



Coaching Manual

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By Melissa Mantle

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Introduction

Games can be divided into three categories: invasion, net and striking and fielding. The striking and fielding version of games include circuit running games such as: Rounders, Baseball and Softball; and wicket running games such as Cricket and Stoolball.

The game of Stoolball consists of two teams each of 11 players. One team fields and has the aim of **minimising their opponents** score whilst the other team bats with the aim to **maximise their own score**. The game is played over a set number of overs and usually consists of one innings per team. Runs are scored by the batting team by running between the wickets or hitting the ball over the boundary for 4 or 6 runs. The fielding team are capable of dismissing the batter by either bowling, catching or running them out.

Stoolball is a fast, exciting game that has similarities to the game of Cricket. It provides the players with the opportunity to attain or progress striking, bowling, and fielding skills. It is a suitable activity for single sexed or mixed gender teams of all ages. The game is non – contact and can be played by all abilities within a safe environment. The game of Stoolball is fully inclusive for all individuals irrelevant of age, cultural background or disability, as equipment and rules can be adjusted to cater for all individuals.

Stoolball is mainly played in the South East of England, within schools, local leagues and between counties. The sport is recognised as a national sport and participation in the game is gradually extending across the country.

Stoolball England

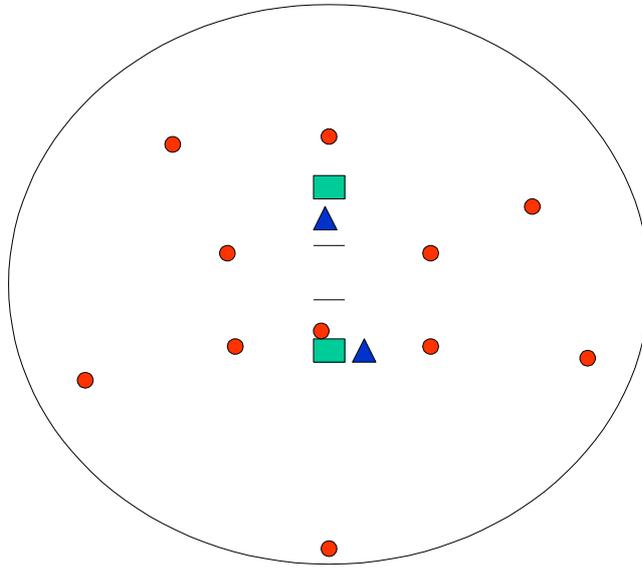
The governing body of the sport is Stoolball England formed in 1979 (originally known as the National Stoolball Association). The original Stoolball association of Great Britain was formed in 1923 but lapsed during the Second World War. Stoolball England provides public and civil liability insurance as well as personal accident cover for all affiliated members. All necessary equipment to play the game can be obtained from the governing body. Stoolball England is responsible for the regular review and revision of the rules of Stoolball.

The Game of Stoolball

Stoolball is played by two teams of eleven players (8 for tournaments) on a pitch as shown in (fig 1) . The pitch includes a boundary placed at a distance of 40m or 45 yards from the centre of the wickets.

(fig 1)

'Normal' Field Placement for a Right – Handed Batter

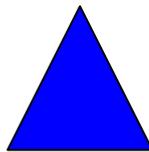


Offside

Onside

KEY

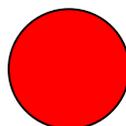
Batter



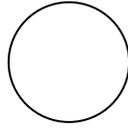
Wicket



Fielder / Bowler



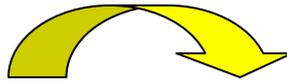
Boundary



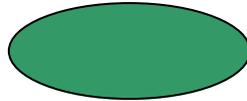
Bowling Crease



Rotation of Players



Target Gates



Direction Indicators



Designated Areas



Principles of Stoolball

Common Features :

'Team game' but characterised by performances that are largely of an individual nature

Highly specialised roles and functions

Activity that is punctuated by periods of time when team members are not involved in the action

Prescribed number of innings

Principles of Striking

To maximise the opportunity to score runs

Principles of Fielding

To minimise the opportunity to score runs

Striking

The aim of the striker is to maximise the opportunity to score runs. This involves striking the ball into a space, preferably along the ground to prevent a loss of wicket.

Striking to the On side

This is the most natural shot for the novice player and should be encouraged first. The delivery should be body side and of a medium pace.

Preparation: Early preparation enables the shot to be timed - this may include starting with the bat, held in the dominant hand, on the wicket or raised behind the dominant shoulder. The stance should be sideways on to the bowler with the non-dominant foot forward. Feet should be shoulder width apart and the knees should be relaxed.

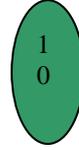
Transition : As the bat moves from back to front the weight is transferred from the dominant rear foot to the non- dominant front foot.

Point of Contact : This occurs early (ie: the bat moves to connect with the ball) the batter steps into the shot and opens the stance, by moving the non-dominant foot sideways to the non-dominant side.

Recovery : The follow through allows the weight to move forward, as the bat is taken across the body.. This action takes the player into the running action

Drill Activity

Right – handed batter to hit to the onside, aiming at targets worth designated points. The batter could use a Tee – ball, self feed, cooperative feed or competitive feed. The fielders (any number may be placed near the targets but not directly in front of them.

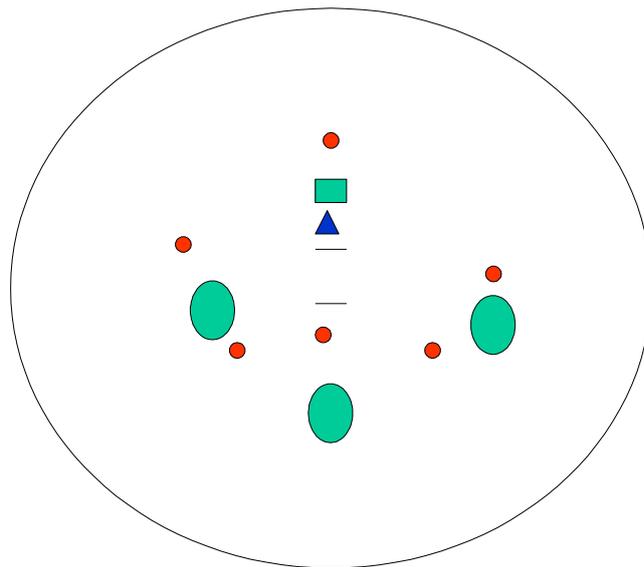


Aim of the Modified Game:

To encourage individuals to strike the ball into designated areas (of space) without the pressure of a game situation

Drill:

Allow pupils to face a cooperative delivery from the bowler. The batter attempts to hit the ball into areas on the field.



