

STRIKING & FIELDING GAMES

Striking & Fielding Games include a batting and fielding team. Batters score points by striking an object and running to a designated area, whilst fielders aim to prevent batters from scoring by retrieving the object and returning it to stop the play. Sports that use striking and fielding objectives include baseball, cricket and softball.

Striking & Fielding Games provide fun and engaging ways to develop physical literacy across the four domains as outlined below.

| | Physical | Psychological | Social | Cognitive |
|--|--|--|--|--|
| Key Elements | Object Manipulation Moving with Equipment Speed | Self-Perception | Collaboration | Strategy and Planning |
| Examples of how these can be developed | Provide appropriate and sufficient equipment for all students to be active. Develop the required skills needed for activities to be successful and progressive. | Provide opportunities for participants to reflect on the activities. Reflect on how participants feel after physical activity e.g. energised, refreshed, happy. | Encourage communication between participants in game situations. Discuss the benefits of working as a team. | Encourage communication between participants in game situations. Discuss the benefits of working as a team. |

How to use the Program Planner

Sessions will vary between 30-60 minutes. Not all games in each session are required to be delivered. The number of games will depend on factors such as session time, ability level and engagement of participants. Coaches should deliver the number of games in each session they feel appropriate to develop the key physical literacy elements in this category.

If all games are not completed in a session, the coach can use their discretion to start the next session with the remaining games and/or begin with the new games for that session. An alternate game has been provided in each session for coaches to maintain the engagement of participants if required.

Coaching tip

- Use modifications such as multiple smaller playing areas (with smaller team numbers) to engage all participants often. This increases opportunity for practice and avoids long periods of waiting for turns.
- Varying the hitting and delivery methods may promote improved practice and success e.g. t-balls, number of ball bounces, ball size/shape.

STRIKING & FIELDING GAMES

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--|--|----------------------|--------------------|--------------------|--------------------|-------------------|--------------------|---|
| Review, Outline & Warm Up (5-10 mins) Start with a brief review of last week, outline today's session and play and a familiar game | Throw Throw Throw | Throw Throw Throw | Bat Tapping | Bat Tapping | Circle Ball Games | Circle Ball Games | Participant choice | Participant choice |
| Get into It (20-45 mins) Use TREE to modify games to suit the ability level (page 2 of activity card) | Catching Challenge | L-o-n-g Target Throw | Pepper | Pairs Racing | Catching Challenge | Hit the Square | Batters V Fielders | Participant choice and/or Play a modified game from a Striking & Fielding category sport e.g. Baseball, Cricket, Softball |
| | L-o-n-g Pass | Bombard | In the Zone | Beat the Bucket | Hit the Square | In the Zone | Six or Safe | |
| | Pairs Racing | Target Throw & Run | Engage All | Continuous Cricket | Pepper | Hit 4 and Go | Continuous Cricket | |
| Alternate Game | Target Throw & Run | Engage All | Target Throw & Run | Six or Safe | Hit 4 and Go | Over the Pit | Engage All | Play favourite game |
| Finish Up & Review (5 mins) Ask participants 2-3 questions | What game/s did you like playing today? What game/s did not you like playing today? What are 2 things you learnt today? How can you practice your new skills at home? Would you like to learn more of next week? | | | | | | | |

Throw Throw Throw

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

Players throw balls over a line in the direction of the opposite team. The team with the fewest balls at the end wins.

Equipment needed:

- > 1 soft foam ball per pair (can be scrunched up paper)
- > Field markers

Game setup:

Split players into 2 even teams. Mark out a No-Go Zone between the 2 teams. Teams stand on opposite sides of the No-Go Zone facing each other. Give each player a foam ball or scrunched up piece of paper.



COACH INSTRUCTIONS

STAGE 1

*"Pick up any ball on your side of the court and throw it over to the other team's side. Keep going until I say **STOP**."*

Call **"STOP"** after 30 seconds. Get teams to count the balls on their side. The team with the least number of balls wins. Balls that land in the No-Go Zone do not count.

STAGE 2

Progression from stage 1.

"Talk to your team about how you can work together to throw all the balls over to the other side."

Play for a set period of time and call **"STOP!"**

ASK: *"Where can you throw the balls to make it hard for the opposition side to throw them back?"*

"Can each player have a job such as collector or thrower?" "Will this help you throw the balls back quicker? How?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Muscular Endurance | Engagement & Enjoyment | Perceptual Awareness | Tactics

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Throw Throw Throw

Rules:

- > Vary the playing time (30 seconds can be a lot of throwing!)
- > Vary type of throw, e.g. underarm, overarm, backwards over their heads.
- > Players can only hold one ball at a time.
- > Game can be played with players sitting.

Equipment:

- > Vary the type and size of ball. Balls must be light and soft for safety.

Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each team.
- > Use **questioning** to encourage players to think of their own strategies.

Environment:

- > Change the dimensions of the playing space (increase or decrease length and / or width of space).
- > Increase or decrease size of No-Go Zone.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing skills for sports such as cricket and softball. Balls can also be bowled to the other side or throw using bocce technique.



SAFETY!

- > Players cannot enter the No-Go Zone during play.
- > Players should wait for the coach's signal to retrieve balls from the No-Go Zone and outside the playing area.
- > If using paper balls, ensure they are sufficiently loose to avoid hurting players.
- > Players must be aware of their team mates around them when picking up and throwing balls.

Catching Challenge

SKILL FOCUS

Catching | Throwing



GAME SUMMARY:

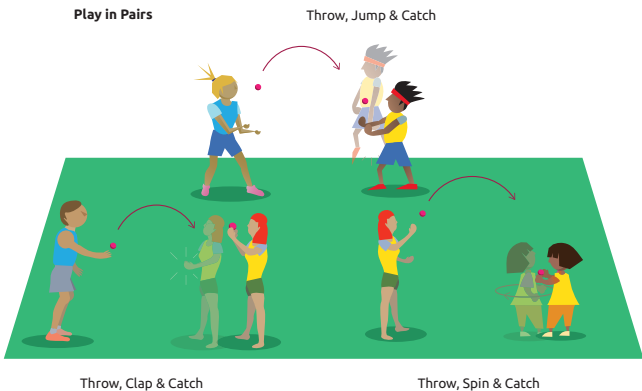
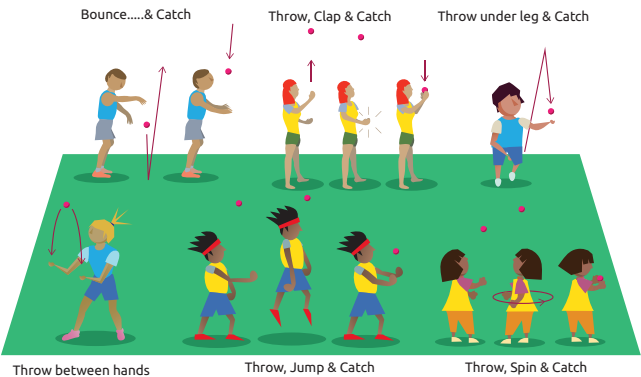
Players throw and catch a ball, trying progressively harder catching challenges.

Equipment needed:

➤ Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball.



COACH INSTRUCTIONS

STAGE 1

Play individually. Follow the coach.

"I will throw the ball in the air. Before I catch it, I will do a movement. See if you can copy me."

STAGE 2

Progression from stage 1 - make up own movements.

"See if you can think of your own movement to perform before you catch the ball. Make sure you throw underarm and keep your eyes on the ball."

Players practice a skill then perform it to the coach.

Scoring Optional: Give players a score out of 10 for performance.

ASK: *"How high do you need to throw the ball to be able to perform a movement before catching it?" "Why is it best to throw underarm?"*

STAGE 3

Play in pairs.

"Throw the ball to your partner. Your partner needs to perform a movement before they can catch the ball. See if you can think of a new movement to perform."

Pairs practice a skill then perform it to the coach.

Scoring Optional: Give players a score out of 10 for performance.

ASK: *"Where is the best place to aim your throw so your partner can catch it?" "How should you hold your hands ready to catch?"*

Some movements players can perform before catching the ball include: clapping, hopping, spinning around, jumping, touch the floor etc. Other throwing and catching challenges can include throwing the ball between legs or around the back, bowling the ball overarm into the ground and catching after 1 bounce or throwing the ball from hand to hand like juggling.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Catching Challenge

Rules:

- Set a challenge, e.g. count how many times you can clap / hop / jump etc before catching the ball?
- Players can perform more than one movement each time, e.g. throw – clap – spin – catch.
- Players can create and perform a routine.

Equipment:

- Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller.
- Use equipment relevant to the sport you are coaching such as a softball glove.

Environment:

- Play indoors or outdoors on grass or hard surface.
- Try to minimise distractions.

Teaching Style:

- Use **role models** to demonstrate effective throwing and catching skills.
- Use **one on one discrete coaching** to assist players during the game.

ALTERNATE SPORTS & SKILLS

Use this game to develop catching skills for cricket and softball.



SAFETY!

- Ensure the equipment used is suitable for the ability level of the players. Avoid using hard balls.
- Ensure adequate space between individuals and groups.
- Players must not interfere with other players.

