

Activity: Rounders/ Cricket

Any questions please email:

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Lesson Overview

The aim of this lesson will be to develop some key skills required in striking and fielding sports. These are:

* Fielding
* Batting
* Bowling

Students will practice these skills through a variety of drills and then apply them into small-sided games.

Sports Department Lesson Plan

**Lesson Objective:**

**How can we develop the core skills used in rounders/ cricket?**

**Resources**

* Tennis balls, rounders balls, cricket balls
* Bats (tennis rackets for LA students)
* Posts

**Bronze**

**To explore the different striking and fielding skills demonstrating control and some coordination.**

**Silver**

**To practice and refine basic striking and fielding skills demonstrating good technique.**

**Gold**

**To perform these skills successfully under pressure and demonstrate some tactical knowledge of the sport.**

**Literacy Focus:**

Key words will be highlighted and defined on PPT

These key words will be reiterated during practical aspects of the lesson.

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| **Phase** | **Process** | **Differentiation** |
| **THEORY** | Go through PPT with students discussing the key skills that will be looked at within the lesson plus the different rules/ tactics. **If the lesson is wet weather then batting skills will not be looked at – use bank of drills/ games to use this time effectively.** | B – Teacher to talk through key technique points.  S – Use of key words to help develop understanding of the sport.  G – Discussion of the different tactics that could be used. |
| **PRACTICAL** | | |
| Do Now | 2 laps of the rounders pitch/ sports hall.  Line up in a row facing teacher approx. 10m away.  Moving towards teacher and then back to starting point perform:   1. High knees 2. Heel flicks 3. Skips 4. Lunges 5. Arm circles (forwards and backwards)   In pairs grab a ball and practice some underarm and overarm throws. No teaching points yet so you can gauge ability levels. | B – teacher demo of the exercises  S – longer distances used for the warm up routine  G – encourage to come up with movements that could be added into the warm up. |
| Activity  **Fielding** | Demonstrate the underarm throw technique – recap the teaching points from the PPT. Discuss the correct catching technique (*hands in a basket, finger tips points towards partner, fingers close around the ball and the ball is pulled in towards the chest*).  Students to practice this technique with their partner for 2 mins, focus is now on the throwing technique. Teacher to go round and check technique.  **Drill 1 – distance throws.** In pairs students set up three distances using cones (2m, 5m and 10m) students will complete 5-10 throws at each distance (you choose how many depending on your groups ability) the first pair to finish their 10m throws wins.  **Drill 2 – pick up and throw *(in rounders and cricket it is likely in a game that the ball will need to be picked off the floor and thrown quickly).*** In pairs label themselves 1 and 2. Number 1s will roll the ball towards number 2. Number 2 will pick up the ball and throw it back to their partner using the underarm throw. They will do this 10 times and then swap over. They should do this twice each. *(eye on the ball, hands low to the ground, focus on throwing technique).*  *\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**  Demonstrate the overarm throw technique – recap the teaching points from the PPT. Discuss the correct catching technique (*thumbs together, finger tips points towards upwards, fingers close around the ball and the ball is pulled down into the chest*).  Students to practice this technique with their partner for 2 mins, focus is now on the throwing technique. Teacher to go round and check technique.  **Drill 1 - distance throws (distances are longer this time to replicate the appropriate distance for an overarm throw).** In pairs students set up three distances using cones (10m, 15m, 20m) students will complete 5-10 throws at each distance (you choose how many depending on your groups ability) the first pair to finish their 20m throws wins.  **Conditioned game – first to 5 –** Teams of 3,4 or 5 dependent on numbers. Make a playing square which both teams must stay in. they cannot contact each other and should try to stay 2m apart. Aim of the game is for each team to try and get to 5 points by making 5 successful throws and catches within their teams. If the ball is dropped or intercepted by the other team then the game restarts and the other team try to do the same. If a team manages to get to 5 they score a point and pass the ball over to the other team. Each game lasts 5mins the team with the most points wins. | B – shorter throwing distance, more visual demonstrations and prompts for technique.  S – increase the throwing distance focus on accuracy. Roll the ball at a greater speed and students use their body to act as a barrier to stop the ball. *(see drill bank for long barrier drills).*  G – include throwing to a moving object (partner mimicking moving towards a base). Add in a target area to increase accuracy. |
| AFL | Teacher observation and students’ self-assessment of ability. |  |
| Activity  **Bowling** | Teacher to demonstrate bowling action (See PPT for technique points). And discuss the rules associated with bowling (See PPT).  Students to recap the underarm throw/ bowling technique for 2mins focusing on accuracy of throws.  **Drill –** in 3s students will take it in turns to practice their bowling technique. They will number themselves 1, 2 and 3. Number 1s will bowl first, they will face number 2 and take 10 steps back from them. Number 2 will hold out their arm at shoulder height *(this is to show the maximum height of the bowl)* ***if you have hula hoops in your equipment bag you can use these instead as a target if not then player 2 acts as the target***. Number 1 will bowl the ball to the side of number 2 trying to get the ball to pass through between the shoulder and knee to number 3 who will act as a back stop. Number 3 will confirm whether the bowl was legal (between the knee and shoulder) and then pass back to number 1. Each player will rotate positions and have 10 bowls each. They should do this twice each. | B – shorter throwing distance, larger target area, more demonstrations, reiterate key points.  S – increase throwing distance, smaller target area, focus on accuracy and speed.  G – vary speed of throws to outwit opponent. |
| AFL | Teacher observation and students’ self-assessment of ability. Peer assessment opportunities. |  |
| Activity  **Batting** | **Do not do these indoors – use bank of resources to go through more fielding drills and then play some quik cricket (JUST USE TENNIS BALLS).**  Teacher to demonstrate the batting technique discussing the key technique points highlighted in the PPT.  Students to practice the batting stance and technique in 3s. Taking it in turns to have a go at batting, bowling and fielding. Students should set up so the batter is batting out into the field and not towards another group. Groups should be spread out to allow enough space. See diagram.  **Drill – make the most runs.** In groups of 3 (batter, bowler, fielder**)** Students will have 5 good balls bowled at them by the bowler. When they hit a good ball the fielder and bowler will work together to get the ball back to the spot it was bowled from. The batter will run shuttles (5m cones to the side of the batter) until the ball is returned 1 shuttle = 1 point. Each player will rotate positions. The person who scores the most points at the end wins.  11  Fielder  Bowler  11  Batter  11  **Conditioned game – scatterball.** Two equal teams using the rounders pitch. One team is fielding the other team is batting. Each batter will be bowled three consecutive balls which they will hit. The fielders cannot move until the last ball has been hit. Then the whole batting team will try and get everyone round the rounders pitch they score a point for each member that gets round. The fielding team need to retrieve all 3 balls and get the back to the bowler. No more points can be scored when the bowler has all 3 balls. Each member of the batting team gets a go and then the teams swap roles. | B – use a tennis racket.  S – use a rounders bat.  G – focus on placement of ball. |
| AFL | Teacher observation and students’ self-assessment of ability. Peer assessment opportunities. |  |
| **Gameplay** | Game of rounders – follow the simplified rules from the PPT. Pitch is set out as per the diagram below. Each team will play for 5-10mins and then swap over dependent on how much time you have left. National Rounders Association  **If you don’t have enough students to play a game of rounders then play some scatterball instead and increase the amount of hits per player to 5. Teams will bat for 5-10mins and then swap over. (Instructions for scatterball are above).**  **\*WET WEATHER – SWITCH TO KWIK CRICKET – this is explained in the PPT.** | B – use a tennis racket when batting, use a tennis ball rather than rounders ball.  S – encourage to use rounders bat and attempt basic tactics.  G – encourage to lead their teams and use basic tactics. |
| Plenary | Discuss how tactics could be used to improve game play. Teams discuss what they did well and where they could improve and relate these back to the three key skills covered within the lesson. |  |

