Learning Outcome:

- Throw a ball accurately

Starter

Look at these pictures of a boy about to throw a ball underarm and overarm at the stumps. What are the skills involved in each type of throw?

Discuss your answers in groups of four and then share your thoughts with the rest of the class. Agree which you think is the right answer.

Skill: Overarm Throw

- Stand side-on and point non-throwing arm at partner.
- Lift your throwing arm up and bend it at the elbow.
- Rock backward then forward, releasing the ball quickly.
- Keep your eye fixed on the target.
- For accuracy, aim to throw the ball into the wicket keeper's hands if attempting to hit the stumps.

Warm-up and Stretching

Can you think of some good warm-up exercises to prepare you for throwing? Think about the parts of the body you will use most. Remember to include:

- Cardiovascular activity to get your heart and lungs working
- Dynamic stretches
- Static stretches

Some Fielding Rules

- Each team has a minimum of eight players including a wicket keeper who does not bowl.
- A captain is appointed to each team.
- The captain, in consultation with team mates, is responsible for field placements and order of batting.
- Waiting batters can act as scorers and umpire.
FIELDING: Throwing Skills

Have a go

Stand 8m away from the stumps. Alternatively use cones, bins, buckets or even chalk on a wall to act as your target.

Work in groups of three – thrower, wicket keeper and observer. Take it in turns to throw the ball ten times at the target. Try using a mix of underarm and overarm throws.

Score 5 points if you hit the target in the middle and 2 points if you hit at the edges. Which type of throw are you most accurate with?

Curriculum link: Numeracy/Maths
See how many points you can score. Can you improve on this?

Assessment Opportunities

Take it in turns to be an observer. Comment on what you see.

Watch the line of flight the ball takes and translate how this affects results.

How can you use this information to improve your performance?

Curriculum link: Science

What is the most effective line of flight for a ball for a) accuracy and b) distance. Why do you think this is?

Extensions

• Once you are confident of your technique, repeat the exercise standing further away from the stumps. Try distances of 10m and 12m and see how this affects your score.

• Make the target smaller and bigger and see how you score. For example, if you are using a set of stumps, position the stumps together or remove one or two of the stumps.

Inter Cricket – with a difference

• Introduce a new scoring rule to a game of Inter Cricket.

• If a player hits the stumps from an underarm throw, score 5 extra points for your team.

• If a player hits the stumps from an overarm throw, score 10 extra points.

Inter Cricket – with a difference

• Introduce a new scoring rule to a game of Inter Cricket.

• If a player hits the stumps from an underarm throw, score 5 extra points for your team.

• If a player hits the stumps from an overarm throw, score 10 extra points.
Learning Outcomes:
- Catch a ball arriving at a variety of heights
- Catch a ball correctly, safely and consistently

Starter
Brainstorm in pairs all the words you can think of in association with catching then spend two minutes composing the first verse of a poem about the 'Winning Catch'.

Warm-up and Stretching
Think of some suitable warm-up exercises to prepare you for catching.

‘Hot Potato’
- Stand in teams behind a straight line.
- Mark a spot 5m in front of each team and place a cone for each team 10m away from the line.
- The first player runs with a ball, places it on the 5m spot, then continues to run forwards and around the cone.
- On the way back, the player stops to pick up the ball and gently throws it to the next team member to catch.
- The catcher repeats the exercise. The first team to finish wins.

Skill: Catching
- Place your hands together to form a cup or a bowl with little fingers touching.
- Hands and fingers should be relaxed, not rigid.
- Watch the ball all the time.
- As the ball falls into your hands move your hands backwards and relax arms.

More Catching Tips
- To catch a low ball (between waist and ankle height), stand with feet shoulder width apart, bend your knees and keep your bottom high. Cup hands together with fingers pointing down.

Curriculum Link: Science - Forces/Momentum/Shock
Why should you move your hands backwards as you catch the ball? Can you think of any other example of absorbing this type of force?
Have a go

• Work in groups of four. Nominate a thrower to stand in the middle of a circle of ‘catchers’.

• The thrower throws the ball underarm to each of the catchers in turn. The ball should arrive between waist and ankle height.

• A dropped ball means the catcher must drop to one knee and try to catch the next ball from that position. If the next catch is dropped the catcher must drop to both knees and if the catcher fails to catch the ball the next time, they are out.

• The winner is the catcher with most lives left.

Assessment Opportunities

• The team should work together to observe and comment on the technique employed by each catcher.

• The team should also work together to agree whether each throw is acceptable. For example, if a ball does not arrive between waist and ankle height the catcher does not lose a life if the ball is dropped.