L-o-n-g Pass

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

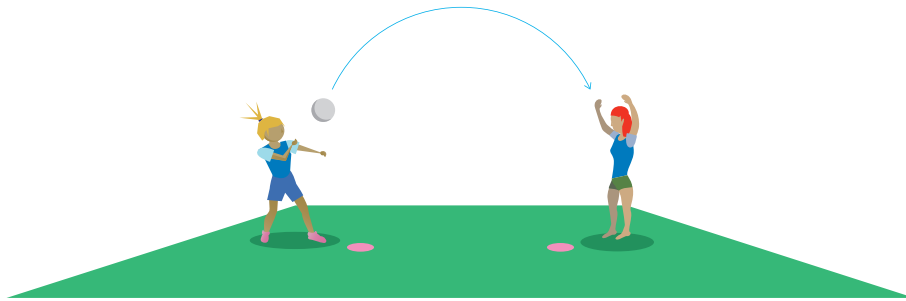
Players work cooperatively to pass as far as they can to each other.

Equipment needed:

- > 1 ball per pair (netball size)
- > Markers
- > Coloured dots

Game setup:

Mark out a square playing area. Put coloured dots to mark where the batter and feeder stand. Place several targets in the field, e.g. 3 buckets and 4 hoops. Split players into groups of 3 (1 batter, 1 feeder, 1 fielder).



OPTION 1: PAIRS ACTIVITY

Game Setup:

For each pair, place matching markers or coloured dots approximately 1 metre apart. Pair players of similar ability level. Players stand next to a marker or on a coloured dot facing their partner. Give each pair 1 ball.

Coach Instructions: "Pass the ball to your partner. If they catch it on the full you both take 1 step back. If they drop it, you both take 1 step forward."

Call "**STOP**" after 1 minute. Pairs take note of where they are standing, this can be marked with chalk, tape or a marker if there are no lines on the playing surface to use. Repeat game. Pairs try to move further back than previous mark.

OPTION 2: GROUP ACTIVITY

Game Setup:

Split players into groups of 4 or 5. One passer to stand in the centre with catchers placed at equal distance away from the thrower in a circle (or square). Use coloured dots to show players where to stand.

Coach Instructions:

TO THE PASSER: "Pass the ball to each catcher 1 at a time."

TO CATCHERS: "If you catch the ball on the full, take 1 step back. If you drop the ball, take 1 step forward or stay on your dot."

Rotate passers after each round.

COACH INSTRUCTIONS

BRANCH OUT! Tips to modify L-o-n-g Pass

Rules:

- > Vary the set playing time (e.g. 30 seconds, 1 minute, 2 minutes etc).
- > Vary the type of pass e.g. chest pass, shoulder pass.
- > For pairs activity, have either both players take a step or just the player who catches / drops the ball.

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Vary the type of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball.

Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good passing technique.

Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball, cricket and softball.



SAFETY!

- > Use a ball appropriate for the players' ability level.
- > Ensure a safe distance between pairs / groups.
- > Ensure participants throw safely for their partner or team mate to catch.

Pairs Racing

GAME SUMMARY:

Players race their partner using different locomotor movements.

Equipment needed:

- > Coloured dots
- > Markers
- > Bibs or colour bands

SKILL FOCUS

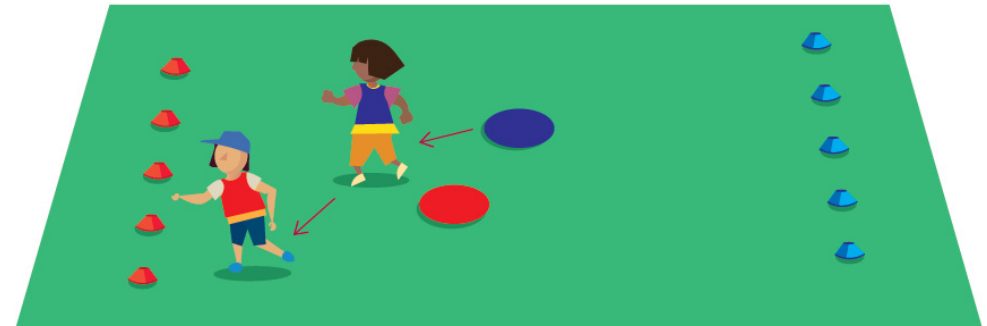
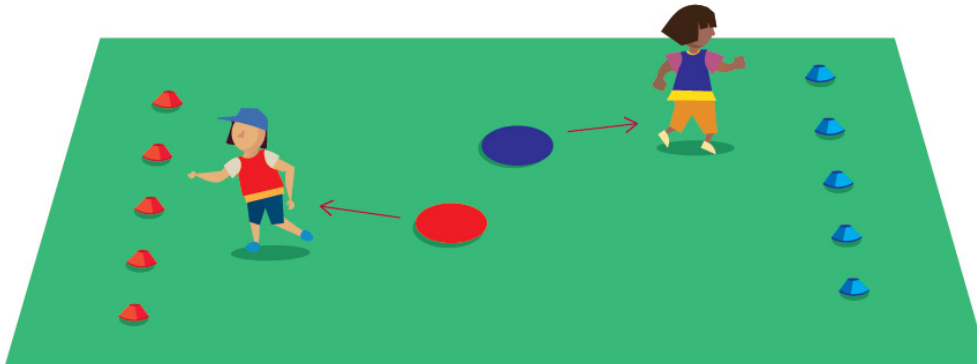
Locomotor movement

SPORTAUS



Game setup:

Use the same 2 colours for the markers, dots and bibs (e.g. blue and red). For each pair, place a blue dot and a red dot approximately 1.5 metres apart. Place a row of blue markers approximately 7 - 10 metres from the blue dot, and a row of red markers the same distance from the red dot at the opposite end. Put players in pairs of similar ability. Give one player from each pair a red bib and ask them to stand on the red dot. Give the other player a blue bib and ask them to stand on the blue dot.



COACH INSTRUCTIONS

GAME 1: SPLIT

Players stand on their dot facing opposite directions.

TO PLAYERS: "When I say GO, if you are standing on a blue dot run to the blue markers, if you are standing on a red dot run to the red markers."

Change locomotor movements after a few turns, e.g. skipping, hopping, jumping.

Scoring optional: 1 point for the player who reaches the markers first.

GAME 2: CHASE

Players stand with both feet on their dot.

TO PLAYERS: "When I call RED, if you are standing on a red dot, run to the red markers. If you are standing on a blue dot, chase your partner and try to tag them before they get to the red markers. When I call BLUE, if you are standing on a blue dot, run to the blue markers. If you are standing on a red dot, chase your partner and try to tag them before they get to the blue markers."

Change locomotor movements after a few turns e.g. skipping, hopping, jumping.

Scoring optional: 1 point for players who get to the markers without being tagged. 1 point for players who tag their partner before they get to the markers.

BRANCH OUT! Tips to modify Pairs Racing

Rules:

- > Change the locomotor movements.
- > Add a challenge e.g. when you get to the markers do 5 star jumps.
- > For Game 1 '**Split**': players race to the marker and back to their dot (make sure they have a safe stopping distance between coloured dots).

Equipment:

- > Use a coloured dot or base for players to run to.
- > Use tape or lines instead of markers.
- > Introduce equipment relevant to the sport e.g. each player dribbles a basketball whilst running away from their partner

Teaching Style:

- > Use **visual aids** such as picture cards to show the locomotor movement you want players to perform.
- > Use **staff helpers** to run with players and guide them through the activity.

Environment:

- > Move the markers closer or further away from the dots depending on ability level.
- > Play indoors or outdoors on grass or on a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop locomotor movement skills for any sport.



SAFETY!

- > Ensure the playing space is free from hazards or obstructions. If playing indoors, make sure boundaries are well clear of walls.
- > Players need to be aware of those around them to avoid collisions.
- > Tags must be gentle.
- > Ensure a safe distance between pairs.
- > Ensure the locomotor movement is safe for the players. Start with a slow movement (e.g. walking) and gradually build speed.

Target Throw & Run

SKILL FOCUS

Fielding | Throwing | Running

SPORTAUS

Special
Olympics
Australia

GAME SUMMARY:

A player throws a ball from a 'launch pad' at a target in the field. Fielders try to return the ball to the launch pad before the thrower can run around a marker and back.

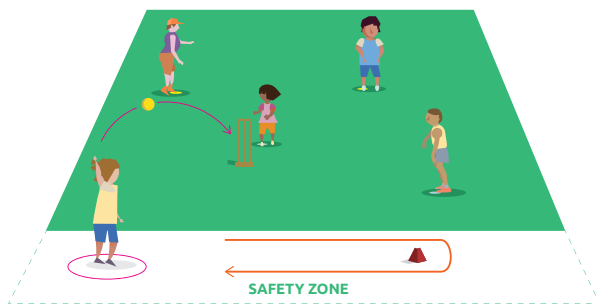
Equipment needed:

- > Coloured dots
- > Base
- > 1 ball (have various sizes to suit different abilities)
- > Markers
- > Target (e.g. cricket wickets or witches hats)

Game setup:

Mark out a square playing area. Put a base (or coloured dot) to mark the 'launch pad' where the thrower stands, and a marker to the side of the launch pad approximately 3 - 5 metres away. Markers can also be used to indicate a safety zone in front of the launch pad.

Place a target in the field, and coloured dots either side of the target to show fielders where to stand, leaving a clear path between the thrower and the target.

