A member of the striking team hits a lobbed ball then runs around team-mates, who are standing shoulder-to-shoulder, to score points. At the same time, the fielders come together to make a tunnel. The ball is rolled through the tunnel; the last person runs to the front with the ball and calls ‘STOP!’ (Play with 8 or more.)

What you need

> One volleyball or similar
> 4 markers to define a playing area

What to do

SETTING UP

> Strikers and fielders go to positions as shown.
> One fielder is positioned to pitch a ball that must bounce once before being hit, and one striker stands in position to receive and hit the ball.

STRIKERS

> The striker hits the ball and runs around the team as many times as possible until a fielder calls ‘STOP!’

FIELDERS

> All the fielders line up behind the player who fields the ball.
> They form a tunnel – legs apart – and the original fielder rolls the ball through the tunnel.
> The last person making the tunnel gathers the ball, runs to the front and calls ‘STOP!’
> The game continues this way until everyone has had a turn as striker and then there’s a changeover. A new pitcher is chosen for each new striker.

Scoring

> Strikers = 1 point for each lap around team-mates before ‘STOP!’ is called.
> A cumulative score is maintained for the innings.

LEARNING INTENTION

*Tunnel and laps* combines fielding with hitting a pitched ball. Finding space is a key challenge for the striker. Activity levels are increased in a fun way for both strikers and fielders.
Tunnel and laps

Coaching

> After some initial play, use role models to highlight effective striking actions, e.g. swing of arm and what part of hand is used to hit the ball.
> Ask the players for ideas to ensure everyone is included.

Game rules

> **Fielders** – a player who may be restricted in movement becomes the head of the tunnel irrespective of who fields the ball.
> **Strikers** – one person strikes the ball and a second person runs the laps.

Change the number of fielders, e.g. twice as many fielders as strikers.

**Harder for fielders** – set a minimum starting distance between the closest fielder and the striker (use cones). Fielders can move in once the ball has been hit.

**Easier for strikers** – tunnel variations or fewer fielders.

**Harder for strikers** – increase the distance between players in the batting line-up.

Make different tunnels.

Equipment

> **Harder for fielders** – strikers use a paddle bat and tennis ball to hit a lobbed ball.
> **Easier for fielders** – use a slower ball.

Safety

> For the push up and legs raised tunnels – ensure all fielders line up side by side first and then go down together;
> If a bat is used, make it a rule that the ball must be hit along the ground or high (above head height).

ASK THE PLAYERS

Fielders

> ‘Is there a formation that allows you both to field all balls and come together quickly to form tunnel?’

Strikers

> ‘Where will you hit the ball – will a short ball help you score laps?’
> ‘If you hit a lob, can you score more runs?’