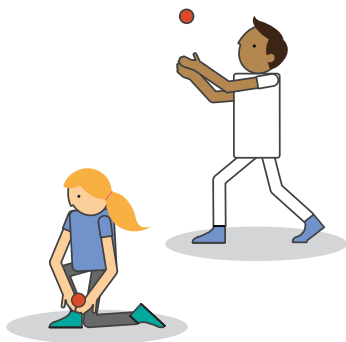
Umpiring

In Superstar Cricket there are four types of deliveries that are considered a No Ball or a Wide, which the umpire needs to be aware of.

A No Ball is a ball which:

- Bounces over the batter's head in their batting stance.
- Reaches the batter above waist height on the full (meaning before it bounces on the ground).
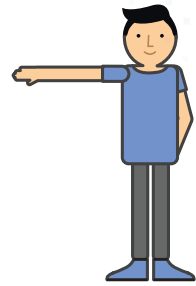- Is delivered by a bowler who oversteps the line (font line) as they bowl the ball.

A Wide is a ball which

- Passes the batter and is too wide for them to reach and play a normal shot.

If an umpire deems a delivery unfair the ball can be hit off the second chance tee.

4 runs

No ball

6 runs

Out
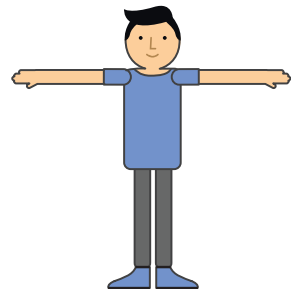
Wide

Scoring

- Enter the two batters names for each partnership.

- As each over begins, enter the bowler's name for the over number that is being bowled.

- Next to the name of the batter who is on strike enter the appropriate scoring symbol for what happens on each ball bowled (also known as a delivery).

- Ensure that, between the two batters, six boxes are filled in for each over.

- At the end of each over, add up the runs scored by each batter and enter the number for each in the boxes under the 'T' (for Total) on the right-hand side.

- At the end of each pairs allotted number of overs, add each of the numbers the 'T ' boxes for both batters and enter the total in their 'Runs Scored' box.

- Add the number of times each batter was out and enter the total in their Wickets Lost box, then multiply this number by 5 and place this total in the Minus Runs box.

- Subtract the Minus Runs total from the Runs Scored by each batter, and enter the result in the final 'Total Runs box.

- To get the total runs for the batting pair add the Total Runs for each batter and put this in the grey Total Runs box below that batting pairs totals.

- At the end of the innings, add the Runs Scored, Wickets Lost, and Runs Lost for each Partnership and enter the sum for each in the Team Totals box along the bottom row.

- Then, get the Team Total: by taking the starting 200 + Total Runs Scored – Runs Lost (Wickets Lost x 5 runs each) = TEAM TOTAL. This number should be the same if you add up the Total Runs in each of the filled in grey boxes.

- Repeat the above scoring process and calculations for the second innings. The winner of the match is the team with the highest TEAM TOTAL.

Note* If you can't find someone to score for you, then the umpire may wish to take on the job as well.

SCORING SYMBOLS

● For a delivery with no runs and no wickets

1 2 3 4 6 For this number of runs off a delivery

W   W² For a Wicket, with a 1, 2, or 3 alongside it if runs are scored before a Run Out. (e.g. W² shows that a Wicket has fallen but two runs have been scored and should be added to the total)

+   ⊹ For a Wide, if batters run off a wide ball place a dot for each run within the plus sign. (eg. plus sign with two dots shows a wide and two runs, which would equal three runs in total)

◯   ② For a No Ball, if a batter scores runs off a no ball the number of runs is put inside the circle. (e.g. A circle with a two inside shows a No Ball and two runs which would equal three runs in total)

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Superstar Cricket - Score Sheet

TEAM: _____ VERSUS: _____

BATTERS NAMES	OVER 1		OVER 2	
First Partnership	BOWLER:	T	BOWLER:	T
1				
2				
1st Partnership TOTAL				
Second Partnership	BOWLER:	T	BOWLER:	T
3				
4				
2nd Partnership TOTAL				
Third Partnership	BOWLER:	T	BOWLER:	T
5				
6				
3rd Partnership TOTAL				
Fourth Partnership	BOWLER:	T	BOWLER:	T
7				
8				
4th Partnership TOTAL				
Fifth Partnership	BOWLER:	T	BOWLER:	T
9				
10				
5th Partnership TOTAL				
TEAM TOTALS:	200 + Total Runs scored - (Wickets Lost x 5 Runs per Wicket) =			

DATE: _____ TOSS WON BY: _____

OVER 3		OVER 4		Runs Scored	Wickets Lost	Minus Runs	Total Runs
BOWLER:	T	BOWLER:	T				
BOWLER:	T	BOWLER:	T				
BOWLER:	T	BOWLER:	T				
BOWLER:	T	BOWLER:	T				
BOWLER:	T	BOWLER:	T				
TOTAL NET RUNS			200 +				

Electronic copies can be downloaded from www.blackcaps.co.nz/community

CricHQ App

This how to guide shows how to score an unofficial game on the CricHQ app. For more information on using CricHQ or setting up competitions and teams please visit www.CricHQ.com

Match Setup

The CricHQ App is available to download for iOS from the App Store or on Google Play for Android users.

