

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)

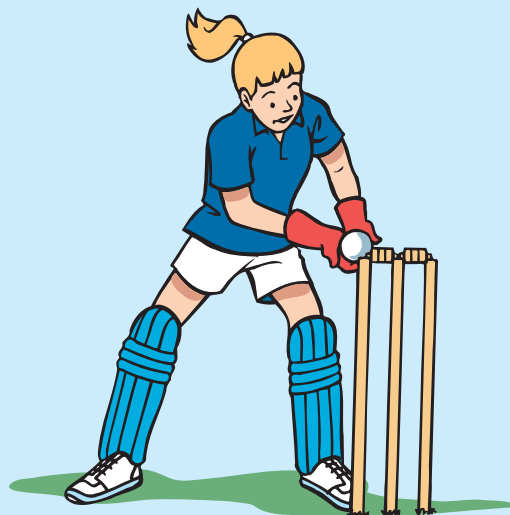
With the exception of the wicket keeper, no fielder is allowed to stand within 10m of the striking batter until the ball is played.

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.

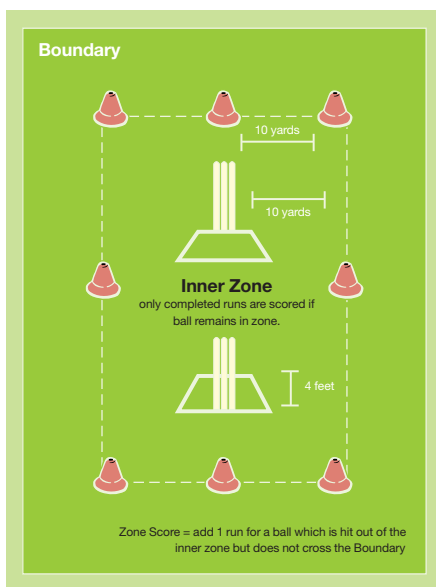
Skill (2): Wicket Keeping



- 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 [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.

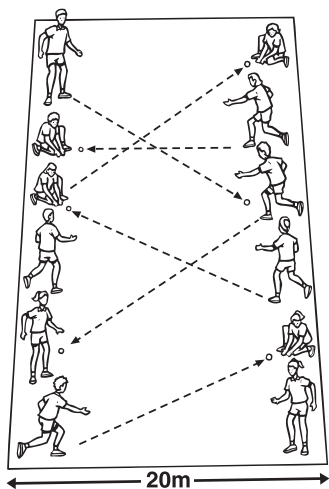
Assessment Opportunities

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?

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.

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.