



WATCH MY VIDEO

POI PAKANGA

BATTLE BALL

TRAINING FOCUS

Fielding

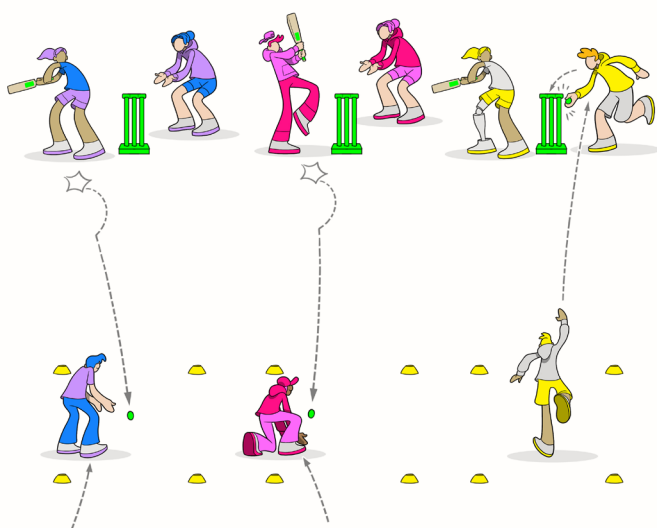
ALSO DEVELOPS

Batting, Wicketkeeping,
Movement, Game Awareness,
Perception

WHY TRAIN THIS WAY?

- Training through playing games is the modern approach to skill acquisition and developing technique.
- The 'whole cricketer' evolves through play, in response to the game design and environment (constraints-based coaching). This approach encourages play and exploration.

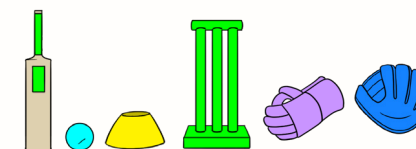
SET UP



GAME PLAY

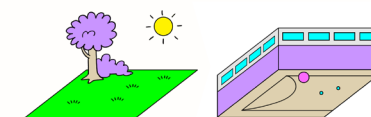
- Split the Players into teams of three. Each team has a fielder, a batter and a wicketkeeper.
- Each team plays in an area with a set of wickets and two gates of cones. One gate is 4-5 metres in front of the other.
- The wicketkeeper is behind the wickets, the batter positioned nearby, and the fielder behind the gate of cones.
- The batter hits the ball along the ground, through the first gate.
- The fielder moves forward to ensure the ball does not move through the second gate.
- Once fielded, the fielder throws the ball to the wicketkeeper, who catches and touches the ball against the wickets.
- Teams compete against each other to be the first to touch their ball against their wickets. Points are awarded to the winning team each battle.
- If the ball does not roll through the first gate, or moves past the second gate, no points can be scored.
- Players constantly rotate through their roles. The first team to 5 points wins, or time control the game.

EQUIPMENT



Bats, Balls, Cones, Wickets
Extras: Wicketkeeping Gloves
or Catching Mitts

ENVIRONMENT



Outdoor Space, Indoor Space

WHAT ARE YOU SEEING?

Concentrate your initial focus on the positives and achievements in relation to the training focus for this game.

Incorporate the positive and the need for improvement, develop questions that will help players discover their own solutions.

ASK THE PLAYERS...

What were the things that were working well for you?

How can team members best support each other to be successful?

For the fielder:
How can you field the ball to return it as quickly as possible to the wicketkeeper?

MIX IT UP



- ⊖ Move both gates closer to the wickets.
- ⊖ Increase the distance between the first and second gate.
- ⊕ Move both gates further away.
- ⊕ Decrease the distance between the first and second gate.
- ⊕ Incorporate hitting in the air to encourage catching. Extra points to any team that claims a catch between the two gates.

LEADERSHIP REFLECTIONS



EMPATHY - NGĀKAU AROHA

Think about the game: How do you think your teammates were feeling when there was success or when there were difficulties? Is that how you would have felt?



COMMUNICATION - WHAKAWHITI KŌRERO

How did you react verbally to your teammates actions? Were you supportive or negative? Did your body language give the same message as your words?



TRUST - NGĀKAU PONO

Our optimum team culture is one where we trust and support each other. Did you make a positive contribution towards this today? Rate yourself 1 to 10. What is the best way as a team to show trust and support in any situation?

PROMPT THE PLAYERS

Ask them to concentrate on:

- During the game, think about situations that occur and how your teammates are feeling.
- Positive communication – what we say and how we look when we say it.
- Being supportive and trusting each other to achieve.



BOSS BATTLE

In a timed game, teams battle to score as many points as possible.

The team with the most points within the time period is the Boss.

FIND MORE INFO

