

Skills

Key Words	Coaching Points
Throwing and Catching	<p>Underarm throw- Grip the ball as in overarm throwing. Put weight on you back foot – swing arm backwards. Swing forward – step onto front foot. Release ball with a flick of the wrist. The ball is rolled off the fingers, not the palm.</p> <p>Over arm throw Having collected the ball in both hands, stand sideways to the target. The throwing arm is taken back behind the head. Pull the non-throwing arm through. Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder. The wrist should be outside the line of, and behind, the elbow. Release the ball with both feet on the ground and the chest facing the target. Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.</p>
Fielding and Positions	<p>Long barrier -Approach the ball at speed and as you get into line with the ball, twist your upper body, leading with the shoulder furthest from the ball. Bend both knees, so that the knee of the leg nearest to the ball touches the ground, but it is also next to the back of the heel of the other leg. With fingers down and head forward, pick up the ball and then stand back up ready to deliver an overarm throw.</p>
Batting	<p>Sideways on. Feet shoulder width apart. Knees bent. Batting arm back straight, Bat up at 90 degrees to arm. Keep head still. Watch the ball at all times. Transfer weight from back to front foot. Follow through in direction you want the ball to go.</p> <p>Advanced: Right hander-Hit ball early to hit to the left to hit late to hit more to right.</p>
Bowling	<p>Grip ball with index/middle finger and thumb, 2 steps in to bowl, Bent knees, swing arm by waist, release ball from fingers, aiming to backstop's hands between shoulder and knee height of the batter.</p>

The Long Barrier

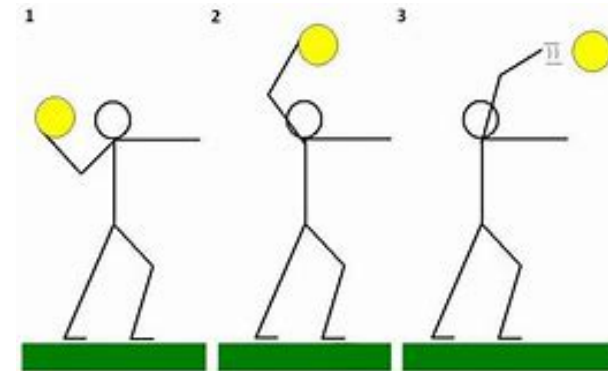


Underarm Bowl/Throw





Overarm Throw



RULES

1. You must start in the batting box and not step out of it.
2. You only get 1 ball bowled at you, after which you must run whether you hit it or not.
3. You must keep in contact with a post once you have decided
4. A no ball is – above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
5. If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
6. If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score $\frac{1}{2}$ a rounder. If you do not hit the ball but get all the way round you score $\frac{1}{2}$ a rounder. You also score $\frac{1}{2}$ a rounder if you get 2 no balls bowled at you. You also score $\frac{1}{2}$ a rounder if you get 2 no balls bowled at you.
7. You get $\frac{1}{2}$ a rounder for obstruction if the fielders get in the way of your run to a post. to stop.

Teams:	Games are played between two teams. Each team has a maximum of 15 and a minimum of 6. No more than 9 may be on the field at any one time. • Players once substituted may return during the game, but batters only in the position of their original number.
Out when:	Ball is caught, Foot over front/back line of batting square before hitting or missing a good ball, Running inside post (unless obstructed) • The post you are running to is stumped • You lose contact with post during bowlers action when he has possession in the square • You overtake • You obstruct (you have right of way on track only)
Batting:	The batter has only one strike at the ball and must run even if he/ she fails to make contact with the ball, unless a no-ball is called. A batter hitting the ball so that its first bounce is behind the batting line may proceed to first base only and wait until the ball crosses the batting line before proceeding further. All play ceases when the bowler holds the ball (this is known as a 'dead ball'). A batter may not leave or pass a base whilst the ball is 'dead', but may continue to the next base, or if less than half-way, have the option of returning to the previous base.

Reminder – Basic Bowling: Grip ball with index/middle finger and thumb, 2 steps in to bowl (from back of the square to the front), Bent knees, swing arm by waist, release ball from fingers, aiming to backstop’s hands between shoulder and knee height of the batter.

Advanced Bowling!

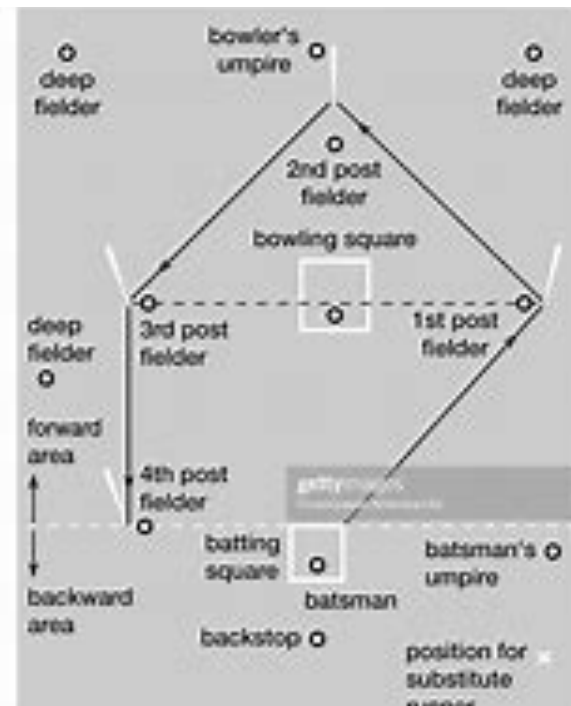
You can put spin on the ball (wrist the wrist as you bowl) or throw faster to make it harder for the batter.

You can also do a “donkey drop” ball, which goes high but drops to the correct height once it reaches the batter

Extension Stretch and Challenge Tasks:		Key Content and Terms to learn:
<p>(1) Try and find a clip online, of a game of rounders. There is an England team! Practice throwing and catching with family, friends or against a wall.</p> <p>(2) Visit the England Rounders website and find out about a rule you are not sure about. www.roundersengland.co.uk</p>		<p>Bowling Throwing Batting Long barrier fielding No ball Backstop Fielding Catching Spin (more year 8) Obstruction (more year 9)</p>
Effects of Exercise Short term		Effects of Exercise Long Term
<p>Increased muscular contractions (muscles moving/working) Increased heart rate Increased rate of breathing</p>		<p>Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles</p>
Components of Fitness	Definition	Example of use in the game
Power	Combination of strength and speed.	Striking (hitting) a rounders ball.
Agility	Ability to change direction quickly.	Turning to chase after a ball and turn towards where it will be thrown.
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy.	Being able to play well for the entire game.



The Pitch



Rounders Pitch Layout

