



WATCH MY VIDEO

RIRI OMAOMA

RUNNING BATTLE

TRAINING FOCUS

Fielding, Batting,
Running Between the Wickets

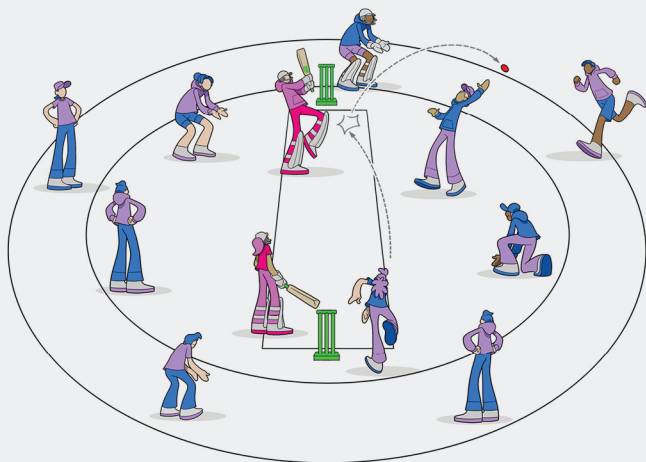
ALSO DEVELOPS

Bowling, 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). This approach encourages play and exploration.

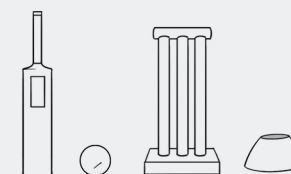
SET UP



GAME PLAY

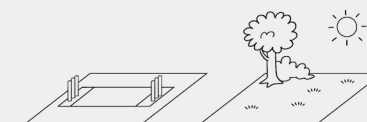
- Split the Players into two teams, with one team as batters, and one as fielders.
- The fielding team choose their fielding positions both inside a 30 metre circle, and on the equivalent of a cricket boundary.
- One fielder acts as the bowler for a set number of balls.
- The goal of the batting team is to either hit the ball to keep it inside the 30m circle, or hit it over or through the 30m circle.
- When the ball is hit, if it is kept inside the 30m circle, the batters must run 2 runs. If the ball is hit outside the 30m circle, it must either reach the boundary or 3 runs must be scored. If neither of these is achieved, then the batter is out.
- Singles cannot be scored. Runs can only be scored as 2, 3, 4 or 6.
- Batters can be caught out, bowled, run-out or stumped.
- Once all batters are out, or after a set number of balls or overs, the teams swap roles.

EQUIPMENT



Bats, Balls, Wickets, Cones

ENVIRONMENT



Cricket Pitch, Outdoor Space

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: As a team how can you work together to help restrict runs?

MIX IT UP



- ⊖ All batters have an extra life.
- ⊕ Change the size of the inner circle or boundary to alter the challenge.
- ⊕ Introduce scoring zones with double runs.

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

At the start of each innings, one player is nominated as the 'Boss'.

The 'Boss' has an extra life (are not out the first time they are dismissed).

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