

★ ACTIVITY / BOWL A GOAL

FOCUS:

BOWLING, WICKET KEEPING

EQUIPMENT:

2 BALLS, 2 CONES, 2 ROPES
PER GROUP



DESCRIPTION:

- ▶ Cones are placed in a straight line and act as goals, 3 yards apart in front of the keepers.
- ▶ Each group competes against each other to see who can be the first team to bowl the ball, land the ball past the rope and have it go through the goals 10 times.
- ▶ Within each group there is two - three participants waiting to bowl (behind the bowler), one bowler and one wicketkeeper.
- ▶ On 'go' the bowler bowls the ball and runs down to become the next wicketkeeper.
- ▶ The wicketkeeper catches the ball and runs the ball up the pitch to the next bowler.
- ▶ The sequence continues.
- ▶ The first team to finish (10 goals) calls out "HOWZAT".

MAKE IT EASIER:

- ▶ Widen the goals
- ▶ Decrease the length of the pitch
- ▶ Take away rope and allow participants to solely focus on bowling goals

MAKE IT HARDER:

- ▶ Make goals narrower
- ▶ Take away goals and add stumps instead
- ▶ Add in extra targets
- ▶ Minus points if the wicketkeeper misfields

