

“Danish LongKorf”



Situation

Need a 30 minute game for a Club Training.

Mission

Have fun and run around a lot.

Execution

Set-up:

One ball, two cones. Two lines on opposite sides of the hall need to be nominated as 'Home' and 'Safe Zone' (like try areas in rugby). The batter bats from 'Home' on the batter's cone.

1. Split everyone into two teams. One starts fielding, the other batting and then swap. Can play 1-2 innings, so both teams bat twice.
2. Fielders space themselves around the court with one bowler on the bowler's cone. Batters line up behind the 'Home' line, with one on the batter's cone.
3. The bowler bowls the ball at the batter, between shoulders and waist. The batter must, in one movement, catch and throw/deflect the ball away.
4. The batter then must run the length of the court to the safe zone. Here, he can choose to wait for the next ball to be bowled, or can immediately run back to Home.
5. When in the safe zone, a batter can wait for as long as he likes before trying to get 'Home', and may run at any point. However, as soon as he leaves the safe zone (or Home), he cannot return to it.
6. One run is scored for every batter that makes it 'Home' without getting out. The team with the most runs after the set number of innings wins. Or combine it with games to get overall winners.

Fielders cannot run with the ball!

Getting Someone Out:

A batter is out if:

- The ball is caught before it bounces off the floor after they have hit it.
- They hit the ball out of the Sports Hall. (They must also go and retrieve the ball.)
- They are touched with the ball (either in a fielder's hand or thrown) while not in Home or the Safe Zone.

Be careful that no-one throws the ball hard over head height – Safety first.

Also, make sure everyone gets involved!

Coach's Name