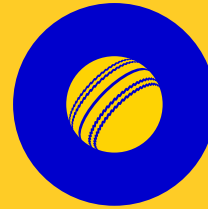


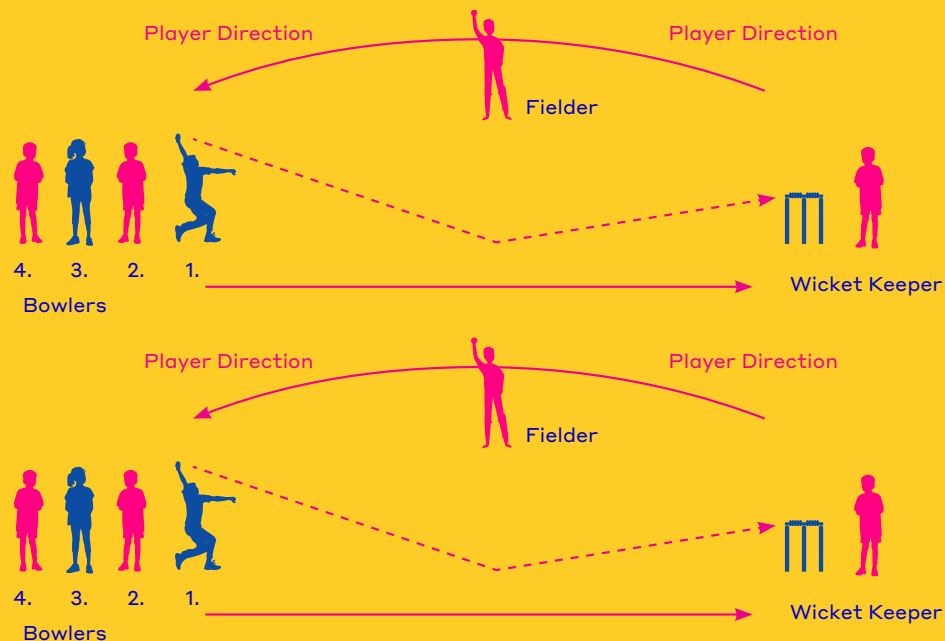
Super Strike Bowling

Bowl like Saqib Mahmood & Freya Davies



BOWLING

1. Just let players have a go bowling in the game
2. Introduce scoring system, and ask players to score themselves
3. Try to beat their first individual score
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score plus time trial bonus points



Individual Group Scoring:

- 1 point:** the ball is bowled and reaches the wicketkeeper
2 points: the ball bounces and reaches the wicketkeeper
3 points: the ball bounces once and reaches the wicket keeper

▶ Aim:

Learn and develop the basic overarm bowling action over a Dynamos Cricket pitch length and introduce the wicket-keeping position.

▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

▶ Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long.
2. The bowler will bowl the ball, aiming to bounce before the wicket keeper, and rotate through the different positions as the diagram suggests: Bowler > Wicket Keeper > Fielder > Bowling Queue
3. Players will continue rotating until they have bowled at least 5 balls each in each round
4. After each round, bring the children together and ask them to discuss how they could improve their individual/team score.

▶ Change it - Easier/Harder

Easier: 1. Introduce underarm bowling 2. Bowl overarm but standing still 3. Move the target closer / allow the child to bowl from closer

Harder: 1. Progress to bowling with a run up 2. Introduce stumps as a target 3. Bring an adult in act as batter to block ball

▶ Understanding the Game

Introduce the concept of 'countdown cricket' to the children, where the number of balls bowled counts down, and the runs or points for the team increase.

▶ Get the adults involved:

Ask parent to help by backing up for any missed catches