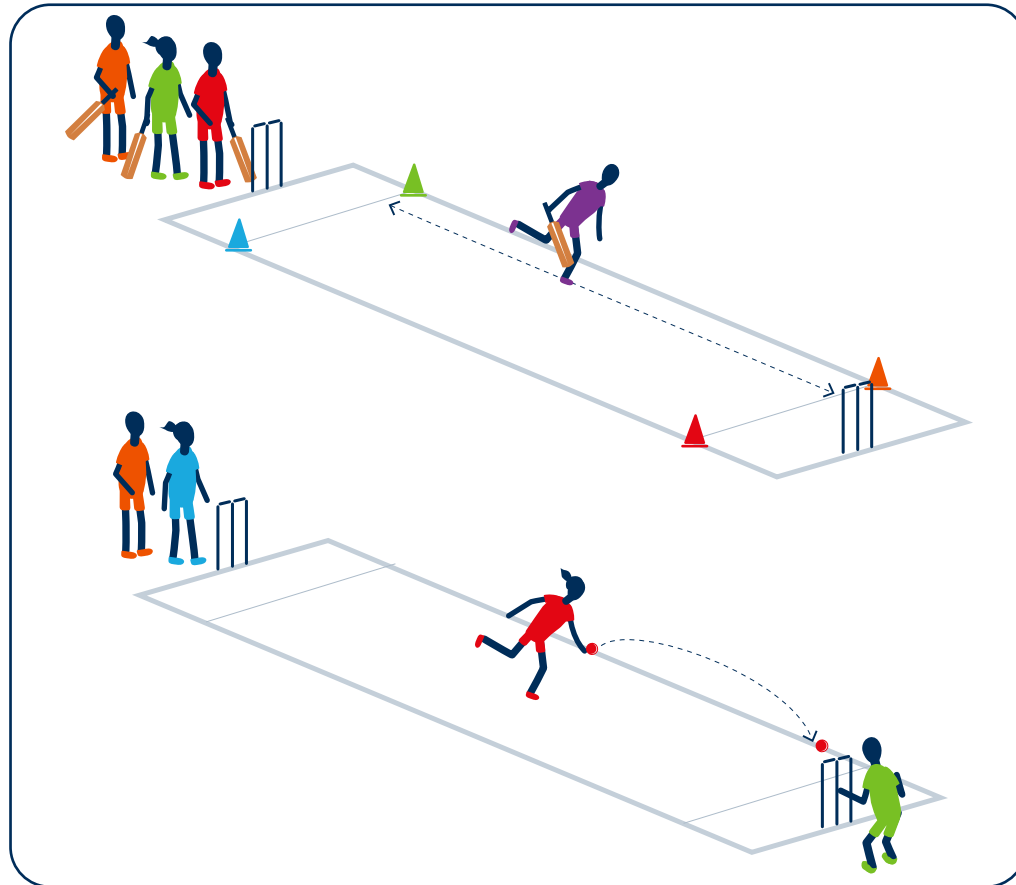


RUN THEM OUT



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Equipment

Balls: 1+

Cones: 4

Stumps: 4

Bats: 1+

Aim

To acquire and develop intercepting skills when fielding and running between the wicket skills when batting

To select and apply skills to increase the amount of run outs when fielding and increase the amount of runs when batting

To evaluate and improve performance by listening to and following instructions and also by observing other participants performing. To analyse personal performance and identify areas in technique which need to be improved

Organisation

Divide the group into equal teams

One team will act as the batting team and one team will act as the fielding team

The wicketkeeper from the fielding team rolls the ball out approximately half way in the grid as he/she hears the batter shout yes

The batter, once they have called, will run to the far crease and back

The fielder attacks the ball rolled out by the wicketkeeper and throws under-arm at the stumps; The batter will be deemed out if the fielder hits the stumps before they return to the batting crease

Two runs are scored if successful – single runs do not count

The innings continues until all are out

Teams swap over at the completion of the innings

The duration of the game can be a series of innings or time based

The team with the most runs will be deemed the winners

Adaptation/variation

Increase/decrease throwing distance

Increase/decrease speed of serve

Use a stationary ball

Use non-dominant hand

Use different balls

Increase/decrease running distance

Reduce number of stumps

Add stumps