

1. Under-arm pitching

Stand facing partner approximate eight strides apart. Pitcher sends a chosen ball under-arm to a two-hand target present by partner.

Repeat to see how accurate you can pitch.

Teaching Points:

- Facing target draw throwing arm back, non-throwing arm to towards target
- Opposite leg step towards target
- Swing throwing arm towards target
- Non-throwing rotate back
- Release just before the end of forward swing
- Hold follow-through

EXTENSIONS

CANNYCAN/NON-STOP CRICKRT GAMES	DANISH
1. Try to pitch to the target with a bounce.	1. Pitch to ball to a target on the wall
2. Can you make the ball spin when you pitch with a bounce?	2. Pitch with more speed without losing accuracy
3. Create a game with your partner using the pitching to a target skill.	3. Create a game with your partner pitching to a target.

2. Bunting

Stand facing partner approximately eight strides apart. Pitcher sends a chosen ball under-arm to the batter. The batter bumps the pitch to the ground. The pitcher fields the ball. Repeat several times, then swap roles.

Teaching Points for bump:

- Take up side-on batting stance with bat back
- As ball pitched open up stance to face ball
- Swing bat forward with top hand moved down the bat
- Using the wide part of the bat, push ball down to the ground with bumping action

EXTENSIONS

1. Players stand closer together if difficult for batter to hit ball.
2. To challenge batter, pitcher can sometimes vary pitch to include a bounce.
3. Create a game using the bunt skill. You can use pylons and a hoop if needed.

3. Overhand throw

With a partner stand the width of the gym apart. Using an overhand throw send a chosen ball to your partner to catch. Try to catch the ball without it bouncing.

Teaching Points for CATCH

- Get in-line with the ball
- Above the shoulder catch with thumbs pointing upwards
- Below the shoulders catch with little fingers together
- Reach for the ball and absorb its impact onto the hands.

Teaching Points OVERHAND THROW

- Rotate throwing arm back behind head
- Aim non-throwing arm towards target
- Step opposite leg to throwing arm towards target
- As step, rotate bent throwing arm past head as non-throwing arm rotates to the side
- Release ball as throwing arm extended forward.

EXTENSIONS

1. Shorten distance apart if struggle to throw distance accurately.
2. Create a game based on throwing for distance and catching

4. Fielding grounded ball

Two partners should stand approximately five strides apart. One partner bounce feeds a chosen ball to the other partner who fields the ball using a long barrier. The receiving partner then returns the feed to his/her partner.

Teaching Points:

- Get in line with the ball
- Low body down on one leg and
- Drop down on the other knee with leg at right angles to the oncoming ball
- Field ball with little fingers touching hands pointing down
- Absorb the impact of the ball

EXTENSIONS

1. As receiver is able increase speed of feed and increase the distance needed to move to get in line with the ball.
2. Using pylons to mark an area, create a game using the fielding a grounded ball

5. Shuttle run with bat (Canny-Can game)

In pairs one player kick a ball into the corner of the gym then run from one mat to the other mat and back before the ball is fielded back to the mat. The mats are eight strides apart.

Teaching Points for grounding bat:

- When running from safe area mat to other safe area mat carry bat
- As mat is approached lead with the bat forward
- Allow the bat to reach forward to touch the mat before ball is fielded

EXTENSIONS

1. See how many times a batter can run between the mats before the fielder returns the ball.
2. Create a game where one player fields the ball and the other runs between pylons.

6. Batting and fielding

From a T-stand the batting player strikes the ball into the far corner of the gym. The three fielding players try to field the ball before it hits the far wall. After three hits of the ball swap the batter.

Teaching points for batting:

- Place ball on 'T'-stand in front and to the side of the leading foot, feet shoulder width apart
- With gripping hands touching rotate bat back behind rear shoulder, weight on back foot
- Shift weight forward as bat is rotated forward to strike ball
- Follow-through bat along the line of hit

EXTENSIONS

1. One fielder bounce feed the ball from the side, batter strike the ball after one bounce.
2. From between pylons fielder bounce feed a ball, batter strike ball after one bounce.
3. Create a game. The batter has three attempts to score runs by hitting the ball and running from home base to pylons before the fielders get the ball back.