2 teams – 4 batters and 4 fielders. The batting team, hitting off a tee, has 6 hits. Batters have the choice of running to a safe zone for 2 points or completing the round trip for 6 points.

What you need
- 2 tennis balls or similar per group
- Markers to set out the safe zone
- Kanga cricket bat or other lightweight hitting implement
- Batting tee or alternative

What to do
Batters
- The batting team has 6 hits.
- The batter hits off a tee and has 2 choices:
  - Run to safety zone – if the safety zone is reached before the ball is caught in the hands of a fielder in the safety zone, 2 points are scored. The batter walks back for the next ball.
  - Run to safety zone and back – before the ball is placed in the hoop. Score 6 points.

Fielders
- Return the ball to a fielder in the safety zone. If the batter makes the return run, the ball is thrown to a fielder who runs along C–A.
- Rotate fielding positions.

Scoring
- Batters score 2 points if they reach the safety zone before the ball does or
- 6 points for running to the safety zone and back before the ball is placed in the hoop.

LEARNING INTENTION
6 or safe is an introductory striking and fielding activity. The activity develops batting, fielding and decision-making skills.
Coaching

- Use player role models to emphasise effective batting and fielding plays.
- The activity provides an opportunity to talk about ‘risk-taking’ – is it best to run for the ‘safe 2’ or the ‘riskier 6’?

Game rules

- **Fielders vary the pass** – allow any pass or vary the pass between fielders. With beginning players an underarm pass is suitable.
- **Bowling** – more experienced players could hit an underarm fed ball from a team-mate. The bowler should be on the opposite side to the hoop – swap over if necessary. Or use a batting tee if required.

Kicking – kicking a bigger ball into the field of play is another option. If a player has limited mobility, use a buddy system and share roles, e.g. share kicking and running if necessary.

Rolling – use rolling to pass between fielders. This will assist players with less developed throwing and catching skills.

Equipment

- **Vary** – the type size and weight of the balls and bats used according to ability.
- **Allow player choice.**
- **Use a batting tee** – allow player choice.

Playing area

- **Safe zone** – increase or decrease the distance to the safe zone.

Safety

- Batters must run with the bat and not drop it on the ground.
- Batters should be aware of the position of fielders and the ball being passed around.
- Fielders must not interfere with the batter.
- Fielders should call ‘mine!’ when fielding the ball.
- Fielders are not allowed to run across the path of the batter.

**ASK THE PLAYERS**

Fielders

- ‘Where is the best place to stand?’

Batters

- ‘Where is the best place to hit the ball?’
- ‘Will you hit for 2 or 6?’
Beat the ball

A batting team, a fielding team and 4 bases. A bowled ball is hit into the field. The batter runs around the bases while the fielders pass the ball around the bases in the opposite direction. Many variations are possible. (Play 5 v 5.)

**What you need**
- 4 softball bases/markers
- Boundary markers and a marker to show bowling distance
- One bat and ball (choose to suit ability level of the group)
- **Option:** batting tee

**What to do**

**BATTERS**
- The batter hits a bowled ball (underarm throw, one bounce).
- All batters attempt to run around the bases as a group to the finish position (1–2–3–4).
- The ball must be hit within the boundary area, otherwise the hit is re-taken.
- The batter is not out if the ball is caught on the full.

**FIELDERS**
- Initially, fielders must stand at least 1m away from a base in the outfield.
- A fielder retrieves the ball. This is the signal for the other fielders to run to a base. The ball is passed in the direction fielder–3–2–1–4.
- The last fielder to receive a pass calls ‘STOP!’.
- A penalty applies if ‘STOP!’ is called too early – the batters receive a point irrespective of position.

The bat is passed to the next batter.

**Scoring**
- One point is scored for the batting team if the batter reaches home before the fielders pass the ball around the bases.
- An extra point is scored if the ball passes through the ‘bonus gate’.

**LEARNING INTENTION**
*Beat the ball* is a striking and fielding game that gets everyone involved. The game encourages teamwork and thoughtful placing of the ball by the batter.
Beat the ball

Coaching
> Use player role models to emphasise effective batting and fielding plays.
> Variations allow adaptation to a wide range of player ability levels.

Game rules
> Batting action – throw or kick into the field of play.
> Bowling action – self feed, cooperative feeder, hit from a batting tee, an overarm bowl.
> Fielders vary the pass – allow any pass or vary the pass between fielders. Include novelty passes, e.g. under a leg.

Rolling – use rolling or kicking to pass between fielders.
Distance between fielders – vary the distance and position, e.g. all fielders along the line.
Hitting direction – add a bonus gate. The batter receives a bonus point if the ball goes along the ground and through the gate.
Scoring variations – One point for each base before ‘STOP!’ is called.
– Batter can run around bases more than once.
– If the ball beats the batter home, the fielders get one point.
– Batter is out if ball is caught on the full.

Equipment
> Use different bats – allow player choice.
> Use different balls – e.g. size 3–4 soccer ball for kicking option.
> Use a batting tee – if required.

Playing area
> 4 bases – increase or decrease the separation.
> Outer field size – increase or decrease.

Safety
> Batters must drop and not throw the bat.
> Batters should hit below head height.
> Fielders must not interfere with running batters.
> Fielders should call ‘mine!’ when fielding the ball.
> The batter should know where the ball is at all times.

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?’
**Beat the bucket**

A base runner and up to 6 fielders. A base runner throws 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call ‘STOP!’ (6–10 per group).

**What to do**

**SETTING UP**

- Players to their positions as shown; no fielders in the in-field

**BASE RUNNER**

- Throws 3 balls to either the out-field or in-field.
- Runs to first base as soon as the third ball is thrown and continues to the next base until a fielder calls ‘STOP!’
- Changes places with someone in the field when ‘STOP!’ is called. The new runner starts at home base.

**FIELDERS**

- Gather balls and throw them to one of the fielders on the bases.
- Base-fielders run the ball to bucket in the centre of the diamond.
- When all 3 balls have been returned to the bucket, a fielder calls ‘STOP!’

**Scoring**

- Each base = 1 point before a fielder calls ‘STOP!’
- Runners keep track of their own score.
- Player who finishes with the most points wins.

**Change it**

- Place 2 fielders near the bucket and the other fielders in any suitable fielding position.

**Learning Intention**

*Beat the bucket* is a fielding game that develops teamwork. Runners are challenged to place balls tactically and fielders to position themselves effectively and to return the balls in the shortest possible time. The game links to softball and baseball.

**What you need**

- Indoor or outdoor playing area
- 3 small to medium-sized balls depending on the skills of the group
- 4 markers to define a playing diamond
- A plastic bucket in the middle of the diamond (or use a hoop)
- Harder variation: use a bat to hit the ball off a tee
Beat the bucket

Coaching
> Players with less developed throwing/catching/fielding skills can be coached on the side.
> Ask the players how they can ensure everyone is included.

Game rules
> **Fielders** – allow a player to be positioned in the in-field and require at least one ball to be thrown to the in-field area; require at least one ball to be touched by a player with restricted coordination or mobility, or require all fielders to touch at least one ball.
> 2 players work in tandem, e.g. the ball must be relayed to the bucket using at least 2 players.

Scoring – provide bonus points for 2nd, 3rd and home base.
e.g. 2nd base = 2 points, 3rd base = 3 points, home base = 4 points.
> **Field anywhere** – allow fielders to choose their own positions.
> **Roll return** – return the ball by rolling it.
> **False calls** – provide bonus points to a runner if ‘STOP!’ is called too soon.

Equipment
Use different balls:
> **Harder for runner** – use a bat to hit the ball off a tee.
> **Easier for runner** – increase the number of balls thrown into the field.

Playing area
> **Harder for runner** – increase the distance between bases.
> **Harder for fielders** – decrease the distance between bases.

