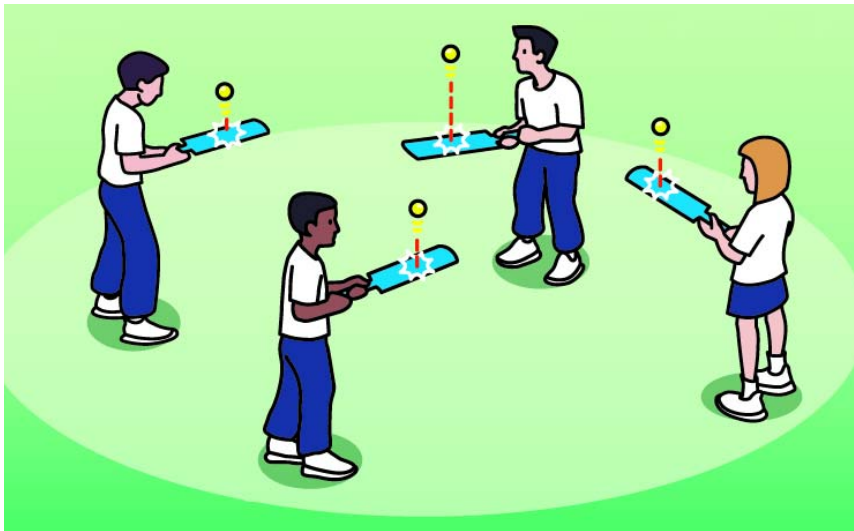


Batting - 3. Bat Taps

Equipment



10 minutes



COACHES CORNER

Use these games to monitor progression. Not necessarily every week but enough to gauge improvement.

- Players bounce ball on the bat or part of the bat e.g. edge, back, toe
- Find partner and follow - change round
- Stand on one leg
- Bounce ball on bat then go onto knees, lie down, back up again
- One low tap, 1 high, 4 low, 1 high etc
- Let ball bounce on floor and kick ball back onto bat - can you use both feet
- Catch ball on bat after high hit
- Add distractions e.g. move in zoned area avoiding cones on the floor
- Opposite a partner - bat tennis

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Keeps the ball in the air for 4 consecutive hits



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Keeps the ball in the air for 8 consecutive hits



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Keeps the ball in the air for 15 consecutive hits



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Keeps the ball in the air for twenty consecutive hits while walking to a cone placed ten metres apart and back to the starting point



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Keeps the ball in the air for thirty consecutive hits while walking back and forth between cones placed ten metres apart. Completes exercise within 45 seconds