## Countdown Mini Pairs



[^0]Aim:

1. Learn to play a game
2. Watch and hit a moving ball with a free swing of the bat
3. Watch and catch or stop a ball
4. Straight arm when bowling
5. Co-ordinate body movements for bowling action
6. Different whole-body movements
7. Watch and catch/stop a ball
8. Throw a ball
9. Teamwork

## Equipment:

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

## Drganisation:

1. Split into groups of $6(8) \&$ create $3(4) \times$ pairs
2. $4(6) x$ fielders $\& 2 x$ batters at every point
3. Each batting pair will face $20(15)$ balls, and try to score as many runs as possible
4. Bowler bowls to batter, who can run between wicket to score runs or hit boundary
5. Next pair to bat after 20 (15) balls
6. Fielding team rotate around every 5 bowls, with each player bowling 5 bowls in a row

## Change it - Easier/Harder

Easier: S - Increase the size of target
T - Throw the ball underarm
E - Use a larger ball
P - Activator or volunteer feeds ball
Harder: S - Decrease size of target
T-Change type of feed
E - Use a smaller ball or bat with a stump
P - Match players by ability

## Get the adults involved:

Ask parents to signal any no balls, wides \& boundaries. Ask parents to score for each pair


[^0]:    Get the
    kids
    involved:

