

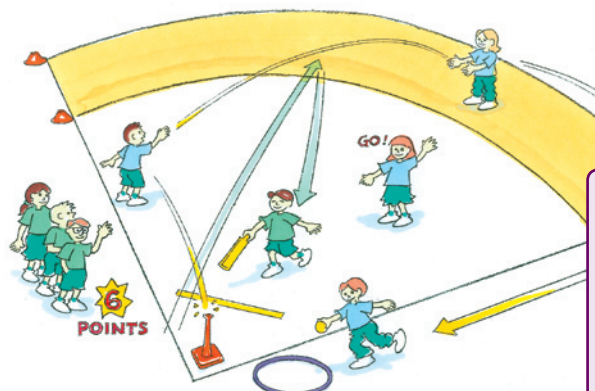
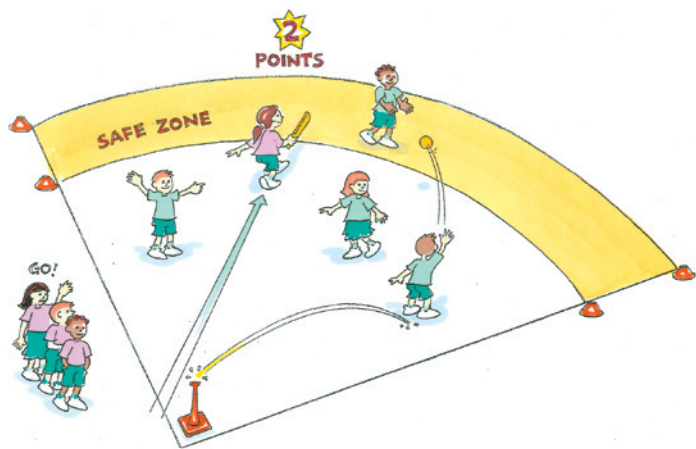


Australian Government
Australian Sports Commission



6 or safe

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.

LESSON LINK

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

SESSION PLANS

Combo > Start out WC 03b + Start out CP 06b + Get Into It SF 01
Mixed combo > Start out WC 03b + Get Into It NC 02a + Get Into It SF 01

change it...

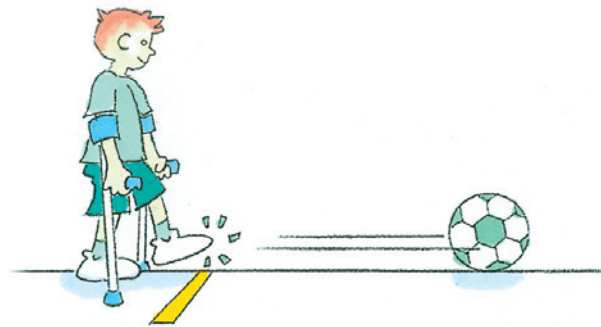
Coaching

- > 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?'