

Ready, Aim, Fire (striking)

Age:	3-8 Year olds
Participants:	1-20
Time:	10 Minutes
Equipment:	Flat markers, cones, teeball tees & teeball bats (or change for cricket bats and tees), bucket of tennis balls, witches hats, hoops

Skill(s):



Striking

Set Up:

Set-up striking stations and interesting targets to hit at. For small groups set-up enough striking stations for each child. For larger groups have children in pairs, taking turns to strike.

At each striking station set-up:

- Tee, bat and ball
- Round marker or feet marker placed to the side of the tee where the child should stand (set up a couple for left handers at one end)
- Have a witches hat 2 metres behind each tee where the next child waits their turn if using one between two

Set targets up at varying distance, you could use beanbags balanced on top of witches hats, hoops standing up in cones, wickets, laminated pictures stuck to a wall, chalk targets drawn on a wall.

Note: the teeball tees and teeball bats can be easily changed to cricket tees and cricket bats



Description:

Before starting, demonstrate how to hit. Then have everyone collect a bat and space themselves out (can use flat markers as guidance to ensure enough space between children) and start batting without a ball. Practicing stepping forward and hitting. When the coach is ready each child can move to a striking station. On the command of Ready, Step & Fire all children attempt to hit the ball. Have a bucket of balls behind the children so they can collect a ball after each hit and have another go. Keep going until bucket is empty and then everyone collects all the balls.

When introducing striking focus on distance and velocity before accuracy

Ask children questions:

What makes the ball go higher?

What makes the ball go further?

What makes the ball go in different directions?

Variations:

- Try medium sized foam balls for younger children to help with successful striking
- Place more difficult targets to challenge more skilled children
- Challenge children to attempt to hit all the targets
- Be creative with target design, let the children have a turn designing targets

Teaching Points:

Striking

- Hands together
- Ready: stand side on to the ball (use markers to assist)
- Eyes on the ball
- Step & Swing – step with the front foot towards the target (use a marker to step on to)

