



Australian Government
Australian Sports Commission

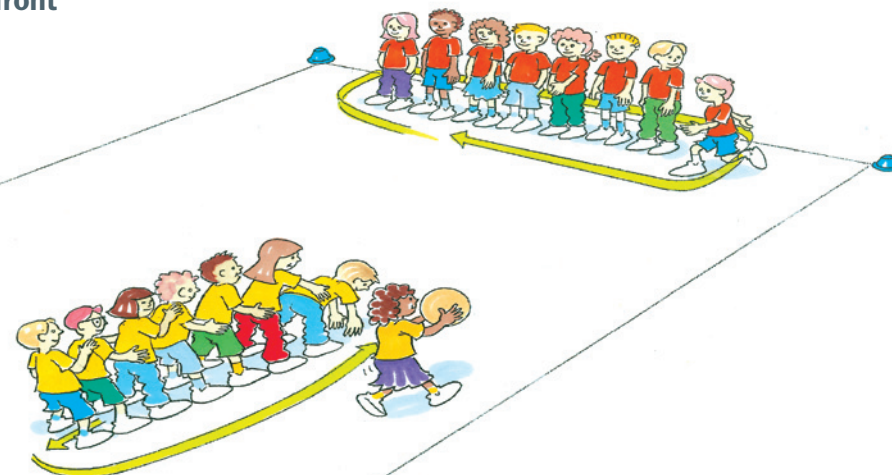
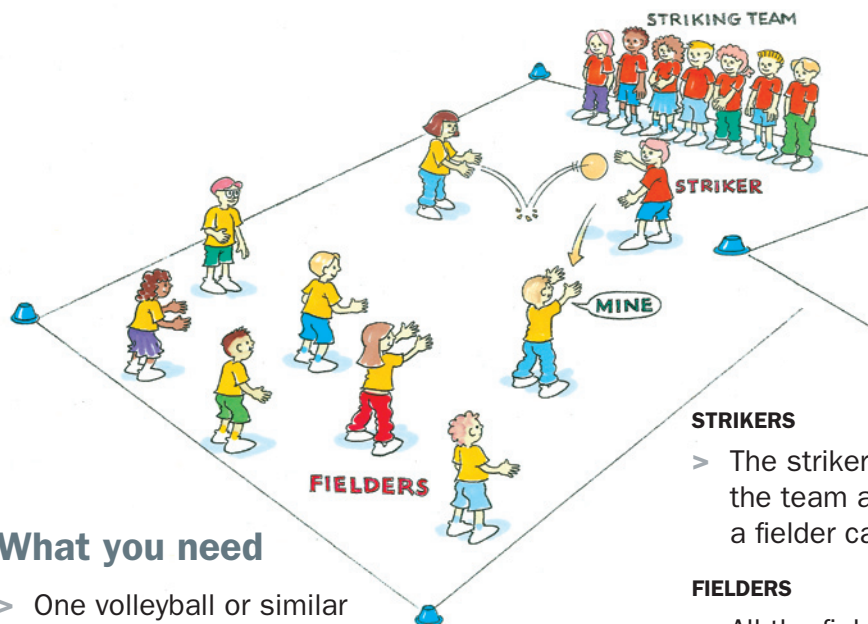
EASY MED HARD



ENERGISER

Tunnel and laps

A member of the striking team hits a lobbed ball then runs around team-mates, who are standing shoulder-to-shoulder, to score points. At the same time, the fielders come together to make a tunnel. The ball is rolled through the tunnel; the last person runs to the front with the ball and calls 'STOP!' (Play with 8 or more.)



What you need

- > One volleyball or similar
- > 4 markers to define a playing area

What to do

SETTING UP

- > Strikers and fielders go to positions as shown.
- > One fielder is positioned to pitch a ball that must bounce once before being hit, and one striker stands in position to receive and hit the ball.

STRIKERS

- > The striker hits the ball and runs around the team as many times as possible until a fielder calls 'STOP!'

