

# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## CRICKET - BOWL THEM OVER

SCHOOL  
GAMES

### Quick introduction

A bowling game without a batter where players try to hit the wicket.

### Getting started

- Groups of four, five or six.
- Two balls at the bowlers end, two wickets or other suitable objects per group.
- Place a line (popping crease) 1.22m beyond the line of the stumps at the bowler's end.
- Ground target for bowler is optional.
- Umpire stands behind the stumps
- Bowlers take turns to bowl. Change bowlers with wicketkeeper and umpire so everyone has an equal share of the roles
- Wicketkeeper rolls the ball to bowler's end. Next bowler prepares with spare ball and bowls as soon as wicketkeeper is ready to receive.
- Umpires signal appropriately
- Players keep own score:
  - One if wickets are hit.
  - Deduct one for a no-ball.
- Bowler and wicket keeper score one each if the ball is caught behind the stumps by wicketkeeper after one bounce.

### Think tactics

Work out which length you need to bowl for the ball to bounce just enough to hit the wicket. See how much you can vary this length.



No ball.



One point to the bowler.

# CRICKET – BOWL THEM OVER



## Organising the game

- Decrease or increase the distance between the wickets. The recommended range is 12-15m.
- Decrease or increase the size of the wicket by adding another set of stumps or taking stumps away.
- Only score an 'out' if the ball bounces once.

## Think inclusively

- Use a very large target that makes a noise when hit.

## Officiating

- Umpire stands behind the stumps.
- Umpire signals 'out' by raising one finger if the ball hits the stumps.
- Umpire signals 'no ball' if the whole of the bowler's front foot steps beyond the popping crease.
- Remind players to keep their own score.

## Keeping it enjoyable

- Instead of hitting the wicket, ask players to bowl to one side or the other and score points for going to the correct side.
- Introduce a different kind of ball. Tennis balls with different colours are useful as it is possible to see the way the ball moves.

## Make it easier

- It is usually easier to use a harder ball.
- Decrease the distance to the stumps.
- Make the stumps even bigger.

## Spirit of the Games: *Excellence through Competition*



Try to make a clear picture of how to bowl, so that you can see yourself actually taking wickets.



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## CRICKET - HIT THE STUMPS



### Quick introduction

Hit the stumps is a fielding game where players try to accumulate runs by hitting the wicket as many times as they can.

### Getting started

- Groups of four
- Two pairs 12-15m apart with one or two sets of stumps in the middle of the area.
- Each pair stands behind one of the end lines.
- No stepping in front of the end line.
- One pair starts with the ball and throws it overarm to try to hit the stumps. The other pair then takes their turn and the game continues.
- Throwing and fielding pairs take alternate turns to throw/field.
- If the ball hits the wicket score four runs.
- If the ball misses the wicket and goes past the fielders, the throwing pair scores one.

### Think tactics

Aim carefully even though it takes a little more time.



# CRICKET - HIT THE STUMPS



## Organising the game

- Use two balls, ensuring players understand how to keep the game safe.
- Increase or decrease the size of the target.
- Increase the distance to the target.
- Any player may collect the ball, but players must take turns to throw.
- Groups could play alongside each other and then rotate to play each other in a small league.
- Play for a certain time or number of balls.

## Think inclusively

- Visually-impaired players may need verbal guidance to hit the target.

## Officiating

- Encourage players to keep their own score, but umpires could keep it as well.
- Watch the stumps carefully in case the ball brushes to wicket.
- Discuss with the players exactly what 'past the fielders' means. It may be easier to mark a second line behind the fielders with a point being scored if the ball goes past that line.
- Replace the wicket if it is knocked down.

## Keeping it enjoyable

- Start using a large ball. After 10 successful hits, gradually reduce the size of the ball.
- After 10 hits with the smallest ball, start to reduce the size of the stumps or increase the distance to the stumps.

## Make it easier

- Use a tennis ball.
- Keep the target really big, a hoop for example.

## Spirit of the Games: Excellence through Competition



Work out a celebration for when you hit the stumps.



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## CRICKET – HARDBALL, INTER & QUICK



### Quick introduction

This is a 'full' game of cricket that follows adapted rules.

### Getting started

- See the full laws of the games or ask a teacher to photocopy the shortened rules in the YoUR Sport teacher resources.
- The full laws are available at [www.ecb.co.uk](http://www.ecb.co.uk)
- Most cricket games can be played with reduced numbers in a smaller area but take care to ensure:
  - there are enough fielders to keep the game enjoyable when fielding
  - the distance between the wickets is always the regulation distance
  - fielders are always a safe distance from the bat.

### Think tactics

If you have built up a lead in your batting innings, talk carefully about how you will preserve it.



Some players could use a tee.



# CRICKET – HARDBALL, INTER & QUICK



## Organising the game

- The following variations to competition formats could be applied:
  - A certain number of overs per side 5, 10, 15 or 20 over competitions are possible.
  - Limiting the number of overs per bowler.
  - Limiting the top score of each batter.
  - Introducing fielding restrictions.
  - Ensuring all bowlers bowl and all batters bat.

## Think inclusively

- If the game is played on grass include wheelchair users by giving them a specialist fielding role and ensure the ball has to be touched by them at least once an over.

## Officiating

- Rule variations could be suggested by the captains of each team and agreed before the start.
- Two umpires are necessary to ensure run-outs and LBW decisions are fair.
- Umpires may decide to be lenient on no-balls, but may be quite strict with wides giving two runs not one.

## Keeping it enjoyable

- Try to keep the batting side involved by asking the players to score.
- Try a computerised scoring system.
- If it is possible get a PA to announce the players.
- Introduce some of the ideas of 20-20 and give players a monetary value.

## Make it easier

- Use a tennis ball.
- Bowl underarm to make it easier for batters.

## Spirit of the Games: *Excellence through Competition*



Congratulate your opponents when they make a good shot or bowl well.



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