

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?

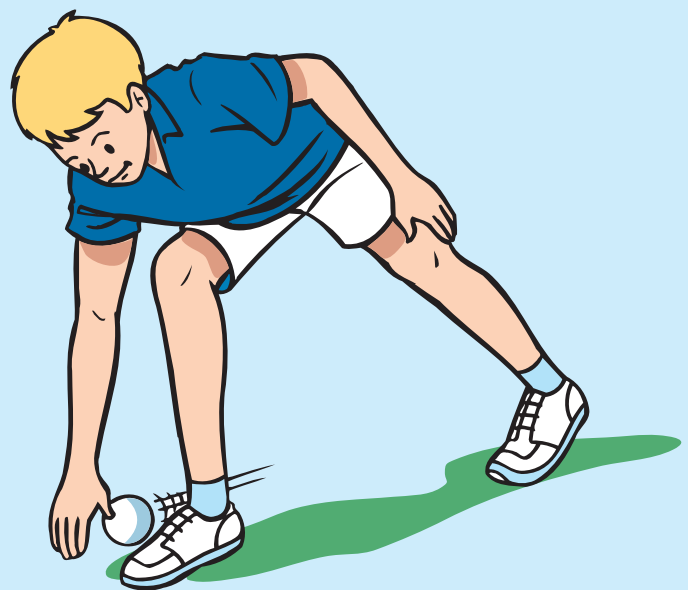
Warm-up and Stretching

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.

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

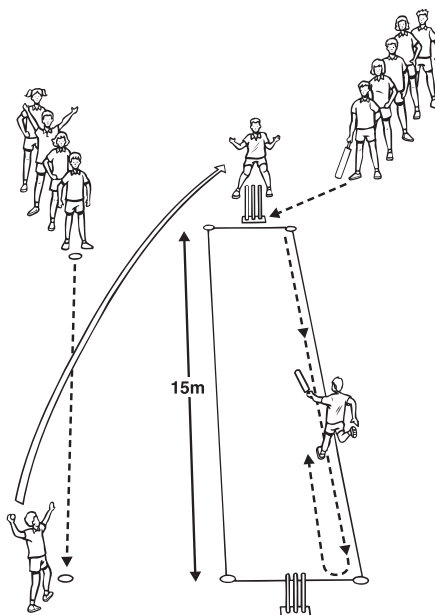
How many did you score?

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?

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.

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.