1 Select **Scoring**

2 Select **New Match** on iOS (bottom of screen) or **+** on Android (bottom right hand corner)

3 Select **Create Own**. This will take you to the **Match Information** sheet, where you will need to complete all fields

- Date: Select **date of play** (date is found in Match Type option for iOS)

  - Ground: Search and Select the ground you are playing at (found after match type for iOS)

  - Match Type: Select **Match Type** followed by **+** symbol (Android) or **Create New Match** (iOS)

4 New Match Type:

  - Type in Match Type Name *i.e. 'Super Cricket'*

  - Select **Players per team** *i.e. 8*

  - Batting Restrictions:
    Select **Max over warning**

  - Select **Warn after over** *i.e. select 4 overs*

  - Ignore Max Runs Warning option

  - Bowling Restrictions:
    1. Select **Max overs warning**
    2. Select the number of overs bowlers can bowl *i.e. 'warn after over 2'*

  - Select **1st Innings**:
    1. Select **Overs in innings**
    2. Select the number of overs you will play per team, *i.e. 16 overs (ignore 2nd Innings option)*

  - Select **Balls**:
    1. Select **6**
    2. Select **Cap balls**

CRIC**HQ**

3. Select **Max balls**.
4. Select **6** (leave unchecked 'with an unlimited last over' option)

- Wides:
  1. Un-select **Always rebowl** (ensure all other boxes in the Wides section are un-ticked)
  2. Select **Wides value** and select the numbers of runs given for a Wide *i.e. 1*

- No Balls:
  1. Un-select **Always rebowl** (ensure all other boxes in the No Balls section are un-ticked)
  2. Select **No Ball** value. Select the numbers of runs given for a No Ball *i.e. 1*

- Wickets:
  1. Select **Wicket types**. Un-select **LBW**, **Handled ball**, **Hit ball twice**, **Timed ou**t & **Obstructing the field** then click **OK** (Android) or **Back** (iOS)
  2. Un-select **wicket is dismissal**
  3. Select **wicket value**. Select numbers of runs subtracted from batting total at fall of wicket, which is -5

- Select **save** (top right) and the match should then appear in the Match Types list
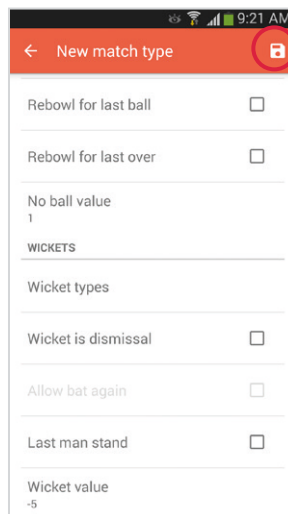
Android
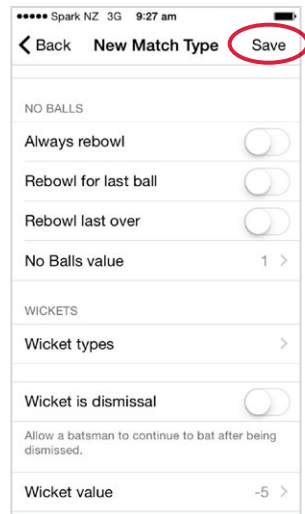
iOS

- Select your match type from the list followed by the **+** symbol (Android) or **Done** (iOS) and the below Match Information Page will appear
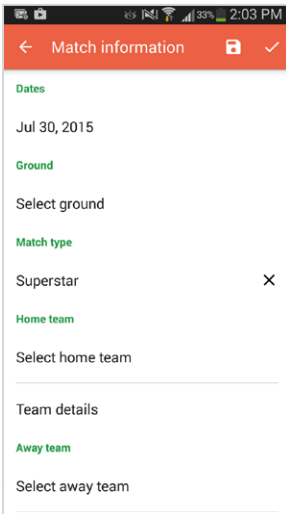
Android

iOS

5 Home Team:

There are 2 options here;

- Search for your existing club/school via the search engine. Select your club/school

- Or to create a new club/school – Select the **x** symbol (Android) or **Create New Club** (iOS) which will take you to **Clubs**

  1. Select the **+** symbol (Android), (iOS will already be on the appropriate page), and add your club/school name *i.e. Super Star School*, followed by the remaining information **Country**, **Region** and then select **save** (top right)

  2. Search for your newly added club/school based on the name you entered *i.e. Super Star School*. Select 'Super Star School'