• Think about how you can use this information to improve your performance in both throwing and catching.

Extensions

• Repeat the game. This time the thrower should aim to make the ball drop near to the catcher’s head so that they can complete a comfortable high catch.

• Observe how others are doing and use verbal reasoning to assess their performance.

Inter Cricket – with a difference

• Introduce a new scoring rule to a short game of Inter Cricket. Score an extra point for your team for each successful catch.

Rather than throwing the ball directly to the wicket keeper, you may want to see if you can get an extra catch in between your team mates to gain some extra points.

• Or, if the ball is retrieved by a fielder in the outer pitch, the team must throw the ball between at least two players on its return to the wicket.

Some Fielding Rules

Fielding Team – Scoring

3 runs are scored each time a batter is out.

The team with the highest combined batting and fielding score wins. A tied game is acceptable.

If a winner must be determined, use a bowl-out competition as follows:

• Three bowlers from each team bowl one ball alternately at three stumps.

• The ball may be a full toss or bounce once only.

• The team scoring most hits after that sequence is declared the winner.

• If the scores are still tied after three balls per team then ‘sudden death’ applies.
Learning Outcomes:

- Understand how to field securely
- Be able to create an effective barrier
- Basic wicket keeping skills of catching and attacking the ball

Starter

Look at the illustration of the boy stopping a ball with two hands. Why do you think this is the most effective position to stop a fast moving ball? Can you think of a better way to position your body to act as a barrier? Work in pairs to test which position is most effective.

When would you need to use this defensive position in a game of cricket?

Warm-up and Stretching

Can you think of some good warm-up exercises to prepare you for fielding? Remember fielding includes running, throwing and catching so you will need to think about:

- Cardiovascular activity to get your heart and lungs working
- Dynamic stretches
- Static stretches

Some Fielding Rules

Fielding Rules (outdoor game only)

Fielders, except for the wicket keeper and bowler, must start outside the inner zone and may only enter that zone as the batter hits the ball or the ball passes the batter.

Fielding Rules (indoor game only)

With the exception of the wicket keeper, no fielder is allowed to stand within 10m of the striking batter until the ball is played.

Skill (1): Stopping a ball with two hands

- As the ball approaches, move into the line of the ball and go down on the knee nearest the ball.
- Stop the ball alongside your knee, with two hands together and fingers pointing down.

Skill (2): Wicket Keeping

- Always be ready to run-out or stump the batter.
- When you catch the ball move immediately towards the wicket.
Have a go

[1] Imagine you are the Inter Cricket team captain and have to position five members of your team defensively against a strong batting side. Mark five crosses on this grid to show where you would place your players. Think about the most likely shots the other team will play.

[2] Stand 12m away from a partner. Take it in turns to roll the ball to one another – roll the ball by placing your hand close to the ground. The ball should be aimed slightly to one side each time you pass it so that your partner can follow the tips.

Extensions [1]: Over the edge

- You will need two teams of six players.
- Mark two lines approximately 20m apart. Each team should stand in front of their line facing the other team.
- Three players on each team should start with a ball.
- Continuously roll the balls underarm, trying to roll the balls past the other team and to cross the line and score a point.
- The other team must move to block the balls using the defensive barrier position.
- First team to 10 points wins.

Extensions [2]: ‘Round the World’

Work in groups of six.

One team member should stand at the centre point of a circle next to the stumps – the ‘wicket keeper’.

Another four team members should be positioned at the main points of the compass (N, S, E and W) 2 to 3m away.

Each of these players has a ball. The final team member is the caller who stands outside the circle.

The caller must randomly call out the points of the compass.

On each call, the wicket keeper must move behind the stumps and turn to receive the ball from the direction of the call.

Assessment Opportunities

Take it in turns to be an observer and comment on each other’s performance.

Whilst playing ‘Round the World’, think as a group about how you might be able to help the wicket keeper do the best job possible during a game.

How can you use this information to improve your performance?

Inter Cricket – with a difference

For the first five minutes of a game of Inter Cricket, both teams have the opportunity to score 10 extra points if the wicket keeper runs someone out by receiving the ball next to the stumps.
Learning Outcomes:

- Understand the importance of fielding
- Develop techniques for speed, efficiency and accuracy

Starter

- Divide into groups of four and agree on a definition for the role of a fielder.
- Share your thoughts with the rest of the class and write all the definitions on a board.
- As a class, agree which is the best definition. Why do you think this?

Warm-up and Stretching

Don’t forget to warm-up properly before you start. Remember to make sure you have completed some cardiovascular exercises to get your heart and lungs working and stretched properly.