Safety
> All fielders should keep an eye out for the balls as well as other running fielders.
> Players should communicate when retrieving a ball or throwing a ball.
> If only one fielder is located at the bucket, consider the alternative of fielders rolling the ball or using an agreed signalling procedure.
> Players should have done space/player awareness activities before playing (see e.g. Start out WC 3a,b).
> Ensure sufficient space between different games.

ASK THE PLAYERS
Runner
> ‘Where is the best place to throw?’
Fielders
> ‘Where will you position yourself?’
> ‘How can you work as a team to return the ball to the base-fielders who will run the balls to the bucket?’
**Bowler goaler**

Attackers pass the ball among team-mates, aiming to pass it to their bowler goaler. The bowler goaler scores points by bowling the ball and hitting the stumps. (Play in 2 teams of 4–6.)

### What you need

- 1 ball, 10 marker cones and 2 sets of stumps per game

### What to do

**SETTING UP:**

- Divide players into teams of 4–6.
- Designate the bowler goaler area with 3 markers at each end.

**PLAYING:**

- One player from each team should be in the bowler goaler area.
- Attackers may take a maximum of 5 steps before passing to a team-mate.
- If the ball hits the ground, or is intercepted, the opposing team takes possession, and become the attackers.
- Attackers pass the ball to the bowler goaler in the designated area (where no other players can enter) who then bowls the ball at the stumps.

- Once the ball has been bowled, it may not be intercepted until after it passes the stumps.
- If the stumps are hit, a goal is scored and the ball is returned to the centre for the opposing team to restart the game.
- If the bowler goaler misses the stumps, the opposing team begins with the ball from the backline.
- Rotate the bowler goaler after each point.

### Change it

- Use either an overarm or underarm bowling action or roll the ball when bowling.
- Specify the type of pass the attackers must use e.g. overarm, underarm, bounce.
- Move the stumps closer to the bowler to encourage success.
- Vary the type of ball and target depending on the activity e.g. basketball and bin, football and goals.

### Safety

- Try to avoid any contact between players.
- The ball cannot be taken out of the hands of a player.

### Ask the players

- How can you increase your chance of intercepting the ball?
- When passing, how can you make it less likely that your ball will be intercepted?
- How do you communicate with your team-mates?

### Learning Intention

_Bowler goaler_ is a game that keeps players moving. The game develops fielding, bowling and teamwork skills.

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- F-2
- 3-4
- 5-6
- SKILL DEVELOPMENT
- GAME CONCEPTS
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

Change it...

**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.

**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?’
Four bowler cricket

Batters attempt to score points by running around a marker. Bowlers attempt to get batters out by bowling or catching them out. (Play in 2 teams of 6.)

What you need

- 1 ball, 4 marker cones, 3 bats and 3 sets of stumps per game

What to do

**SETTING UP:**

- Divide players into 2 teams of 6.
- Position the 3 sets of stumps to face the 4 directions of bowling.
- The fielding team has 4 bowlers (1 placed on each marker) and 2 fielders.

**PLAYING:**

- The batting team bats one at a time.
- A bowler bowls the ball to the batter.
- When the batter hits the ball, they must run around the marker from where the ball was bowled and return to the batting position.

The ball is returned by a fielder to any of the bowlers, where they can bowl immediately — even if the batter has not returned.

The batter may be out by being bowled or caught only.

Rotate the bowlers and fielders regularly.

Teams change over when all batters have been dismissed.

**Scoring**

- 1 run is scored each time a batter successfully runs around a marker and back to the stumps.

**Change it**

- Vary the type of ball and bat according to players’ ability.
- Allow players to bat from a tee.
- Use either an underarm or overarm bowling action or roll the ball when bowling.

**Safety**

- If using a hard cricket ball, protective padding must be worn by the batter i.e. helmet, leg pads and gloves.

**Ask the players**

- When batting where can you hit the ball to score the most points?
- Where should you bowl to try and get the batter out?
- Where is the best place to stand when fielding?
- How can you work together to get batters out/stop batters scoring?