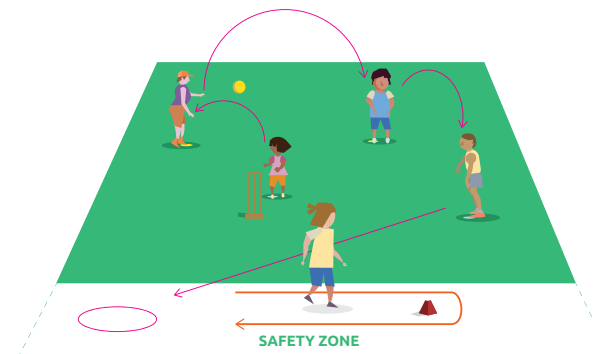


STAGE 1

TO THROWER: "Throw the ball at the target then run around the [coloured] marker and back to the launchpad. Count how many runs you can make before the fielders put the ball back on the launch pad."

TO FIELDERS: "Stay on your dot until the ball has been thrown. If the ball comes near you pick it up and put it back on the launch pad."

Swap thrower after each turn.



STAGE 2

TO THROWER: "Throw the ball at the target then run around the [coloured] marker. Count how many runs you can make before the fielders put the ball back on the launch pad."

TO FIELDERS: "Stay on your dot until the ball has been thrown. You need to pass the ball 3 times between your team then put the ball back on the launch pad."

ASK TO FIELDING TEAM: "How can you work together to bring the ball back as quickly as possible?"

COACH INSTRUCTIONS

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Target Throw & Run

Rules:

- Add scoring, e.g. throwers get 1 point for each run they make before the ball is returned, plus bonus points for hitting the target.
- Increase or decrease the number of passes fielders must make before returning the ball.
- Add different targets with targets further from the thrower worth more points.
- Players with limited mobility can perform an on-the-spot action instead of running (e.g. balance, star jumps etc).

Equipment:

- Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- Use equipment that makes the target achievable, e.g. cricket wickets, witches hat, chair (ensure it is safe for fielders).

Environment:

- Play game with no more than 5 fielders. Replicate game if there are more participants.
- Move the target closer or further from the thrower.
- Move the running marker closer or further from the thrower.

Teaching Style:

- Use **role models** to demonstrate effective throwing and fielding skills.
- Use **questioning** to encourage teams to think of their own strategies.
- Place **staff helpers** in the field to help with teamwork strategies.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting skills by getting players to hit the ball at the target. Balls can also be bowled or kicked.



SAFETY!

- Ensure the equipment used is suitable for the ability level of the players.
- The fielders need to be a safe distance away from the launch pad until the ball is thrown.
- If using a bat, make sure it is dropped, not thrown.
- Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call "MINE".
- Fielders must not interfere with throwers when running.

L-o-n-g Target Throw

SKILL FOCUS

Throwing | Accuracy | Fielding

SPORTAUS



GAME SUMMARY:

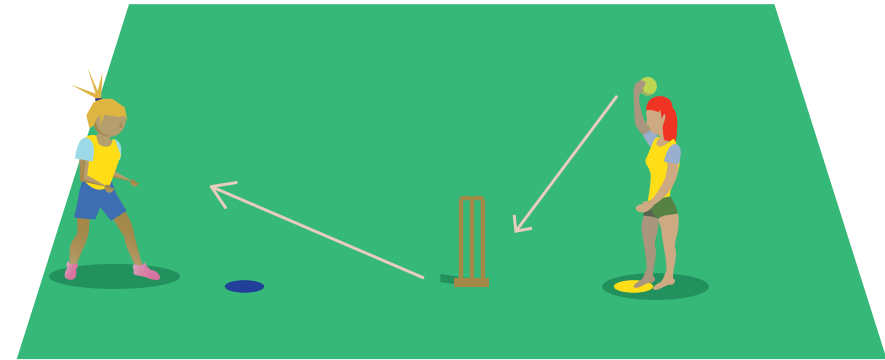
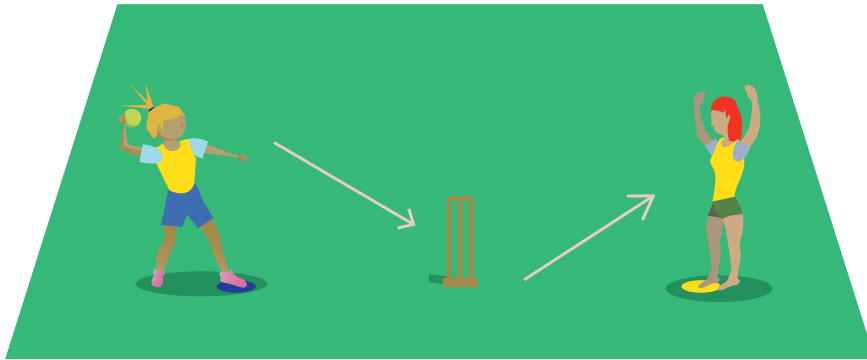
Players throw their ball at a target. If they hit the target they take a step back.

Equipment needed:

- > Targets (cricket stump or witches hat)
- > Coloured dots / markers
- > Tennis balls (1 per pair)

Game setup:

Players work in pairs. Each pair starts with players standing on coloured dots approximately 3 – 4 metres apart with a target half way between them.



COACH INSTRUCTIONS

STAGE 1

TO PLAYER 1: "Throw the ball at the target."

TO PLAYER 2: "Try field the ball before it gets past you. Pick up the ball, go back to your dot and throw it at the target."

Players take it in turns to throw. Play for 1 minute, then move the dots back 1 metre. Repeat.

Scoring Optional: Players count how many times they hit the target in a minute.

STAGE 2

TO PLAYER 1: "Throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."

TO PLAYER 2: "Try field the ball before it gets past you, go back to your spot and throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."

Play for 2 minutes. At the end of 2 minutes, players place a marker where they are standing. Repeat the game and see if players can get further away from the target.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify L-o-n-g Target Throw

Rules:

- > Play for a longer or shorter time depending on engagement of players.
- > Players must take a step forward if they miss the target (only as far forward as the coloured dot where they started).
- > Vary the throw, e.g. underarm, overarm, or bowl.

Equipment:

- > Vary size of target, make it easier by using a wide target (e.g. set of cricket stumps), make it harder by using a narrow target (e.g. only 1 cricket stump).
- > Two field markers can be used to make a 'gate' target which can be widened or narrowed.
- > Vary the type of ball. Make it easier by using a larger ball.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good throwing technique.
- > Use **one on one coaching** to assist with skill development.

Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.
- > Replicate game – 1 game for each pair.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for cricket and softball. Balls can be bowled at the target to develop ten pin bowling skills.



SAFETY!

- > Ensure a safe distance between players / groups.
- > If players need to enter another pairs' playing space to retrieve a ball, make sure play is stopped.

Bombard

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

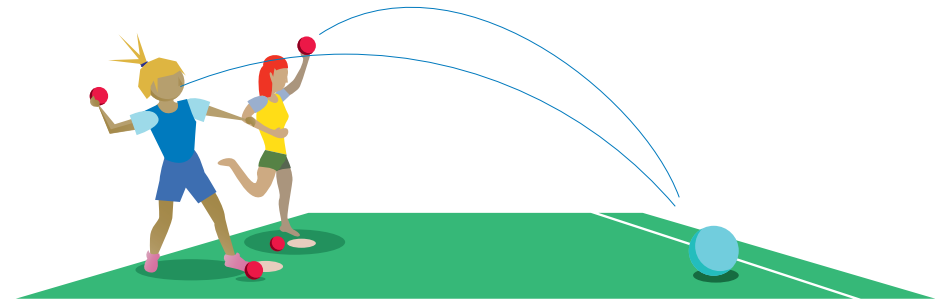
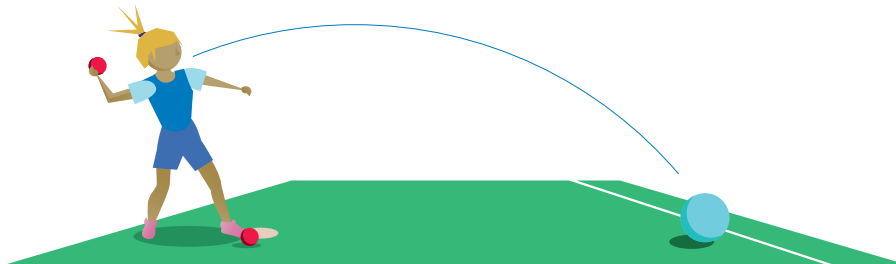
Players throw balls at a large target ball with the aim of moving it over a line.

Equipment needed:

- > Small balls (2 per player)
- > 2 larger balls
- > Markers

Game setup:

Players stand with their toes on the throwing line. Coloured dots can also be used to show players where to stand. Place large target ball 2 - 3 meters from the throwing line (you can call this ball by it's colour e.g. large blue ball). Give each player 2 small balls each.



COACH INSTRUCTIONS

STAGE 1

"Throw the small balls at the large ball to make it move."

STAGE 2

"Throw the small balls at the large ball to make it roll over the end line."

"The group receives 1 point for each time the ball rolls over the line."

STAGE 3

Split the group into 2 teams with 1 large target ball for each team.

"Throw the balls at your team's large ball. The team that gets their ball to roll over the line first gets a point."

ASK: "How can you work together to get your ball over the line first?"

"How can you keep the ball moving?"

"What type of throw works best?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Bombard

Rules:

- > Vary the throwing technique (e.g. overarm, underarm).
- > Add a time challenge, e.g. see how many times you can get your ball over the line in 5 minutes.

