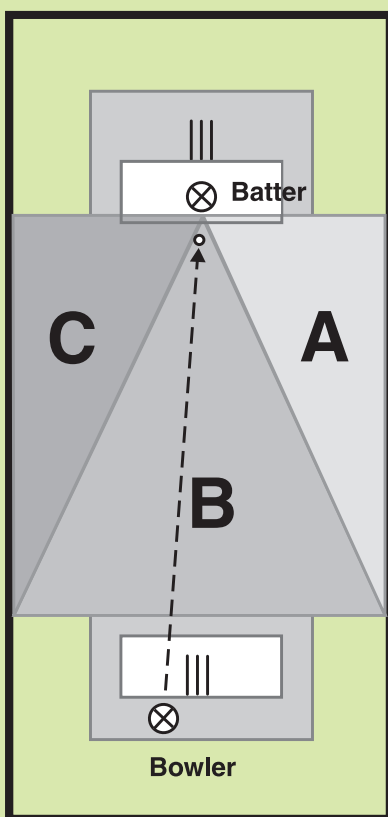


## Learning Outcomes:

- 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

## 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

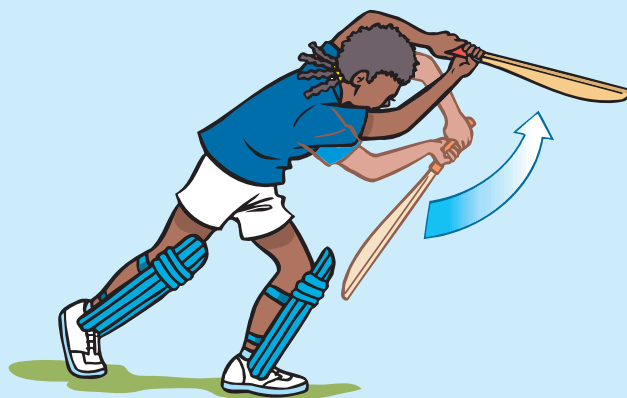
Can you think of some effective warm-up exercises to prepare you for batting? You will be using your arms but you will also be running so you will need to loosen up key muscles and get your heart and lungs working.

## Skill (1): Forward Defensive



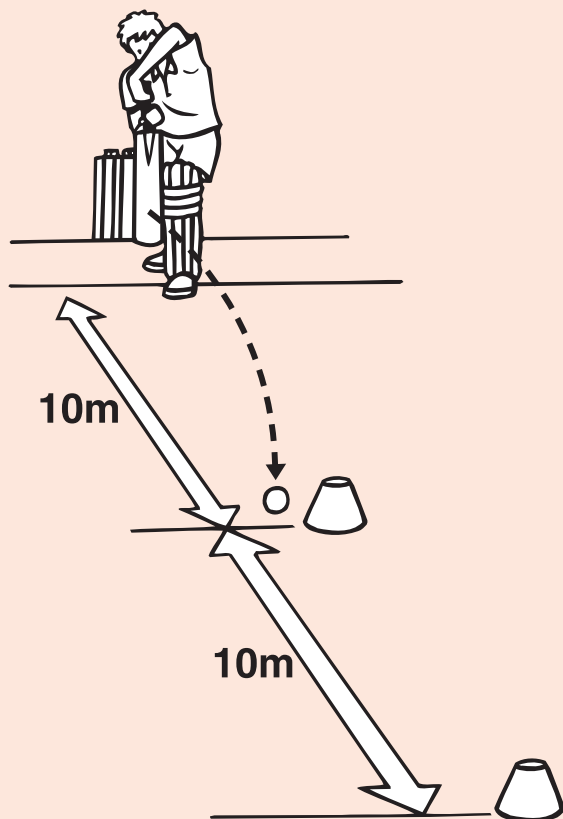
- Make sure you start with the correct grip, a relaxed, comfortable stance and your eyes fixed on the ball.
- Complete backswing as weight transfers to the front foot through a bent front knee.
- Keep your head still, eyes level and fixed on the ball.
- Rotate shoulders vertically and lean forward to 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.

## 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

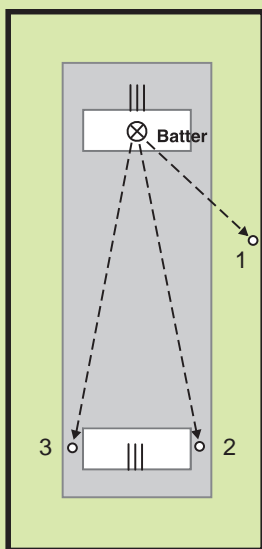
(playing Inter Cricket indoors)

- 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.

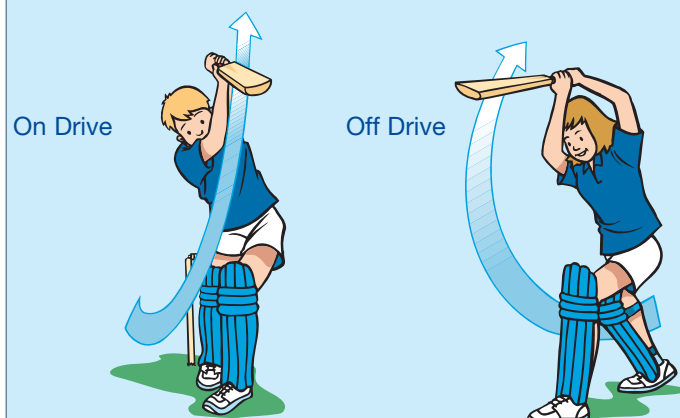
## Some Batting Rules (playing Inter Cricket indoors)

### 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).

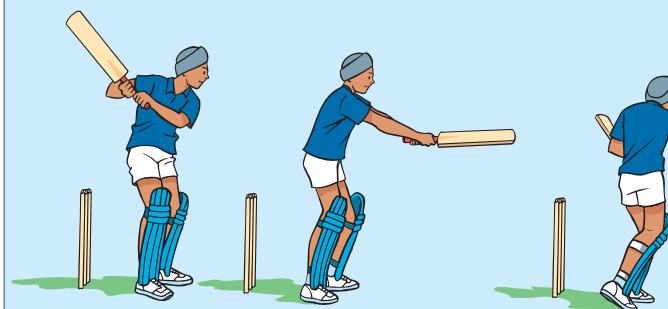
**Zone Score** – Add 1 run (zone score) to the batter's score if a struck ball hits any wall other than the boundary wall behind the bowler.

## 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.

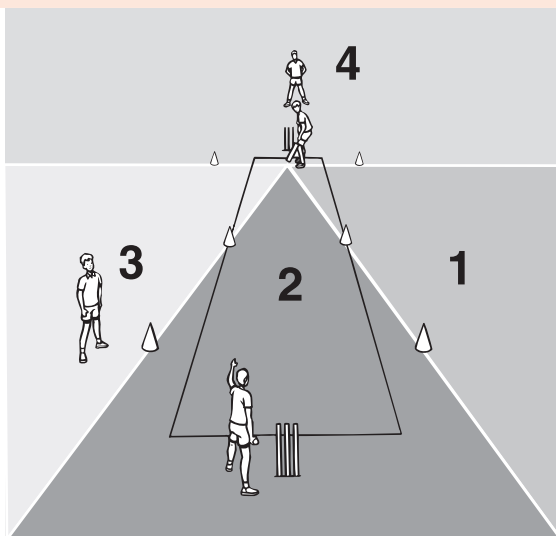
## Skills: Pull Shot



- 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.

**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.

## 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?**

## 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.

## 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.

Starter Answer - 1. could be a pull shot; 2. could be an on drive; 3. could be an off drive