Some Fielding Rules

- Captain tells fielders where to place their fielding disc.
- Each fielder must position their disc to look over it toward the batter and then walk over it as the bowler bowls.
- Fielders take their disc to a new fielding position at the end of an over.
- If a fielder attempts a run out and the ball hits the stumps, that ball is declared ‘dead’ and no further runs may be scored.

Skill: Retrieving a Ball

- Place your hand behind the ball and turn it over so that it rolls into your throwing hand by the outside of your foot.
- Turn on the balls of your feet towards the target. Balance before attempting your throw.
FIELDING: Retrieving the Ball

Have a go

Stand 8m away from a partner.

Take it in turns to roll the ball for your partner to chase and pick up.

The chaser must throw the ball back to their partner so that the ball bounces once.

- If the partner can receive the ball without moving, the chaser scores 5 points.
- If one step is made in either direction, score 2 points.
- If any greater movement is required no points are scored.

Curriculum link: Mathematics / Numeracy

How many did you score?

Assessment Opportunities

Take it in turns to be an observer and comment on each other’s technique.

How can you use this information to improve your performance?

Inter Cricket – with a difference

Any player retrieving a ball using the correct technique scores an extra 2 points for their team. An extra 5 points is scored if a player throws the ball back to the wicket keeper.

Two minute captains – change captains every two minutes and see who can position the fielders in the best places to retrieve balls. Give 5 extra points to the agreed winner.

Extensions: ‘Run Outs’

You can play this game in two groups of six. One group are batters, the other fielders. Position two sets of stumps 15m apart to form the ‘wicket’ and place a ball on the ground in line with the batting crease opposite the batter.

- The fielding team must select a wicket keeper who stands behind the stumps behind the batter.
- On ‘go’ the first batter must run to the batting crease and back again. At the same time, the first fielder must run to retrieve the ball, turn and throw it to the wicket keeper who attempts to hit the stumps before the batter returns. Change over when everyone has had a go. The team with the most players to return to the crease successfully wins.
Learning Outcomes:

- Grip the bat effectively
- Adopt a good batting stance
- Hit with consistency and control

Starter

What do you think are the qualities of a good batter? Can you think of a famous batter or perhaps your favourite batter? What particular qualities do they demonstrate?

Warm-up and Stretching

You should start the session with simple cardiovascular exercises to get your heart and lungs working, followed by some static and dynamic stretches. Here is another warm-up exercise to get you used to holding and running with the bat.

Run Batter, Run

- Each team of five stands in single file behind a start line. A second line is marked out 20m away.
- The first member of the team must run with the bat and place the bat over the line and return to the team.
- As soon as that team member passes the start line, the next team member repeats and so on. First team to finish wins.

Tip

Before working on the skills, here’s a tip to get you started on how to grip your bat. Rest the bat against your inside leg, swing your arms to the side and bring your hands down. The top hand should grip the upper section of the bat handle, with the other hand gripping the handle below the ‘top hand’. Hands should be close together with all the fingers curled around it.

Skill

There are three essential ingredients to good batting.

Good ‘Grip’

- The grip should be firm but allow the arms to be relaxed.
- Fingers and thumbs should be wrapped around the handle. The V formed by the thumb and forefinger of each hand should be in line.
- Make sure the knuckle of the first finger of the top hand is in line with the outside edge of the bat.
- Hands close together in the middle of the handle so that they can act as a single pivot point.

Good ‘Stance’

- Stand sideways on to the bowler with feet comfortably apart, one foot either side of the crease, weight evenly distributed on balls of feet and knees slightly flexed.
- Face the bowler with your eyes level.

Good ‘Backswing’

- Swing the bat back straight above the stumps.
- Front shoulder rolls down as bat is lifted.
- Bat and hands remain in line with the shoulders.
- Hands stay close to the back hip, top hand in control.
- Look forward, keep your eye on the ball at all times with your head steady and level as possible.
Have a go

- Work in pairs and take it in turns to be the batter.
- Practise the backswing by lifting the bat up and down so that it taps the ground, using the wrist and arms only.
- Your top hand should be in control. Make sure your hands remain close to the body and that the bat handle is in line with the shoulders.
- Keep your head still and eyes level. Tap the bat behind you ten times.

Once you are confident you are tapping correctly, remove the centre stump and mark a point 50cm away from the stumps for the batter to stand. Each batter should attempt five backswings.

How many times does your bat go straight through the gap in the stumps? Score 3 points for every time. And remember to make sure your grip and stance are exactly as shown.