Focus :

To allow pupils the opportunity to hit the ball into areas of the field. 'Gates' may be given a points system. Fielders are not allowed to field directly in front of the 'gate'. The opportunity for numeracy could include totals for individuals / pairs / teams. Mean scores for individuals / pairs and the most common score for the class.

Opportunities to Differentiate:

Pursue areas of difficulty ie: the easiest stroke is on the outside, followed by the straight drive, with the offside being the most difficult shot

"gates" of difficulty may be created

Specific Shots

The On-Side Drive Shot

Delivery

The delivery suitable to play the on-side drive has to be towards the body and of a medium to slow pace.

Aim

To punch the ball in a downward direction between the on-side slip fielder and mid fielder.

Preparation

The batsperson will start with his weight on his back (dominant) foot. His stance is sideways on to the bowler with the bat held high in his dominant hand. The feet are shoulder width apart with the knees slightly bent.

Transition

The batsperson will transfer his weight from his back (dominant) foot to the front (non dominant) foot. He will “open” his stance by moving his non dominant foot away from the wicket. This will provide him with the space to hit the ball.

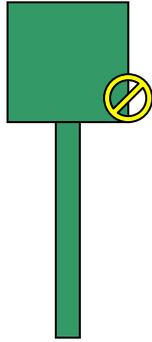
Point of Contact

The point of contact will be slightly in front of the player. The batsperson will hit the ball early, in order, to punch the ball in a downward direction. The batsperson will maintain a firm grip on the bat and hold a firm wrist action to prevent the ball going into the air for a catch.

Recovery

The batting arm will recover across the line of the body and the weight will transfer onto the front foot. This transfer of weight will naturally lead into the running action.





On-Side Pull shot

Delivery

The delivery has to be towards the body usually around hip height. The delivery could be either a slow, medium or fast pace with a flat trajectory.

Aim

The aim of the shot is to place the ball on the leg or on-side of the player. The sweeping action of this shot makes it difficult to keep the ball in a downward direction. The player must attempt to “roll” their wrists over the ball to prevent being caught out.

Preparation

The batsperson will start sideways on to the bowler with his weight on the back (dominant) foot. The batsperson will very quickly open his stance by moving his front (non dominant) foot across his body to almost face the bowler. The feet are shoulder width apart with the knees slightly bent.

Transition

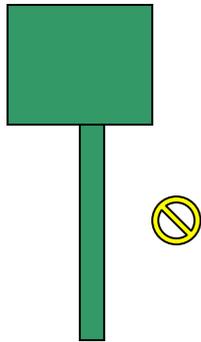
The batsperson’s weight will transfer from his back (dominant) foot to his front (non dominant) foot. The stance will open through this stepping action so the ball can be hit as early as possible.

Point of Contact

The point of contact is in front of the batsperson, usually at hip height. The batsperson will attempt to “roll” his wrists over the ball to prevent the ball travelling in an upwards direction.

Recovery

The batsperson will have to ‘correct’ the natural recovery which will be to the side of the player, in order to run between the wickets. The natural transfer of weight will take the players momentum to one side.



Straight Drive

Delivery

This shot is usually the return from a straight fast delivery or a slow, flighted delivery which is bowled using back spin

Aim

The aim of the shot is to place the ball back towards the bowler. The ball should travel past the bowler and between both slip fielders and the leading umpire.

Preparation

The weight is on the back foot (dominant) foot and the batsperson is sideways on to the bowler. The feet are shoulder width apart with the knees slightly bent.

Transition

The weight will be transferred from the back (dominant) foot to the front (non dominant) foot. The batsperson will transfer the weight using a large stride forward to meet the delivery in front of the player.

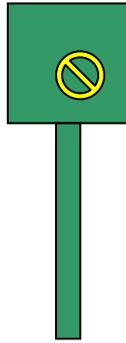
Point of Contact

The point of contact is in front of the batsperson. The stride forward from the transfer of weight, will take the player away from their wicket. The batsperson will attempt to reach over the top of the flight of the ball, in order, to hit it in a downward direction. The shot should use the pace of a fast delivery to send the ball in a straight direction.

If back spin is applied to the delivery the flight of the ball may be higher than the player, making it difficult for the player to hit the ball towards the floor. This may result in an upward shot which is in danger of being caught.

Recovery

The transfer of weight and the stride forward will naturally take the player into a running action.



Game Activities

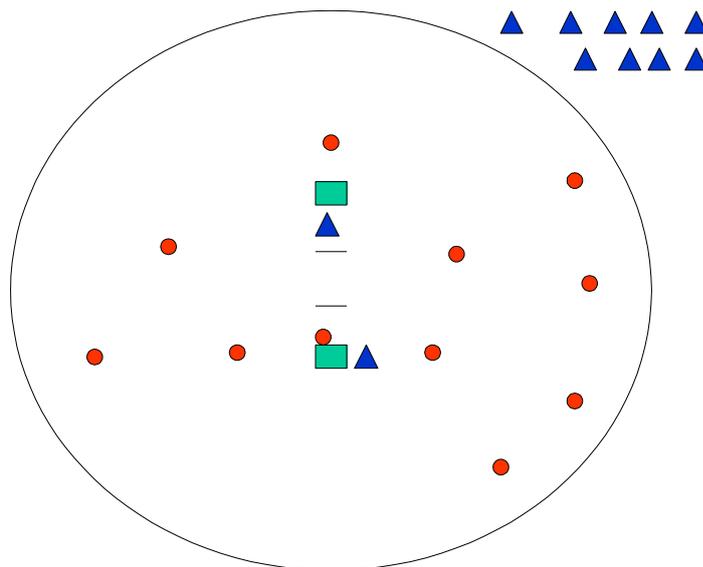
Aim of the Game: To encourage hitting the ball to the onside

Possible Game scenario: A batting team require x number of runs to win – the spaces in the fielding team are predominantly on the onside

Game: Two teams of equal numbers depending on the size of the playing area. A cooperative ball is delivered by the bowler. If the batter hits the ball they **MUST** run but they can only score runs if the ball is hit to the onside. The team with the most runs wins.

Focus : The aim is to encourage the batter to hit to the onside, hence the field is set to defend the onside.

Rules: The bowler may bowl the ball once it is in their hand (but must pause to allow an incoming batter time to reach the crease). The batter is out if the wicket is hit or is caught out.



Opportunities to Differentiate:
The nature of the delivery can become uncooperative.
A set number of runs required may be extended for more able players

Striking to the offside

This is the most difficult shot in Stoolball and requires a fast flat delivery

Preparation: Sideways stance with the non-dominant foot forwards. Feet shoulder width apart with relaxed knees. Weight should be on the back dominant foot. The bat should be raised or rested on the wicket

Transition: The bat is turned / angled rather than moved, therefore the weight remains on the back foot until the ball has passed the batter.