Equipment:

- > Vary the type of target ball. Make it easier by using an exercise ball or beach ball. Make it harder by using a smaller, harder ball such as a basketball. Test each option before the session.
- > Vary the type of throwing balls. Make it easier by using large balls such as volleyballs. Make it harder by using smaller balls such as tennis balls.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Give **one on one discrete coaching** to help skill development.
- > Use **questioning** to encourage players to think of their own strategies.

Environment:

- > To increase success, move the target ball closer to the throwing line and decrease distance to the end line.
- > To challenge players, move the target ball further from the throwing line and increase distance to the end line.
- > Ideally play indoors with minimal background noise.
- > Position the game close to a wall to allow easy retrieval of balls.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as kicking, rolling or bowling at the target ball.



SAFETY!

- > If possible, use soft throwing balls.
- > Ensure sufficient space between individual players and teams.
- > No one goes into the throwing area during play.
- > Do not allow players to throw balls when someone is in the playing space. Call **"STOP!"** to allow players to retrieve balls.
- > Balls must be thrown below waist height.

Engage All

GAME SUMMARY:

All players on the batting and fielding teams must work together to beat the other team.

SKILL FOCUS

Striking | Fielding | Shot Placement
Throwing | Catching

SPORTAUS



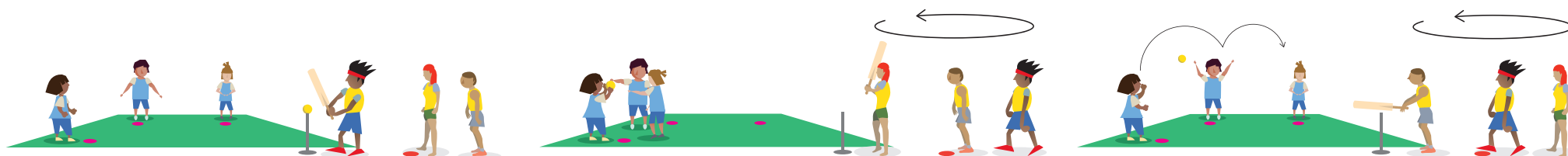
Equipment needed:

- > 1 bat
- > 1 soft ball
- > Field markers
- > Coloured dots
- > Batting tee (optional)

Game setup:

Mark out a square playing area. Put a base (or coloured dot) to mark where the batter stands. Coloured dots can be used to demonstrate where the batting and fielding teams should stand. Place helpers in the field to assist fielders.

A batting tee can be used if required.



STAGE 1

Individual batter only. Place ball on batting tee.

TO BATTER: "Hit the ball into the field."

TO FIELDERS: "If the ball comes near you, pick it up and put it back on the tee."

Swap batters after each turn.

STAGE 2

Divide players into batting and fielding teams.

TO BATTER: "Hit the ball into the field, then run around your team. Count how many laps you can run around your team before the fielding team calls **STOP!**"

TO FIELDERS: "Stay on your dot until the ball has been hit. One player must field the ball. Everyone else must run to that player and touch the ball. When all fielders are touching the ball, call **STOP.**"

ASK TO BATTING TEAM: "Where is the best place to hit the ball to make it hard for the fielders?"

STAGE 3

Progression from stage 2.

TO FIELDERS: "This time, once the ball has been fielded, you must pass the ball from player to player. Once every player on your team has touched the ball, call **STOP!**"

ASK TO FIELDING TEAM: "How can you work together to pass the ball around every player as quickly as possible?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Engage All

Rules:

- > The batter can either hit off a marker or tee, or the ball can be bowled underarm by a member of the fielding team.
- > Change the task the fielding team needs to complete e.g. fielders need to line up and make a tunnel with their legs. They call **STOP** once the ball is rolled through the tunnel.
- > Batters can weave in and out of team members instead of running around the group.

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Vary the type of bat. To make it easier, use a light, wide bat (e.g. tennis bat). To challenge players, use a heavier, narrow bat (e.g. cricket bat).
- > Use a batting tee or witches hat to hit off. Field markers can be used to kick off.

Teaching Style:

- > Use **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage teams to think of their own strategies.
- > Modify **equipment** and **rules** during games to suit ability level of individual batters.

Environment:

- > Play game with no more than 5 on each team. Replicate game if there are more participants.
- > Increase or decrease size of playing area.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting skills. Balls can also be thrown, rolled or kicked into the field.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > The fielders need to be a safe distance away from the batter until the ball has been hit.
- > Batters must hit into the playing area.
- > Batters must drop the bat, not throw it.
- > Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call "MINE".
- > Fielders must not interfere with running batters.

Bat Tapping

SKILL FOCUS

Striking

SPORTAUS



GAME SUMMARY:

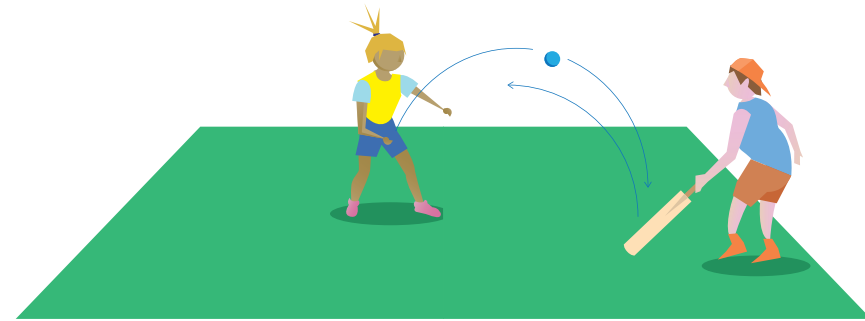
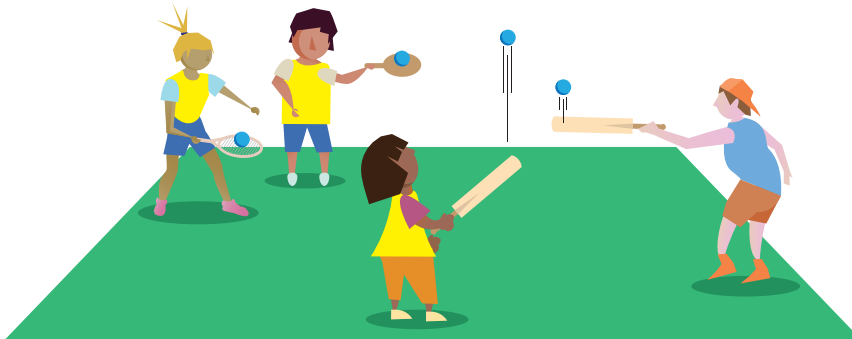
Players aim to tap the ball into the air with a bat as many times in a row as they can.

Equipment needed:

- Bats or racquets - 1 per player
- Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball and a bat or racquet.



STAGE 1

Play individually.

"Hold your bat / racquet flat. Try to balance the ball on your bat / racquet for as long as you can."

"When I say **TAP**, try to flick the ball into the air then hit it again with your bat / racquet."

STAGE 2

Play individually.

"Tap the ball into the air with your bat / racquet. Try to do small taps up and down. Count how many times in a row you can tap the ball. Make sure you keep your eyes on the ball."

If the ball drops, players pick it up and start counting again from the beginning.

ASK: "Which part of the bat / racquet should you hit the ball with to make it go straight up in the air?" "How should you hold the bat / racquet to have the most control?"

STAGE 3

Play in pairs.

"Throw the ball to your partner. Your partner needs to tap the ball back to you for you to catch. Count how many times in a row you can tap the ball back and catch it without the ball dropping."

Swap batters and throwers after the ball is dropped or after a set period of time. Pairs try to beat their score.

ASK: "Where is the best place to aim your throw so your partner can tap it back?" "How should you hold your hands ready to catch?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Bat Tapping

Rules:

- > Set a challenge, e.g. stand on one foot while tapping the ball.
- > Challenge players to use the thin edge of the bat / racquet (if appropriate).

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Use a bat or racquet relevant to the sport you are coaching.

Teaching Style:

- > Use **role models** to demonstrate effective throwing and catching skills.
- > Use **one on one** discrete coaching to assist players during the game.

Environment:

- > Play indoors or outdoors on grass or hard surface.
- > Try to minimise distractions.
- > **Stage 3:** Move the batter and thrower closer together or further apart.

ALTERNATE SPORTS & SKILLS

Use this game to develop hand eye coordination and striking skills for cricket, softball, tennis and table tennis.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure adequate space between individuals and groups.
- > Players must not interfere with other players.
- > Bats must not be swung around.

Pepper

GAME SUMMARY:
Any of the fielders can bowl the ball to the batter. The batter hits the ball back to the fielders.

