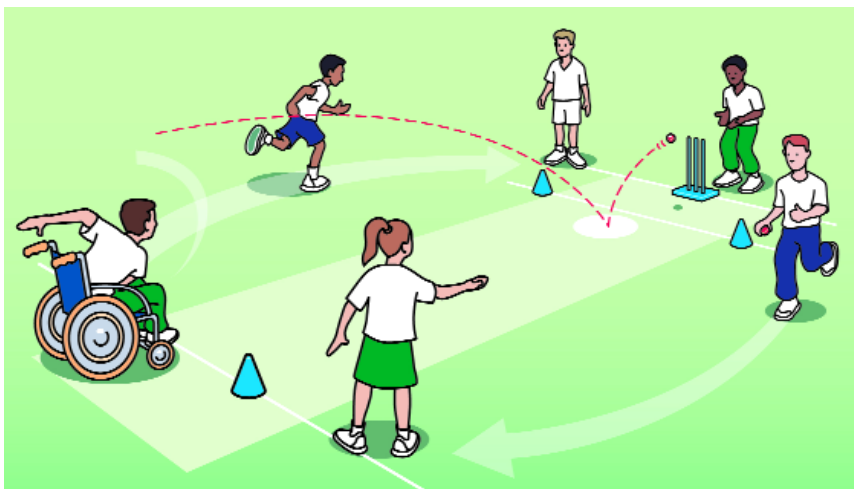


# Bowling - 3. Target bowling

Equipment



15 minutes



## COACHES CORNER

Set challenges for each bowler, applying imaginary match situations for them to bowl in. Line, length, accuracy and consistency are key.

- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy: e.g. landing in the target = 1 point, hitting the wicket = 1 point, doing both = 3 points

Notes

## Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination
- Able to bowl over arm and project the ball towards the stumps



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Able to bowl over arm and project the ball towards the stumps



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Sound over arm delivery and basic accuracy



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently accurate with good line and length



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently accurate with good line and length. Able to adapt to 'match' scenarios