

★ ACTIVITY / RELAY RACES

FOCUS:

WARM UP, RUNNING BETWEEN THE WICKETS, RUNNING

EQUIPMENT:

1 BAT, 1 SET OF STUMPS PER TEAM,
1 ROPE OR CONES TO MARK THE LINE
OPPOSITE THE STUMPS



DESCRIPTION:

- ▶ Split kids into 3 or 4 even teams.
- ▶ Each team should line up behind a set of stumps.
- ▶ Players at the front of each line have a bat.
- ▶ On coaches signal the players with the bat run to the rope/line 15-20 yards away, touch the bat behind the line, and run back to their team, handing the bat off to the next person in line who then repeats the process.
- ▶ The team that is first to get all members to finish is the winner.

MAKE IT EASIER:

- ▶ Remove the bat and just have the players run
- ▶ Use different locomotion movements for variety e.g. hopping, skipping, side-step etc

MAKE IT HARDER:

- ▶ Players have to play an imaginary cricket shot before running
- ▶ Use a ball instead of the bat and have players perform ball-handling activities whilst traveling to the other end and back.