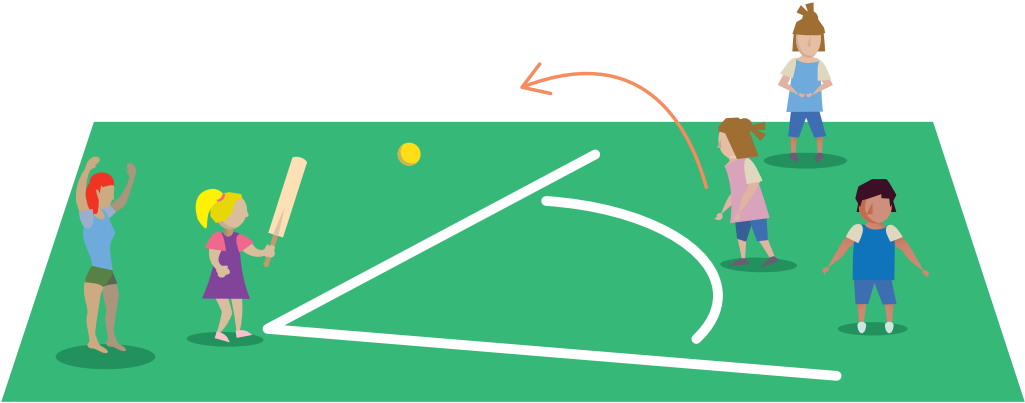
- Equipment needed:**
- Ball (soft) - 1 per group
 - Bat - 1 per group
 - Markers
 - Coloured dots

SKILL FOCUS

Striking | Fielding | Shot Placement



Game setup:
Mark out a V-shaped playing space with a line in an arc shape approximately 5 metres out from the base of the V. Play in groups of 5 or 6. One player is the wicket keeper who stands behind the base of the V. One player is the batter inside the arc. The other players are fielders and they must stand outside the arc. The batter must hit the ball within the boundaries of the V.



COACH INSTRUCTIONS

OPTION 1: COOPERATIVE

Batter and fielders work together to score points as a team.

TO FIELDERS: "Try to catch the ball when the batter hits it to you. Stand behind the line and throw the ball underarm to the batter."

TO BATTER: "Hit the ball up to the fielders so they can catch it."

TO WICKET KEEPER: "If the batter misses the ball, you need to pick it up and roll it back to a fielder."

Swap batters after the batter hits a set number of balls (e.g. 10).

Scoring: As a team, count how many times the ball is caught out of 10 hits. Teams try to beat the team's score with each new batter.

OPTION 2: COMPETITIVE

Batters work against fielders to score points for themselves.

TO FIELDERS: "Try to catch the ball when the batter hits it to you. Stand behind the line and throw the ball underarm to the batter."

TO BATTER: "When a fielder bowls the ball to you, hit it anywhere inside the V area. Try to place the ball so it is not caught by a fielder."

TO WICKET KEEPER: "If the batter misses the ball, you need to pick it up and roll it back to a fielder."

Swap positions after the batter faces a set number of balls (e.g. 10).

ASK TO BATTER: "How will you decide where to hit the ball?"

ASK TO FIELDERS: "How can you be ready to catch the ball?"

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Pepper

Rules:

- > The ball must bounce before it reaches the batter. Make it harder by bowling on the full.
- > Rotate bowlers or restrict the number of times players can bowl to make sure everyone gets a turn.
- > 1 hand, 1 bounce: fielders can catch with one hand after the ball bounces once.
- > Option 2: If the batter is caught they are out and have to swap with a fielder.

Equipment:

- > Make it easier by using large, soft balls. Make it harder by using smaller balls but ensure they are soft for safety.
- > Vary the bat according to ability level. Have a variety of bats and allow players to choose.

Teaching Style:

- > Use player **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage players to think about their own strategies and technique.
- > Place **staff helpers** with each group to manage the game and keep score.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Move the fielder line closer or further away from the batter.
- > Make it easier for the batter by having a larger space to hit to and fielders further apart. Make it harder by making the space smaller with fielders closer together.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting and fielding skills.



SAFETY!

- > Use soft balls to make it safe for fielders.
- > The wicket keeper should roll the ball back to fielders.
- > The fielders need to be a safe distance from the batter and a safe distance from each other.
- > Batters should hit the ball below head height.
- > Players need to be aware of others around them to avoid collision. Fielders should call 'mine' when fielding the ball.

In the Zone

SKILL FOCUS

Striking | Fielding | Shot Placement

SPORTAUS



GAME SUMMARY:

Batters try to maximise points by hitting a ball into zones with the highest score.

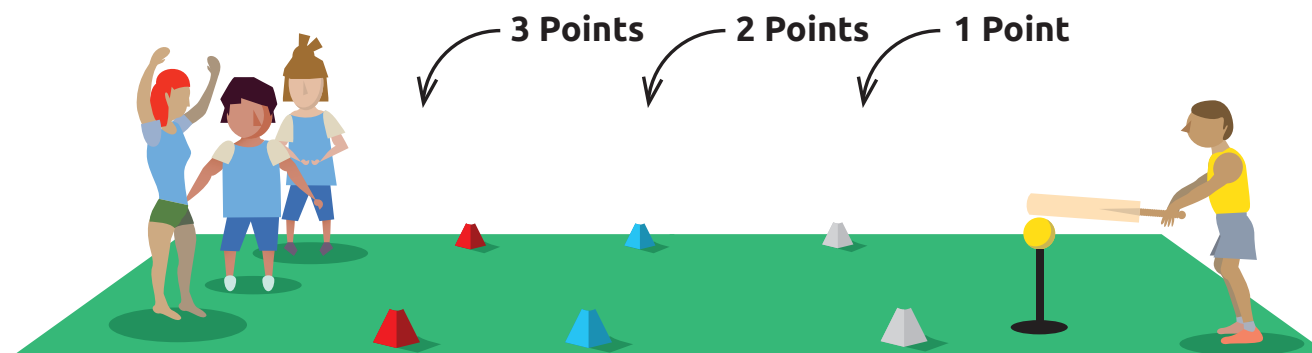
Equipment needed:

- > Bats - variety of types
- > Ball - several types
- > Field markers
- > Coloured dots
- > Batting tee (optional)

Game setup:

Put a coloured dot to mark where the batter stands and a different coloured dot for the bowler. A batting tee can be used in place of a bowler. Use markers to make 3 zones in front of the batter, with different colours to indicate each zone.

Put players into groups of 4 - 5. For each game have 1 batter, 1 bowler and the rest are fielders.



COACH INSTRUCTIONS

STAGE 1

TO BATTER: "Hit the ball into the field."

TO FIELDERS: "If the ball comes near you pick it up and bring it back to the bowler."

Batters get 3 hits then swap with a fielder.

Scoring optional.

STAGE 2

"If you hit the ball over the [white] line you score 1 point. If you hit the ball over the [blue] line you score 2 points. If you hit the ball over the [red] line you score 3 points. If a fielder catches catches your ball, you get 0 points."

TO BATTER: "Hit the ball into the field. You will get 3 turns to hit the ball. You need to try to get the highest score."

TO FIELDERS: "Stay on your dot until the ball has been hit. Field the ball and bring it back to the bowler."

ASK TO BATTER: "Where should you try to hit the ball to get the highest score?" "What is better, to hit the ball in the air or along the ground?"

ASK TO FIELDERS: "How should you stand when the batter is hitting to show you're ready to catch or field the ball?" (i.e. watch the batter and have hands ready to catch).

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Movement Skills | Object Manipulation | Self-Regulation (Emotions) | Confidence | Rules | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

BRANCH OUT! Tips to modify In the Zone

Rules:

- Set a points target for batters so they need to be more strategic, e.g. score 5 points in 3 shots.
- Make it harder by bowling overarm, make it easier by bowling underarm or with a bounce.
- Add a bonus point by getting batters to run to a marker and back before the fielders get the ball back to the bowler.
- Change the value of the zones to increase engagement, e.g. the middle zone is worth 10 points.
- Give the fielders a challenge, e.g. all need to touch the ball before returning to bowler.

Teaching Style:

- Use **role models** to demonstrate effective batting and fielding skills.
- Use **questioning** to encourage teams to think of their own strategies.
- Give **one on one coaching** to the side of the game.

Equipment:

- Vary the size of the ball. Make it easier with a larger, softer ball. Make it challenging with a smaller ball.
- Vary the type of bat. To make it easier, use a light, wide bat (e.g. tennis bat). To challenge players, use a heavier, narrow bat (e.g. cricket bat).
- Use a batting tee or witches hat to hit off. Field markers can be used to kick off.

Environment:

- Play game with no more than 5 on each team. Replicate game if there are more participants.
- Zones can be increased or decreased in size to allow more or less point scoring.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting skills. Balls can also be thrown, rolled or kicked into the field.



SAFETY!

- Ensure the equipment used is suitable for the ability level of the players.
- The fielders need to be a safe distance away from the batter until the ball has been hit.
- Batters must hit into the playing area.
- Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call 'MINE'.
- Fielders must not interfere with running batters.

Beat the Bucket

SKILL FOCUS

Throwing | Fielding
Shot Placement | Striking

SPORTAUS



GAME SUMMARY:

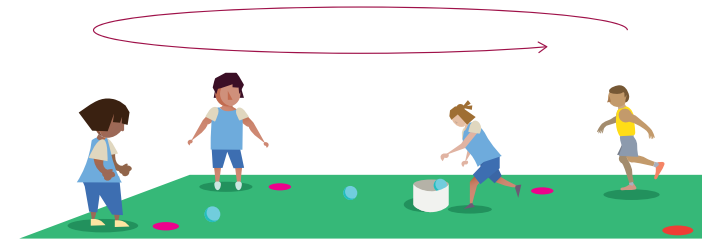
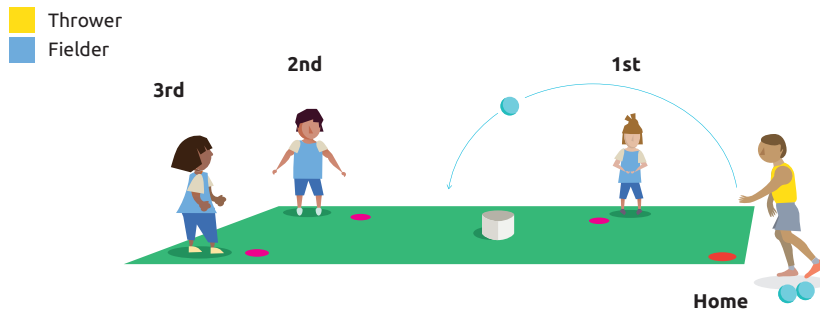
A player throws or hits balls into the field. Fielders must collect the balls and put them into a bucket as quickly as possible.

