



KAHARUNGA KAHARARO

NET BATTLE

<p>TRAINING FOCUS</p> <p>Batting, Bowling, Running Between Wickets</p>	<p>ALSO DEVELOPS</p> <p>Movement, Game Awareness, Perception</p>	<p>WHY TRAIN THIS WAY?</p> <ul style="list-style-type: none"> • Training through playing games is the modern approach to skill acquisition and developing technique. • The 'whole cricketer' evolves through play, in response to the game design and environment (constraints-based coaching).
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SET UP

GAME PLAY

- Split the Players into teams of two. Each cricket net has space for two teams (for example, using three nets incorporates 12 players).
- Place cones around the nets to represent fielders.
- Each bowler bowls six balls in a row, with their teammate as the umpire.
- Once they've hit the ball, batters can run between the wickets depending on which gap the ball is hit through.
- Allocate a set number of balls or overs for each battle. If a batter is dismissed, they are out. Their teammate then faces the bowler. If both batters are dismissed, teams swap roles.
- The winner of each Battle is the team with the most runs at the end of a set number of overs.
- After each Battle is complete, teams rotate through the nets to play another team.

EQUIPMENT

Bats, Balls, Cones,
Wickets, Hula Hoops

ENVIRONMENT

Cricket Nets

WHAT ARE YOU SEEING?

Concentrate your initial focus on the positives and achievements in relation to the training focus for this game.

Incorporate the positive and the need for improvement, develop questions that will help players discover their own solutions.

ASK THE PLAYERS...

What were the things that were working well for you?

What do you think you need to try and work on?

MIX IT UP



- ⊕ Tape the ball to develop swing bowling, making it more difficult for batters to hit.
- ⊕ Introduce an “around the world challenge” where nets have scoring areas to be hit through in a specific order.
- ⊕ Introduce a Double Point scoring zone.
- ⊕ Encourage players to develop their own game scenarios.
- ⊕ Batters score a different number of runs for hitting the ball through different gaps.

LEADERSHIP REFLECTIONS



EMPATHY - NGĀKAU AROHA

Think about the game: How do you think your teammates were feeling when there was success or when there were difficulties? Is that how you would have felt?



COMMUNICATION - WHAKAWHITI KŌRERO

How did you react verbally to your teammates' actions? Were you supportive or negative? Did your body language give the same message as your words?



TRUST - NGĀKAU PONO

Our optimum team culture is one where we trust and support each other. Did you make a positive contribution towards this today? Rate yourself 1 to 10. What is the best way as a team to show trust and support in any situation?

PROMPT THE PLAYERS

Ask them to concentrate on:

- During the game, think about situations that occur and how your teammates are feeling.
- Positive communication – what we say and how we look when we say it.
- Being supportive and trusting each other to achieve.



BOSS BATTLE

Winners play winners, and losing teams challenge other unsuccessful teams to find the Net Battle Boss.



FIND MORE INFO

