

# Westhoughton High School– ACTIVITY: CRICKET

## Batting: Basic Straight Drive

- Stand with feet shoulder width apart and parallel to the batting crease.
  - Slightly flex knees and keep weight evenly distributed.
  - Rest the hand and top of bat gently against the inside thigh of your front leg with the bat resting on the floor at a 45° angle.
  - Keep your head over the front foot and face the bowler.
  - As the bowler approaches, the bat should remain close to the body but brought upward, bending both elbows, until the bat is parallel to the shoulders.
- As the ball is released, move the front foot behind the front knee and chest and keep the back leg straight and foot planted.
- The head should be level with the front knee, with the back foot raised up to the toes.
  - On contact, the bat accelerates vertically through a straight path, keeping elbows bent and locked, until the face of the bat is pointing to the sky.



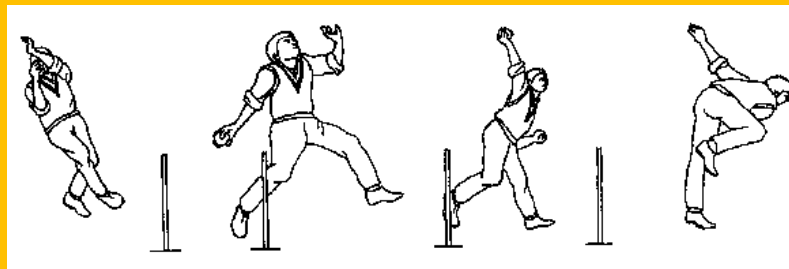
## Bowling: Basic

### Grip

- Place your thumb on the seam of the ball.
- Place your index finger on the seam, opposite your thumb.
- Hold the ball so that the seam is parallel to your index finger.
- Place your middle finger to the right of the seam, approximately a quarter of the way down the ball.
- Wrap your ring finger and pinky into a loose fit.

### Release

- Carry the ball close to your chin. Coil your body and lean back.
- Drop your elbow and plant your leg bowling leg.
- Straighten your elbow and arm.
- Shift your weight to the lead leg.
- Thrust your bowling shoulder forward.
- Swing your arm like a windmill.
- Snap your wrist forward just before you release the ball.
- Release the ball.
- Follow through properly.
- Bend your elbow.



## Fielding:

### Catching

- **English (orthodox catch)**- Aim to catch at the base of your fingers. Bring the ball into your body
- **Australian (reverse cup)**- Attempt to catch at eye-level and keep your hand high. Watch the ball the whole time until it hits your hands.

### Throwing

- **Overarm**- bring arm behind head, and transfer power from back foot to front foot. Used over longer distances
- **Underarm**- swing arm from back to front, release ball when hand pointing at target.

### Long Barrier

- Long barrier: Kneel side on with foot next bent leg, pick ball up side on.

### Short Barrier

- Short barrier- face on approach ball, foot behind and pick up ball.

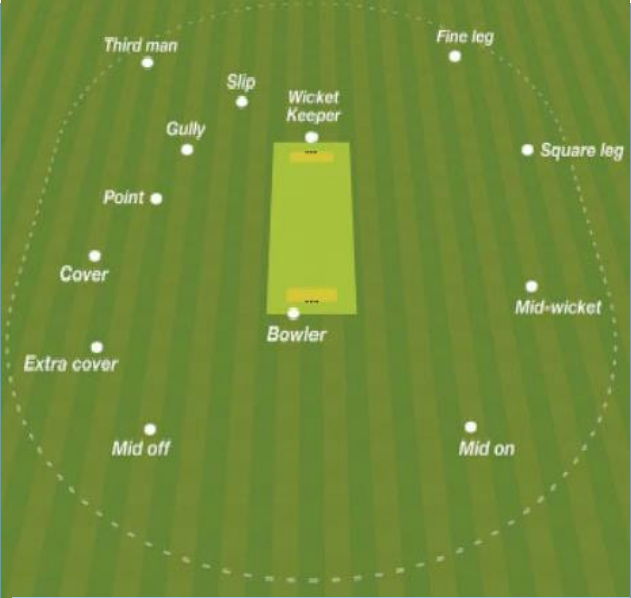


**Rules:**

- Two teams, play an innings of batting and bowling.
- When one team is batting, try and score as many runs as they can by hitting the ball around a set boundary.
- The bowling team can get the batsmen out by hitting the stumps or catching the ball.
- Once the batting team is all out, the teams swap over and they then become the bowling side.

**Scoring System:**

- One run is scored each time the batsmen cross and reach the set of stumps at the other end of the pitch.
- Four runs can be scored if the ball reaches the perimeter of the field
- Six runs if it crosses the perimeter without bouncing.



**Key Words:**

- Wicket Keeper
- Batsman
- Bowler
- Long Barrier
- Hand eye co-ordination
- Catch
- Stumps
- Seam
- Leg before wicket
- Over
- Spin
- Umpire

**Positions:**

- **Wicketkeeper:** The wicket keeper stands behind the batsman, and is responsible for catching the ball in their gloves if the batsman edges, misses or leaves the ball.
- **Point:** Fielding position square of the wicket on the off side of the batsman.
- **Mid-off:** Fielder should be positioned just a bit wider than straight on the off side of the field.
- **Mid-on** is the same position as mid-off on the on side.
- **Cover:** Fielding position is just in front of square on the off side.
- **Square leg:** The fielder is located square of the wicket on the leg side of the field.
- **Mid-wicket** is a position in front of square on the leg side of the batsman

**Tactics:**

- **Fielding:** Place players in positions where the batsman may give a catch, to a fielder and to save runs or to block the path of the ball from the batsman’s scoring strokes Backing up the ball from a fielders throw.
- **Bowling:** The location varies with the pace of the bowler, the state of the pitch, and the reach and technique of the batsman. The second is the direction. On this foundation a bowler may elaborate with variations of spin bowling
- **Batting:** A forward stroke in which the batsman advances his front leg to the pitch of the ball and plays it in front of the wicket. This is the best way to score runs with control.