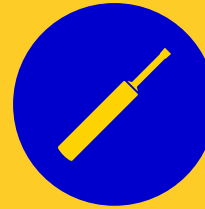
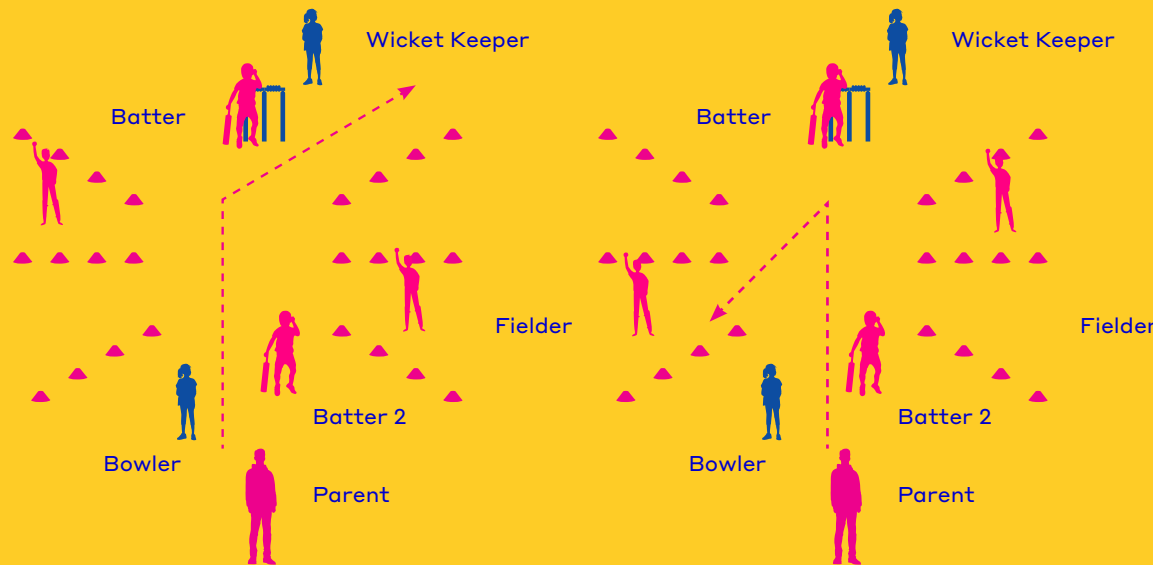


# Hitting Into The Gaps like Heather Knight & Jason Roy



## BATTING

1. Just let players (batters) have a go at hitting the ball
2. Introduce scoring system, and ask pairs to score themselves
3. Try to beat their first pairs score
4. Ask each group to choose a team name and work out their total team score
5. Top score challenge vs the other groups – which group can score the most runs?



- Individual Scoring:**
- 0 points:** All missed balls and wickets taken
  - 1 point:** every run between the stumps that the batters do when hitting into a guarded zone
  - 2 points:** every run between stumps that batters do after hitting into an unguarded zone

**Get the adults involved:** Parents can help by scoring, but also doing all signals that have been learnt the previous weeks

### ▶ Aim:

To develop batting skill and ability of children to look at where the fielders are, and hit into the gaps. To develop fielding skill of taking wickets, by attacking the ball and catching, or stopping the ball and throwing at the stumps.

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6, 1 bat per 6

### ▶ Organisation:

1. Set up a group of up to 6 players as per the diagram, across a pitch roughly 15 yards long.
2. Break group into pairs: one pair batting, one pair fielding, and one pair bowling/wicket keeping.
3. Create 6 zones (see diagram), for the wicket keeper and 3 fielders to protect.
4. The fielders can choose which side zones they guard and cannot enter the other zones until the ball is hit.
5. There will be 2 unguarded zones – all batters runs count double when they hit it here
6. Players will face 10 balls per pair, ideally fed by the activator/adult helper before rotating with the other pairs so each player has an opportunity to play in each role. Batter > Wicket Keeper & Fielders
7. Batters should swap/cross with their partner after each ball so they have 5 balls batting each.
8. Players will continue rotating until they have tried all roles.
9. After each round, bring the children together and ask them to discuss how they could improve their individual/team score as batters, or take wickets as fielders.

### ▶ Change it - Easier/Harder

- Easier:** 1. Activators feed the ball closer or with a drop feed 2. Batters can choose which zones are left unoccupied.
- Harder:** 1. Activator chooses where the fielders guard 2. Decrease sizes of the unguarded zones

### ▶ Understanding the Game

Focus on batsmen changing strike and hitting the gaps to score runs quickly, especially when it is difficult to score boundaries.