- Select an existing team or the **add person** icon (Android) or **New Team** (iOS)
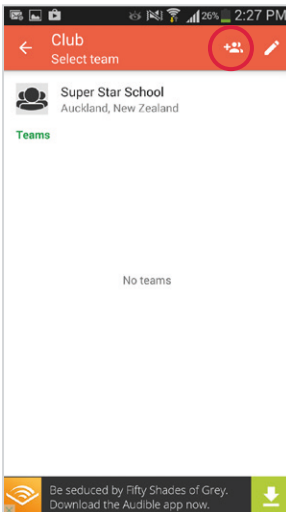
Android
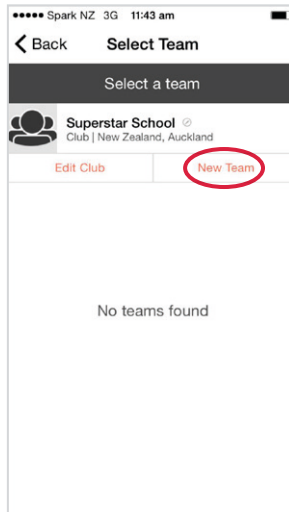
iOS

- New Team screen will appear
    1. Type name of specific team *i.e. 'Super Star Blue'*. Select **save** (top right)

- Select the specific team *i.e. 'Super Star Blue'*, this takes you to the page where you can enter your players
    1. Select the **add person** icon (Android) or **Add Player** (iOS)
    2. Then select the **tick** symbol (Android) or **Done** (iOS)
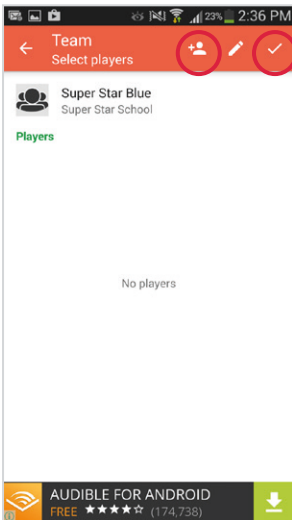
Android
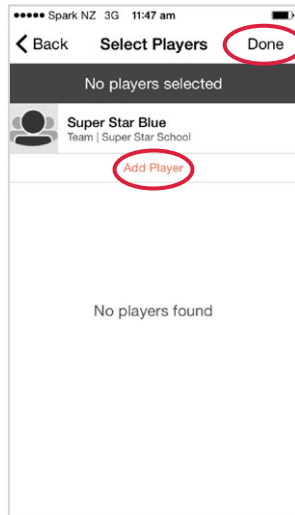
iOS

6 Away Team: repeat step 5

7 Select **tick** or **save** symbol (Android) or **Start Match** (iOS). CricHQ score card template will appear
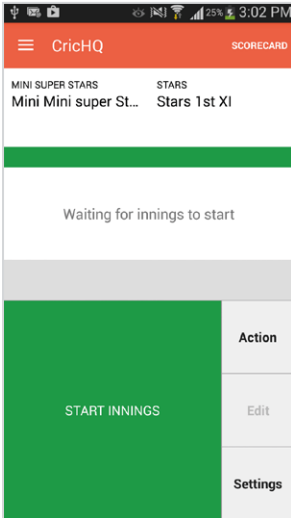
Android
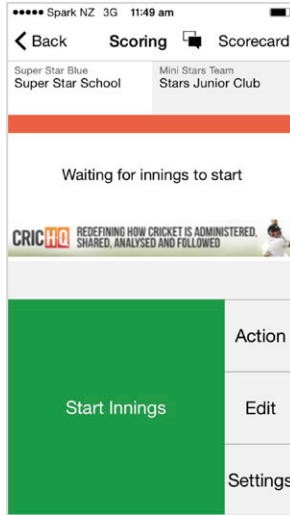
iOS

8 Tap 'Start Innings'

- Toss Details:
    1. Select **Toss won by**
    2. Elected to, select **Bat** or **Bowl**
    3. Select **tick** (Android) or **back** (iOS)
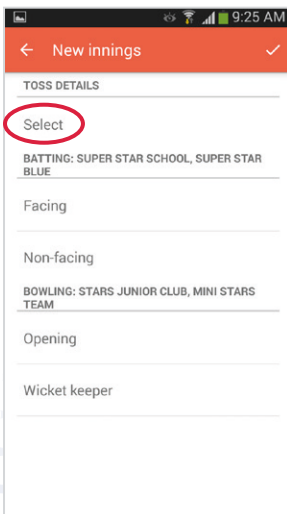
Android
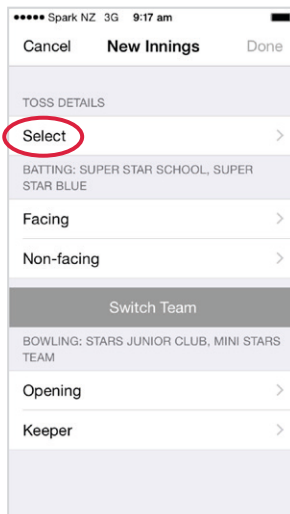
iOS

- Facing:

