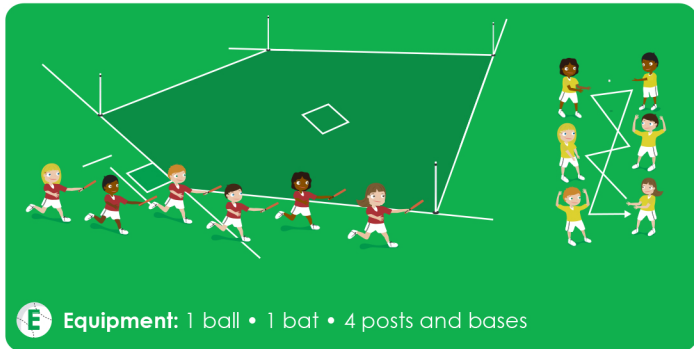


Runders

A team game that emphasises accurate underarm throwing and catching, and improves running technique



Variations

- ⌚ Vary distance between Fielders
- ⌚ Alter size of pitch
- ⌚ Make Batters go around more than once
- ⌚ Batters run round individually (relay)



Safety Point

Position fielders away from Batters

Use ball appropriate to group

How to play

- ⌚ Recommended number of players = 12 (6 v 6)
- ⌚ Can be played with more or less
- ⌚ Batting Team: on 'go' run from batting square around pitch to 4th Post in a 'train'
- ⌚ Rounders rules: no overtaking
- ⌚ Last 'carriage' touches 4th Post and shouts 'stop'
- ⌚ Fielding team: Make two railway lines
- ⌚ Throw ball underarm as shown
- ⌚ Count catches until 'stop'
- ⌚ Teams change over
- ⌚ Most 'catches' wins



Focus Questions

What is the best technique for cornering?

How could you include players with varying skill levels?



Coaching Opportunities

Observe running technique

Introduce team work between Fielders

Practice throwing & catching