

ROUNDERS – THROWING ACCURACY

Quick introduction

Good accurate throws can often get a running batter out. The essential element developed in this challenge is accuracy.

Getting started

- Split the group into pairs. One player is the thrower and one player is the catcher/retriever.
- Place two posts 2m apart to make the target.
- Place cone/marker about 15m away. Place second cone/marker 25m away.
- Aim to throw a rounders softball or tennis ball to the catcher through the targets.
- Take five throws from each distance.
- One player throws while one stands behind the target between the posts attempting to catch and return the ball to the thrower.
- The aim is to get as many balls through the target as possible.
- One point for each ball that passes through the target.

Health and safety

- Ensure enough distance is maintained between each pair to prevent balls and young people straying into one another's area.



Grip ball between fingers and thumb.

Equipment required

- 2 posts, 2 cones or markers and a rounders softball or tennis ball per pair.



ROUNDERS – THROWING ACCURACY

PHYSICAL ME

- Grip ball between fingers and thumb.
- Stand sideways.
- Take throwing hand back behind throwing shoulder.
- Keep arm higher than shoulder.
- Flex arm.
- Point non-throwing arm at target.
- Have weight on back foot.

SOCIAL ME

Leading and volunteering

- Record keepers could keep and record the score for each player. They will work as a team to display and record all the results on the day and calculate the winning pair.
- Equipment managers could check all the equipment and space is safe. They will ensure all the equipment is available and set up correctly. At the end of the event they should put away all the equipment correctly.

Think inclusively (STEP)

Space

- The game can be played on a variety of surfaces both indoor and outdoor. Make the game easier by reducing the distance between the thrower and target catcher.

Task

- Allow a bounce before the ball passes through the target. Take out the catching element for the fielder.

Equipment

- Allow visually impaired players to use a ball with a bell in it. The ball will need to be rolled along the floor for this challenge.

People

- Catcher to alternate position between targets to encourage more accurate throwing. Challenge higher skilled players by extending their starting point.

THINKING ME

- How can I ensure I get the ball through the targets?
- How should I aim carefully to get the ball through the targets?
- How can I make sure I score at least one point in my attempts?

SPORTING ME

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Be determined in my efforts to get at least one ball through the targets.

TACTICAL ME

How do I need to adjust power on the ball the further I am away from the target?



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ROUNDERS – SCATTERBALL

ROUNDERS

Quick introduction

A game to practise batting which can easily be adapted to practise overarm throwing. Fielders must work as a team.

Equipment required

- 4 tennis/soft balls.
- 3 bats.
- 4 posts.
- 1 hoop.

Getting started

- Recommended number of players is 12 (four teams of three).
- One team bats and the other two teams field.
- Bowler bowls four balls, in turn, to the same batter.
- Fielders must stand still until the fourth ball is bowled.
- After the fourth ball, the batter runs around the posts.
- After the fourth ball fielders nearest to the balls collect them and return all the balls to the hoop next to the bowler.
- One point scored for each post reached before all balls are returned to the hoop.
- Rotate teams after batters have had their turn.

Health and safety

- Fielders and bowler should be aware of several balls being returned to the hoop at the same time.



Stand sideways, holding bat firmly.



ROUNDERS – SCATTERBALL ROUNDERS

PHYSICAL ME

- Stand sideways.
- Hold bat firmly.
- Relax shoulder and forearm.
- Keep head of bat up.
- Hold bat back, ready to strike.
- Have weight on back foot.
- Keep eyes on the ball.
- Swing bat forward.
- Keep bat parallel to ground.
- Keep wrist flexed.
- Transfer weight forward.
- Follow through.

SOCIAL ME

Leading and volunteering

- Record keepers could keep and record the score for each batter. They will work as a team to display and record all the results on the day and calculate the winning batter.
- Equipment managers could check all the equipment and space is safe. They will ensure all the equipment is available and set up correctly. At the end of the event they should put away all the equipment correctly.

Think inclusively (STEP)

Space

- As an alternative to using a full rounders pitch, use 1st post only and award one point for each shuttle run between the batting square and 1st post.

Task

- Alternatives to hitting the ball with a bat. The batter can throw the ball over arm or under arm or hit the ball off a batting tee. Introduce no score if fielder catches the ball.
- Add bonus point for reaching 4th post.

