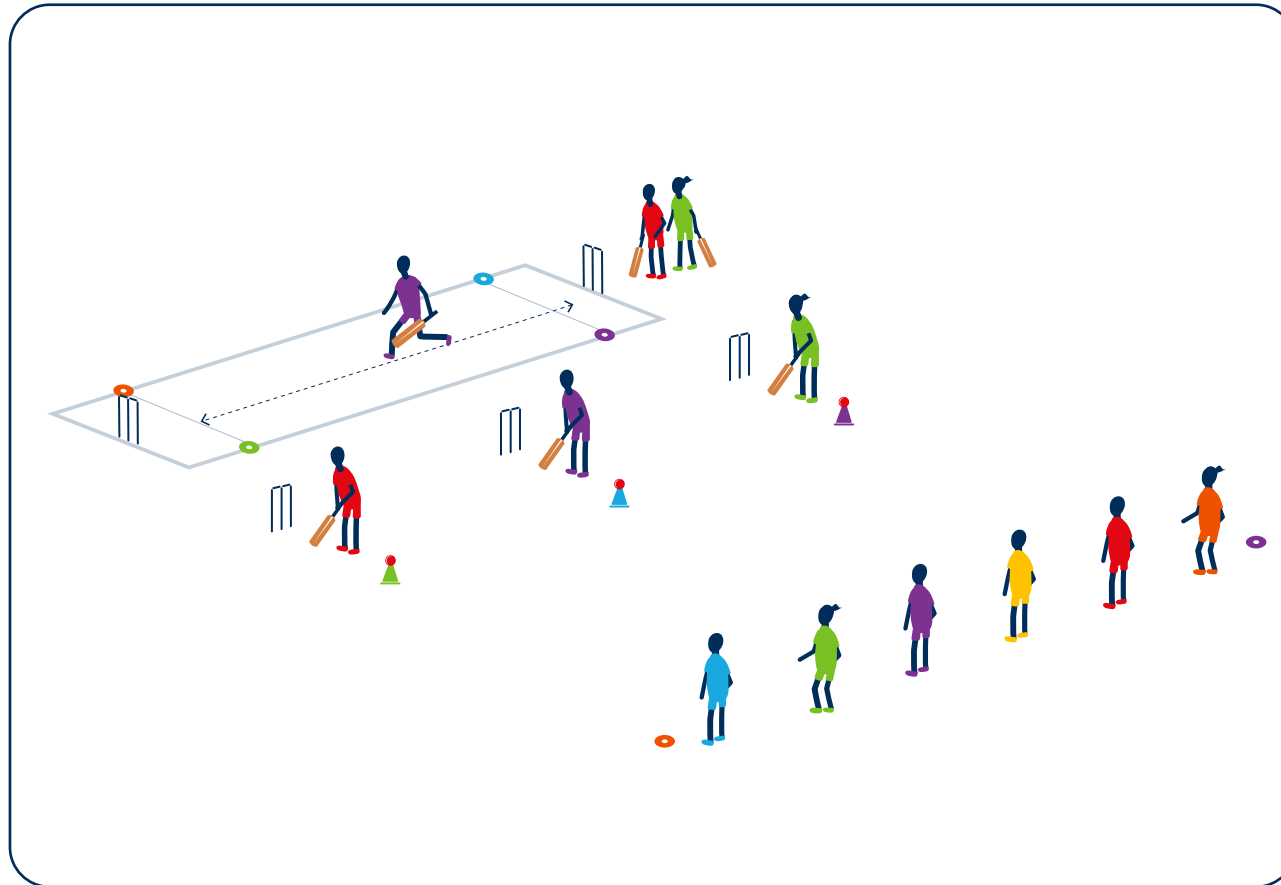


SMASH IT



Equipment

Balls: 3

Stumps: 5

Batting tees: 3

Cones: 6+

Aim

To acquire and develop batting and fielding skills

To select and apply skills and tactics to increase opportunities to score runs when batting and decrease opportunities to score runs when fielding

To evaluate and improve performance by listening to and following instructions, by observing and listening to other participants and self-analysing performance to establish which areas need to improve to increase success

Organisation

In equal teams up to 6 per side

Half of the batting team strike their ball. The other half attempt to score as many runs as possible

The batting team must stop running once all the balls are returned to their original position by the fielders

The batting complete their innings (time or number of goes) and swap with the fielders

The team with the most runs wins

Adaptation/variation

Use bobble serves

Use throw downs

Increase/decrease the fielding area

Increase/decrease the distance for running

Use bigger ball

Reduce fielders



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