  This will take you to the team page with your entered team or 'unsure' of names

  1. Select the **add person** icon that has a question mark alongside (Android) or **Unsure Player** (iOS), this will bring up Unsure, Unsure 1, Unsure 2 ....
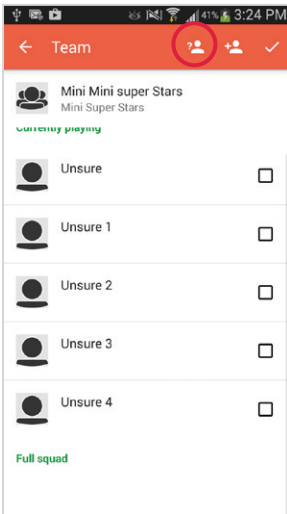
Android
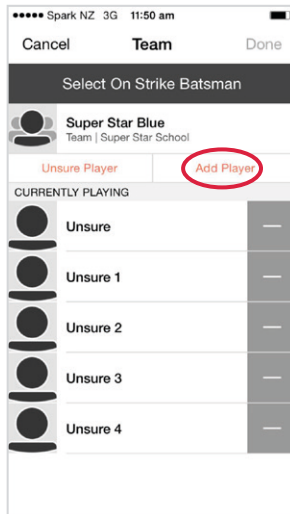
iOS

- Select the batter who is on strike and select **tick** symbol (Android) or **Done** (iOS)

- Select **Non-Facing** and select **tick** symbol (Android) or **Done** (iOS)

- Bowling: Select **Opening** this will take you to the team page with your entered team or 'unsure' of names:

  1. Select the **add person** icon that has a question mark alongside (Android) or **Unsure Player** (iOS), this will bring up Unsure, Unsure 1, Unsure 2

- Select the opening bowler and then Select **tick** symbol (Android) or **Done** (iOS)

- Wicketkeeper: Select **wicketkeeper**. This will take you through the same process as selecting the facing/non-facing batter or opening bowler

- You will then return to the 'New Innings' page. Select the **tick** (Android) or **Done** (iOS) the scorecard will then appear ready to go

9 You are now ready to start scoring your Superstar Cricket Game

- Select the symbols available based on what has happened in field of play
  i.e. select the dot symbol if the batters have not scored any runs; select 1 if they run 1 run; select 2 if they run 2 runs...

Android

iOS

CRIC HQ
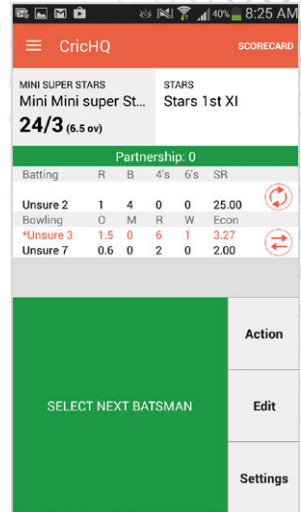
- If there is a wicket, select **Wicket**

  1. You are then presented with the options on how the wicket was taken. Select the wicket option *i.e. 'bowled'*.

  2. You will notice that the runs total will subtract 5 runs (this will happen automatically when a wicket is taken/at the end of the over) the batter can stay until they finish their allotted overs.
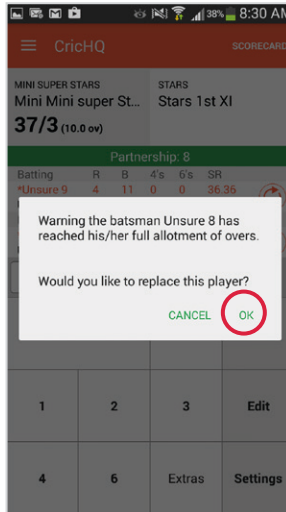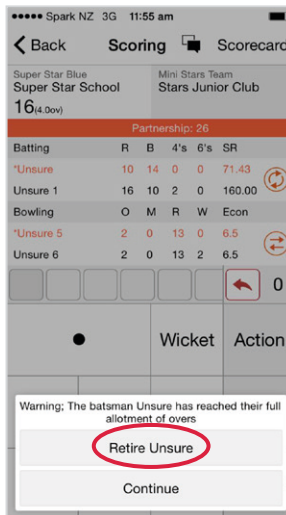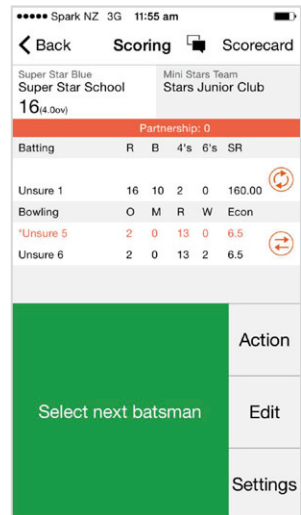
- When a batter has reached their allotted overs the warning will appear, you will then need to retire the batter and select a new batter.
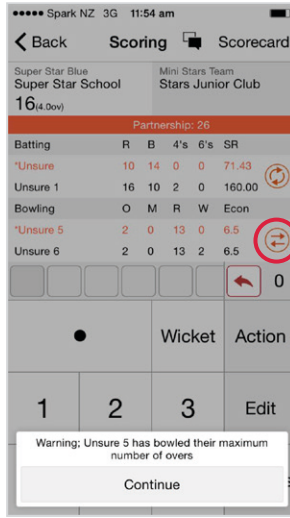

