

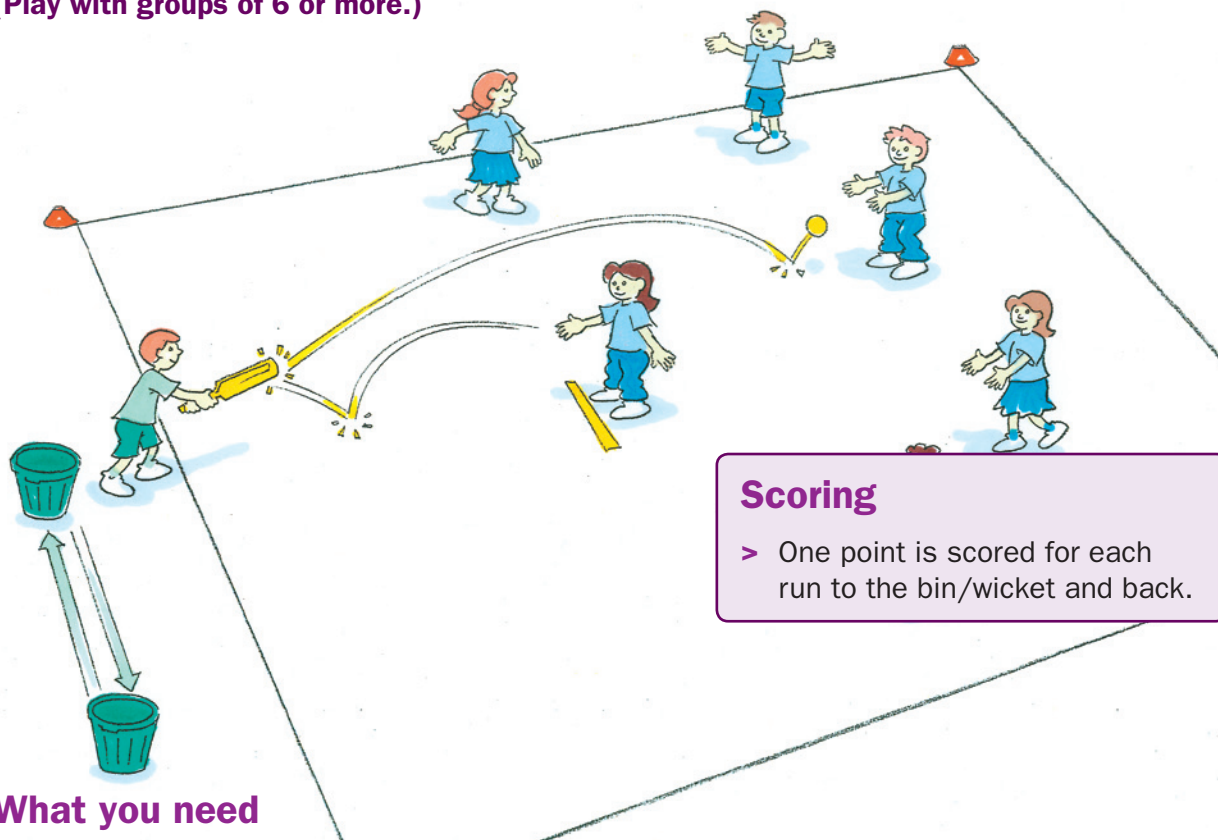


Australian Government
Australian Sports Commission



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.

LESSON LINK

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.

SESSION
PLANS

Combo > Start out WC 08b + Get into it SF 05 + Get into it SF 04
Mixed combo > Start out WC 08b + Get into it TG 08 + Get into it SF 04

Continuous cricket

Skills > Throwing, catching, batting · Finding 'space' · Best fielding positions, teamwork · Running with an eye on the ball

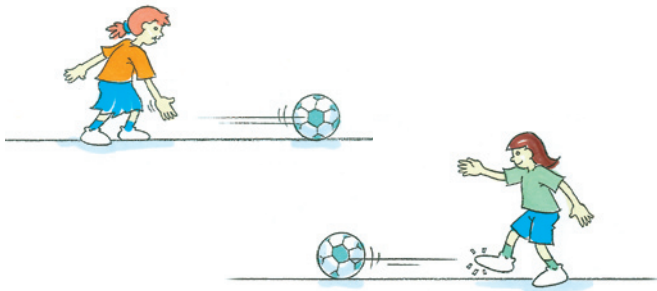
change it...

Coaching

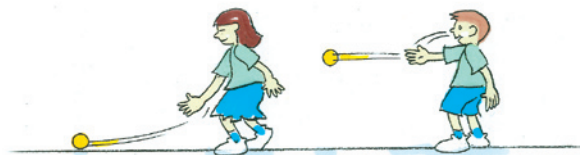
- > Use a player role model to emphasise effective batting and fielding plays.

Game rules

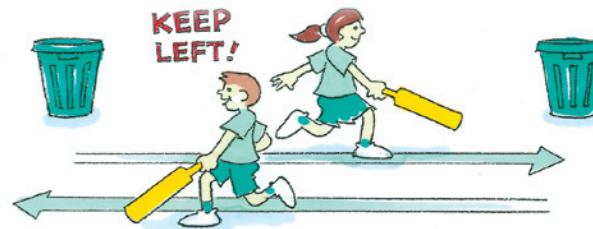
- > Batting action – kick into the field of play from a rolled ball.



- > Bowling action – allow an overarm bowl.
- > Fielders vary the pass – allow any pass, or vary the pass between fielders.



- > 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?'