

## ★ ACTIVITY / ZONE BATTING

### FOCUS:

BATTING, STRIKING, HITTING SIXES

### EQUIPMENT:

1 BAT, 3 BALLS AND  
4 CONES PER GROUP



### DESCRIPTION:

Being able to hit the ball to and over the boundary is a marketable skill in today's cricket environment. We want to encourage the ability to hit long from an early age. Obviously, this activity requires a large or controlled space for safety's sake.

- ▶ 4 participants per group
- ▶ One participant's underarm throws, one participants hits/strikes the ball and the other two participants retrieve the ball out in the field.
- ▶ If a batter doesn't hit the ball further than zone 1 everyone must skip, run or gallop around all four cones before rotating to their next position.
- ▶ After 3 efforts with the bat all participants rotate.

### MAKE IT EASIER:

- ▶ Use a scorcher ball
- ▶ Have batters start by hitting a rolling ball

### MAKE IT HARDER:

- ▶ Increase the size of the playing area/zones
- ▶ Speed the game up
- ▶ Instead of hitting forward, make zones across a 360 degree