Equipment needed:

- > 1 bucket (or hoop)
- > 3 balls
- > Field markers / coloured dots / bases
- > Bat and batting tee (optional)

Game setup:

Mark out a diamond playing area. Put a base (or coloured dot) to mark 1st, 2nd, 3rd and home base. Place a bucket (or hoop) in the middle of the diamond. Play in groups of no more than 7, with one thrower and 6 fielders. The thrower stands on home base. All fielders must start outside the diamond. Coloured dots can be used to show fielders where to stand.



STAGE 1

Give the thrower 3 balls.

TO THROWER: "Throw 3 balls into the field one at a time. Try to throw them in different directions."

TO FIELDERS: "Stand still until all balls have been thrown. You must then collect the balls and put them into the bucket as fast as you can."

Swap thrower after each turn.

Scoring Optional: Use a stopwatch to time how long it takes the fielding team to get all balls into the bucket.

ASK TO FIELDERS: "How can you work together to get the balls into the bucket as quickly as possible?"

STAGE 2

Give the thrower 3 balls.

TO THROWER: "Throw 3 balls into the field one at a time, then run around all the bases. Try to get back to home base before all the balls are put into the bucket. You get 1 point for each base you run past before the fielders call **STOP**."

TO FIELDERS: "Stand still until all balls have been thrown. You must then collect the balls and put them into the bucket before the thrower can run around all bases. Call **STOP** when all balls are in the bucket."

Swap thrower after each turn.

ASK TO THROWERS: "Where is the best place to throw the balls to make it hard for the fielders?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Beat the Bucket

Rules:

- > Fielders need to pass the ball once before they can put it into the bucket.
- > Throwers can only throw the ball forwards into the diamond area.
- > Allow 1 fielder to start inside the diamond, ensuring a safe distance from the thrower.
- > Modify scoring, e.g. players get 10 points if they make it to home base before the fielders call **STOP**.

Equipment:

- > Vary the type of ball according to skill level and sport you are coaching.
- > If playing with a bat, make it easier by allowing players to choose a lighter, wider bat.
- > Use a batting tee or witches hat to hit off. Field markers can be used to kick off.

Teaching Style:

- > Use **role models** to demonstrate effective throwing / batting and fielding skills.
- > Use **questioning** to encourage teams to think of their own strategies.
- > **Modify equipment and rules** during the game to suit ability level of individual batters.

Environment:

- > Replicate game if there are more participants.
- > Increase or decrease size of playing area. Make it harder for the thrower by increasing the distance between bases. Make it harder for the fielders by decreasing the distance between bases.
- > Game can be played indoors or outdoors.

ALTERNATE SPORTS & SKILLS

Use this game to develop batting skills for cricket or softball. Balls can be hit, rolled or kicked into the field.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > The fielders need to be a safe distance away from the thrower until the balls have been thrown.
- > If batting, ensure players drop the bat, not throw it.
- > Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call 'MINE'.
- > Fielders must get out of the way of the thrower as they are running around the bases.

Continuous Cricket

SKILL FOCUS

Striking | Fielding
Shot Placement | Throwing | Catching

SPORTAUS

Special
Olympics
Australia

GAME SUMMARY:

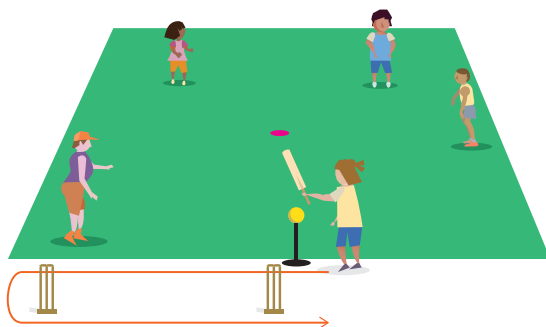
A ball is bowled to the batter who hits the ball and runs to a marker and back. Fielders try to get the ball back to the bowler as fast as possible.

Equipment needed:

- > 1 bat
- > 1 ball
- > Field markers / coloured dots
- > Batting tee (optional)

Game setup:

Mark out a square playing area. Put a coloured dot to mark where the bowler stands. Place a set of wickets behind where the batter stands, and another set of wickets approximately 4 – 6 metres to the side. Play with 1 batter and no more than 5 fielders.



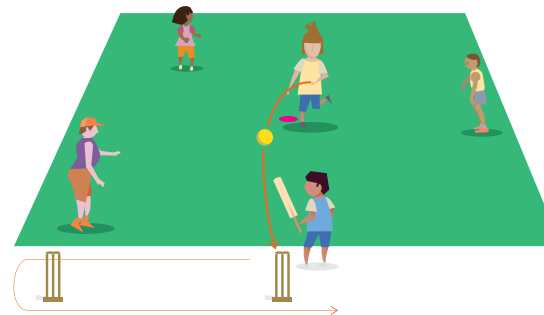
STAGE 1

Place ball on batting tee.

TO BATTER: "Hit the ball into the field then run to the wickets and back."

TO FIELDERS: "Stop the ball before it goes past you. Put it back on the batting tee as quickly as you can."

Swap batter after each turn.



STAGE 2

Bowler bowls the ball.

TO BOWLER: "Throw the ball underarm towards the wickets."

TO BATTER: "Hit the ball into the field then run to the wickets and back."

TO FIELDERS: "Field the ball then throw it back to the bowler. The bowler can bowl the ball at the wickets at any time."

Give each batter 5 turns then swap with someone in the field. Batters can't go out.

ASK BATTER: "Where is the best place to hit the ball to make it hard for the fielders?"

STAGE 3

Progression from stage 2.

TO BATTER: "This time, if your ball is caught by a fielder you are out. If the bowler hits the wickets with the ball you are also out."

Swap batters after 5 - 10 turns if they do not go out. Batters count how many runs they make in total.

ASK TO FIELDING TEAM: "Where should you stand in the field?"
How can you work together to get the ball back to the bowler quickly?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Moving with Equipment | Object Manipulation | Coordination | Rules | Self-Regulation (Emotions) | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

BRANCH OUT! Tips to modify Continuous Cricket

Rules:

- > Fielder must pass to another fielder before throwing the ball to the bowler.
- > Batters can make more than 1 run each turn.
- > Play with 2 batters, one at each set of wickets. Batters change places after each hit.
- > Bowler can bowl underarm or overarm (if safe).

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller ball.
- > Vary the type of bat. To make it easier, use a light, wide bat (e.g. tennis bat). To challenge players, use a heavier, narrow bat (e.g. cricket bat.)
- > Use a batting tee or witches hat to hit off. Field markers can be used to kick off.

Teaching Style:

- > Use **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage teams to think of their own strategies.
- > **Modify equipment and rules** during the game to suit ability level of individual batters.

Environment:

- > Replicate game if there are more than 6 players.
- > Increase or decrease size of playing area.
- > Move batter's wickets closer or further apart.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting skills. Balls can also be thrown, rolled or kicked into the field.



SAFETY!

- > The fielders need to be a safe distance away from the batter until the ball has been hit.
- > Batters must hit into the playing area and below head height.
- > Batters must run with the bat, not drop or throw it.
- > Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call 'MINE'.
- > Fielders must not interfere with running batters.

6 or Safe

SKILL FOCUS

Striking | Fielding | Shot Placement



GAME SUMMARY:

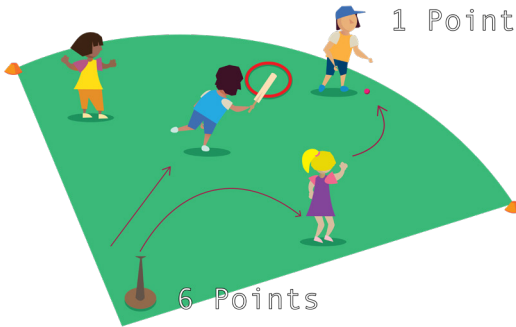
Players hit a ball into the field. They need to choose between running to a safe zone for 1 point or running a round trip for 6 points.

Equipment needed:

- > Balls (tennis balls)
- > Bats (variety of sizes)
- > Markers
- > Hoop or base
- > Batting tee
- > Coloured dots (optional)

Game setup:

Mark out a V shaped playing area with both boundaries branching out from the batting tee. Coloured dots can be used to show where the fielders stand (optional). Place a hoop or base in the middle of the playing area 5 - 10 metres in front of the batting position. Put players in groups of 4 with 1 batter and 3 fielders per group.



COACH INSTRUCTIONS

STAGE 1

TO BATTER: "Hit the ball into the field then run to the hoop (or base) and back to the start."
TO FIELDERS: "If the ball comes near you, pick it up and put it back on the batting tee. Try to put the ball on the tee before the batter gets back."

Swap batters after each turn.

Scoring optional. Award points for the batter if they beat the ball back to the tee.