Assessment Opportunities

- Using a digital camera, take it in turns to photograph or video the batter so that you can see their grip, stance and backswing.
- Self check your technique – are you standing correctly?
- Does your grip look the same as the one shown in the picture on ‘good grip’?
- What could you do to improve your backswing? If you hit the stumps rather than swinging through the missing middle stump, can you see why this happened?

How can you use this to improve your batting technique?

Note: If you don’t have a digital camera, you can act as the camera for one another. Comment and advise on the batter’s technique.

Extensions: Striking the Ball

Level 1 – Place the ball on a volcano or striking tee. Batters take it in turns to strike the ball five times. Score a point for every ball you strike. Any batter hitting the ball at least three times can progress to the next level.

Level 2 – Work in pairs to drop feed the ball to the batter so that it bounces once in front of the batter. Score 2 points for every ball you strike. Any batter hitting the ball five times out of five can progress to the next level.

Level 3 – Work in pairs to throw the ball directly to the batter’s bat. Score 3 points for every ball you strike.

Curriculum link: Maths/Numeracy
How many did you score?

Some Batting Rules

(playing Inter Cricket outdoors)

- 50% of the team bat in the first innings and the remaining 50% in the second innings.
- An innings is closed when an agreed number of overs have been bowled or all batters are out.
- A single remaining batter may continue batting, changing end as necessary to receive strike; a partner must run with the remaining batter; either batter may be run out to end the innings.
- LBW may only be given if a batter deliberately blocks the ball to prevent it hitting the wicket.
- A batter retires on 15 but the last scoring hit counts (i.e. if on 14 and score 6 on next hit the batter retires on 20).
- A retired batter may resume their innings when only one batter remains.
- Each team has one innings. An innings is closed after an agreed number of overs or if all batters are out.

Normal cricket rules apply except:

- Non-striking batters wait level with and to the side of the ‘running crease’ and may not interfere with any bowled ball.
- Batters change ends at the end of each over.
**Learning Outcomes:**

- Hit a forward defensive shot with consistency and control
- Hit a forward drive shot with consistency and control
- Understand the need to attack and defend as a batter

**Skill (1): Forward Defensive**

- Make sure you start with the correct grip, a relaxed, comfortable stance and your eyes fixed on the ball.
- Complete backswing as weight transfers to the front foot through a bent front knee.
- Keep your head still, eyes level and fixed on the ball.
- Rotate shoulders vertically and lean forward to block the ball with the bat next to and just in front of the front leg.
- As you lean forward the back heel raises, bottom hand is relaxed and the bat should be presented face on to the ball.

**Skill (2): Forward Drive**

- Contact with the ball should be made underneath the eyes.
- The bat should accelerate through the point of contact and stay on line with the shot as long as possible to a high finish position.

**Starter**

Look at the grid which shows the pitch divided into sections. If a bowler bowls most balls into the area indicated, into which section do you think most of the shots would go if a batter were right-handed? Why do you think this?

**Warm-up and Stretching**

Can you think of some effective warm-up exercises to prepare you for batting? You will be using your arms but you will also be running so you will need to loosen up key muscles and get your heart and lungs working.
**BATTING: Striking the Ball**

**Have a go**

- Work in teams of three – take it in turns to be the bowler, the batter and an observer.
- Place two cones, 10m apart, in a straight line in front of the batter.
- The bowler should bowl six balls to the batter. The batter should attempt to use a defensive shot to block the ball so that it travels no further than the nearest cone.

**Assessment Opportunities**

Take it in turns to be an observer and comment on each other’s performance. Think about how you can use this information to improve your performance.

**Extensions**

- Once everyone has had a chance to bat, each batter should then receive a further six balls.
- This time the batter should attempt to play a forward drive, sending the ball past the second cone.

**Inter Cricket – with a difference**

- Introduce an opportunity to score extra points for your team in a short game of Inter Cricket.
- The batting side is awarded double points for runs scored from a forward strike.
- These points should be awarded over and above the maximum allowed within the rules of Inter Cricket.

**Some Batting Rules (playing Inter Cricket indoors)**

- Batters may be caught out off the ceiling and walls (except the boundary wall) providing the ball has not touched the floor.
- To run out a batter running to the ‘running crease’, the wicket has to be broken at the end the batter is running toward.
- A single remaining batter may continue batting, changing end as necessary to receive strike.
- A partner must run with the remaining batter; the whole side is out when the solo batter is out or either player is run out.
- LBW may only be given if a batter deliberately blocks the ball to prevent it hitting the wicket.
- A batter retires on 15 but the last scoring hit counts (i.e. if on 14 and score 6 on next hit the batter retires on 20).
- A retired batter may resume their innings when only one batter remains.
Learning Outcomes:

- Select appropriate shots
- Direct a ball to space with purpose

Starter

Look at the diagram showing the direction of three shots selected by a right-handed batter. What type of shot could have played the ball into each direction?

