

Batting — hitting straight

Players

u11s who have already played (or aspire this summer to play) hard ball cricket. Most already have sound basic cricket skills, so the emphasis is on putting skills into action.

Theme

Hitting the ball straight back past the bowler/striking the ball with a vertical bat.

Format

- Whole-“discuss”-Whole† (40 mins)
- Game — super-over (15 mins)

Activities

Whole — “Lord’s game” straight hit

- cooperative feed (from coach);
- “exclusion zone” 5m either side of straight hit with no fielders in the zone until the ball is hit;
- scoring zone 10m either side of straight — no runs for strokes outside the scoring zone.

Game — super-over

- players to bowl in rotation;
- 360° scoring zone;
- straight-hit bonus zone

Better Cricket – more than just a game!

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Notes

† Whole-“discuss”-Whole is a variant on Whole-Part-Whole, where the technical component (“Part”) is replaced by a question-and-answer.

At this stage in their development, the players (should) know the answers to “why would you want to hit a half volley into the space beyond the bowler?” and “what’s the best way to hit a half volley past the bowler?”, so the Q&A is really just to reinforce existing knowledge.

With younger or less experienced players, we might run a more traditional whole-part-whole, with a “part” practice activity, hitting bobble feeds, but with this group I want them to spend as much time as possible deploying skills-in-context — scoring runs in a competitive situation.

The objectives of the Game were

- to challenge the theme-skill, but also to allow batters to score off deliveries that cannot be hit back with a straight bat!
- also to challenge fielding team to cover more space.

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