STAGE 2

TO BATTER: "Hit the ball into the field. You need to run to the hoop. If you get there before the fielders put the ball in the hoop you're safe and you get 1 point. If you think you have time, you can run back to start for 6 points. If the fielders put the ball on the tee before you get back, you don't get any points."
TO FIELDERS: "If the ball comes near you pick it up. You need to decide whether you think the batter will stop at the hoop or if they will try to run back to the start. If you think they will only be able to run to the hoop, try to beat them by putting the ball on the ground in the hoop before they get there. If you think they will try to run back to the start, try to put the ball on the tee before they get there."

Swap positions after each turn.

ASK TO BATTER: "How will you decide whether you can get back for 6 points?"
ASK TO FIELDERS: "How can you work together as a team to beat the batter?". "How will you decide where to put the ball?"

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify 6 or Safe

Rules:

- > Vary scoring, e.g. 2 points if batters get to the hoop.
- > If their ball is caught, batters do not score.
- > Fielders can throw or roll the ball to each other in the field.
- > Have one player stand in the hoop and fielders aim to pass them the ball before the batter gets to the hoop.
- > One fielder can bowl the ball to the batter instead of using batting tee.

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Vary the bat according to the sport you are coaching as well as ability level. Have a variety of bats and allow players to choose.

Teaching Style:

- > Use player **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage players to think about their own strategies and technique.
- > Place **staff helpers** with each group to manage the game and keep score.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Move the hoop closer or further away from the batter.
- > Play indoors or outdoors. Be mindful of hoops slipping on hard surface.
- > Have a larger 'safe zone' instead of a hoop.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting and fielding skills.



SAFETY!

- > Ensure the equipment used is suitable for players' ability level.
- > Batters run with the bat (don't drop it).
- > The fielders need to be a safe distance from the batter when balls are hit.
- > Ensure a safe distance between groups.
- > Players need to be aware of others around them to avoid collisions, especially when putting the ball in the hoop. Fielders should call 'mine' when fielding the ball.

Circle Ball Games

SKILL FOCUS

Throwing | Catching | Rolling

SPORTAUS

**Special
Olympics
Australia**



GAME SUMMARY:

These are fun energiser games using balls to develop hand eye coordination and concentration.

Equipment needed:

➤ Balls (netball size)

Game setup:

Players stand in a circle. Play with approximately 8 - 12 players.



COACH INSTRUCTIONS

GAME 1: CIRCLE GOAL BALL - ON THE FLOOR!

Players stand with their legs apart and outside of feet touching.

"You score a goal by rolling the ball across the circle through the legs of another player. You can use your hands to stop the ball rolling between your legs. Make sure the ball is rolled along the floor."

GAME 2: KEEP IT UP - IN THE AIR!

Players stand approximately 1 metre apart.

"Throw the ball up in the air to any player except the players next to you. Count how many passes you can make in a row without the ball hitting the floor."

Alternatively, use the alphabet to track how many passes the group can make, i.e. say a letter for each pass and see which letter they can get up to.

BRANCH OUT! Tips to modify Circle Ball Games

Rules:

- > Players can't throw or roll the ball to the players next to them or back to the player they received it from.
- > **Circle Goal Ball:** Add another ball into the game.
- > **Circle Goal Ball:** Play in teams. Every second player tries to keep the ball in the circle while the others try to force it out (through their own legs does not count).
- > **Keep It Up:** Allow the ball to bounce once.
- > **Keep It Up:** Add a time challenge to speed it up (e.g. see how many passes you can make in 30 seconds).

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > **Keep It Up:** To make it easier, use a beach ball.
- > **Circle Goal Ball:** For players with a visual impairment, play with a goal ball, bell ball or a noisy ball (e.g. basketball wrapped in plastic bag). All players can wear eye shades / blind folds and use their listening skills.

Environment:

- > Vary the size of the circle by moving players closer or further apart.
- > Increase or decrease number of players.
- > Replicate game to ensure high involvement.
- > Play indoors or outdoors. Appoint some players as fielders to retrieve balls if required.

Teaching Style:

- > Use **visual aids** such as picture cards of a throw or roll to demonstrate the skill you want players to perform.
- > Use **staff helpers** to join in the game to increase engagement and intensity.

ALTERNATE SPORTS & SKILLS

Use these games as an energiser for any ball sport.



SAFETY!

- > Use a ball appropriate for the players' ability level.
- > Ensure a safe distance between individuals and games.
- > **Circle Goal Ball:** Make sure the ball is rolled along the ground.
- > **Keep It Up:** Ensure players throw safely for receivers to catch. Ideally players will call the name of the person they are throwing to.

Hit the Square

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

Players perform bounce passes by bouncing their ball into a square for their partner to catch.

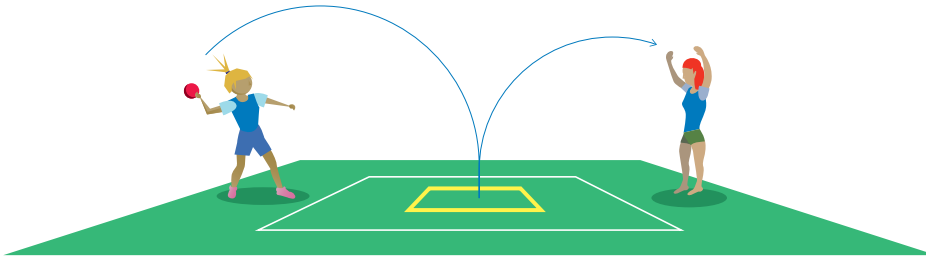
Equipment needed:

- Markers or tape (hoop optional)
- Balls of different sizes (1 ball between 2 players)

Game setup:

Mark out a playing space approximately 2 - 3 meters square. In the centre, mark out a square target approximately 1 meter square (a hoop can also be used).

Pair up players and get them to stand behind the throwing lines opposite their partner. Coloured dots can be placed on the ground to indicate where players should stand.



COACH INSTRUCTIONS

STAGE 1

1 pair using each square.

"Throw your ball at the square so it will bounce up for your partner to catch. Take it in turns to throw."

STAGE 2

1 pair using each square.

"Throw a bounce pass to your partner making it bounce in the square. You get a point for each time you catch the ball after it bounces in the square. Count how many points you can get in 1 minute."

Repeat and see if pairs can beat their score.

STAGE 3

2 pairs use each square.

"Throw a bounce pass to your partner making it bounce in the square. You get a point for each time you catch the ball after it bounces in the square. The pair with the most points after 1 minute wins."

Swap partners and repeat.

ASK: *"How do you make sure your ball does not hit the other pair's ball?"*

"What angle is best to throw the ball so your partner can catch it?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Hit the Square

Rules:

- Allow underarm or overarm throws.
- Vary the scoring, e.g. "How many catches can you make in 10 throws?" Reward catches that miss the square with a point, e.g. 1 point for a catch that misses the square and 2 points for a catch that hits the square.
- Perform a movement after each throw, e.g. squat, jump, hop etc.

Equipment:

- Use different balls. To make it easier, use a lighter, larger ball. To increase challenge, use a smaller, harder ball.
- Give participants a bucket to catch the ball with (optional).

Teaching Style:

- **Pair players** with a partner of similar ability level.
- Players can be paired with a **coach** or **staff helper** to increase success.
- Use **role models** to demonstrate the correct passing technique.

Environment:

- Move the throwing line closer or further from the square depending on ability level.
- Increase or decrease the size of the square.
- Game can be played outdoors or indoors.

ALTERNATE SPORTS & SKILLS

This game can be used to develop bounce passing skills for netball or basketball. Using a tennis ball can also help develop hand-eye coordination which is important for tennis.



SAFETY!

- Allow participants to use a ball that is suitable for their ability level.
- Ensure enough space between each group.

Hit 4 and Go

SKILL FOCUS

Striking | Fielding | Shot Placement

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

Players hit 4 balls into the field and run around markers. The fielders return the balls and call **"STOP!"**

Equipment needed:

- > Coloured markers
- > Bat
- > Base
- > Coloured dots
- > 4 balls (different options of large and small, soft and hard)

Game setup:

Place a base (or coloured dot) to mark where the batter stands. Use 2 markers to indicate where the batter must run while the fielders are retrieving balls. Spread coloured dots around the field and ask players to each stand on a dot. Choose 1 player to bat at a time and swap the batter with someone in the field after each turn. Place helpers in the field to assist fielders.



COACH INSTRUCTIONS

STAGE 1

Place a ball on a marker in front of the batter.

TO BATTER: "Hit the ball into the field."

TO FIELDERS: "If the ball comes near you, pick it up and put it back on the marker."

Swap batters after each turn.

STAGE 2

Place 2 balls on 2 markers in front of the batter.

TO BATTER: "Hit the balls into the field then run around the (coloured) markers."

TO FIELDERS: "After the balls have been hit, pick them up and put them back on the markers as fast as you can."

STAGE 3

Place 4 balls on 4 markers in front of the batter.

TO BATTER: "Hit the balls into the field then run around the (coloured) markers. Count how many runs you can make before the balls get put back."

TO FIELDERS: "Stay on your dot until all balls have been hit. Then pick up the balls and put them back on the markers. You can collect one ball each. When the balls are all back, call **STOP!**"

ASK: "Where can you best hit the balls to make it harder for the fielders to collect and return them?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Hit 4 and Go

Rules:

- > Vary the number of balls for the batter to hit (e.g. minimum 1, maximum 4).
- > Allow fielders to pass or roll the ball between their team mates to return the balls quicker.
- > Players with mobility difficulties can nominate someone to run between the cones for them.

