

## Fielding races 1

**Set-up** – with good planning, you can set up for all three of the different races suggested below. You'll need two sets of stumps and seven markers. See the diagram for set-up. One of the teams will need to have bats in their hands (blue team in diagrams).

**Action** – players are split into two teams. Each player will race individually against an opponent, with the batsmen trying to complete a run whilst the fielders are trying to run them out.

**Race 1** – run one vs underarm flick.

This is a straight race. The batting team line up behind their starting marker (yellow), and can only start running when the ball is released to the fielding team. The batting team has to ground their bat past the stumps before the fielder completes a pick-up and underarm flick having started at the red marker. Each player has a turn before the teams swap over.

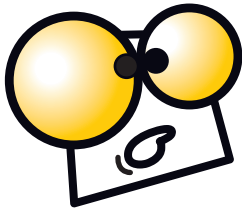




## Fielding races 2

**Race 2** – run two vs pick up and over-arm throw.

Now the batting team start at their stumps, and have to try to run a two touching down past the yellow marker before the opposition can run them out. The fielding team start between the blue markers on the right. Both players set off when the coach releases the ball, and the fielding player must run across to the ball and return it to the stumps, before the batter can run a two.



### COACHING TIP

For the coach/feeder, this is a potentially tricky feed, as the distance has to be right to make it a good race. In general, make it so that if the fielder does everything right (i.e. attacks, picks up & good throw) then they should get the run out by a metre or so.

