

Week 3

Athletic skill (warm-up): Side-ways shuffle, touch cones 5m apart. 5 each side



Key points: low body position

Striking: Sweep. Ball off cone into net. Start on back knee. (10 times)



Key points: eyes on the ball, hands in front of the body, full swing of the bat

Coordination: High catch - players opposite one another (10 catches)



Key points: eyes on the ball, hands together

Bowling/throwing: Bowling leg shoulder rotation



Key points: head straight, arms straight when bowling

Game: Off side cricket with running.