FIELDERS

- > All the fielders line up behind the player who fields the ball.
- > They form a tunnel – legs apart – and the original fielder rolls the ball through the tunnel.
- > The last person making the tunnel gathers the ball, runs to the front and calls 'STOP!'
- > The game continues this way until everyone has had a turn as striker and then there's a changeover. A new pitcher is chosen for each new striker.

Scoring

- > Strikers = 1 point for each lap around team-mates before 'STOP!' is called.
- > A cumulative score is maintained for the innings.

LESSON LINK

Tunnel and laps combines fielding with hitting a pitched ball. 'Finding space' is a key challenge for the striker. Activity levels are increased in a fun way for both strikers and fielders.

SESSION PLANS

Combo > Start out WC 05b + Start out WC 07 + Get into it SF 02

Tunnel and laps

Skills > Fielding including positioning · Teamwork · Vigorous activity

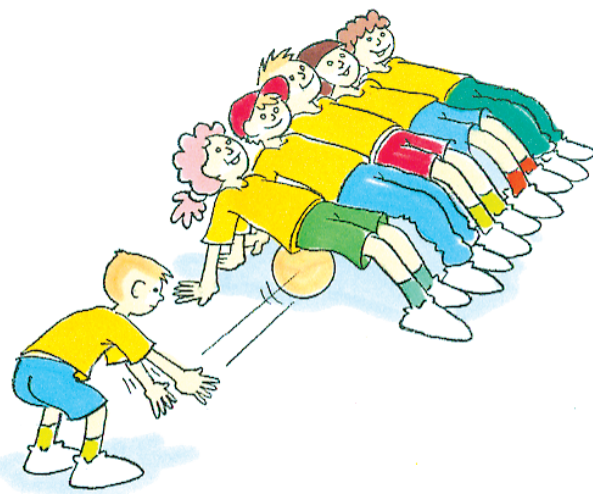
change it...

Coaching

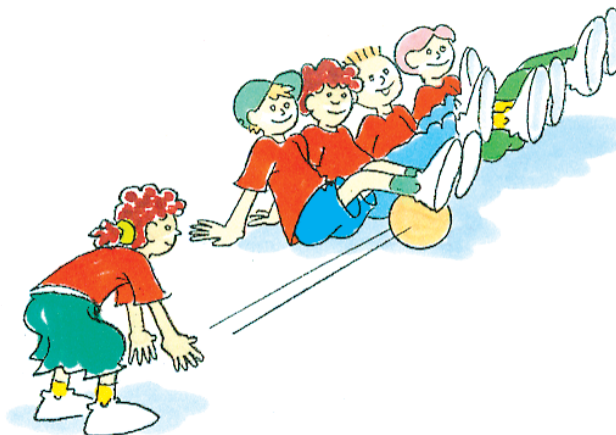
- > After some initial play, use role models to highlight effective striking actions, e.g. swing of arm and what part of hand is used to hit the ball.
- > Ask the players for ideas to ensure everyone is included.

Game rules

- > **Fielders** – a player who may be restricted in movement becomes the head of the tunnel irrespective of who fields the ball.
- > **Strikers** – one person strikes the ball and a second person runs the laps.



- > Change the number of fielders, e.g. twice as many fielders as strikers.
- > **Harder for fielders** – set a minimum starting distance between the closest fielder and the striker (use cones). Fielders can move in once the ball has been hit.
- > **Easier for strikers** – tunnel variations or fewer fielders.
- > **Harder for strikers** – increase the distance between players in the batting line-up.
- > Make different tunnels.



Equipment

- > **Harder for fielders** – strikers use a paddle bat and tennis ball to hit a lobbed ball.
- > **Easier for fielders** – use a slower ball.

Safety

- > For the *push up* and *legs raised* tunnels – ensure all fielders line up side by side first and then go down together;
- > If a bat is used, make it a rule that the ball must be hit along the ground or high (above head height).

ASK THE PLAYERS

Fielders

- > 'Is there a formation that allows you both to field all balls *and* come together quickly to form tunnel?'

Strikers

- > 'Where will you hit the ball – will a short ball help you score laps?'
- > 'If you hit a lob, can you score more runs?'