Point of Contact : This occurs **late** once the ball has passed the player. The player should move their rear dominant foot back and to the on side to steer / glance the shot to the offside. If the contact between the ball and the bat is too great the ball will move forward towards the fielding team.

Recovery: The weight has to be regained from the rear foot and moved forward to initiate the run.

Specific Shots

Off-Side Fine Cut

Delivery

This shot uses the fast pace of a high straight or offside delivery.

Aim

The aim is to use the pace of the delivery to “glance” the ball with an ‘open’ faced bat to the rear of the striking wicket. The batsperson will aim to ‘place’ the ball between the wicket keeper and the off-side fielders.

Preparation

The batsperson will stand sideways on to the bowler with their weight on the rear (dominant) foot. The feet are shoulder width apart with the knees slightly bent.

Transition

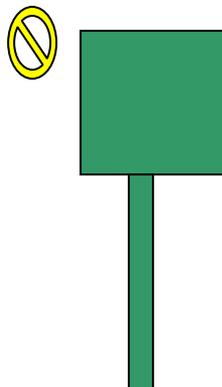
The weight will remain on the rear foot and in fact may shift backwards slightly when the ball is struck.

Point of Contact

The point of contact is when the ball has passed the line of the body, in fact as late as possible. The bat is angled so that the ball travels off the surface with a minimal degree of contact. The ball is NOT hit it is guided into position, using the pace from the bowlers delivery rather than the strength of the batsperson. The point of contact is usually high above the wicket, but more advanced players will play the shot from a delivery, that if missed would hit the wicket.

Recovery

The weight of the player has to be transferred from the rear foot to the front foot once the shot has been played. This will make the transfer from playing the shot to running between the wickets slower than other shots.



Off side Square Cut

Delivery

This shot requires a straight or offside delivery that has medium to fast pace. The height of the delivery is either on or above wicket level.

Aim

The aim is to send the ball to the offside of the batsperson level with the line of the umpire (square to the wicket). The ball is placed, pushed or glanced, as opposed to punched, preferably in a downward direction.

Preparation

The batsperson is sideways on to the bowler with the weight on the back (dominant) foot. The feet are shoulder width apart with the knees slightly bent.

Transition

The player will keep their weight on the back (dominant) foot until the contact is made with the ball. The front (non-dominant) foot may move across the line of the body 'closing' the stance of the batsperson. This will take the 'leading' shoulder across the line of the delivery.

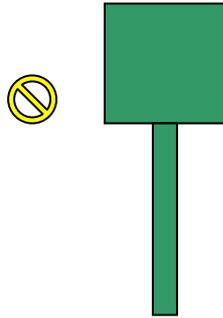
Point of Contact

The point of contact is when the ball is slightly behind the line of the body. The player will use the pace of the ball to push the shot sideways to the off-side. The player will 'glance' the ball by placing the bat at an angle to the delivery.

Recovery

The transfer of the weight will occur once the shot has been played, this adjustment by the batsperson will make the transfer from playing the shot to the running action slightly slower.





Off Side Drive Delivery

This shot requires a straight or offside delivery that has medium to fast pace. The height of the delivery is either on or above wicket level.

Aim

The aim is to send the ball in a downward direction between the off-side slip fielder and the off-side mid fielder. The ball is placed, as opposed to punched, in a downward direction.

Preparation

The batsperson is sideways on to the bowler with the weight on the back (dominant) foot. The feet are shoulder width apart with the knees slightly bent.

Transition

The player will keep their weight on the back (dominant) foot until the contact is made with the ball. At this point the weight will be transferred forward as the front (non-dominant) foot moves across the line of the body 'closing' the stance of the batsperson. This will take the 'leading' shoulder across the line of the delivery.

Point of Contact

The point of contact is when the ball is in line with the body. The player will use the pace of the ball to push the shot forward and to the off-side. The wrist should be 'snapped' forward to ensure the ball travels in a downward direction. The shot comes from a high to low striking action with the downward power of the shot taking the ball into the offside.

Recovery

The transfer of the weight across the line of the body will have to be corrected to lead into the running action. This adjustment by the batsperson will make the transfer from playing the shot to the running action slightly slower.



Game Activities

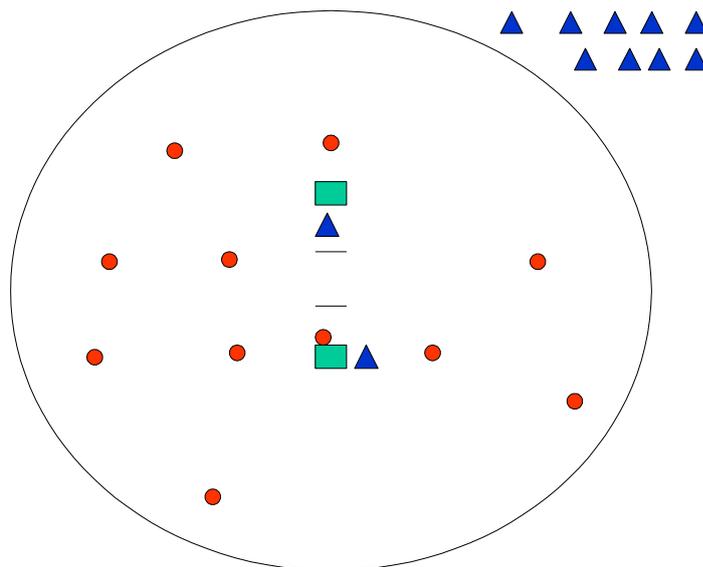
Aim of the Game: To encourage hitting the ball to the offside

Possible Game scenario: A batting team require x number of runs to win – the spaces in the fielding team are predominantly on the offside (to the left of a right – handed batter)

Game: Two teams of equal numbers depending on the size of the playing area. A cooperative ball is delivered by the bowler. If the batter hits the ball they MUST run but they can only score runs if the ball is hit to the offside. The team with the most runs wins.

Focus : The aim is to encourage the batter to hit to the offside, hence the field is set to defend the offside.

Rules: The bowler may bowl the ball once it is in their hand (but must pause to allow an incoming batter to reach the crease). The batter is out if the wicket is hit or is caught out.



