


Games - Cricket

Grip	How to hold the bat—this changes as to
Body Position / Stance	Sideways on to the ball (or where the ball is coming from)
Back lift	Moving the bat Backwards before striking the ball. 
Follow Through	Keep the bat moving in The direction you want the ball to go. 
Strike	The moment the bat hits the ball.
Aim	Where you want the ball to go

Body Position /Stance

Batter needs to be **sideways** on to the ball (if right handed—left foot and shoulder should be closer to the direction of the ball).

Weight slightly leaning forward to the ball.

Eyes watching the ball at all times



Cricket Bat

Using both hands—if
right handed—**right hand**
needs to be lower down
the grip below left hand
and vice versa..



One Handed

Using preferred hand—head
of the **bat to be pointing up.**



Two Handed

Using both hands—if
right handed—**right hand**
needs to be higher up the
grip below left hand and
vice versa. Bat pointed
up.



Catch	Stopping a moving object without it touching the group and keeping hold of it.
Roll	Sending a ball towards a desired target as close to the floor as possible
Fielding	A combination of moving yourself, stopping, catching and throwing the ball.
Short Barrier	A quick way of stopping and picking up a ball
Throw	Sending an object to a desired target through the air
Underarm Throw	Used to propel an object over a short distance accurately
Overarm Throw	Used when propelling an object for distance and/or speed
Ready Position	A starting position when fielding to ensure the best chance of catching and stopping the ball
In—Line	To follow the balls direction when it is going towards you—moving to the path of the ball
Releasing the ball	The point of the throwing action where the ball leaves the hand

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to **catch and/or stop the ball** and allows you to move into position quickly. This is done by being **on your toes** with your body weight slightly towards where the ball is coming from with hands ready.



Short Barrier



The short barrier is a way of stopping and picking up a ball. It can be done with either **one or two hands**. The palm of your hands need to be able to '**see the ball**' with fingers pointing towards the ground. You can also put your foot behind your hands in line with the ball as a back up in case you miss the ball with your hands.

Don't be a frog!!



Releasing the Ball

This is a vital skill for **throwing** control for both distance and aim. Where you release the ball from your hand will determine whether the ball goes high, low, to the side or at the target. Think Spiderman!



Hand Position

This is used for **catching and stopping** (see short barrier) the ball. When catching with two hands your hands need to be together with **no big gaps**— if there is a gap the ball may go through your hands. This needs to be maintained until the catch is complete.