Equipment:

- > Vary the types of bats available. Make it easier by using a lighter, wider bat or tennis racquet. Make it harder by using a heavier, narrow bat.
- > Vary the type of balls. To increase success, use a larger softer ball. To challenge players, use a smaller ball.

Teaching Style:

- > Use **visual aids** such as a picture card to demonstrate the skill you want players to perform.
- > Use appropriate **physical assistance** to aid skill development.
- > Use **questioning** to encourage players to think of their own strategies.
- > Place a **staff helper** in the field (if possible) and run with the batter to support if required.

Environment:

- > Replicate game if you have more than 5 players.
- > This game can be played outdoors or indoors.

ALTERNATE SPORTS & SKILLS

Place soccer balls on the markers for players to practice kicking skills.



SAFETY!

- > Use balls appropriate to the skill level of the players.
- > Fielders must start at a safe distance from the batter.
- > Fielders need to be aware of others around them to avoid collisions.
- > Make sure the batter's running area is away from the fielding area.

Over The Pit

SKILL FOCUS

Striking | Fielding | Shot Placement

SPORTAUS



GAME SUMMARY:

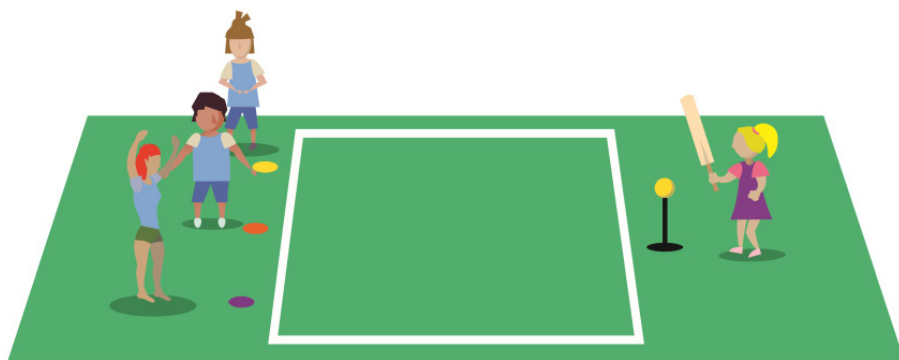
Players hit a ball over a marked area called a 'pit'. Fielders try to catch the ball.

Equipment needed:

- > Balls (variety of sizes)
- > Bats (variety of sizes)
- > Markers
- > Batting tee
- > Coloured dots

Game setup:

Mark out a rectangle area for the 'pit'. The batter stands on one side. On the other side, place coloured dots to show where the fielders stand. Put players in groups of 4 or 5 with 1 batter and 3 or 4 fielders per group.



STAGE 1

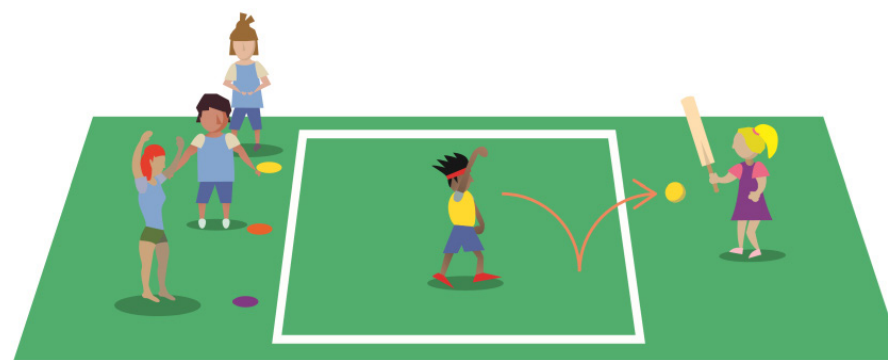
Place a batting tee on the batter's side.

TO BATTER: "Hit the ball off the tee. Try to make it go over to the other side of the pit."

TO FIELDERS: "Stand on a dot. Try to catch the ball."

Swap positions after the batter hits a set number of balls (e.g. 4).

Scoring (optional): Batters get a point if their ball bounces on the other side of the pit without being caught.



STAGE 2

Add a 'feeder' to deliver the ball to the batter.

TO FEEDER: "Bounce the ball to the batter. Try to make the ball bounce up to the batter at waist height."

TO BATTER: "Hit the ball over to the other side of the pit. You get one point if the ball hits the ground without being caught."

TO FIELDERS: "Start by standing on a dot. You can move once the batter hits the ball. Try to catch the ball on the full. After you field a ball, roll it back to the feeder."

Swap positions after the batter hits a set number of balls (e.g. 4).

ASK BATTER: "How will you decide where to hit the ball?"

ASK FIELDERS: "How can you be ready to catch the ball?" "How can you let your team mates know that you are going for the ball so you don't run into each other?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Over The Pit

Rules:

- > Vary scoring e.g. batter gets 1 point if a fielder touches the ball before it bounces and 2 points if the ball hits the ground without being touched by a fielder.
- > Play in teams i.e. 3 batters vs 3 fielders. Change teams once the batting team have been caught 3 times.
- > 1 hand, 1 bounce: fielders can catch with one hand after the ball bounces once.
- > Feeder can throw the ball to the batter on the full (underarm).

Equipment:

- > Make it easier by using large, soft balls. Make it harder by using smaller balls such as tennis balls.
- > Vary the bat according to the sport you are coaching as well as ability level. Have a variety of bats and allow players to choose.

Environment:

Teaching Style:

- > Use player **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage players to think about their own strategies and technique.
- > Place **staff helpers** with each group to manage the game and keep score.

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Make the 'pit' area larger or smaller.
- > Make it easier for the batter by having a larger space to hit to and fielders further apart. Make it harder by making the space smaller with fielders closer together.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting and fielding skills.



SAFETY!

- > Use soft balls to make it safe for fielders.
- > Fielders should roll balls back to the coach or feeder.
- > Fielders need to be a safe distance from the batter and a safe distance from each other.
- > Batters should hit the ball below head height.
- > Players need to be aware of others around them to avoid collisions. Fielders should call 'mine' when fielding the ball.
- > Ensure a safe distance between groups and that the ball is hit away from other groups if game is replicated.

Batters vs Fielders

SKILL FOCUS

Striking | Fielding | Shot Placement
Throwing | Running

SPORTAUS

Special
Olympics
Australia

GAME SUMMARY:

This is a race between batters and fielders. The batters try to make a run before the fielders complete a challenge.

Equipment needed:

- > Bats (several options)
- > Ball
- > Field markers
- > Coloured dots
- > Batting tee

Game setup:

Split group into batters and fielders. Set up a batting tee. Mark out a line approximately 8 metres wide and 10 metres in front of the batting tee. Fielders to stand behind this line.



STAGE 1

Individual batter only. Set up 2 markers each side of the batting tee for the batter to run between.

TO BATTER: "Hit the ball over the line then run between the 2 markers."

TO FIELDERS: "Field the ball and put it back on the tee before the batter can make it to the second marker."

Scoring Optional: Batter gets a point if they can run between the 2 markers before the fielders put the ball on the tee.

STAGE 2

Divide players evenly into batting and fielding teams. Place a dot for each fielder in a circle between the batting tee and the fielders' line. Set up 4 markers in a square behind the batting tee for the batting team to run around.

TO BATTING TEAM: "The batter hits the ball over the fielders' line then puts the bat down – don't throw it. The whole batting team then needs to run around the 4 markers."

TO FIELDERS: "Once the ball has been hit, 1 player must field the ball. Everyone must run and stand on one of the dots. Pass the ball to each other around the circle. When everyone has touched the ball call **STOP!**"

Batters get a point for every player that runs around all 4 markers before fielders call **"STOP."**

ASK TO BATTERS: "Where is the best place to hit the ball to make it hard for the fielders?"

ASK TO FIELDERS: "How can you pass to each other as quickly as possible?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Batters vs Fielders

Rules:

- > Change the task the fielding team need to complete e.g. fielders need to line up and make a tunnel with their legs. They call "**STOP!**" once the ball is rolled through the tunnel.
- > Batters can have the ball bowled to them.
- > Specify the type of pass fielders must use.

Equipment:

- > Vary the size of ball.
- > Vary the type of bat. To make it easier, use a light, wide bat (e.g. tennis bat). To challenge players, use a heavier, narrow bat (e.g. cricket bat).
- > Use a batting tee or witches hat to hit off. Field markers can be used to kick off.

Teaching Style:

- > Use **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage teams to think of their own strategies.
- > **Modify equipment and rules** during the game to suit ability level of individual batters.

Environment:

- > Play game with no more than 5 on each team. Replicate game if there are more participants.
- > Increase or decrease distance for the batting team to run.
- > Increase or decrease distance between fielders when passing the ball.
- > Ideally play indoors for easy retrieval of stray balls.

ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting skills. Balls can also be thrown, rolled or kicked into the field.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > The fielders need to be a safe distance away from the batter until the ball has been hit.
- > Batters must hit towards the fielders' line. Use a soft ball to prevent injuries.
- > Batters must drop the bat, not throw it.
- > Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call "MINE".
- > Ensure batting team are standing well back from the batter while they are hitting off the tee.