Android

Android

iOS

iOS

- When a bowler has reached their full quota of overs the warning will appear, you need to select a new bowler by pressing **ok** to the warning prompt (Android) or by selecting the **arrow icon** next to the bowlers' names (iOS).
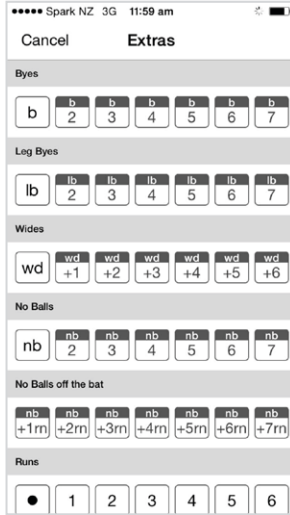

Android

iOS

CRIC**HQ**
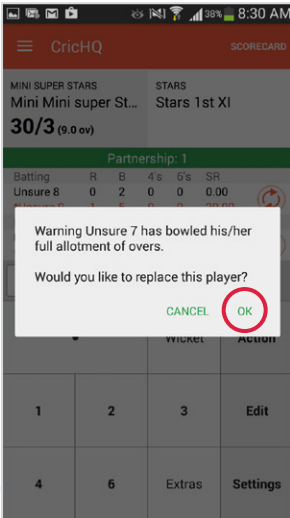
- If a bowler bowls a Wide or a No Ball (extra):
  1. Select **Extra**, the below will appear
  2. Select the extra that applies *i.e. 'Wides', select 'wd'*

Android

iOS

- The extra will then appear on the main score sheet *(see screen grab)* 'wd +1' means there was a Wide bowled plus the batters ran 1 run. 'wd' means a Wide was bowled and 1 run is added to team total.

Android

iOS

- When a team has finished bowling their required number of overs *i.e. 10 overs*, the below screen will appear, select **OK** (Android) or **End Innings** (iOS)
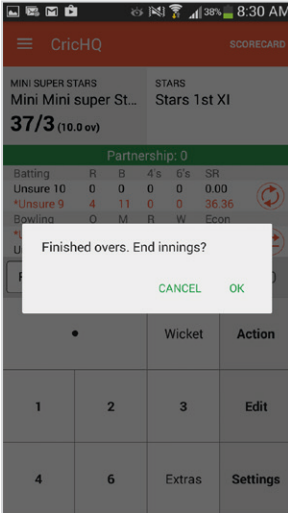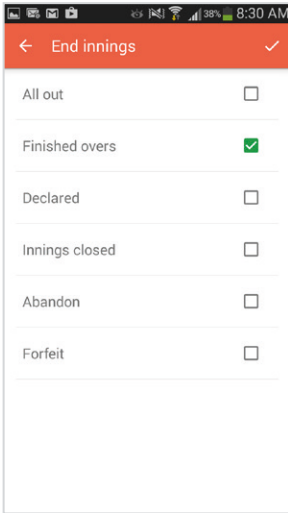

Android
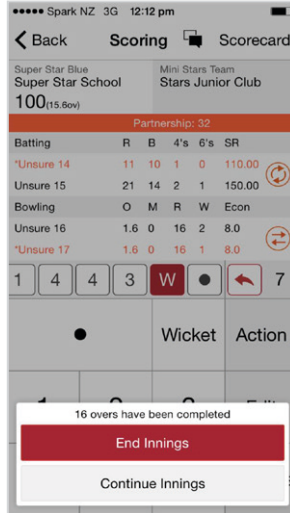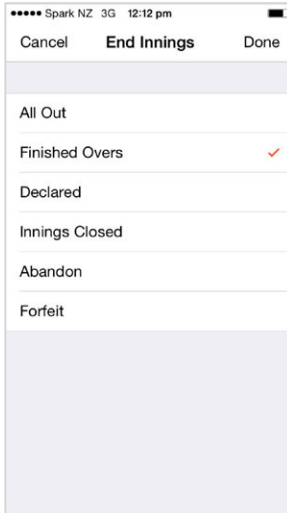

iOS

- Select **Finished overs** followed by **tick** (Android) or **Done** (iOS).

10 You will then need to carry out the same process from point 9 onwards for the team that bats second.

Android

iOS

Skills Section

Bat Taps

8-10 MINS | **BAT, BALL** | **EVERYONE**

AIM: To hit the ball as many times as possible without it falling onto the ground

Instructions

01 Hold the bat with two hands, with the 'face' (flat side) facing upwards.

02 Throw the ball in the air then see how many times in a row you can hit it without letting it drop to the ground.

Progressions

- Hit the ball on the edge of the bat.
- Stop and hold the ball on the face of the bat after 5 hits.
- Alternate between the face, edge, back, edge, face.
- Close eyes on every 5th hit.
- Work in pairs, hitting to each other.

