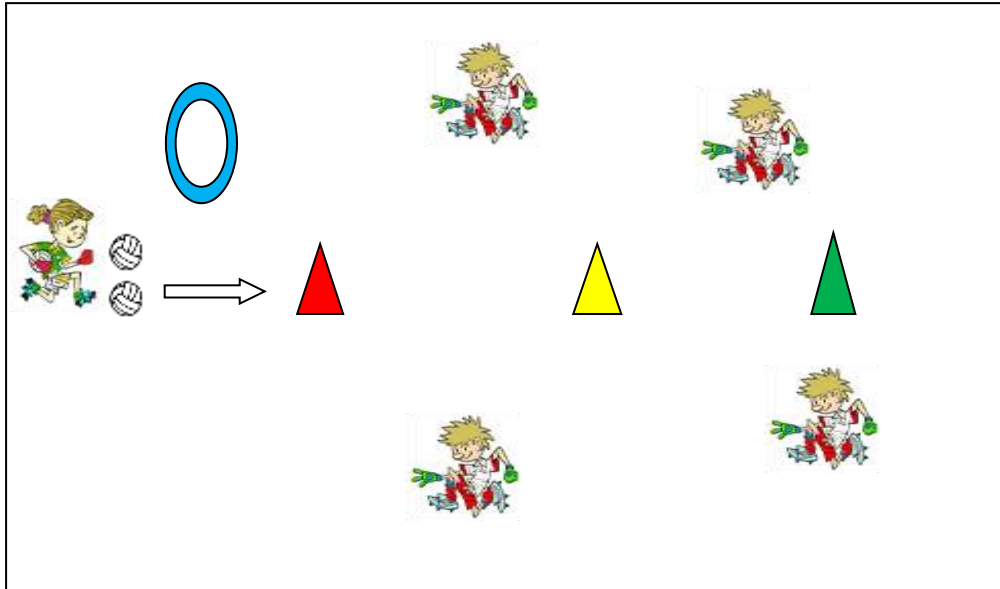


FIELD GAMES: Game Card 2 GAME: Quik Cricket



FOCUS

- In this activity we are developing the responsibilities of passer and receivers in a field game through spacial awareness, decision making, team play, co-operation

RULES – HOW TO PLAY

- 1 player is batter, other 4 are fielders.
- Fielders have to retrieve 3 balls back to hoop before player gets back.
- Batter kicks 3 balls, then runs out round cone and gets back to the line.
- Red cone= 1
- Yellow cone= 5
- Green cone= 10
- Rotate the kicker after each kick Number players 1 – 5.



HARDER

- Increase the distance of cones
- Decrease the distance of boundaries
- Use punt kick, R/L feet

EASIER

- Begin with 1 ball
- Increase boundaries
- Decrease the distance of cones

COACHING POINTS

Responsibilities of kicker

- Kick the ball to free space
- Decide which cone to run to, so that you can get back to line before all balls are into hoop

Responsibilities of fielders

- To retrieve the balls and bring back to hoop
- Cover all areas within the boundary
- Work as a team to get balls back to hoop quickly

EQUIPMENT

- Bibs
- Footballs
- Cones
- Domes
- Hula hoops