

## Key Vocabulary

<b>batsman</b>	A player on the batting side. A player that specialises in batting.
<b>bowler</b>	A player who is currently bowling. It can also refer to a player who specialises in bowling.
<b>catch</b>	A way of getting a batsman out. This is done when a fielder catches the ball after a batsman has hit it, but before the ball hits the ground.
<b>crease</b>	An area on the cricket pitch that is marked out with white lines. It is where the batting and bowling team play.
<b>fielding</b>	Players are <b>fielding</b> when they try to catch or stop the ball after it has been hit by the batting team.
<b>forward defensive</b>	A fundamental defensive stroke used by batsmen to block or defend a ball from hitting the stumps.

## Fielding: Catching a High Ball

The **Catching a High Ball** techniques are used by players on the fielding team to confidently catch a ball that is travelling on a high trajectory. To carry out this skill effectively, players should:

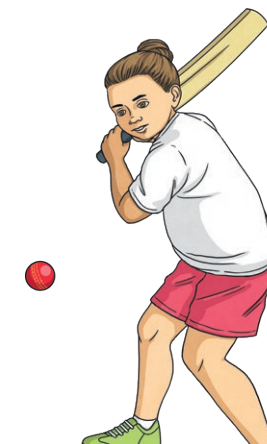
- watch the ball and get into the best position to receive the catch;
- cup their hands, with palms facing forwards, so the little fingers are touching;
- keep their hands at eye level and elbows bent;
- close their hands around the ball as contact is made, bringing the ball in towards their chest to soften the impact.

Remember to keep your eyes on the ball at all times.

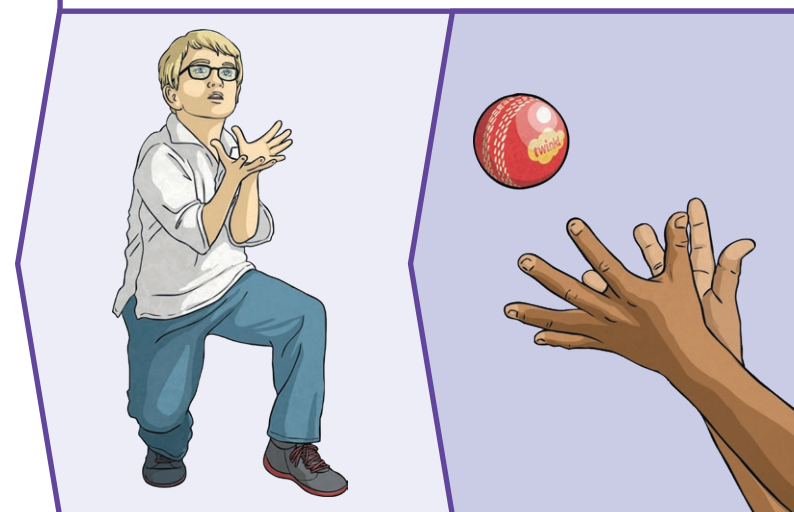
## Batting – Attacking Strokes

**Attacking** strokes are played when a batsman wants to score runs quickly, even if, by doing this, they lose their wicket.

Playing in an attacking way can be fun as it can help your team to score runs quickly. However, it can also be risky as it gives the fielding team a greater chance of getting a batter out (bowled, caught or run out).



square cut



## Key Vocabulary

<b>stance</b>	The posture or ready position of a batsman holding their bat when facing a delivery (a ball being bowled).
<b>stumps</b>	The three vertical posts that make up a wicket. They are protected by the batsmen and targeted by the bowler.
<b>trajectory</b>	The path or line that a ball will travel along as it moves through the air.
<b>outfield</b>	An area of the field that is furthest away from the batsman.
<b>overarm throw</b>	A type of throw where your arm and hand move over your head and shoulder when you throw. It is a throwing technique which is used to throw the ball quickly over a long distance.