Offside

Opportunities to Differentiate:
The nature of the delivery can become uncooperative.
A set number of runs required may be extended for more able players

Onside

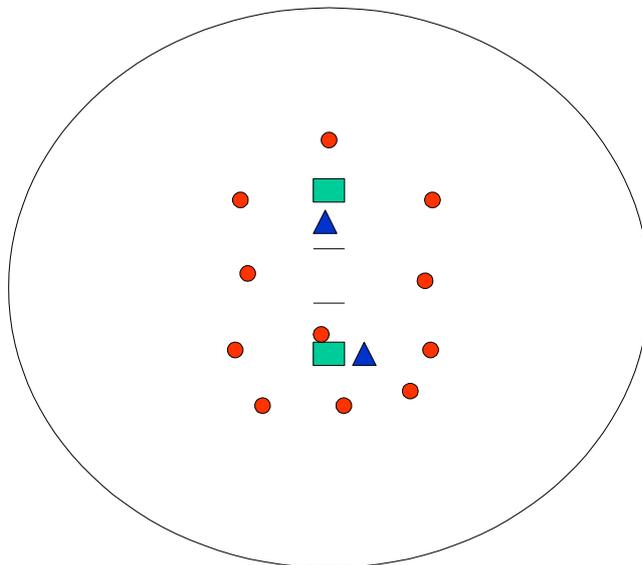
Aim of the Game: To penetrate the close fielders of an evenly matched game

Possible Game scenario: the batting team are down to batter 10 and 11 but still need **X** number of runs to win. The fielding team take advantage of their vulnerability and place pressure on the batting pair by fielding very close

Game: Each batting pair receives 2 overs of 8 good deliveries. If the batting pair hit the ball past any of the fielders they instantly score 3 runs and do not have to move.

Focus : Positioning of fielders, reaction time, communication and placing pressure on the batter.

Rules: The batter can be stumped out, run out, caught or bowled – hence the end of the game. If the batter hits the ball to a fielder they have to make the choice to run or not.



Opportunities to Differentiate:

The positioning of the fielders to “prevent” the batter’s favourite shot

Uncooperative delivery

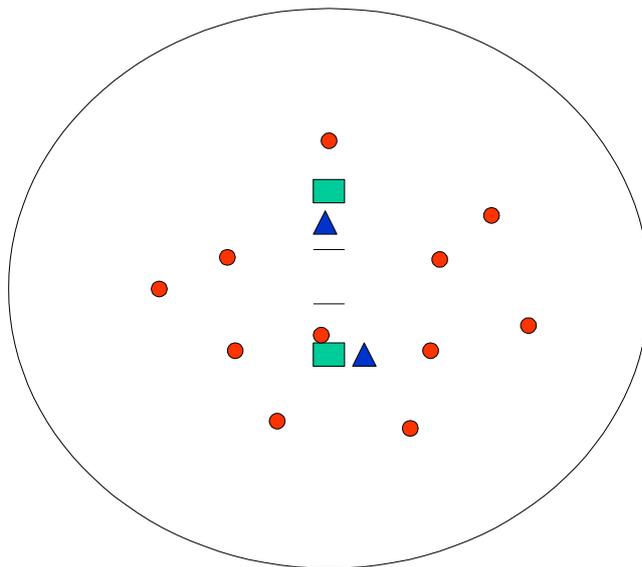
Aim of the Game: For the batting pair to score 6 (or a set number of runs) to win the game – or for the fielding team to prevent the runs being scored from 8 deliveries.

Possible Game scenario: the batting team have one over remaining and require 6 runs to win the match

Game: Players bat in pairs and receive 8 good deliveries. The fielding players have to adopt defensive strategies to prevent the batting pair scoring the required 6 runs

Focus : is pressurised striking in order to score the winning runs

Rules: if a batter is 'out' runs could either be deducted or no runs scored (ie: a "dot" ball)



Opportunities to Differentiate:

Set an appropriate score for the batting pair to achieve relative to their ability (allow the class to set the targets)

Cooperative / uncooperative bowling to suit the ability of the

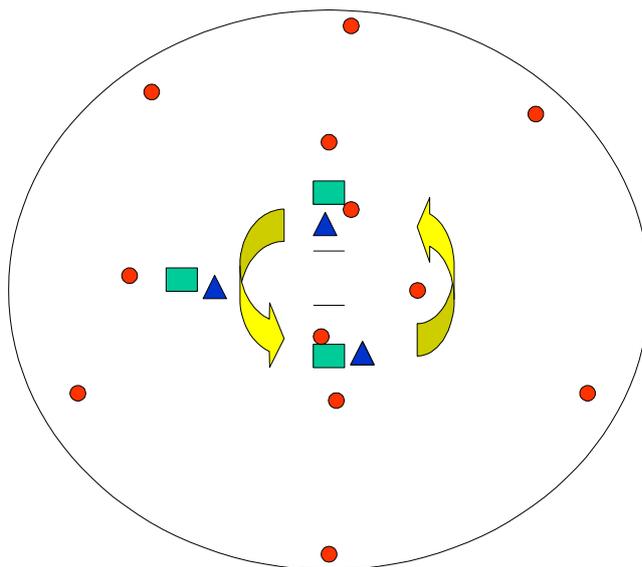
Aim of the Game: To defend your wicket

Possible Game scenario: the batting team have to remain at the crease ie: not be out

Game: 3 batters, 3 bowlers, and 3 wickets – 6 fielders. Rotate the mini teams as appropriate. There is one ball in play, the batter attempts to hit the ball to protect their wicket – they may chose to run or not in an anti clockwise direction. Any fielder may collect the ball and give to any of the 3 bowlers who will choose (or be dominated) to bowl at any of the 3 wickets. The runs may be added individually or as a team. Runs may be deducted for a batter who is 'out' OR the team of 3 are all 'out'.

Focus : the batters aim is to defend their wicket

Rules: the batting 3 score one run every time they connect with the ball and every time they run. The batting 3 can be given a 2 minute slot or receive a certain number of good deliveries. The winning 3 will be the 'team' with the most runs.



Opportunities to Differentiate:

Use of numeracy – batters keep their own individual / team score

Teacher / peer targets set for individuals / team of 3

The Skills of Fielding

Bowling

Stoolball requires an **underarm** bowling delivery from a distance of 9.15 m

The bowler may chose to have a “run up” into the bowling action but the principles of delivering the ball once the “run up” is complete remain constant.

Preparation: The body position is sideways on to the batter with the ball in the dominant hand. The dominant arm will be taken back with the non dominant foot forward. The non dominant arm may be used to maintain balance. The ball should be held in the palm of the hand with the ball facing the batter (palm up).



Transition: The weight is transferred from the back (dominant) foot to the front (non-dominant) foot as the dominant arm is brought forward.

Point of Release : The ball should be released at a 45 ‘ angle to the ground. If the ball is released too late the ball will proceed to travel too high and be wide of the awaiting batter. If the ball is released too early the ball will continue too low and be classified as a ‘no ball’.