Questions:

What is the correct technique for the underarm/ overarm throw?

What sort of distances would you use an overarm throw for?

What position other than a fielder would you need a good underarm throw technique?

What are the rules for bowling?

How could you outwit a batter with your bowling technique?

Why is teamwork important for fielders?

What is the correct technique for batting?

How could power and accuracy improve our chances of success when batting?

What tactics could you use when batting?

**Bank of drills:**

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| **Fielding** | |
| Long barrier  Video for technique:  <https://www.youtube.com/watch?v=1hxVw1YCJn0> | **Drill –** In pairs label themselves 1 and 2. Player 1 will roll the ball at varying speeds and angles to player 2. Player 2 will attempt to stop the ball using the barrier technique. They will pick up the ball and throw it back to player 1. They should repeat this 10 times and then swap roles.  **Technique:** Approach the ball at speed and as you get into line with the ball, twist your upper body, leading with the shoulder furthest from the ball.  Bend both knees, so that the knee of the leg nearest to the ball touches the ground, but it is also next to the back of the heel of the other leg.  With fingers down and head forward, pick up the ball and then stand back up ready to deliver an overarm throw. |
| Throwing (underarm and overarm)  11 | **Drill – catch and stump the base *(mimicking the type of play needed when trying to stump out a batter).*** In pairs students choose how far apart they stand depending on how comfortable they feel – they should try to challenge themselves towards the end. Students will use three cones as a ‘bases’ and put them in their throwing area. They will then label themselves 1 and 2. Player 1 will shout the colour of a cone and player 2 will run to that cone. Player 1 will then throw overarm to player 2 who will catch the ball and stump the base by touching the cone. The ball is then thrown back to player 1 who will choose another colour cone. They will complete this 10 times and then swap over. |
| Fielding  National Rounders Association | **Game –** Danish rounders. 2 teams. One team are runners and one team are fielders. The fielders will position themselves with a player at backstop, 1st base, 2nd base, 3rd base, 4th base and bowler. The running team will line up on the batting line. The fielding team will pass the ball from backstop through to bowler whilst the running team try to get all their players around the pitch. The winning team is the team who manages to stop the most amount of runners making it to 4th base. |
| **Batting** | |
| Batting – Accuracy and power  11  Fielder  Bowler  11  Batter  11 | **Drill – target practice.** The same set up as the previous batting drill. This time there will be cones placed out in the field behind the bowler. The batter will try to aim into these areas. If the batter gets the ball beyond the first cone they get 2points, 2nd cone = 5points and furthest cone = 10pts. Focus is to improve accuracy and power of hits. Each player rotates and the person with the most points at the end wins. |
| **Bowling** | |
| Bowling – technique and reactions | **Drill – circle reactions**. Students in a circle with teacher in the middle. Only underarm throws are allowed. Teacher will bowl the ball and different speeds and random students to try and catch them out. Whoever catches the ball must bowl it back to the teacher. The aim is to get as many catches in a row without any drops. |
| Websites:  <https://www.youtube.com/user/Rounderseng> - Rounders England YouTube site – some good drills videos on there.  <https://www.youtube.com/channel/UC8LUo1LUDdhO2xVCsn9OZ9g> - Cricket drills suitable for kwik cricket. | |