Curriculum link: Maths

At approximately what angle to the batting crease does the ball travel?

Warm-up and Stretching

- Work in pairs to develop a suitable warm-up for batting activities. Share your thoughts with the rest of the class.
- Decide which pair has come up with the most comprehensive warm-up.
- Remember you should include cardiovascular activity and stretches.

Skills: On and Off Drive

- An on or off drive can be achieved by changing the movement of the head and shoulders.
- Step towards the ball to send it in a different direction.

Skills: Pull Shot

- Complete your backswing and move your front leg back and to the side. Knees are flexed.
- Transfer bodyweight to the front leg and rotate shoulders horizontally, accelerating the bat to the point of contact in front of the body.
- Follow through.

Some Batting Rules (playing Inter Cricket indoors)

Scoring - Batting Team

Batters may run on any ball whether it is hit or not. Batters score runs by running between the striker’s popping crease and the ‘running crease’ (score 1 for each completed run).

Zone Score – Add 1 run (zone score) to the batter’s score if a struck ball hits any wall other than the boundary wall behind the bowler.

Boundaries – 4 runs are added to the batter’s score if a struck ball hits the floor and then the boundary wall behind the bowler without touching any other wall beforehand.

6 runs are added to the batter’s score if a struck ball hits the boundary wall behind the bowler without touching the floor or any other wall beforehand.
Some Batting Rules (playing Inter Cricket indoors)

**Scoring Extras** - Add 2 runs to the team score for each no-ball or wide bowled by the opposing team (any completed runs, zone scores or boundaries are also added to the team score). If the ‘free hit’ immediately following a wide or no-ball is also a wide or no-ball, that ball is pronounced ‘dead’ and 6 runs are added to the team score.

Explanatory note: If a no-ball or wide is bowled immediately after a ‘free hit’ then 2 extra runs are scored, as described. The following ball would then be a ‘free hit’ unless six balls have already been bowled in which case the over is ended and an additional 6 runs are added to the team score.

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**Have a go**

- Work in groups of four - batter, bowler, wicket keeper and observer.
- Set up a series of cones to mark out four key zones as illustrated in the diagram.
- Each batter should receive five balls before switching places. All four members of the group must bat.
- A right-handed batter attempts to hit the ball into zone 1 from every bowl. A left-handed batter attempts to hit the ball into zone 3. What type of shot is most effective in sending the ball in this direction? What influences the type of shot that is selected?

**Assessment Opportunities**
- It is essential to develop a good batting technique. Watch the technique of each of your team mates and share advice to help each of you improve.

**How can you use this information to improve your performance?**

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**Extensions [1]**
- Once all batters have attempted to hit into zone 1, the exercise should be repeated with zone 2 as the target. What type of shot should you attempt this time?
- Each batter should also receive five balls to be hit into zones 3 and 4. Every time the ball is hit the batter should state the type of shot played to send the ball in the direction required.

**Extensions [2]**
- Each batter receives ten balls.
- The batter is awarded points for each shot that passes between two cones.
- The number of points scored depends on the direction of the shot.

**Curriculum link: Maths/Numeracy**

*How many did you score? What type of shot gained the most points?*

---

**Inter Cricket - with a difference**

Introduce some temporary new batting rules when you play Inter Cricket. For example:

- Place two cones on the pitch. Any batter striking the ball between the two cones scores an additional 2 points for the team.
- Or, if the ball is struck between the two cones, the batter receives a bonus shot.

Change the placement of the cones throughout the game. You may wish to change the number of bonus points or shots according to the placement of the cones.

**Starter Answer** – 1. could be a pull short; 2. could be an on drive; 3. could be an off drive.
Learning Outcomes:

- Run well between wickets
- Understand the batting decision process
- Understand the importance of awareness, good calling and working with a batting partner

Starter: Traffic Lights

Place three cones on the floor to represent three traffic lights. The red light indicates ‘no’, the green light indicates ‘yes’ and the amber light indicates ‘wait’.

Two members of the class should be selected as batters and a third as a bowler. Each time the bowler bowls, the rest of the class has to decide what the batters should do.
- If you think they should run, stand behind the green cone.
- If they shouldn’t run, stand by the red cone.
- And, if you think they should wait to make a decision, stand behind the amber cone.

In each instance, which of the batters should make the decision?

Warm-up: ‘Running Partners’

- Make sure you warm-up properly at the beginning of your session. You can try this simple cardiovascular warm-up to get your heart and lungs working.

