EQUIPMENT/RESOURCES
• Stumps
• Cones
• Balls

TIMINGS
10 mins – Warm Up
20 mins – Game 1
15 mins game 2

COACHING POINTS
• Approach the ball low
• Fingers pointing down
• Opposite foot forward to throwing hand
• Follow through towards target after throwing
• Keep head down

OBJECTIVES
• Acquiring and developing skill
• Develop understanding of when to use the skill
• Improve pick up and throw

PUPIL LEARNING OBJECTIVES
• I can pick up a rolling ball cleanly
• I can throw accurately underarm

QUESTIONS
Q – Where would you aim to give your self the best chance of hitting the stump?
A – At the base. If I throw too high then it hit the stumps on the full, if I throw to low it bounces and still hits the stumps.
Q – How do you approach the ball?
A – Low. It gives me a better chance of picking the ball up
Q – Why would you have your fingers pointing down?
A – So the ball can just roll into my hand

OBSERVATIONS
Players struggle to pick the ball up.
• Start with a stationary ball.
• Use a rolling ball in ‘Pass and Move’ (see catching).
• Encourage players to brush the floor with their fingers as they approach the ball.

CRICKET SKILLS
• One handed pick up
• Underarm throw
**KNOCK OUT STUMP**
- Split group into teams with one player starting as wicket keeper and the others behind the cone.
- WK rolls the ball towards their team mates and first person attacks the ball, picks it up and throws underarm at the stumps.
- If they hit the stumps players remove one and place it at a safe distance.
- WK now runs to back of line and fielder becomes WK and rolls ball for next player.
- Team to remove all stumps first are the winners.

**EASIER/HARDER**
Start with more or fewer stumps to aim at.
Increase/decrease distances.
Allow hitting the stump base to count or insist it must hit the stump itself.
Start with stationary rather than moving ball.

**GAME**

1-5

VOCAB

- Run out