



Quickfire stump hitting

Set-up – put five single stumps in the ground, with five blue markers opposite about 10m away. Place a ball on each blue marker. Have five different coloured markers (yellow) set out in line with the blue ones, also about 10m away from the stumps (see diagram).

Action – the working player starts at the red marker, runs out to the first ball (on blue), and throws at the stump, before running back around stump number 1, and repeating the above, until there have been throws at each of the five stumps. Each stump has another player backing up behind it, starting from the white cone. They move along the line backing up each of the throws. Once the first pair has finished, the next pair can start. Add up the scores and make it competitive!

VARIATIONS

Time challenge – to put the players under more pressure, time how long it takes for them to complete the five stump challenge. To make it interesting, you could take three seconds off their total time for each hit.

Roll-outs – to make it more realistic and harder, the player runs out to the marker, and the coach rolls a ball out to them for a pick up and throw. This is done at each of the five stations.