- Mark two lines 20m apart and stand in pairs behind one of the lines. Take it in turns to be the ‘batter’.
- On a command of ‘yes’ the first batter must run to the line opposite and touch the ground behind the line, turn and wait for a second command of ‘yes’ before completing a second ‘run’. The second player repeats the exercise.

Skill: Good Calling

Awareness

- Batters should work in pairs and be aware of each other at all times.
- Look for runs from both attacking and defensive shots.
- Identify and remember gaps in the field.
- Expect a run every ball - move down the pitch as the ball is released.
- Run aggressively.
- Never set off too early for a run.

Good Calling

- Use loud and clear calls of ‘yes’, ‘no’ or ‘wait’.
- The responsibility to shout usually lies with the striker unless the non-striker has a better view, e.g. if the ball goes behind the batter.
- On multiple runs, the batter running towards the ‘danger end’ should take responsibility.
- Accept calls and do not hesitate.

Running and Turning

- Run in straight lines and carry the bat in both hands.
- Turn quickly by getting low to improve braking and power away from the turn.
- The bat must be touched or slid beyond the popping crease to score a run.

Some Batting Rules

Batting team - Scoring

Batters may run on any ball whether it is hit or not. Standard cricket scoring applies except that:

- Add 1 run (zone score) to the batter’s score if a ball is hit outside the inner zone but does not cross the boundary line.
- Add 2 extra runs to the team score for each no-ball or wide bowled by the opposing team (any completed runs, zone scores or boundaries are also added to the team score).
- If the free hit immediately following a wide or no-ball is also a wide or no-ball, then that ball is pronounced ‘dead’ and 6 runs are added to the team score.

Explanatory note: If a no-ball or wide is bowled immediately after a ‘free hit’ then 2 extra runs are scored, as described above. The following ball would then be a ‘free hit’ unless six balls have already been bowled in which case the over is ended and an additional 6 runs are added to the team score.
**Have a go [1]: The Batting Decision Process**

The batting decision process is described in the chart below.

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Process</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you know?</td>
<td>The Decision</td>
<td>Yes/No/Wait</td>
</tr>
<tr>
<td>E.g. What can you see?</td>
<td>E.g. Which shot to play?</td>
<td>E.g. Hit and run</td>
</tr>
<tr>
<td>What type of bowler?</td>
<td>Where to hit the ball?</td>
<td>Defensive block</td>
</tr>
</tbody>
</table>

Work in groups of five (two batsmen, a bowler, a wicket keeper and an observer/umpire).

Complete a chart like the one below each time a ball is bowled. Switch positions so that each of you receives six balls.

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Process</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ball 2</td>
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<td>Ball 3</td>
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<tr>
<td>Ball 4</td>
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<td></td>
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<tr>
<td>Ball 5</td>
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<td></td>
</tr>
<tr>
<td>Ball 6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Assessment Opportunities**

Take it in turns to be an observer and comment on how the batters worked together as a team.

The observer should share views with the batters and agree how the decision process and communication between batters could be improved.

---

**Have a go [2]: Beat the Catches**

- Divide into groups of six to eight. Two teams will play against each other, one team are batters, the other are catchers.
- On ‘yes’ the first batter runs up and down the pitch, touching the bat behind the crease.
- On completing the second run the next batter sets off.
- At the same time the other team must throw and catch the ball, counting the catches.
- Once all batters have had a go, the teams should swap roles.
- The winning team is the team with the most catches.

---

**Extensions**

- It is not just the batters that have to make decisions during a game. The umpires are the sole judges of all matters concerning the game.
- Think about the role of the umpire as an official. How does this role act to prevent and resolve potential conflict during a game of Inter Cricket?
- What type of relationship needs to exist between players and umpires?

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**Curriculum link:**

Citizenship / PSHE
Resolving conflict
Learning Outcomes:

- Bowl accurately and consistently
- Improve the line and length of the ball

Starter

A bowler’s approach should be:

Smooth
Balanced
Economical
Rhythmical
Consistent

Brainstorm in groups of four or five other words you can think of to describe these qualities. Share your thoughts with the rest of the class and agree the best ten descriptors.

Warm-up and Stretching

Simple cardiovascular warm-ups should be a part of your session. Can you think of some ideas?

A good overarm bowling technique uses the whole of your body. Make sure your warm-up includes static and dynamic stretches to prepare you for this activity.

