


Skill

Running with the Bat

Time

 10 mins

Aim

To increase knowledge of how to run with the bat by means of a relay race

Equipment

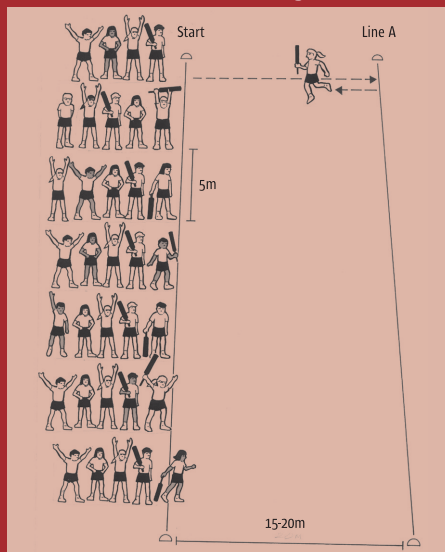
2 bats per team, 4 cones / existing lines



Link Cards

63 64

Organisation



Catchphrase

Reach out every time, touch **over** the line!

9

Instructions

- 1 Divide into equal teams according to the number of bats, e.g. 2 per team.
- 2 First member of each team runs to line A and back again.
- 3 As they pass the start line next member repeats and so on.
- 4 First team to finish wins.

Teaching Points

- Grip bat at the end of the handle
- When waiting to run, you are allowed to stand in front of the start line, as long as your bat is touching the ground behind it.
- When approaching the lines, reach out using the full length of the bat to touch down **over** the line.