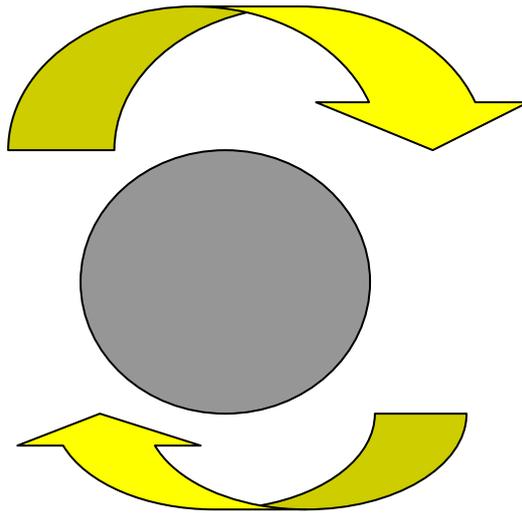
Recovery : The momentum of the bowler will continue forward with the dominant leg transferring the weight forward . The dominant hand should stop pointing at the direction the ball has travelled in.

Choice of Delivery :

Spin: the bowler may chose to apply spin to the ball :

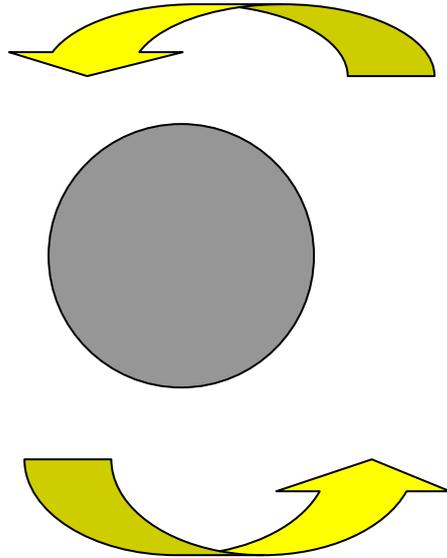
Top Spin: This can be applied by pulling the hand away from the ball and rotating it forward off of the middle finger. The middle finger should cut underneath the ball, making the delivery fast and flat – and when hit the ball is likely to remain fast and flat





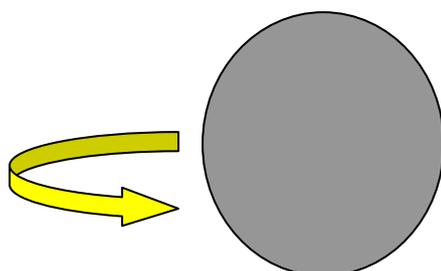
Back Spin: The hand is usually held over the ball with the back of the hand facing the batter. This can be applied by pulling the hand from the top of the ball. The ball will leave the hand rotating from top to bottom. The delivery will be slower and may be curved / floated towards the batter – and when hit, the ball is likely to travel in an upwards direction and may be caught out.





Side Spin : this is the most difficult spin to apply and will move the ball from either left to right or right to left. It will involve the bowler using their fingers to pull the ball either one way or the other. The fingers should be placed on the seam of the ball and the hand pulled back on the side of the ball. When the delivery is completed the wrist and hand should perform an 'inside-out' action.

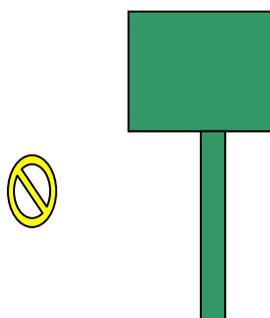




Bowling to the Offside

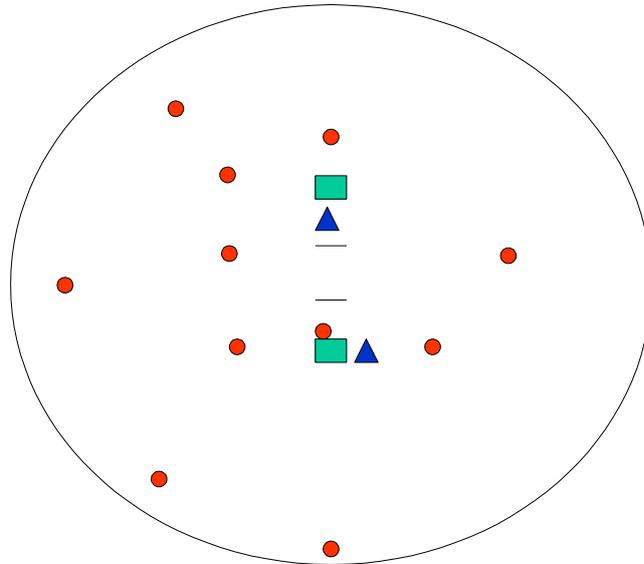
This would involve the bowler delivering a fast flat bowl to the offside of the batter. The ball should travel along the offside edge of the wicket. If the bowler maintains the speed of the delivery, the batter will find it difficult to “turn” the ball across their body. It is always advisable not to turn a straight delivery as this can expose the wicket. The batter would be advised to play “with” the ball and perform an offside shot.

Offside delivery for a right handed batter



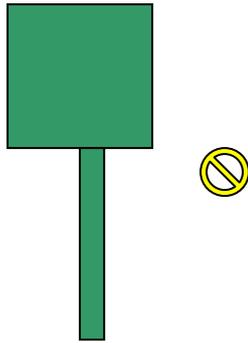
The bowler would therefore, set an “offside” field.

Field Placement to Support Bowling - Offside

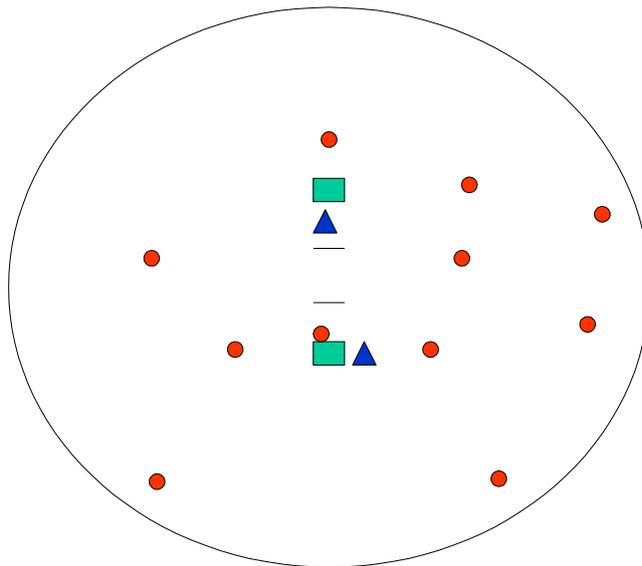


Bowling to the Onside

Providing the bowler does not deliver a 'dangerous' ball (ie: fast and close to the head or body) that could injure the batter, the bowler could place the ball into the batter's body (onside) forcing an onside shot. The delivery can be of varying speeds and heights, with a lower delivery forcing the batter to play the ball off of the hip to the square leg position. A higher delivery (may be deemed dangerous) but if the batter moves their feet the shot can be turned from head height to the onside.



