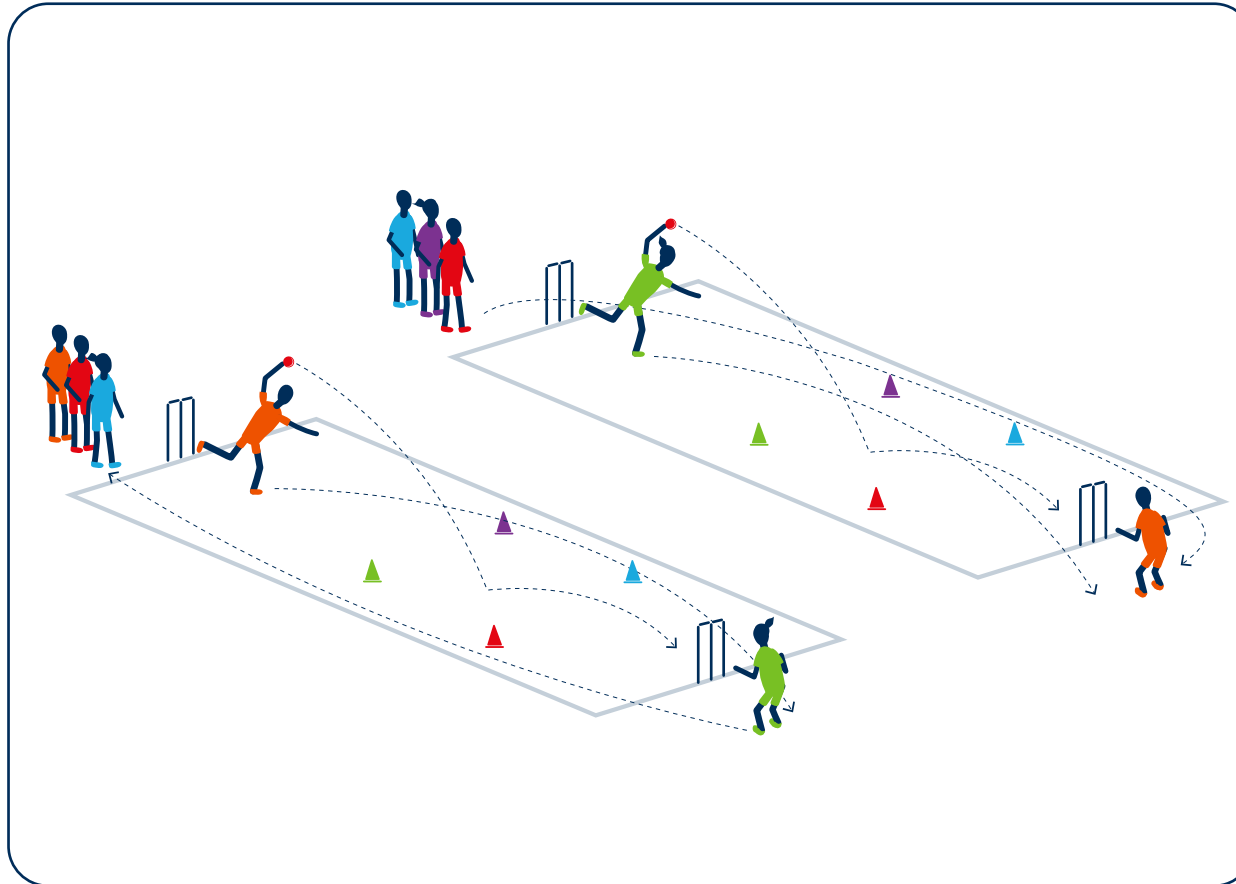


# TARGET BOWLING

(Please refer to ECB Fast Bowling Directives for further guidance on workloads)



## Equipment

Per group:

Balls: 1

Stumps: 2

Cones: 4

## Aim

To acquire and develop bowling skills to become more accurate when bowling

To select and apply bowling skills to ensure points are scored consistently

To evaluate and improve bowling by listening to instructions and observing other performers during the game

To analyse own performance to identify how to improve specific areas within their bowling action

## Organisation

In groups of 4-6, players take turns to bowl the ball in between the target coned area and also to attempt to hit the stumps

Once bowler has bowled they must run down to the wicket and become the wicketkeeper

The wicketkeeper, once collected the ball, must run to the opposite end (bowling) to pass the ball on to the front person

They then join the bowling queue

Points are awarded if the ball when bowled lands in between the target coned area

Additional points are awarded if the ball hits the stumps also

The game continues for a set amount of repetitions or time

## Adaptation/variation

Start from base position then use a one-step method

Increase/decrease the target size

Increase/decrease the length of the pitch

Increase the length of run-up



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