



Australian Government  
Australian Sports Commission

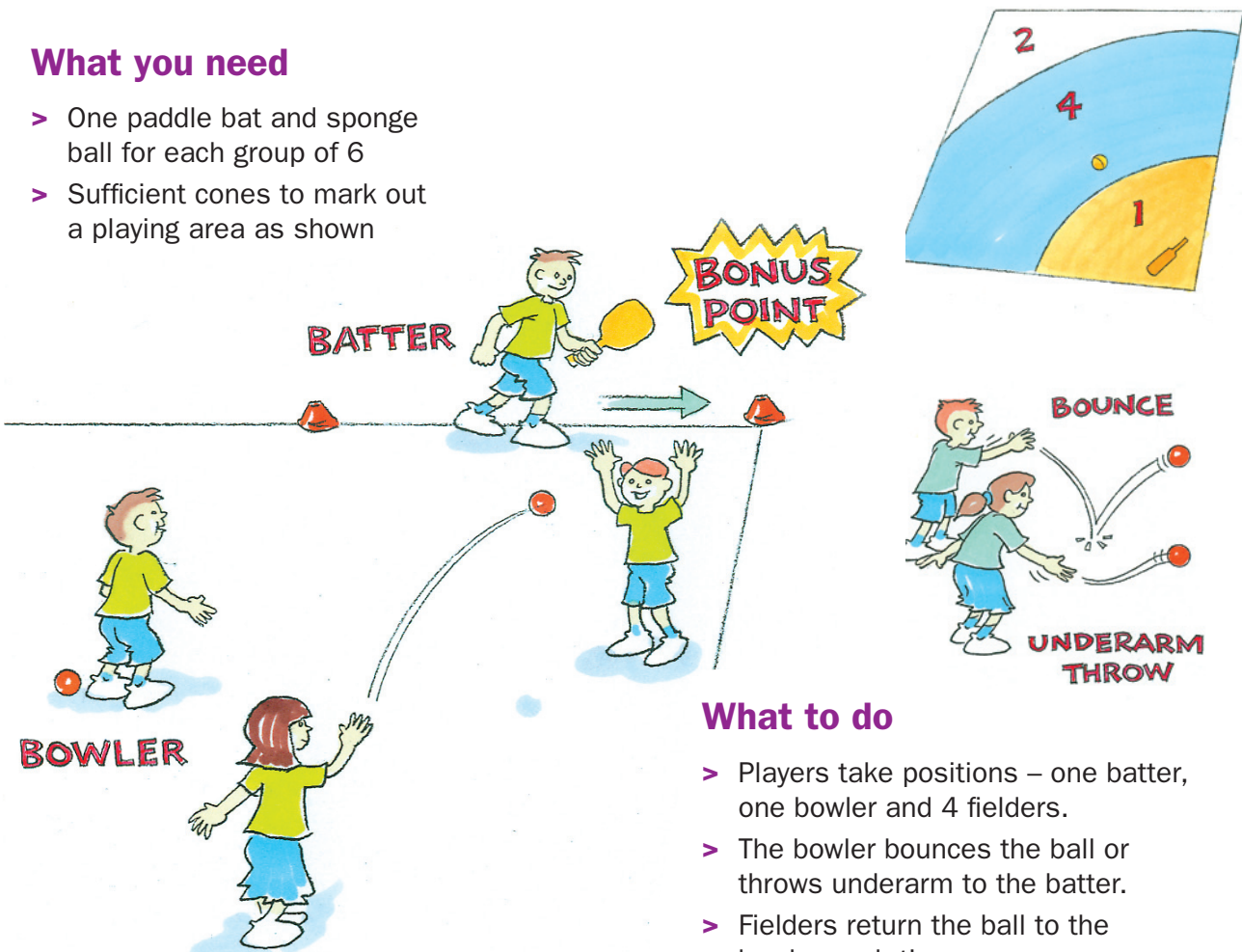


# In the zone

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

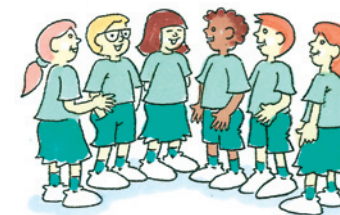
- > Players take positions – one batter, one bowler and 4 fielders.
- > The bowler bounces the ball or throws underarm to the batter.
- > Fielders return the ball to the bowler each time.
- > 5 hits are allowed before the players rotate.

## 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.



## LESSON LINK

*In the zone* links to activities requiring hand-eye coordination in accurately placing a ball and fielding skills. *In the zone* can lead on to softball, baseball, cricket, teeball.

SESSION PLANS

Combo > Start out CP 02a + Get into it SF 08 + Get into it SF 09  
Mixed combo > Start out CP 02a + Get into it INV 08 + Get into it SF 09

Skills &gt; Finding a 'space' in the opponent's area · Covering an area to prevent scoring · Striking, fielding, throwing &amp; catching skills · Anticipation skills

## change it...

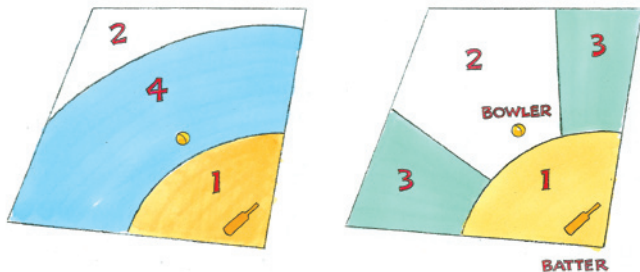
**Coaching**

- > 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.

**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, teeball bat or tee.

**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.**

**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?'