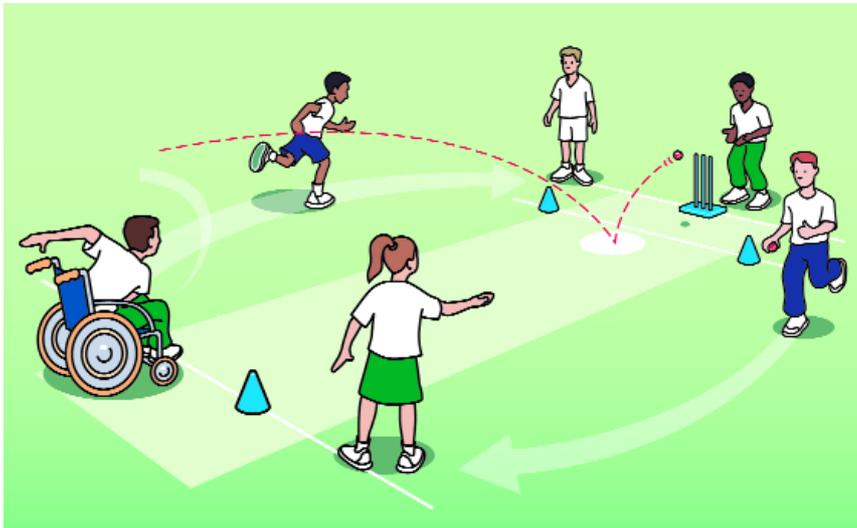


Wicket Keeping - 1. Target Bowling

Equipment



15 minutes



COACHES CORNER

Maintaining concentration is key to this exercise as the natural variety of bowling will provide the keeping challenge.

- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy: e.g. landing in the target = 1 point, hitting the wicket = 1 point, doing both = 3 points

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Able to stop the ball



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Able to stop the ball



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Catches over 40% of deliveries with batsman and 60% without



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches over 60% of deliveries with batter and 80% without



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Catches 80% of all deliveries. Well positioned for bowling type.