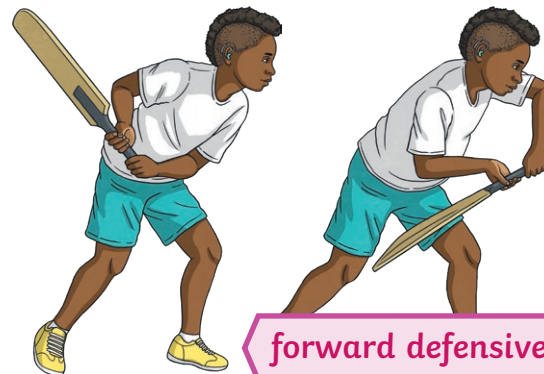
## Batting Stance and Backlift

The **batting stance** and **backlift** is the position players get into when batting to show that they are ready for play.

Batsmen begin by standing side-on, with their feet shoulder-width apart and knees bent.

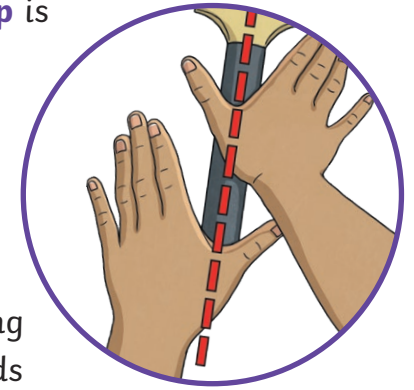
The smooth side of the bat is rested against the back foot, which is the foot closest to the stumps.

Then, bring the bat behind the body, bending the leading arm to 90 degrees, and forming a diamond shape.



## Cricket Bat Grip

The **cricket bat grip** is a specific way of holding the bat in order to hit the ball effectively.



Use the 'V' grip technique by placing the 'V' shaped hands (palms facing down with thumbs and forefingers) down onto the bat handle. The dominant hand should be on top, and the 'V' shape created should line up with the middle of the back of the bat.

With fingers wrapped around the handle, leave a small gap between both hands.

## Batting – Defensive Strokes

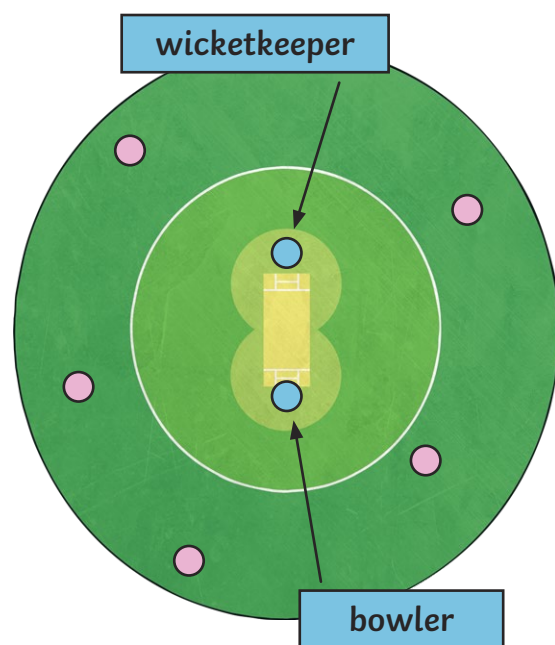
A **defensive** way of playing is one where a batsman does not take risks by trying to attack a well-bowled ball that has been directed towards the stumps. Instead, a batsmen uses defensive strokes to protect their wicket.

### Kwik Cricket

This is a variation of the traditional English cricket game.

The aim of the game is the same as traditional cricket, which is to score more runs than the other team (the opposition).

It has fewer rules than the formal game and more people can play at any time.



### Fielding: Overarm Throw

The **overarm throw** is a throwing technique which is used to throw the ball quickly over a long distance.

1. Raise your arm back and behind your body. Keep your elbow straight.
2. Straighten your arm out in front for balance and aim.
3. Stand side-on. Lean your weight onto your back leg.
4. Push your arm forward.
5. Follow through after the throw, with your arm and leg.