Skill: Bowling Overarm from Standing

- Stand side-on. Your bowling arm should be furthest away from the batter.
- Stretch your arms out to the sides and lift your front arm up high and look over your shoulder at the batter.
- Rock away from the batter by lifting up your front leg.
- Rock forward keeping both arms straight.
- Release the ball quickly at the highest point of delivery, keeping your head steady and your eyes fixed on the target.
- After release take a step forward. Your bowling arm should fold to body and finish outside front knee and your front arm should break away behind.
- Keep your head upright and eyes fixed on target.

Some Inter Cricket Rules (playing Inter Cricket outdoors)

- Bowlers use their fielding disc to mark their run-up.
- Bowl from both ends. Overarm bowling.
- Minimum of eight overs per side per match.
- At least 50% of the team must bowl.
- No bowler may bowl more than four overs.
- Only six bowls allowed in any over.
- The ball which follows a ‘no ball’ or ‘wide’ is a ‘free hit’ (striker cannot be out on that hit).
- Name and signal of ‘free hit’ to be determined.
Have a go:

Work in pairs and take it in turns to stand behind the line and bowl six balls.

Aim to release the ball so that it bounces in one of the zones. They each have a different score - you should aim for the perfect pitch, not too close or behind the batter.

Curriculum link: Maths/Numeracy
How many did you score? Can you improve on this score?

Assessment Opportunities

Your partner should observe your technique and offer advice on ways in which you can improve your performance.

Discuss how changes in the release of the ball, the position of the arms or body and even the position of the head can affect the results.

Extensions [1]

Once you are familiar with the technique, aim to consistently hit the marker in zone four. The point of release is critical.

Extensions [2]: Rebound Bowling

- Draw a target on a wall. The centre should be the height of the stumps.
- Each player should bowl at the target from behind a line so that it bounces once.
- Bowler collects the ball from the rebound, returns to the line and bowls again.
- Repeat six times. How many hit the target?

Inter Cricket - with a difference

- Introduce a new scoring rule to a game of Inter Cricket.
- Score an extra point for a perfect delivery.
- Score a bonus of ten points if a player is bowled out.
Learning Outcomes:

- Good approach and accurate release of the ball when bowling overarm
- Understand how speed and flight can restrict the batter

**Starter**

Smooth  
Balanced  
Economical  
Rhythmical  
Consistent

Use these five words to create a definition for good bowling practice. Share your thoughts with the rest of the class and agree on the most suitable definition.

**Warm-up and Stretching**

Once you have begun to get your heart and lungs working through a simple cardiovascular work-out and completed a series of stretches, try these ideas to warm-up for bowling.

**High Jump**

- Mark a line on the ground.  
- Run towards the line and ‘bound’ over it, taking off on one foot and landing on the other.  
- Throw arms into the air to gain more height.  
- Repeat five times.

**High Jump and Turn**

- Run and bound over the line again, but this time turn 90 degrees in mid-air so that you land in a side-on position over the line. Your landing foot should land parallel to the line.  
- If you are a right-handed bowler you should take off on your left foot and turn to the right.  
- If you are left-handed, take off on your right foot and turn to the left.  
- Throw your arms into the air as you take off and bring them down in front of your head as you turn and land.  
- Repeat five times.

**Skill: Overarm Bowling with a Run-up**

- During the approach, the body leans forwards with the arms close to the body.  
- Take off from the opposite foot to the hand in which you hold the ball.  
- Turn 90 degrees in mid-air and land on your other foot. Your foot should be at right angles to the line of delivery.  
- As you jump, front arm is raised with eyes looking over it and the bowling arm is held close to the chin.  
- As you land front leg is raised slightly.  
- Complete the bowling action as detailed on card 9.

**Some Bowling Cricket Rules**

*(playing Inter Cricket Indoors)*

- Bowl from one end only. Overarm bowling.  
- Only six bowls to be bowled in any over.  
- If preferred, two bowlers may bowl in tandem, bowling alternately to complete either a six ball over or 2 x six ball overs. The inactive bowler may not field. No bowler may bowl more than four overs per session.  
- The ball which follows a ‘no ball’ or ‘wide’ is a ‘free hit’ (striker cannot be out on that hit).
Have a go:

Skill: Walking/Jogging and Running-up to Bowl

- Start by walking four paces, starting with the same foot as the hand you hold the ball in.
- On the fourth step, jump from that foot and begin the bowling action.
- Once you feel comfortable with the action, jog the four paces to bowl.
- When you feel ready, run-up to bowl.

Assessment Opportunities

- If you have a digital camera or video, take it in turns to video each other bowling.
- How can you use this to improve your performance?
- Try to identify the things you do correctly and those that are incorrect each time you bowl. How does this affect your technique?

Homework Suggestion

- As a homework exercise, try to find some pictures or video footage of a professional bowler. What can you learn from their technique?

