



WATCH MY VIDEO

KAUHANGA RIRI

BATTLE ZONE

TRAINING FOCUS

Batting, Fielding, Bowling
Running Between the Wickets

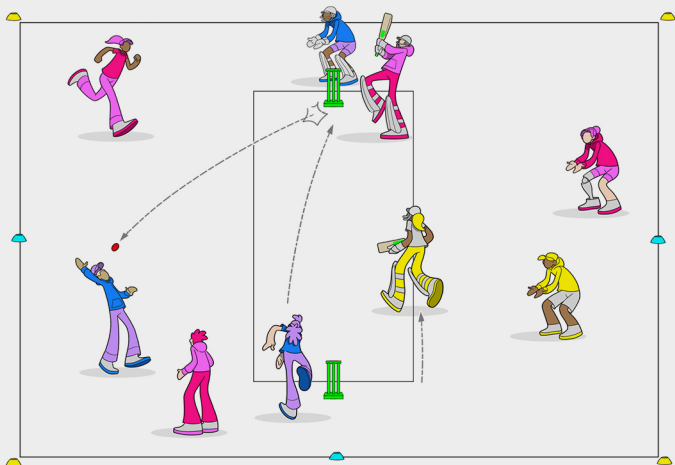
ALSO DEVELOPS

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).

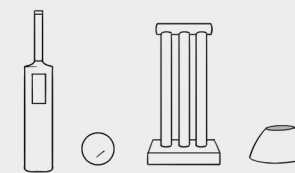
SET UP



GAME PLAY

- Split the Players into pairs.
- One pair at a time are the batters.
- All other players are fielders, with a wicketkeeper and a bowler.
- When the batter hits the ball, they can only score runs if the ball stays within the coned area.
- If the ball leaves the coned area, no runs can be scored.
- Batters can be bowled out, caught out, stumped or run out. If the batter is dismissed, no run is scored.
- Each batting pair bats for a set number of balls, before rotating with another pair.

EQUIPMENT



Bats, Balls, Wickets, Cones

ENVIRONMENT



Outdoor Space, Indoor Space,
Cricket Pitch

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?

What do you think you need to try and work on?

For batters: Were you scoring runs? If so, what were you doing well? If not, why not?

MIX IT UP



- ⊖ Have the coach act as a “feeder” of the ball rather than using a bowler.
- ⊖ Batters can throw, rather than hit, the ball within the area.
- ⊕ If the ball leaves the coned area, runs are deducted from the batters.
- ⊕ If batters are dismissed, 3 runs are deducted from their total.

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

Finish the Battle Zone with the two top run scorers as the Bosses, batting together against the rest of the group.



FIND MORE INFO