Coaching points / Success criteria

- Keep eyes on the ball.
- Control the bat using two hands.
- Concentrate.
- Keep your head still.

Key questions

- Is it easier to control if you're hitting high/low/medium? *(Medium)*
- What can you do to make it harder? *(Hit ball higher or walk around when hitting it)*
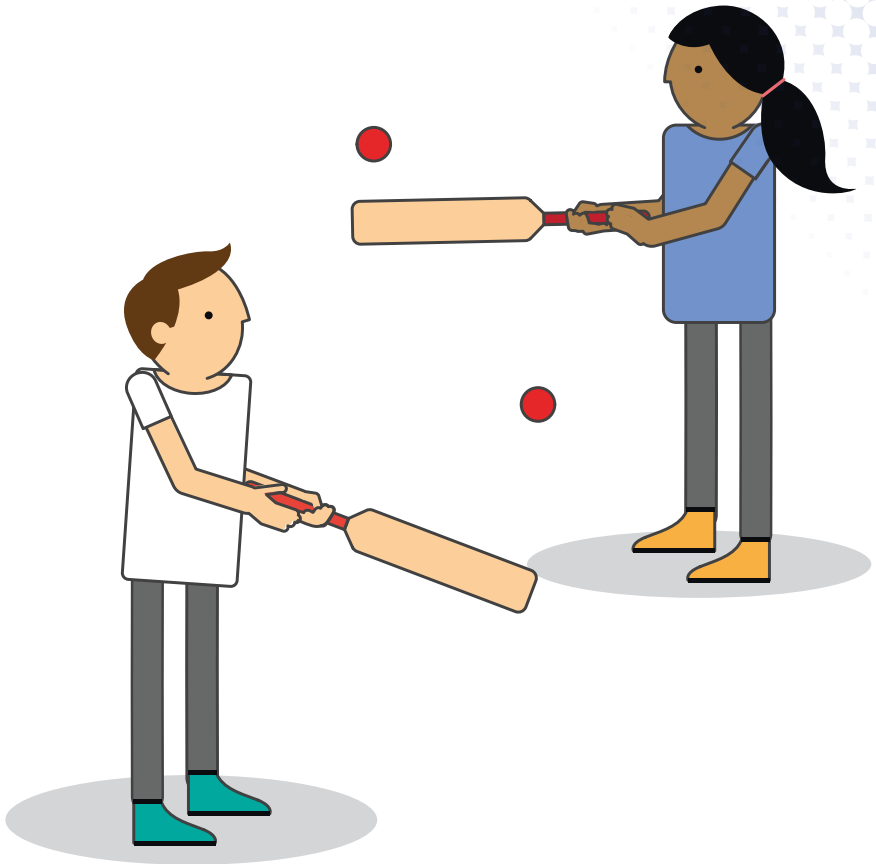
Uphill-Downhill

5-10 MINS | **BALLS** | **EVERYONE**

AIM: Work together to retrieve ball and use relay system

Instructions

01 Create equal teams (2-3 teams), team members give themselves a number starting at 1, within each group. Groups line up facing each other, at opposite ends of the activity area.

02 Place two balls at the centre of the activity area.

03 The coach calls out a number to begin the game. The player with that number from each group run to the ball, picks up one of the objects and throws it to an open space in the activity area.

04 The thrower then runs to retrieve the ball, the remainder of the group run and line up behind the person who is holding the ball.

05 The group pass the ball down the line using an over/under passing motion.

06 When the end person has received the ball, they place it back in the centre and all group members return to their starting location. The game starts again with a different number being called out.

Progressions

● Decide on different ways to move the ball between the team.

Coaching points / Success criteria

● Participants are challenged to be the quickest group to move their object from the front to the back of their line.
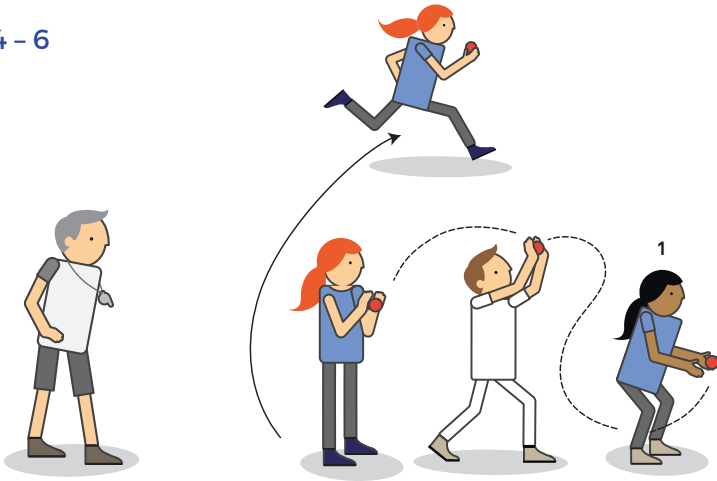
Key questions

