

Knowledge Organiser- Striking and Fielding games

Batting

1. Most importantly keep your eyes on the ball, do not let it move out of sight
2. Move your bat backwards in order to create power and swing to make contact with the ball
3. Follow through with the bat in the direction you would like the ball to go
4. To practice at home, use a sponge ball or a rolled up pair of socks, have another member of your household throw under arm to you and use your hand to hit and aim where you would like the socks/ball to go.
5. For further coaching on batting technique see this video:
<https://www.youtube.com/watch?v=19wngOIElu4> for rounders or
<https://www.youtube.com/watch?v=8oOj2x4> OMs for cricket

Bowling

1. Cricket bowling is over arm bowling, rounders bowling is under arm bowling
2. To practice rounders bowling, practice the step-point-release technique
3. If throwing a sponge ball, or rolled up pair of socks this needs to be aimed to come to the side of the batter between head and knees, and not into their body
4. To practice for cricket, step and gather ball into body (as though eating an apple), pull bowling hand down by waist and non bowling hand up in the air. Swing bowling arm behind you and over you head to release, and point shoulder in the direction you want the ball to go
5. For cricket use a tennis ball or sponge ball and practice an over arm throw against a wall, aiming for a target.
6. For further coaching on bowling technique see this video:
https://www.google.com/search?q=simple+cricket+bowl+technique&rlz=1C1GCEA_enGB814GB814&oq=simple+cricket+bowl+technique&ags=chrome..69i57j33i7.5597j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_YWAIX-ThPLmf1fAP7YO_gA833

Fielding

1. Long barrier- bring one knee to the floor, and the other foot down next to that knee. Place hands in front of legs. Move towards a rolling ball and set down into long barrier to stop the ball accurately
2. See video of action here:
<https://www.youtube.com/watch?v=1hxVw1YCJn0>
3. To practice at home with a member of your household practice rolling the ball in different directions stopping it and throwing it to return it.
4. You could practice over arm and under arm general catching and throwing or even juggling to improve hand-eye coordination