

Week 6

Athletic skill (warm-up): Side-ways movement and catch at cone. Players work in pairs



Key points: eyes on the ball, hands at eye level, quickly into position

Striking: Step and hit. Ball off cone into net.



Key points: eyes on the ball, bat straight, full swing

Coordination: Reflex net catches. 5 catches in a row. When done – 2 catches from coach.



Key points: Hands in front of body, eyes on the ball

Bowling/throwing: Throw – big set, step and throw



Key points: none bowling hand pointing at direction, eyes on the target

Game: Target hit – off-side. Coach throw. 2x batsman alternate, 2x fielders, 2x keepers alternate.

