

Skill

# Stepping Back to Strike the Ball

Time

 30 mins

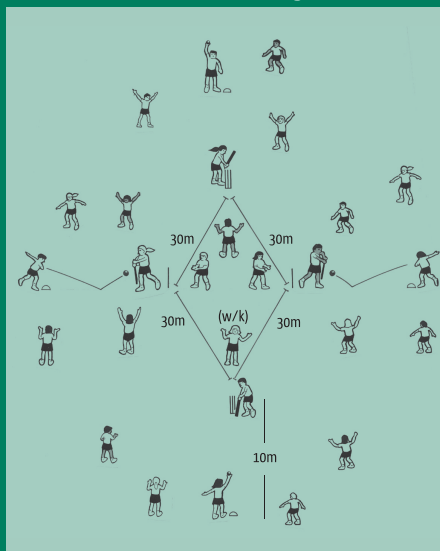
Aim

To step back towards the stumps, to strike a ball bouncing up at waist height.

Equipment

Each group has a bat, tennis/soft ball, set of stumps/skittle & a cone.

## Organisation


**Catchphrase**

Keep your head still to perform this skill!

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Link Cards

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## Instructions

- 1 For safety reasons this skill is usually only possible outside on a playground or field.
- 2 Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
- 3 Each group has a batter, server, wicketkeeper (w/k). Others act as fielders.
- 4 Groups occupy their own large area. No fielder closer than 10m to the bat.
- 5 When the batter calls 'ready', the server throws the ball hard (overarm), one bounce to reach the batter at **waist height**.
- 6 The batter steps back and attempts to hit the ball by swinging the bat across their body.
- 7 Each batter has 5 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.