Field Placement to support Bowling – Onside



Game Activities

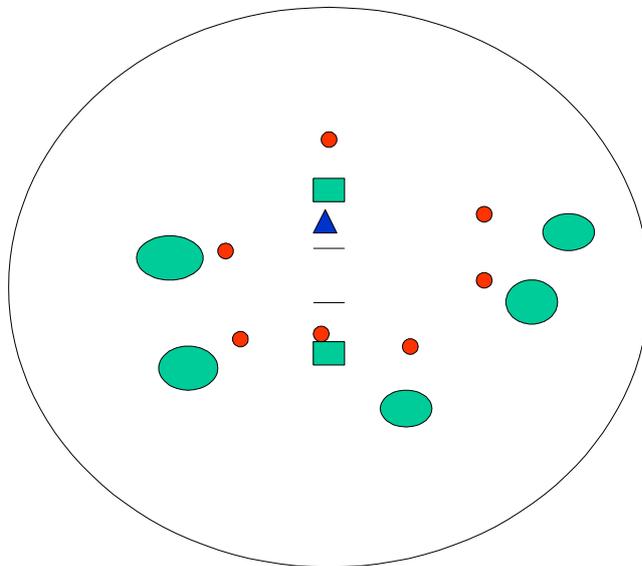
Aim of the Game: to restrict the amount of runs scored by the batting team

Possible Game scenario: the field is set to defend the most likely area for the batter to aim into. The high scoring areas should be the areas to focus defensive positioning on but other areas should not be neglected

Game: The batter chooses which 'points' area is worth the most and which is worth the least depending on their ability.

Focus: The fielding team place themselves to defend each area accordingly. It could be stipulated that the fielding team may not be allowed to defend the highest scoring barrier / area.

Rules. To score, the batter must hit a shot through the point scoring area / barrier. The batter keeps score from the 8 deliveries received.



Opportunities to Differentiate:

extend the shot range of the more able by defining the most difficult areas / less able are able to score highly in the easier shot ranges

The bowler may deliver a bowl with spin or placement to "force" the batter to play a certain shot

Bowling for Catches

If a bowler wishes to force the batter to hit the ball into the air, a slower delivery with back spin is recommended. It is very difficult for the batter to 'bring the ball down' hence the opportunity to catch the batter. The field placement will depend on the batters ability to adjust their feet ie: the majority of the shots will be played straight back over the bowlers head BUT if the batter can move their feet and judge the flight of the ball – it is possible to turn the delivery to the onside or possibly offside.

Game Activities

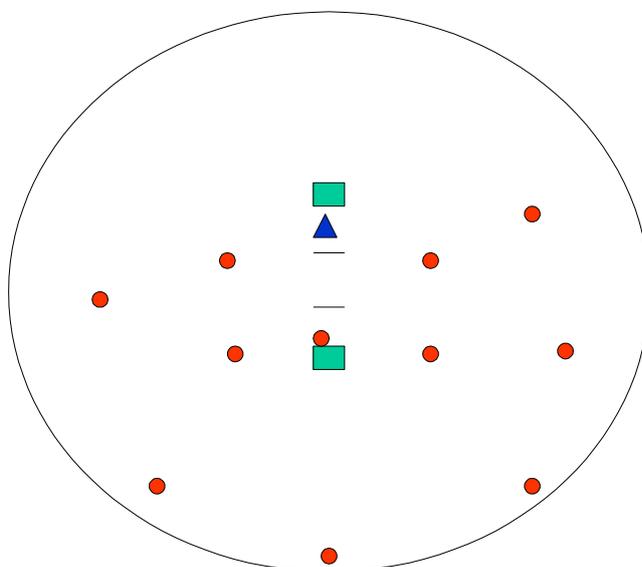
Aim of the Game: To improve the catching ability of the fielders

Possible Game scenario : catches can occur at any time in the game – focus and concentration helps - “catches win matches”

Game: using a self feed / T ball feed or cooperative feed, from the bowler, the batter strikes the ball high into the air. The aim of the fielder is to catch the ball. The fielders can either work as a team or individuals.

Focus : to improve the catching ability of the fielding team

Rules: The fielding team have to take **X** (number agreed before the start of the game and suitable for the ability of the group) of catches to spell a word ie: Stoolball (for a team) or ball (for an individual)



Opportunities to Differentiate:

Type of feed

Degree of difficulty of catch ie: high
/ low / soft / hard

Type of ball

One handed / ball to bounce once

Fielding Skills

A fielder can 'attack' the batter's shot by positioning themselves within 8m of the striking batter. As the fielder moves away from the striking batter they become more defensive. If they are positioned between the boundary and the batter they will switch between attack and defence. Whereas if they are positioned on the boundary they are defending the boundary and preventing 4 or 6 runs being scored.

Receiving

The fielder will receive the ball sent towards them by the batter. The fielder has the choice of whether to attack the ball or defend the amount of runs scored.

If the fielder allows the ball to come to them – they are defending (possibly the boundary). In this case the fielder will use the long barrier.

Long Barrier

Preparation: The fielder should position themselves sideways on to the ball and place their non-dominant knee, at a 90' angle to the ball, on the ground – creating a line of defence to stop the ball. The dominant foot should also be at a 90' angle to the ball in order to extend the barrier.

Transition : Watch the ball travel towards you and move into position early.



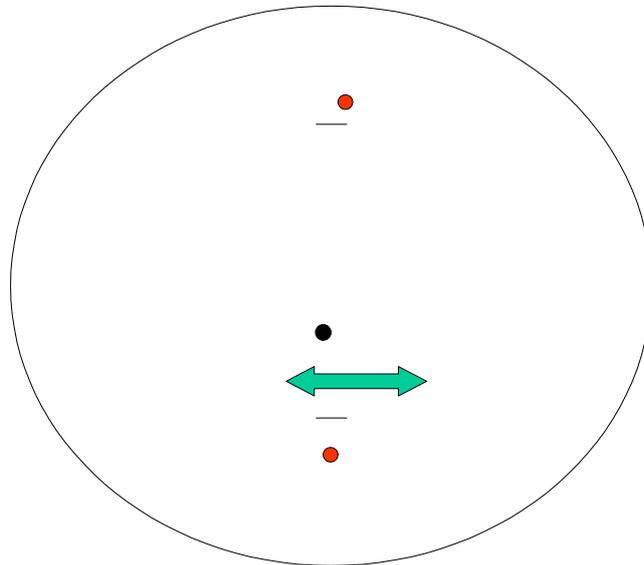
Execution : The ball should still be gathered by the hands but if missed the ball will be stopped by the leg.

