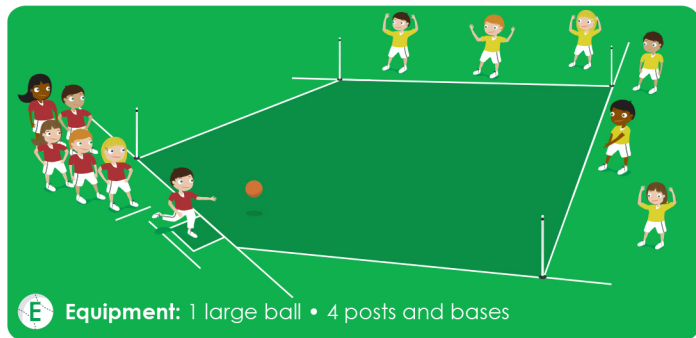


Football Rounders

A simple, fun game which introduces players to the concept of Rounders



E Equipment: 1 large ball • 4 posts and bases

Variations

- ⌚ Batter can kick ball anywhere in the forward area
- ⌚ All Batters run together in a line
- ⌚ Alter size of pitch
- ⌚ Change the scoring system
- ⌚ Batter out if caught
- ⌚ Hit from Batting Tee or throw ball out



Safety Point

Kick ball beyond the posts

How to play

- ⌚ Recommended number of players = 12 (6 v 6)
- ⌚ Can be played with more or less
- ⌚ Batting Team: first Batter kicks ball out between 1st and 3rd Post and runs around pitch towards 4th Post
- ⌚ Fielding Team: stop Batter from scoring by lining up behind initial Fielder and passing the ball over their heads to the last Fielder who shouts 'stop'
- ⌚ When all Batters have had one turn change over
- ⌚ Scoring: score 1 point for each post passed by the Batter
- ⌚ Or, use Rounders rules



Focus Questions

- What is the best technique for sprinting?
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- Where is the most effective place to kick the ball?
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- What is the aim of asking Fielders to line up?



Coaching Opportunities

- To introduce the game
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- Can also be used as a warm up