Continuous cricket

A ball is bowled underarm to a batter who hits the ball and runs between 2 wickets. The bowler can bowl at any time. A rolling and kicking alternative may be played. (Play with groups of 6 or more.)

**What you need**

- Boundary markers and a marker to show bowling distance
- One bat and ball (choose to suit ability level of the group)
- 2 bins for wickets (or alternatives)
- **Options** – batting tee, size 3–4 soccer ball.

**What to do**

**Bowler**

- The ball is bowled underarm from the marker.
- The bowler can bowl whenever the ball is available.

**Batters**

- The batter must attempt to hit the ball after one bounce and, if successful, must run to the other bin/wicket and back.
- Batters are out if they are caught or bowled out.
- Once the batter is out, players rotate positions until everyone has had a go at bowling, batting and fielding.

**Fielders**

- Return the ball to the bowler ready for the next delivery.

**Scoring**

- One point is scored for each run to the bin/wicket and back.

**LEARNING INTENTION**

*Continuous cricket* is an age-old game that keeps players moving. The game develops fielding skills and encourages thoughtful placing of the ball by the batter.
Continuous cricket

Coaching

> Use a player role model to emphasise effective batting and fielding plays.

Game rules

> Batting action – kick into the field of play from a rolled ball.

> Bowling action – allow an overarm bowl.

> Fielders vary the pass – allow any pass, or vary the pass between fielders.

> Rolling – use rolling to pass between fielders, e.g. if a soccer ball and kick are used.

> Buddy batter – use 2 batters who change places. The ball must be hit from the ‘batting wicket’ (easier for batters – who run half the distance).

Equipment

> Use different bats – allow player choice.

> Use different balls – allow player choice.

> Use a batting tee – if required.

Playing area

> Wickets – increase or decrease the separation between them.

> Zones – bonus points are scored if the ball reaches a zone.

Safety

> Batters must run with the bat and not drop it on the ground.

> Batters should hit the ball below head height.

> Batters keep to the left when running – use markers if required.

> Fielders must not interfere with running batters.

> Fielders call ‘mine!’ when fielding the ball.

ASK THE PLAYERS

Fielders

> ‘Where is the best place to stand?’

> ‘How can you be ready to back-up if a team-mate misses a ball?’

Batters

> ‘Where is the best place to hit the ball?’

> ‘What do you do if the fielders have your “best place” covered?’