**LEARNING INTENTION**

*Four bowler cricket* is an energetic game that keeps players moving. The game develops fielding, bowling, batting and teamwork skills.
A batter hits 4 consecutive balls into the field and then runs between marker cones as many times as possible. When the fielders have returned all 4 balls they call out ‘STOP!’ (4–5 per group).

What you need

- A suitable indoor or outdoor playing area as shown
- Range of bats/rackets and balls (sponge balls, softballs or tennis balls)
- Marker cones (for running and playing area)
- Option – batting tee(s)

What to do

SETTING UP

- 2 teams – batters and fielders

Batter

- Hits 4 balls, one after the other, into the playing space.
- The balls can be hit from the ground, or off tees, you can toss the ball and hit it yourself, or have a team mate toss the ball to you.
- When the last ball is hit, the batter runs between the marker cones as many times as possible.

Fielders

- Fielders return the balls to the home base – balls must be inside the hoop to count.
- Fielders call ‘STOP!’ when the last ball reaches home base.

Scoring

- From cone to cone = one point.
- Points are totalled for the team.

LEARNING INTENTION

Hit 4 and go is a fielding game that develops teamwork. Students develop throwing, catching, fielding and striking skills with focus on shot placement and positioning.
## Coaching

- To manage large groups, have 2 or more groups playing at the same time using a ‘fan’ system. Balls must be hit forward.

- Players with less developed throwing/catching/fielding/batting skills can be assisted on the side.

## Include all

- **Batters** – 2 players work in tandem, e.g. one player hits and the other runs.

## Game rules

- **Harder for fielders**
  - fielders cannot move until the last ball is struck
  - fielders must take the ball to the home base and not throw.

- **Harder for batters**
  - batter must hit the ball forward of the batting position.

- **Scoring gates** – batters gain extra runs if the ball passes through the gates.

- **Running alternative** – batters who have limited mobility can score by hitting into these gates, or by using a ‘runner’.

- **Rolling** – use rolling to pass among fielders.

- **False calls** – provide bonus points to a runner if ‘STOP!’ is called too soon.

## Equipment

- Use different bats and balls – allow player choice.

- Use different heights of tee or alternative.

## Playing area

- **Harder for runner** – increase the distance between cones.

- **Harder for fielders** – increase the size of the playing area.

## Safety

- Bowlers sending a cooperative feed should be located to one side.

- Fielders should be at a safe minimum distance from the batter.

- All fielders should keep an eye out for balls as well as other running fielders.

- Players should communicate when retrieving a ball or throwing a ball.

- Ensure the batter’s running area is away from fielders.

- Players should have done space/player awareness activities before playing.

## Ask the Players

### Batters

- ‘Where will you place the balls you hit?’

- ‘Will you scatter them or hit them in one direction?’

- ‘Will you hit them high or low or make them bounce?’

### Fielders

- ‘How can you get the ball back to home base quickly?’
In the zone

A ball is bowled underarm to a batter who attempts to hit the ball into a zone that will maximise points.

What you need

- One paddle bat and sponge ball for each group of 6
- Sufficient cones to mark out a playing area as shown

What to do

- Players take positions – one batter, one bowler and 4 fielders.
- The bowler bounces the ball or throws underarm to the batter.
- Fielders return the ball to the bowler each time.
- 5 hits are allowed before the players rotate.

Scoring

- The batter hits the ball, aiming for a zone that will maximise points as shown in the illustration (left).
- No points if the ball is caught on the full.

Change it

1. After each hit, allow the batter to score bonus points by running to a marker as shown.
2. Arrange players into 2 teams (e.g. 4 v 4) – add runs to obtain a team score.
3. Allow cooperative bowling from a team-mate.

LEARNING INTENTION

In the zone supports students to develop fielding and shot placement skills.
**Coaching**

- Batting skills may vary within the group – conduct one-on-one batting skills ‘clinics’ off to the side as required.
- ‘Freeze-frame’ good examples of play – use players as role models to repeat an activity or tell the group what they were thinking.
- Ask the group how they can ensure all players are included.

**Game rules**

**Easier for batter** – ball is bowled with a bounce.

- Identify specific target areas where points are scored, or count double.
- Work in pairs – one player hits and the other runs.
- For a visually impaired runner, use a guide runner or caller.

