HIT THE STUMPS

Equipment

Per group:

Balls: 1+

Stumps: 2+

Cones: 4+

Aim

To acquire and develop over-arm throwing accuracy

To select and apply skills and tactics to increase the amount of successful hits

To evaluate and improve performance by listening to and following instructions and also observing other participants performing

To analyse personal performance and identify areas in technique which need to be improved

Organisation

Groups are divided into two equal teams as illustrated

Players stand behind the coned area then attempt to hit the stump with an over-arm throw

Throws are alternated between teams and players in teams

The game continues for a set amount of repetitions or until a total has been achieved

The team with the most hits/points are deemed to be the winners
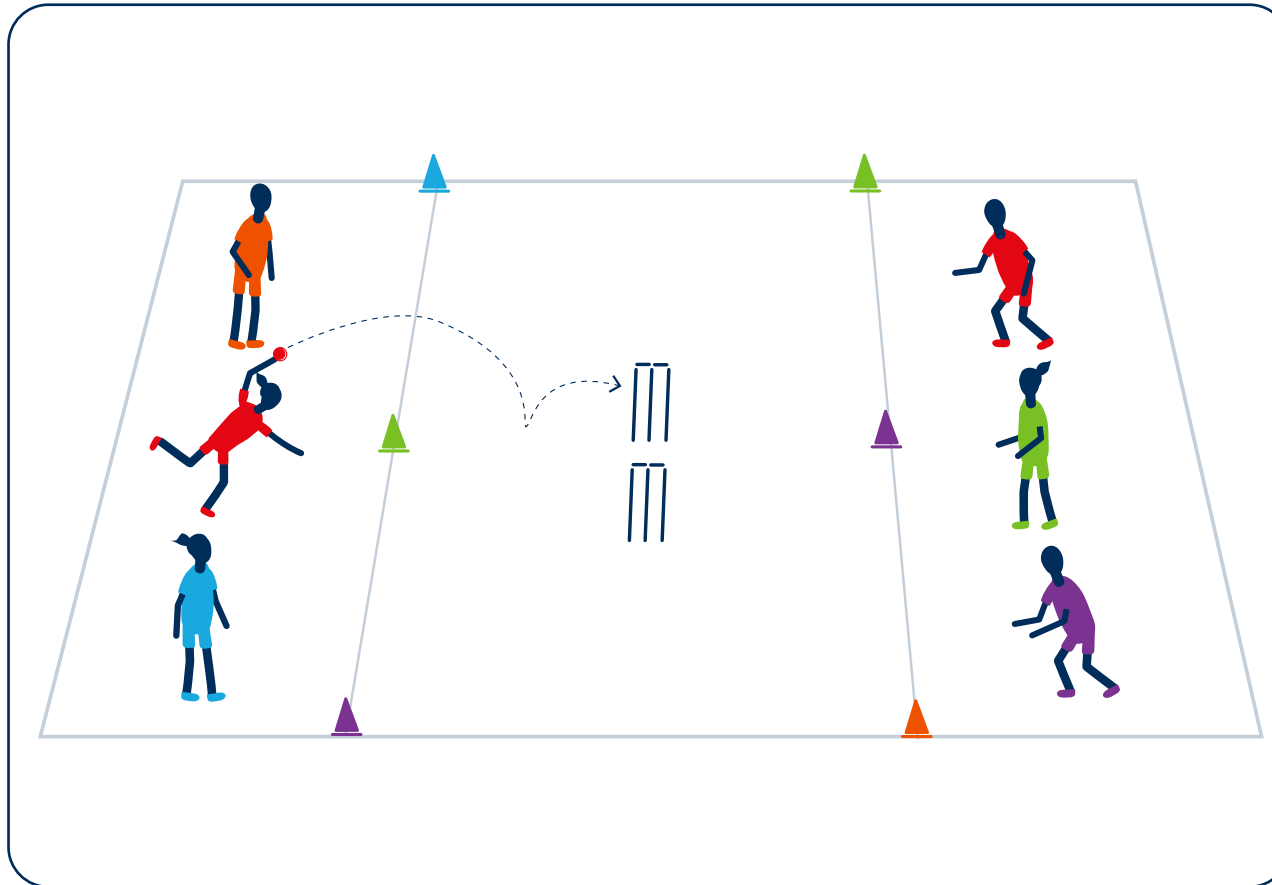
Adaptation/variation

Add more balls

Increase/decrease the amount of stumps

Increase/decrease the throwing distance

Use a bigger ball

Award points to the throwing team if the fielding team misses the ball

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