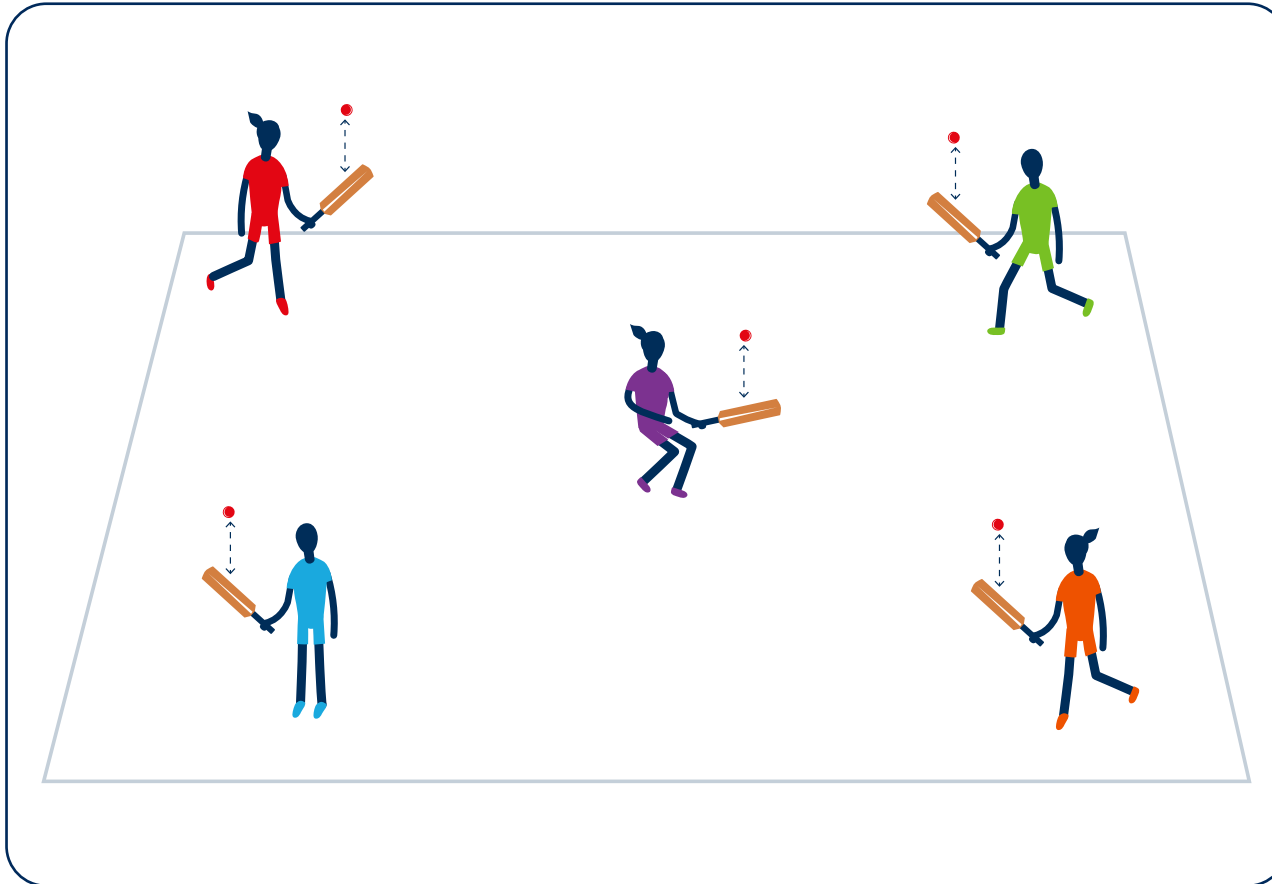


BAT TAPS



Equipment

Per player:

Ball: 1+

Bat: 1

Aim

To warm up physically and mentally

To acquire and develop a range of movement skills, spatial awareness and hand-eye co-ordination skills

Organisation

Players bounce the ball on the bat or part of the bat eg edge, back, toe etc. whilst conducting a series of movement skills

Player to stand on one leg, bounce the ball on the bat then go onto knees, lie down, back up again, one low tap, one high hap, four low, one high etc.

Also let the ball bounce on the floor then kick it back on to the bat – use both feet, catch the ball on the bat after a high hit

Adaptation/variation

Increase the area

Decrease the area

Add distractions

Use a bigger ball

Use a smaller ball

Move into other zoned areas

Avoid cone and other participants

Opposite a partner – bat tennis

If used as a cool down:

Perform at a slower pace

Add static stretches

Reflect on session

Players to re-hydrate



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