

Pepper

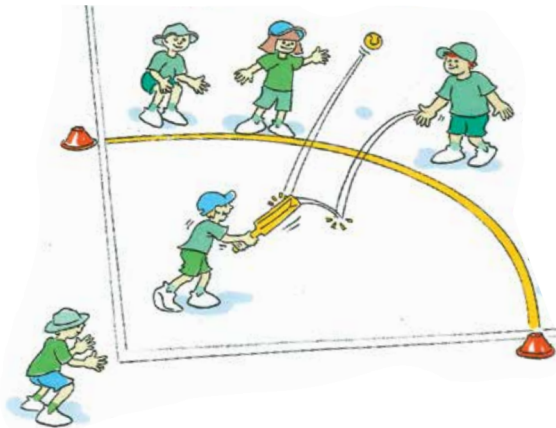
Activity

Partner/group

- One batter and dispersed players. Whoever fields the ball pitches, throws or bowls the ball immediately to the batter.
- Establish a fielder-free area in front of the batter.
- Start with a one-bounce delivery and advance to a no-bounce delivery.
- After a pre-determined number of hits, the batter changes place with one of the fielders.

Safety

- Ensure adequate space for the number of players.
- Choose a ball to suit the ability of the players.



Time: 20 minutes

Equipment

- Various objects for the bat, such as:
 - cricket bat
 - tennis racket
 - rolled up newspaper.
- Various objects for ball, such as:
 - socks rolled up (easier)
 - rubber handball
 - tennis ball (harder).



Activity variations

- Receive, bounce and return – what else can you do with the ball before returning it?
- Other – type of ball, type of throw, speed of throw or size of fielder-free area.
- Challenge students to hit to anyone or in gaps between players for classic catches!