Equipment

- Allow SEN/disabled players to use a batting tee and/or lighter/larger balls and bats with a larger surface area e.g. tennis racket.

People

- Increase the size of the teams within the game, e.g. three teams of four, resulting in fewer fielders, to make it easier for batting teams.

THINKING ME

- How can I ensure I make contact with the ball?
- How should I position the bat to achieve success?
- How can I make sure I score at least one point in my attempts?

SPORTING ME

Spirit of the Games:

Excellence through Competition



Believe that I can make contact with the ball and achieve maximum points.

TACTICAL ME

- How can I increase my chances of scoring maximum points?
- What tactics as a fielder could I use to retrieve balls and return them to the hoop?
- How can I deal with several balls being returned to the hoop?

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ROUNDERS - EASY UP, KEEP UP

Quick introduction

Easy up is a popular activity which gives further practice at developing hand eye co-ordination. Using a flat bat or tennis racket and ball, the aim is to keep the ball up, with small taps of the bat/racket.

Getting started

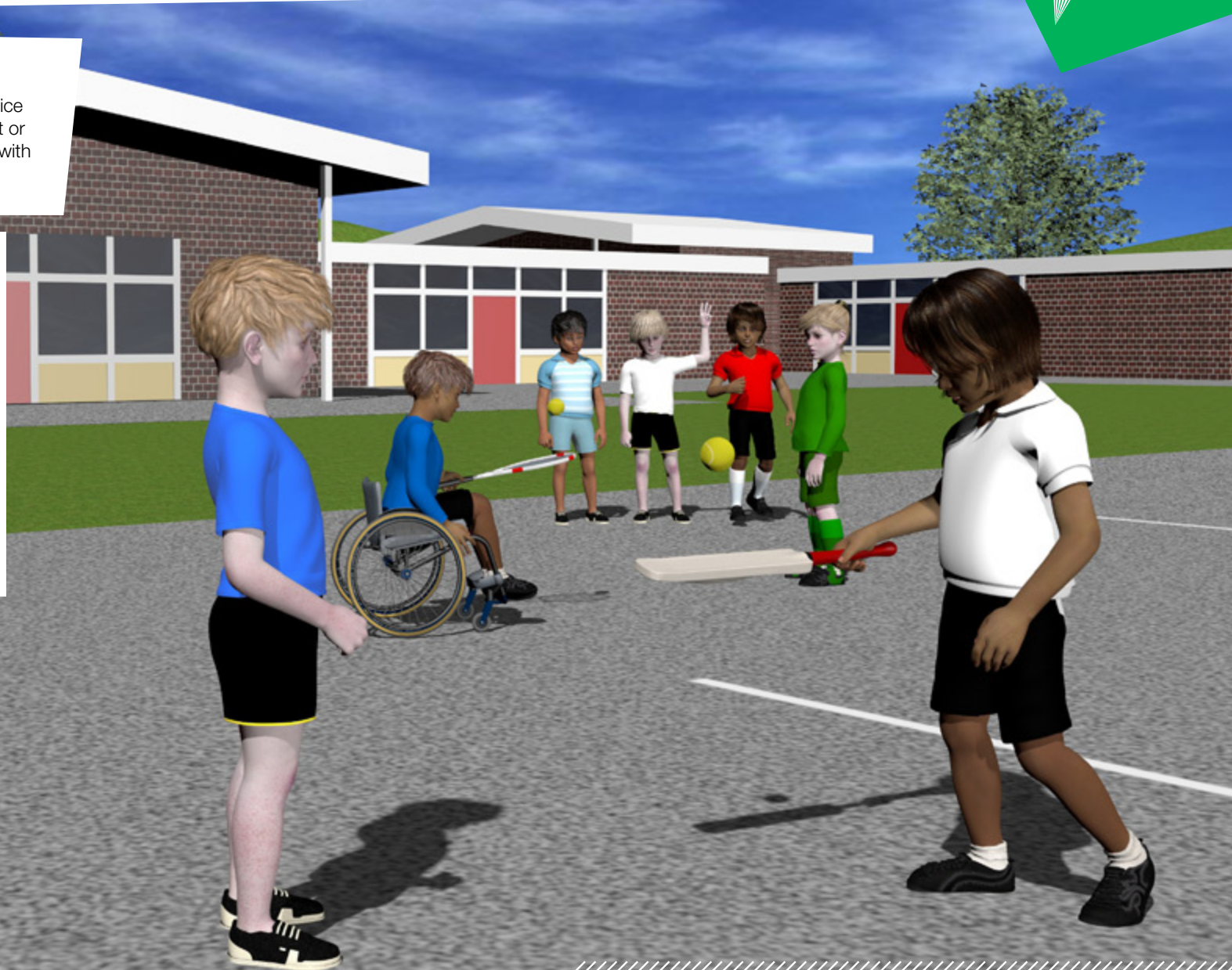
- Players can work individually or in pairs.
- Find a space where players will not obstruct anyone else.
- Use small taps to keep the ball in the air.
- Ask players to count the number of times they keep the ball up before it hits the ground.
- Record their first score and then attempt to try and beat their personal best.
- If working with a partner, players can count for each other and then record their best total.