**Playing area**

- **Run to a set point** to earn a bonus point – one point is awarded if the batter reaches the cone before the ball is thrown to a fielder at the cone.
- **Use different target zones.**

**Equipment**

- A selection of bats of different sizes helps to tailor the game to individual needs.
- **Harder for fielders** – use a faster ball.
- Use different striking implements, e.g. bat, tee ball bat or tee.

**Safety**

- Position the bowler a safe distance from the batter – out of hitting direction is a good option.
- 2 or more players fielding a ball need to be aware of each other and to call ‘mine’.
- Restricting players to a fielding zone is a way to restrict movement on the field.
- Ensure sufficient space between groups.

**ASK THE PLAYERS**

**Batters**

- ‘What type of shot will help you score high points – along the ground, in the air, a hard hit well timed?’
- ‘Where is the best space to place the ball to score most points?’

**Fielders**

- ‘What are the consequences of fielding in the 2-point zone?’
- ‘If the batter is scoring freely, what options do you have for reducing the score?’
- ‘How can fielders help each other to get the ball to the fielder at the cone?’
Mini tee-ball

Play with a batting team, a fielding team and 4 bases. Each batter hits the ball into the field from a batting tee, then tries to run around the bases while the fielders field the ball. (Play in teams of 4.)

What you need

- An area approximately 50m x 50m per group of 8
- 4 bases
- Boundary markers
- 1 bat and ball
- 1 batting tee
- 1 glove per player
- Batting helmets
- Optional: a fun base (a base with a horn inside, used at 1st base)

What to do

BATTERS

- The goal is to run around all 3 bases to the home-plate to score a run.
- Using a tee, hit the ball into the playing area.
- Batters have 3 attempts at hitting the ball off the tee.
- The ball must be hit into the fair area i.e. inside the extended boundaries of 1st and 3rd base.

Scoring

- Batting teams score 1 point for each base touched.
- Fielding teams score 1 point for each person they get out.

A batter is out when

- a fielder catches a batted ball on the full
- a batted ball is fielded and thrown to the 1st base player, who touches the base before the batter arrives
- a fielder with the ball touches a base before a runner reaches the base, or
- a fielder tags a runner with the ball (whether the ball is held in the tag play or dropped).

FIELDERS

- The teacher fields at the home-plate and batters cannot get ‘out’ at home.
- Players in the field rotate positions after each batter.
- Play stops after the ball is fielded and thrown to a base (the player does not have to catch the ball properly).
- The ‘3 out, all out’ rule does not apply.
- Each team will bat for 5 minutes, then swap over.

LEARNING INTENTION

Mini tee-ball is a modified softball game that builds on striking and fielding skills and encourages teamwork and thoughtful ball placement. It provides a good introduction to softball and baseball.
**Mini tee-ball**

**Safety**
- Make sure there is a safe distance between groups.

**Coaching**
- Use role models to demonstrate good technique. Follow up with individual coaching to one side if necessary.

**Game rules**
- Vary the innings length according to player ability and time constraints.
- Allow batters to have a runner if needed or vary the method of travel according to ability.
- The coach could pitch to the batters, rather than hitting off a tee.

**Playing area**
- Vary the playing area size or surface according to player ability/mobility. A smaller playing area makes the activity easier, and a hard surface is easier for wheelchair users.

**Equipment**
- Vary the bat and ball used according to player ability/mobility. Sponge balls, softcore balls and foam bats are easier at the beginning.
- Use a fun base instead of a marker at first.

**ASK THE PLAYERS**

**BATTERS:**
- Where do you need to hit the ball to give yourself the best chance of making first base? How can you make sure you do not get out running between bases?

**FIELDERS:**
- How can you limit the number of runs the batters get? Where should you all stand?
**Over the pit**

Batters hit a pitched ball from a team-mate and try to direct the ball over a marked area called the ‘pit’. Fielders try to catch the ball. (Play 4 v 4.)