Extension - Release

- The point of release in bowling is very important. Mark the direction the ball would travel if it were released from each position shown.
- Which is the most effective release point?
- Can you think of any other sports or any other parts of cricket that might use this principle?

Curriculum link: Science
Gravity, Ball Pathways

Extension Release Answer – Most effective release point is arm C
Indoor Pitch

- As set out in the diagram, with permissible adjustments for local circumstances.
- The pitch should be offset towards the striker’s end to offer a longer boundary to the boundary wall behind the bowler.
- Recommended length of pitch:
  - Under 12 = 20 yards (18.3m)
  - Under 13 = 21 yards (19.2m)
  - Over 14 = 22 yards (20.1m)
- Pitch length may be adjusted to suit ball type and size of playing area.
- The `running crease' drawn across the pitch 15 yards (13.71m) from the middle stump at the striker’s end may be reduced to a minimum of 10 yards. The shorter distance is set to encourage batters to run.

Outdoor Pitch

- As set out in the diagram, with permissible adjustments for local circumstances.
- Recommended length of pitch:
  - Under 12 = 20 yards (18.3m)
  - Under 13 = 21 yards (19.2m)
  - Over 14 = 22 yards (20.1m)
- Pitch length may be adjusted to suit ball type and size of playing area.
Glossary of Cricket Terms

BAIL – One of the wooden crosspieces that sits on top of adjacent pairs of stumps to form a wicket.

BOUNDARY – The perimeter of a cricket field, marked by an obvious fence or marker.

CLEAN BOWLED – When a batter is beaten by a ball and subsequently dismissed through the stumps being broken.

CREASE – One of the white lines marked on the pitch to denote different areas of play; either the bowling crease, popping crease, or return crease.

HIT WICKET – To strike and subsequently break the stumps with the bat resulting in the batter’s dismissal.

INNINGS – The period of time spent batting by a team or individual.

LEG BEFORE WICKET – If the ball hits the batsman without first hitting the bat, but would have hit the wicket if the batsman was not there, and the ball does not pitch on the leg side of the wicket the batsman will be out. However, if the ball strikes the batsman outside the line of the off-stump, and the batsman was attempting to play a stroke, he is not out.

NO-BALL – An unfair bowl because (a) it rolled along the ground (b) the bowler threw the ball instead of bowling with a straight arm (c) the bowler overstepped the popping crease.

NON STRIKER – A term used to describe the batter waiting at the bowler’s end.

OVER – Six fair deliveries completes one of these.

RUN – The method of scoring during a game of cricket. Also a single unit of score.

RUN OUT – A way of being out in cricket. If either batsman is attempting to take a run, or to return to his crease after an aborted run, and a fielder breaks that batsman’s wicket with the ball while he is out of the crease.

STRIKE (STRIKER) – The name given to the batter who is facing the bowler. The batter is said to be “on strike”.

STUMPS – Wooden uprights of which there are three on which the bails are balanced to form the wicket.

TEST – A cricket match of International standard scheduled to last for 5 days.

WICKET – The collective term for 3 stumps and 2 bails at either end of the pitch.

WICKET MAIDEN – An over in which the bowler has taken a wicket without a batter scoring runs.

WICKET KEEPER – Player who wears fielding gloves and stands behind the batter’s wicket ready to catch the ball if the batter misses it.

WIDE – A ball that a batter cannot reach.
### Inter Cricket Scoring Card

**Batting** + **Bowling** = **Total**

**Batting team total score** = **total wickets x 3**

**Bowling team total score** = **total wickets x 3**

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### Match Result

please photocopy score sheet
Inter Cricket Scoring Card

Keep a cumulative total after each over of total wickets taken.

Write down the name of the bowler for each over of the innings.

Each box represents a ball bowled (see blue box below).

Write down runs scored in the over.

Each box represents a ball bowled (see blue box below).

Keep a cumulative total after each over of total runs.

Write down the name of the batters, in order, for each innings. Use extra spaces for retired batters to continue their innings.

Each time the batter scores a run cross off a box. This will help you tell when the batter reaches his/her retirement score of 15.

N.B. runs only count to batter when they HIT the ball.

Keep a cumulative total after each over of total runs.

Write down runs scored in the over.

Write down batting (total runs scored), bowling (wickets x 3) and total batting + bowling scores for each team.

Fill in the names of the two teams.

Don't forget to fill out the match result. The winning team is the one with the highest total.

WHAT TO WRITE IN THE ‘BALL BOWLED’ BOX

W = wicket taken

1/2/4/6 = runs scored

(2) = wide or no-ball

*= no run scored

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