● What skills do you and your group need to apply to successfully retrieve the ball the fastest? *(Communication when passing under and over, to avoid mistakes)*

● If your number is not called out, what can you do to help your team be successful in this game? *(Communication & work together as a team)*

STEPS 1 – 3
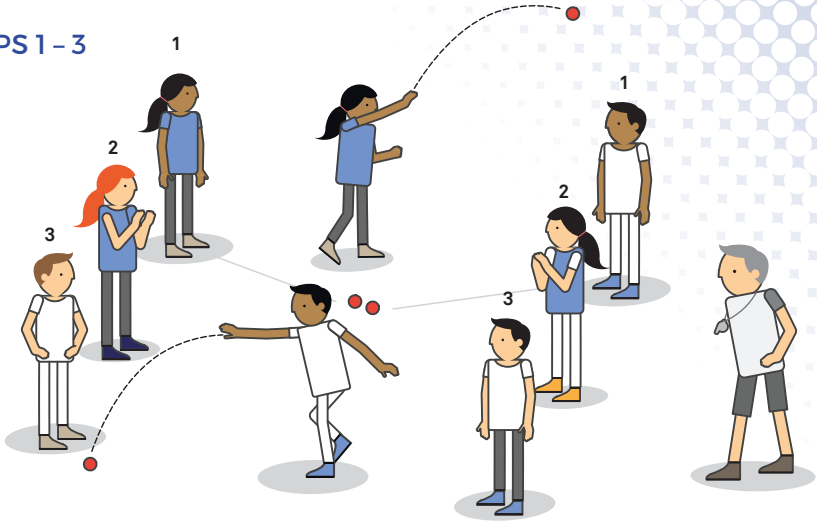
STEPS 4 – 6

Catching Zig-Zags

8-10 MINS | **BALLS** | **EVERYONE**

AIM: Underarm accuracy and catching correctly

Instructions

01 Create two equal teams. They line up into two lines. Players should have another player standing opposite them (slightly on the diagonal), in a zig-zag format.

02 The player at the start of one line throws four balls (one at a time) to the player opposite them in the other line. They then run down to the end of their line to re-join the zig-zag format.

03 The catcher receives the ball and also throws to the player opposite them in the other line. They then run down to the end of their line to re-join the zig-zag format.

04 The first team to work their way down the field to a certain point (staying within their line format) is the winning team.

Progressions

- Add additional balls into the drill for a further challenge.
- Make players catch with only one hand and throw with their non-dominant hand.
- The coach can determine how players should move when going to re-join their line (like hopping, skipping, or running backwards).

Coaching points / Success criteria

- Ensure players use the correct catching technique;
  - Eyes on the ball (always watch the player you are receiving the ball from)
  - Cup your hands together with little fingers touching
- Vary the game with progressions to keep the kids on their toes.

Key questions

- What do you do when you have received and thrown all of the balls? *(Run to other end of line and get ready to catch more balls)*

- Do we line up diagonally across from the other line or straight across? *(Diagonally – make like a zig zag!)*

- Which person should we be watching? *(Whoever the ball is coming from)*
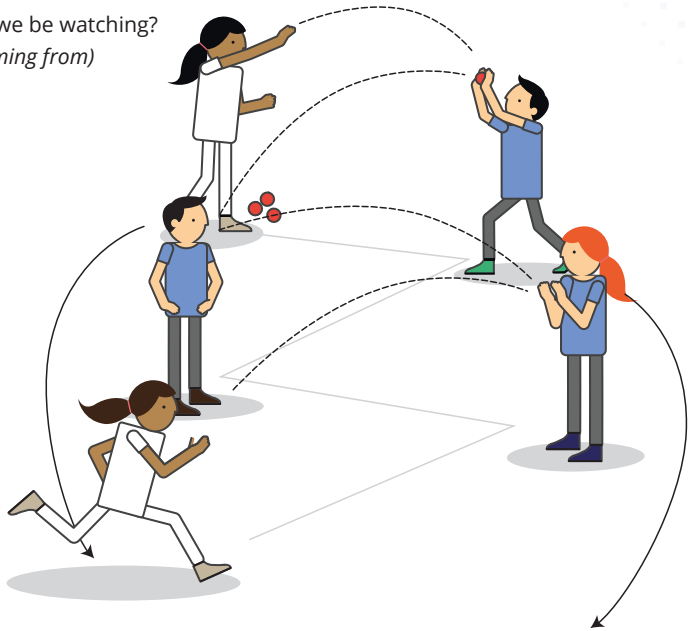
Chain Tag

🕐 **8-10 MINS** | 🏏 **CONES** | 👪 **EVERYONE**

AIM: To get players warmed up with lots of movement

Instructions

01 Set up a square with cones, the playing area is inside of the coned area.

02 Choose two players to begin as taggers. They must link arms and run around tagging other players.

03 If a player gets tagged, they must link arms with the taggers and then continue tagging others. The last person who isn't linked to the 'Chain' is the winner.

