

Knowledge Organiser – Year 7 Cricket

Bowling Action

The arms must be close to the body and hands above waist height. 2 fingers to be placed either side of the ball's seams. Body remain upright, head looking towards the batter. Eyes fixed on the target. Uncoil the ball, in the shape of a number 6.

Keywords/Phrases

How many of these terms/words do you know their meanings?

LBW – leg before wicket.	Crease	Hand eye coordination
No ball	Throwing	Backing up
Wide	Catching	Delivery
Batter	Drop feed	Grip
Bowler	Bobble feed	Stance
Wicketkeeper	Bowl – coil 'number 6'	Backlift
Long barrier fielding	Stumping	Call – yes/no
Line & Length (accuracy)	Wickets	Over
Umpire	Dismissal (out)	Innings
Runs	Boundary	

Rules (known as LAWS) and Tactics

Two teams, both with 11 players. Play an innings of batting and bowling. The batting team try and score as many runs as they can by hitting the ball around an oval field with in a set boundary.

The other team must get them out by bowling the ball overarm at the stumps, which are at either end of a 22-yard area called a wicket.

Then bowling team can get the batting team out by hitting the stumps or catching the ball. Once they are out both teams swap. It is the end of the innings.

Scoring

One run is scored each time the batters cross and reach the set of stumps at the end of each pitch.

4 runs – ball hit and rolls or bounces out over the pitch boundary.

6 runs – ball hit through the air over the boundary without the ball rolling or bouncing.



BATTING TECHNIQUE

GRIP, STANCE, BACKSWING AND STEP

GRIP

- Fingers and thumbs wrapped around the bat handle
- 'V' in line between spine and edge
- Hands close together
- Top hand against inside front thigh



STANCE

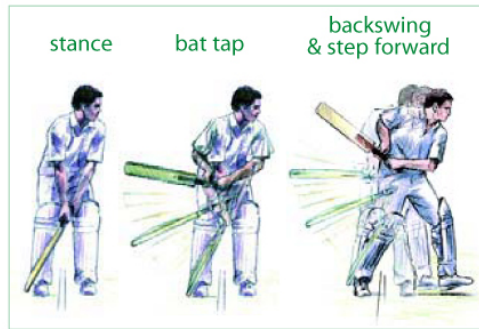
- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

STANCE & BAT TAP

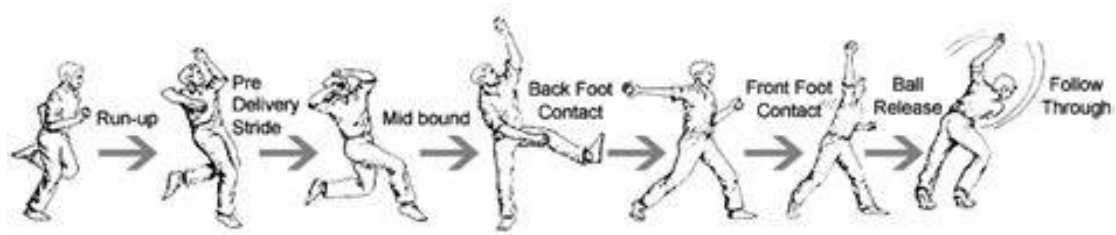
- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders

BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball



BOWLING TECHNIQUE



THROWING TECHNIQUE - OVER ARM

The Overarm

Does your Partner

1. Stand Side on
2. Point at Target
3. Bend throwing arm
4. Eye on target
5. Shift weight from back to front



What

- I can perform throw 4
- I can develop
- I can identify weaknesses: perform

Challenge Task.....

Watch the following clip on the 11 different types of dismissal (ways of getting out) in cricket:

<https://www.youtube/watch?v=K3qVwuPXHX4>

