



INSTRUCTIONS:

Split the players into pairs and let them decide a Country they would like to represent.

Set out two sets of stumps 15 yards apart, players will bat in pairs whilst everyone else fields.

Each pair receive 12 under arm deliveries and each time they change places without getting out, they score 1 run.

If they get out, they are not out but get deducted 2 runs.

Once every pair has batted, see which pair got the most runs.

Ways to get out – Bowled, Caught or Run Out.

EQUIPMENT:

- Kwik Cricket Balls
- Tennis Balls
- X2 sets of stumps
- X2 Bats

WARM UP:

Remember to stretch and warm up before doing any physical exercise.

Caterpillar Catch:

Set up a two lines of cones, one for each player. Have pairs stand opposite each other.

One player at the end starts with the ball, they throw it to their partner then run along the length of the line they are in. The rest of the line then move to the next cone.

The second player then throws to the new person opposite them and runs along their line.

Repeat this until everyone has had a turn.