

FUN THINGS TO DO

<p>DRAWING PRACTICE</p> <p>4 m 4 m 1 m 23 m</p> <p>Set cones as shown starting at the 23 metre mark. The cone widths increase slightly as they progress up the rink.</p> <p>Draw a bowl into the short area then into the medium area, then into the long area</p> <p>How many bowls will it take?</p>	<p>NOMINATION TARGET</p> <p>25 Points 20 points 15 points 10 points 5 points</p> <p>Player nominates which cone to bowl to. Set an area from the cone (according to ability) for the scoring area. ie. Beginner 1m</p> <p>Allow each player to take alternative bowls and add up scores. Make it more interesting by deducting scores if they fail to get the target area.</p>	<p>TARGET</p> <p>Make a target and award points for each coloured area</p> <p>1 point on the line white/grass 2 points white area 3 points on the line blue/white 4 points blue 5 points on the line red/blue 6 points red</p> <p>Draw four consecutive bowls and add up the total</p>	<p>TARGET</p> <p>Make previous exercise more interesting by bowling the opposite way to a small target. Achieving this with each bowl doubles the previous score.</p> <p>ie. 10 shots gained 1st bowl doubles score to 20 2nd misses scores stays at 20 3rd lands on the target so score doubles to 40</p> <p>OR use this target also as a scoring target to a smaller area</p>	<p>CRICKET GAME</p> <p>5 6 5 3 4 3 1 2 1</p> <p>2m</p> <p>SCORING END Yellow cones define the inner score zone. The zone marker cones are placed on the rink marker lines at 1 metre distances.</p> <p>Set cones halfway down rink to prevent firing shots.</p> <p>23m</p> <p>set 3 jacks at 23 metre from a mat set 2 metres from the ditch at the scoring end.</p>	<p>FOOTBALL</p> <p>Goal</p> <p>Set the mat behind the goal. Goal posts can be widened/narrowed according to ability.</p> <p>Set cones halfway down rink to prevent firing shots</p> <p>Players/teams take alternative shots</p>	<p>NOUGHTS AND CROSSES</p> <p>Lay area out in nine squares approx 1m x 1m square. (Cotton works best) cut out five X's and five O's</p> <p>Players play in turn try to get 3 in a line .</p> <p>This is best done in pairs, One person from each pair bowls. One person from each team stands in the square where they want their team mate to bowl to. If the bowl is successful either a circle/cross is placed in the square. If the bowl lands in an unoccupied square a corresponding circle/cross is placed in the square. If a square is occupied or the target area is missed then that team do not get to place a circle/cross</p>
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CRICKET NOTES

Teams of four batsmen and 4 bowlers with two bowls each are ideal. More/less team members can be used. The number of bowls each player uses is up to you the Coach. As in cricket the bowler goes first and bowls from the scoring end. If the player hits the wickets the batsmen miss a turn. If the bowler misses the wicket the batsmen get to bowl. They bowl from the opposite end to the bowler. If the player fails to reach, finishes outside the rink or plays beyond the front of the mat in the scoring area no score is recorded. Any bowl finishing in the scoring area scores the appropriate zone score on where the bowl ended. Where a bowl lands on a line, the zone in which the majority of the bowl lies counts as the score. Following the conclusion of the last bowler playing their last bowl and the batsmen having completed the sequence they change ends. Normally two innings per team is sufficient but again it is up to you and the players