Progressions

- Start with three or four players in the chain.

- Tell the chain they can only walk, hop or skip.

- Make the playing area bigger or smaller.

Coaching points / Success criteria

- Ensure the players in the chain always have linked arms.

- Ensure players are not running into others during the game as this can result in injury.

- Keep running through progressions to ensure maximum enjoyment.

Key questions

- What do we do when we get tagged? *(Become part of the chain)*

- Are we allowed outside the cones? *(No)*

- How are the taggers joined together? *(By linking arms)*

Bouncy Bat Relays

| ⏱ **8-10 MINS** | 🏏 **CONES, BAT, BALLS** | 👫⁺ **SMALL GROUPS: 2–4** |

AIM: To control the ball with the bat

Instructions

01 Set up two rows of cones 15 metres apart.

02 With both hands on the bat players take turns to push the ball with the bat to the first cone and back.

03 As the players improve, add progressions.

Progressions

- Pick up the ball and bounce it on the bat a set number of times.

- Hit the ball off the batting tee as far as possible. Then pick up the batting tee, carry it to where ball is, and hit the ball off the batting tee again. Continue until you've reached a certain distance and returned again to the starting point. Count the number of hits it takes the team to get there and back again – the lowest total wins!

Coaching points / Success criteria

- Keep both hands on the bat.
- Push the ball in front of the body.
- Little bounces mean more control.
- Stand side-on.
- Front foot close to the batting tee when striking.

Key questions

- Where should your hands be on the handle of the bat? *(Together)*
- What can you do with your hands if you need more control? *(Move your hands further down the handle of the bat)*
- What happens to your skills when you try to go too fast? *(Skills are not as good)*
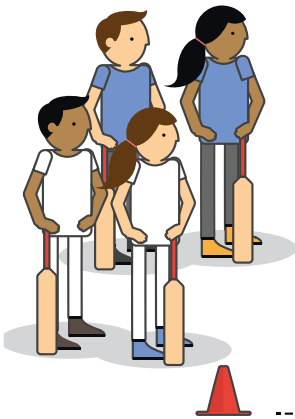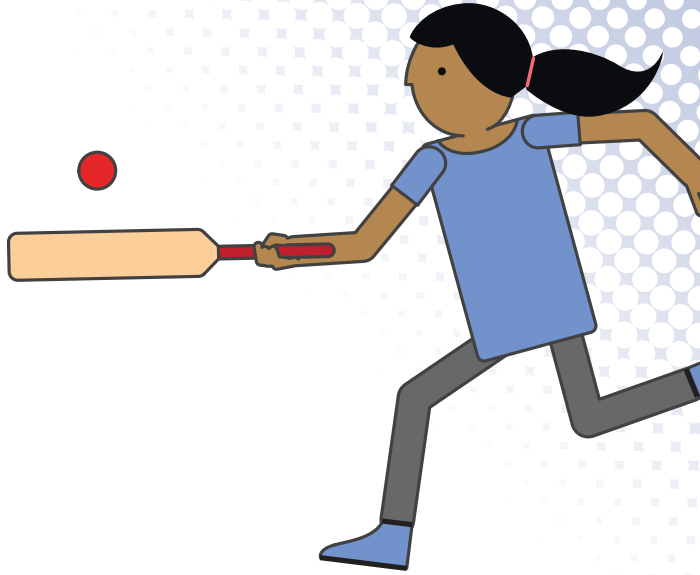
15m

Run Out

| ⏱ **10 MINS** | 🏏 **CONES, STUMPS, BALLS, BAT, BATTING TEE** | 👥⁺ **SMALL GROUPS: 2–4** |

AIM: To control the ball with the bat

Instructions

01 This game is ideally played four vs. four (batters vs. fielders).

02 Set the game up as per the diagram, with a ball placed on the batting tee opposite the set of stumps.

03 On "Go" the first batter runs out to the stumps and back and the first fielder runs out to collect he ball and bring it back.

04 The first person back gets a point.

05 Continue until everyone has had a turn.

Progressions

- Move the fielding cone further away, and the batter must complete 2 runs.

- The batter hits the ball of the batting tee and runs. The fielder chases the ball and brings it back.

- Place two cones along the batting line. It's up to the batter to choose whether to run to the first cone for 2 runs or second cone for 4 runs.

Coaching points / Success criteria

- Hold the bat with two hands in the correct grip.

- Hold the bat in one hand when running.

- Reach and touch the stumps with the bat.

- Turn quickly.

Key questions

- What is the slowest part of the activity for the batters and fielders? *(Batters: turning. Fielders: getting the ball back to the cone)*

- How can you speed this up? *(Batters: by turning in a small space. Fielders: by relaying the ball back through the fielding team)*

15m