DEVELOPMENT ACTIVITY
Throwing Practice
- In pairs
- Set cones appropriate distance apart for stage of player development (8-20m)
- Aiming to bounce the ball on a line half way between, the players throw to each other.
- Drip in coaching points:
  1. Opposite foot forward to throwing arm
  2. Big stride forwards towards your target
  3. Powerful follow through with the arms coming right across the body

EQUIPMENT/RESOURCES
- Stumps
- Cones
- Balls

TIMINGS
- 5 Mins – Warm Up
- 10 Mins - Development activity
- 15 Mins Game 1
- 15 Mins game 2

OBJECTIVES
- Acquiring and developing skill
- Develop a safe and effective throw
- Gain an understanding of where to throw ball so that it is most likely to hit the stumps

PUPIL LEARNING OBJECTIVES
- I can throw with accuracy and power
- I know where to throw the ball to hit the stumps.

QUESTIONS
Q – Which foot steps forward during the throw?
A – Opposite one to throwing arm

Q – Where would you aim to give yourself the best chance to hit the stumps?
A – At the base. If I throw too high then it hits the stumps on the full, if I throw too low it bounces and still hits the stumps.

OBSERVATIONS
Players struggle to throw straight
- Use front arm to aim
- Align feet to target with a big stride.

CRICKET SKILLS
- Over arm throw
- Stop/catch

VOCAB
- Cricket
- Stable Base
TIMBER/HIT THE STUMPS - OVER ARM THROWING GAME

• Set up as shown. The targets can be changed in size by using single stumps, stumps built into a tower, balls on cones two sets of stumps side by side etc.
• Split into two teams. A whole class can be included by creating a big pitch and use lots of tennis balls.
• Players throw overarm looking to hit the target. Points awarded for hitting the targets and more for knocking them over or hitting the more difficult targets.

SAFETY.
• No players allowed in front of their cones whilst the game is going on. Points penalties for any that en croach.
• Game stopped if there are a lot of balls in the ‘danger zone’ or if targets need replacing.

OVER ARM THROW CHALLENGE
• Player starts at first cone, throws over arm at the stumps. When they hit they move to the next cone, once they hit at this distance move further back etc.
• See how far the player can get in a certain number of throws, a set amount of time or it is the first person/team to hit from furthest cone that wins.
• Can be run as a team activity.

EASIER/HARDER
• Have sets of stumps set up together to provide a bigger target.
• Have starting point closer or further from the stumps.
• Smaller distance between the cones so that there is a smaller change each time.