



WATCH MY VIDEO

RIRI WAHAROA

GATES BATTLE

TRAINING FOCUS

Batting, Bowling, Fielding

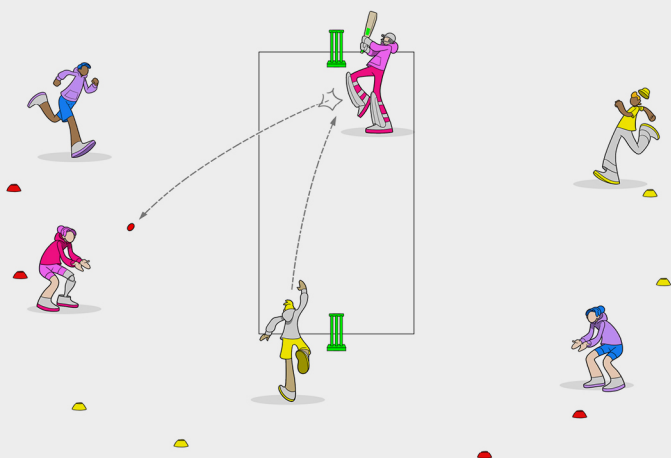
ALSO DEVELOPS

Movement, Game Awareness, Perception

WHY TRAIN THIS WAY?

- 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).

SET UP

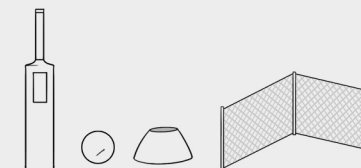


Note: If using an open wicket, have batters in the middle hitting away from each end (so back to back, if possible separated by a "safety" net).

GAME PLAY

- Each Player has a turn as a batter, a bowler and a fielder. One player bats at any given time.
- Set up a series of cones as gates. The goal for batters is to hit to certain areas of the field, through or over the gates. The goal for fielders is to stop the ball passing through the gates.
- Fielders are not allowed to guard the gates.
- Runs are scored for hitting through or over the gates, with different run values for different gates. The bowler can decide the run value for each gate.
- Runs are lost if fielders catch the ball.
- Each batter faces 12 balls, then rotates with another Player.

EQUIPMENT



Bats, Balls, Cones

Extras: Throw-down or Boundary Net

ENVIRONMENT



Cricket Pitch, Outdoor Space, 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?

For fielders: What clues does the batter give you as to where they are going to hit the ball?

MIX IT UP



- ⊖ Make the gates wider.
- ⊖ Introduce more gates.
- ⊕ Batters can run between the wickets to score extra runs.
- ⊕ Make the gates smaller or place them in areas that challenge the batters.

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

For each battle have a similar size (physically) bowler bowling to a similar size batter.

Refer to Maturation Guidelines via the QR link below.

FIND MORE INFO