Recovery : To stand with weight on the rear dominant foot ready to return the ball using an overarm throw

Long Barrier Drill

Aim of the Drill: To improve the ability to perform and understand the Long Barrier

Drill: Place pupils in pairs facing one another (approximately 5 – 10 m apart)
Allow each pupil to roll the ball to their partner. The partner must stop the ball with a long barrier



Focus : Improving the individual ability to stop the ball from a distance in a defensive manner ie: preventing a boundary.

Opportunities to Differentiate:

Extend the more able with a faster / harder roll

Allow the partner to roll the ball to either side of their partner – making the partner move into position

Short Barrier

The principle for the short barrier is the same as the long barrier but executed when the ball is travelling much faster. The fielder is attacking the ball to minimise the number of runs scored. The fielder positions themselves behind the ball and attempts to stop the ball with their hands but with the dominant foot behind the path of the ball. Therefore if the ball is missed with the hands the feet will stop the ball from travelling any further.

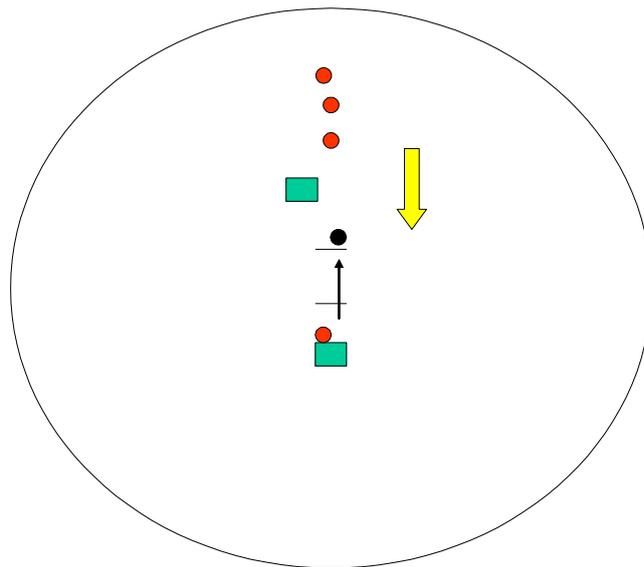


Recovery: To decide whether to return the ball using an overarm or underarm throw

Short Barrier / Attacking barrier Drill

Aim of the Drill: To improve the ability to perform and understand the Short Barrier

Drill: Place pupils in groups of 4 – 1 playing the wicket keeper – 3 ready to perform the short barrier. The wicket keeper rolls the ball towards the fielder, who moves in to attack the ball. Once the ball has been stopped, using the short barrier, the fielder makes the decision whether to underarm or overarm throw the ball back to the wicket keeper.



Focus : Improving the individual ability to stop the ball using an attacking technique to prevent runs being scored.

Opportunities to Differentiate:

Extend the more able with a faster / harder roll

Place moving batter to see if the fielder can beat the batter

Game Activities

Aim of the Game: Defending using the short / long barrier

Possible Game scenario: the ball must be stopped from going over the boundary to prevent 4 runs to the opposition

Game: Invasion game principles. The ball is to be rolled to team mates who stop the ball using the long barrier. To score, the ball must be passed 3 consecutive times and then bowled to hit the Stoolball wicket using an underarm delivery

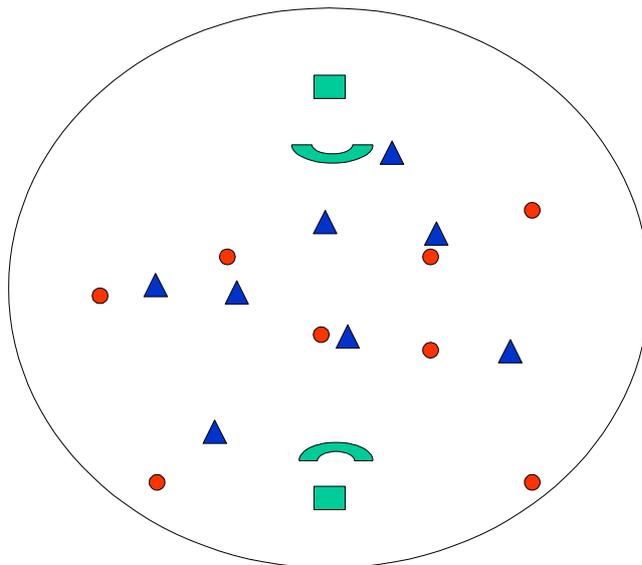
Focus : Being able to stop a fast moving ball using a short / long barrier, with speed and accuracy

Rules: No contact

No travelling once in possession

To score with underarm bowling action outside a designated area

Points scored for hitting Stoolball wicket – team with the most points wins the game



Opportunities to Differentiate:

Decrease / increase pitch size

Time limit on possession

Officiating – (strictness of umpire)

Fielders should be encouraged to attack the ball which is travelling along the ground. Fielders should move forward to meet the ball stopping the ball with a single hand. The fielder's body should be low and balanced in order to receive the ball and immediately return the ball to the wicket.

The fielder has to make a decision: whether to use the overarm throw (which is time consuming to adjust the body) or to return the ball using an underarm delivery. This will depend on the distance from the wicket.

Game Activities

Aim of the Game: To defend your wicket – to play for a draw or prevent the fielding team taking wickets in quick succession.

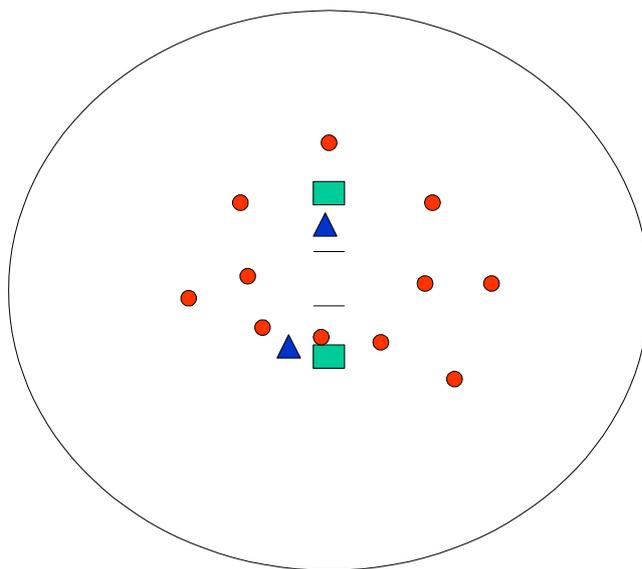
Possible Game scenario: The batting team may have lost several “quick” wickets and the aim of the batters is to create a little resistance.

