

BOMBS AWAY

CRICKET PLAY



WAIRARAPA
CRICKET

Skill Focus
Catching

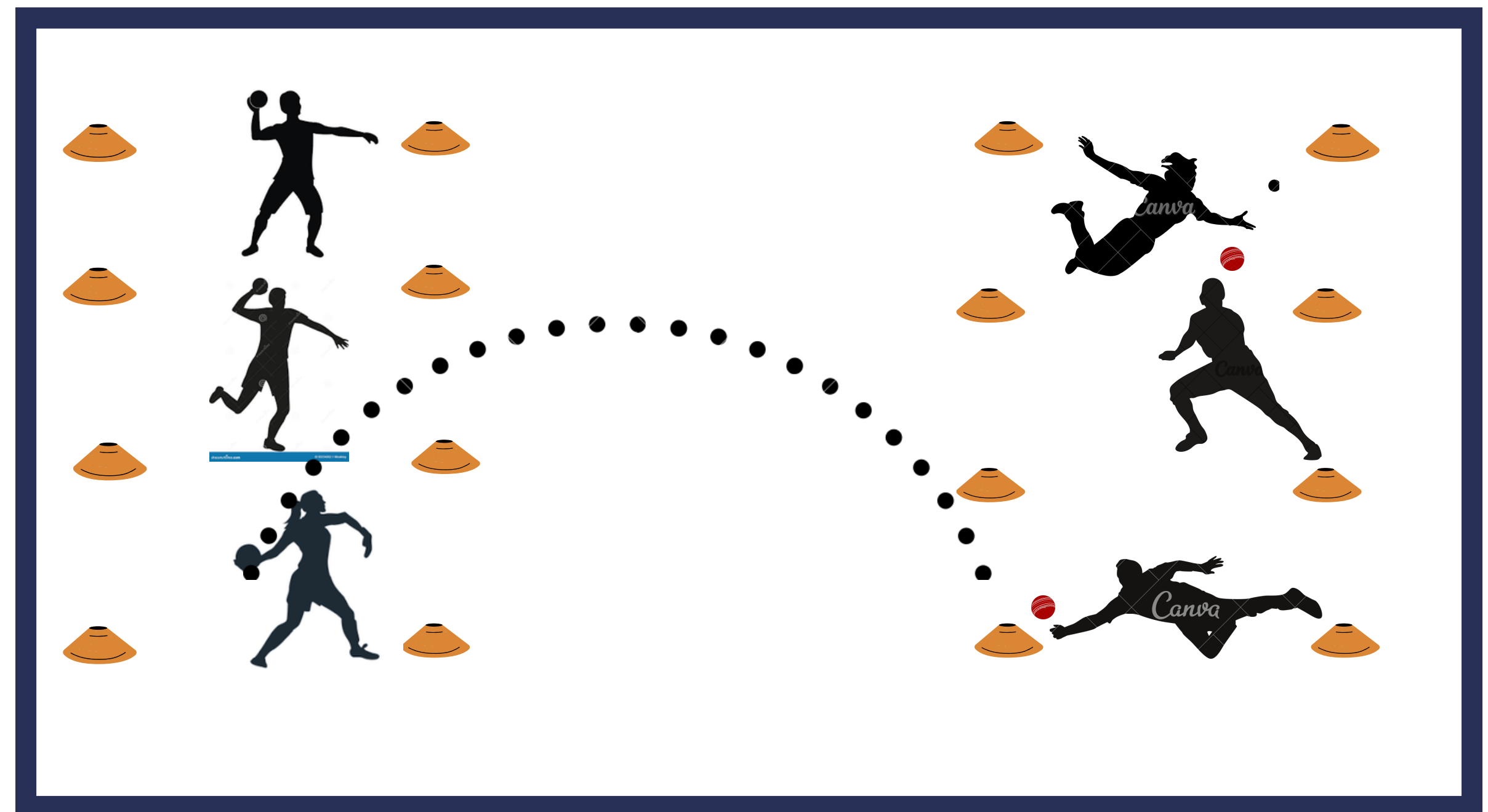
Environment
Outdoor area

Equipment
Cones, Balls
(Bats if required)

Key Game Purpose
Developing perception of ball flight

How to Play

- Split into two teams. Each team is then split so that one player faces an opposing player.
- Set up two coned areas with a range of squares at any distance apart.
- Players take turns to throw a ball their coned area, scoring points if the ball lands, on the full, in the opposition coned area.
- If a ball is caught no point is scored.
- First individual to a set number of points wins, or total team score.
- Players can be rotated between squares to face different opponents.



Change it Up

- Increase or decrease the size of the squares.
- Introduce different types of throws - underarm, overarm.
- Only one handed catches can be attempted.

Coach Prompts

- Concentrate on the positive aspects. What are you observing? Let the players know specifics of what they are doing well.
- Consider open ended questions that encourage exploration for the player:
- "How could you move to make catching easier?"
- "Think about your throws - how could you challenge your opponent in different ways?"