Health and safety

- Ensure players are in a space where they will not obstruct anyone else.

Equipment required

- 1 bat/tennis racket and rounders ball or tennis ball per pair.



ROUNDERS – EASY UP, KEEP UP

PHYSICAL ME

- Form a 'V' between the thumb and first finger.
- Place bat in 'V' and grip comfortably.
- Keep wrist firm and slightly flexed.
- Watch the ball onto the bat.

SOCIAL ME

Leading and volunteering

- Record keepers could keep and record the score for each batter. They will work as a team to display and record all the results on the day and calculate the winning batter.
- Equipment managers could check all the equipment and space is safe. They will ensure all the equipment is available and set up correctly. At the end of the event they should put away all the equipment correctly.

Think inclusively (STEP)

Space

- Can be played both indoor and outdoor and on multiple surfaces.

Task

- To simplify the activity, start with the young person throwing the ball up and down using both hands, then to one hand, then using a tennis racket and then using a flat bat.
- Use Keep Up as a progression from flat bat to a round bat using a rounders soft ball.

Equipment

- Allow SEN/disabled players to use balloons or lighter/larger balls and different shaped bat.

People

- Use equipment appropriate to the age and ability of players.

THINKING ME

- How should I hold the bat?
- What should my stance look like?
- How can I avoid the ball hitting the ground?



SPORTING ME

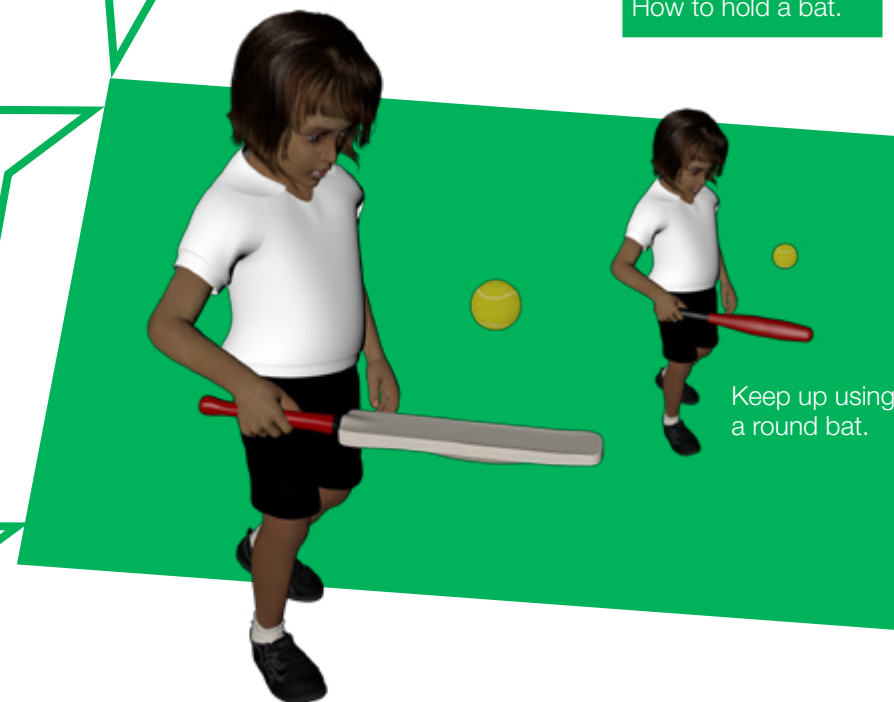
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If the ball drops I will be honest and start counting from zero.

TACTICAL ME

How can I improve my personal best?



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