OR it is the fifth day of a test match and the batting team have to remain at the crease for a further 2 overs (16 balls) to win the series

Game: Batters bat as a pair and receive 16 good deliveries.

Focus : to remain at the crease and not be out (defensive striking). To set an attacking field with attacking bowling.

Rules: If the fielding team manages to catch, bowl or run out a team member the fielding team win the series. If the batters are ‘not out’ the batting team win



Opportunities to Differentiate:

To encourage competitive / tactical bowling
To encourage attacking fielding ie: placing individuals in areas to catch the ball

Retrieving

Preparation: This is when the ball has travelled past the fielder who has to turn and run after the ball. It is usually the retrieval of a slow moving ball. The fielder should approach the ball with it on the dominant side. The fielder should place the dominant foot in line with the ball and field the ball with the dominant hand.

Transition: The weight of the fielder should be in front of the ball.



Execution: The ball should be “gathered” / “scooped” into the dominant hand and then, the player should pivot on the “planted” dominant foot and return the ball with an overarm throw.

If the ball is moving faster – the fielder may overrun the ball and “land” the dominant foot in order to lower the centre of gravity sufficiently to retrieve the ball.

Catching

In the Outfield

Preparation: The fielder should watch the path of the ball from the bat until it reaches the hand. The fielder should lower the centre of gravity, by bending the knees, and keep the head and hands steady.

The hands should be prepared with the fingers spread and the little fingers touching. If the ball is below waist height the fingers should be pointing down.



– if the ball is above eye level the fingers should be pointing up.



Transition: The hands should be relaxed and “give” to the ball acting like a ‘shock absorber’.

Execution: The hands should close round the ball and be brought into the chest.

In close

Preparation: The centre of gravity should be lowered with the knees bent and in a crouched position.

The hands should be held in front of the body, hands moving together in preparation with fingers pointing down.



Transition: The ball should be absorbed, taking the pace out of the shot.

Execution: The ball should be taken into the body.

Overarm Throwing Action

Preparation

The thrower should stand sideways on to the receiver (catcher) with their non-dominant foot forward and pointing towards the receiver. The weight should be on the rear, dominant, foot. The ball should be held in the fingers of the dominant hand. The arm should be bent with the elbow high.



The non-dominant hand should be pointing at the receiver.

Transition

The weight should be transferred from the rear, dominant, foot to the front non-dominant foot. The body should rotate forward leading with the hip, followed by the shoulder and then the arm. The elbow should remain in a high position.





Execution

The point of release should be in front of the body and at a 45° angle to the ground. The weight should continue forward with the dominant foot rotating forward after the hip movement.



Recovery

The dominant foot will step forward taking the weight of the body and continuing the forward momentum. The dominant hand should finish facing the receiver



Warm up Game Activities

Aim of the Game: Invasion Game – defensive principles with shot placement

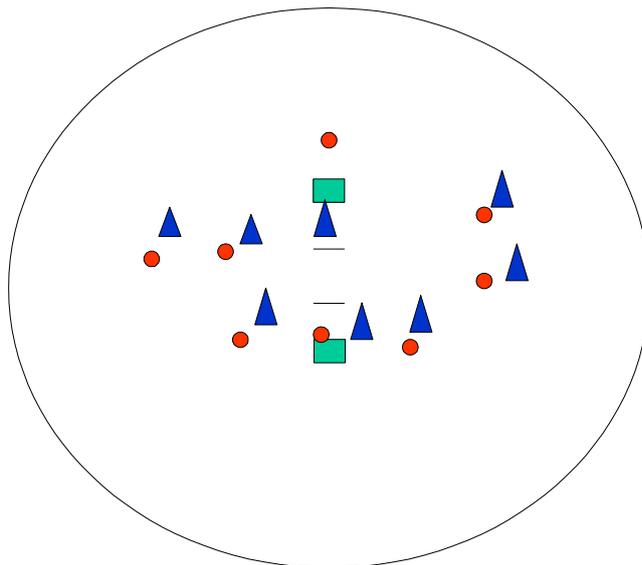
Possible Game scenario:

Both teams are active at all times. The emphasis is on 'man to man' marking (as in football or netball). The batter wishes to place a shot in a certain area

Game: The bowler bowls a sympathetic delivery and the batter can hit any shot they wish. If the ball is fielded by a member of their team – they receive 2 bonus points. The batters still run between the wickets to gain runs in the normal way. Once a batter is out they change with a member of their team – the score is for the whole team

Focus : to make the batting team aware of the importance of shot placement. Their team members are providing a moving target

Rules. A set amount of overs may be agreed. No contact or prevention of movement into a space. Runs scored as normal plus bonus runs.



Opportunities to Differentiate:

The bowler may be allowed to deliver a non cooperative delivery if the batter is more able.

Give restricted areas for fielders to move in – for more / less able players

Incentive of extra points / reduction

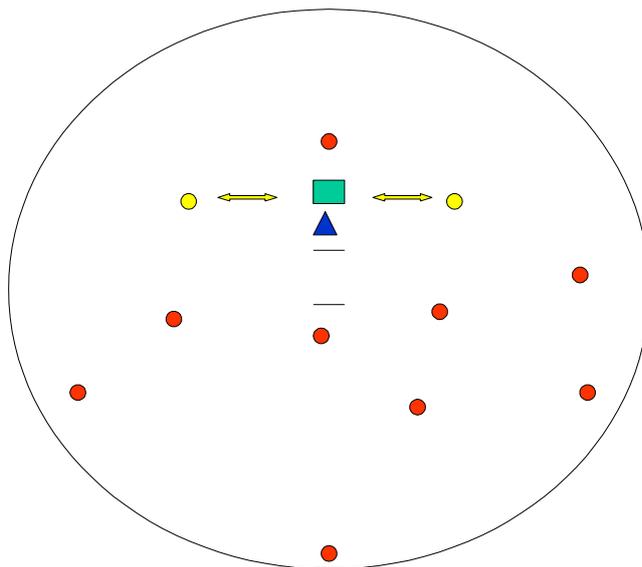
Aim of the Game: High activity and change over – Quick Stoolball

Possible Game scenario: the ability to score quick runs in order to win the game

Game: Quick Stoolball places 1 person into bat – they face 8 good deliveries – whether they hit or miss they run. The batter can only be out if he / she is bowled

Focus : To maintain interest with rapid change over. To concentrate on hitting the ball in order to score quick runs

Rules: The batter can only be out if bowled – if 'out' runs may be deducted or a change of batter.



Opportunities to Differentiate:

Set a target number (teacher / peer / individual) for the pupil to achieve

Set fielders a target to bowl / limited individual to specified number of runs

Basic Principles of Play and Tactical Decision Making in Stoolball