### What you need
- Ball suitable for striking with the hand or a paddle bat
- 8 markers to define a playing area and a ‘pit’

### What to do

**SETTING UP**
- Batters and fielders move to positions as shown.
- Fielders stand behind the front line of the pit. A batter and pitcher from the batting team stand in place.

**BATTERS**
- One of the batting team lobs a ball to the batter – change pitchers for each new batter. Alternatively, the batter bounces a ball and hits it.
- The batter hits the ball with a hand or paddle bat – this will depend on the ability of the group. It’s easier with a bat.

**FIELDERS**
- Attempt to catch the ball.
- A fielded ball is passed back to the pitcher via other fielders. The ball is rolled to the pitcher.

- The ball must pass OVER the pit and must be below head height.
- Batter is out if the ball does not go over the pit, or is caught on the full.
- Batting team bats until there are 3 outs (vary if required, e.g. 5 outs).
- If 3 outs are not reached after each batter has 2 hits, the innings automatically stops.

### Scoring
- Batters score a point if the ball goes over the pit and into the playing area without being caught.
- **Extra point** – the ball crosses the pit and the ball continues to run through or past fielders.
- Tally points for the innings.

### Change it

**Rapid fire over the pit** – the batters have 5 balls and the batter is fed balls as quickly as can be hit. Fielders return balls by rolling them down one side through a gate to a collector from the batting team.

If the ball misses the gate, the batters get an extra point. Fielders are not allowed to hold on to balls.

### LEARNING INTENTION

*Over the pit* is a striking and fielding game that emphasises accurate ball placement. A variation provides a rolling challenge for fielders.
Over the pit

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.
> Conduct remedial batting practice on the side if required.

Game rules
> Change the number of fielders, e.g. more fielders than strikers.
> Fielders – all fielders must touch the ball before it goes back to the batters.
> Fielders – in the rapid fire variation, a fielder might be placed close to the gate.

Equipment
Use a variety of balls:
> Easier for fielders – slower ball
> Harder for fielders – strikers use a paddle bat and tennis ball to hit a lobbed ball
> Use a tee and softball bat/ball.

Playing area
> Strikers – a second special pit close to the batter may be set out.
> Establish a variety of pits with different scoring values.
> Make the playing area bigger/smaller.

Safety
> Select appropriate balls and bat (if used) to match the ability of the players.
> Ensure that the fielder who sends the ball back to the hitting area rolls the ball.
> Give fielders space awareness reminders. Fielders should call out ‘mine!’ when fielding a ball.
> Ensure sufficient space between groups.

ASK THE PLAYERS

Fielders
> ‘How can you cover the most area/stop the batters scoring points?’

Batters
> ‘How can you score the most points?’
Pepper

One batter and dispersed players. Whoever fields the ball pitches, throws or bowls the ball immediately to the batter. The game can be set up quickly. (Groups of 5 or more.)

**PLAYING**

> Establish a fielder-free area in front of the batter.
> Play *cooperatively* (the batter tries to hit to fielders)
> Start with a one-bounce delivery and advance to a no-bounce delivery.
> After a pre-determined number of hits, the batter changes place with one of the fielders.

**What to do**

**SETTING UP**

> Suitable striking instrument – modified bat, paddle bat, racket
> Suitable ball – sponge ball (slow), tennis ball (faster)

**Ask the players**

‘Freeze-frame’ the activity to discuss fielding options to minimise long hits, and batting options to find space. Use role models and explore with questions.

**Change it**

> Modify the game by having the fielder pass the ball to a nominated bowler.
> The nominated bowler stands in a position that will allow a delivery appropriate to the ability of the batter.

**Safety**

> Choose a ball to suit the ability of the players.

**ASK THE PLAYERS**

> How do you need to position your hands ready to catch the ball?
> Where is the best place to aim to throw the ball to your partner so they can catch it?
> Should you hit the ball soft or hard to make it easy for the fielders to catch it?

**LEARNING INTENTION**

*Pepper* combines different throwing techniques with striking and fielding skills.
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.
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?’