

Continuous Cricket

Time: 20 minutes

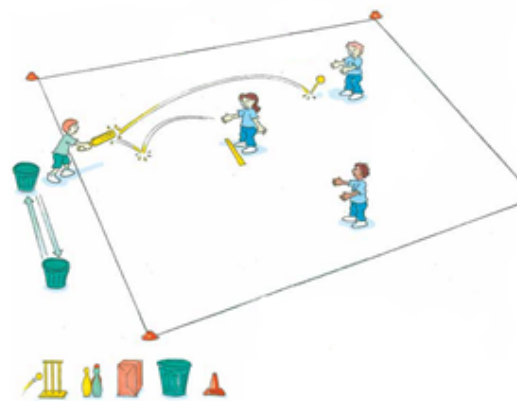
Activity

Partner/group

- 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.
- The ball is bowled underarm from the marker. The bowler can bowl whenever the ball is available.
- 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.

Safety

- Ensure adequate space for the number of players.
- Batters must run with the bat and not drop it on the ground.
- Batters should hit the ball below head height.



Equipment

- Various objects for wickets, such as:
 - stumps or bins
 - witches hats or cardboard boxes
 - buckets.
- Various objects for hitting, such as:
 - tennis racket (easier)
 - cricket bat (harder)
 - tennis ball
 - soccer ball or soft round ball.



Activity variations

- Batting action – kick into the field of play from a rolled ball.
- Bowling action – allow an overarm bowl.
- Wickets – increase or decrease the separation between them. Zones – bonus points are scored if the ball reaches a zone.

