



Australian Government
Australian Sports Commission

EASY MED HARD



French cricket

A

The batter stands with feet together and holds the bat in front of the legs. Fielders throw the ball underarm and the batter hits in any direction. The batter is out if the ball is caught on the full or they are hit on the legs.

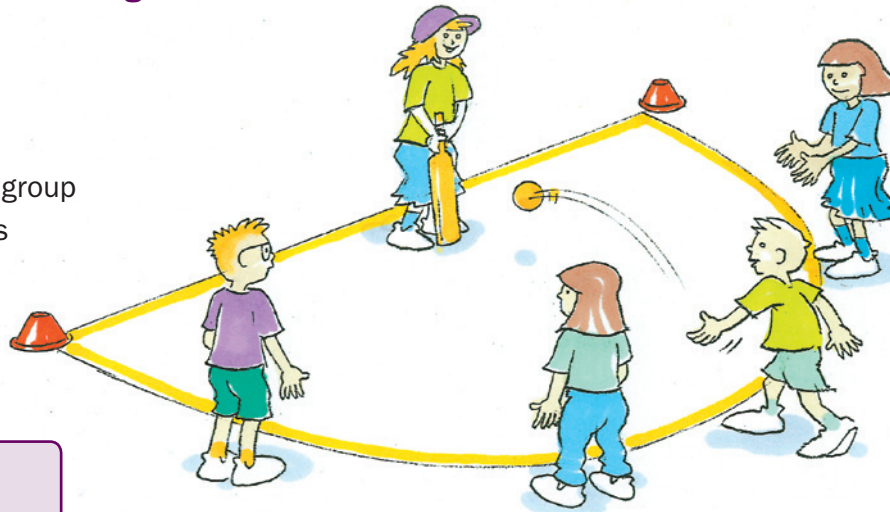
What to do

SETTING UP

- > One bat and a soft ball per group
- > An area free of obstructions

PLAYING

- > Establish a fielder-free zone in front of the batter.



Scoring

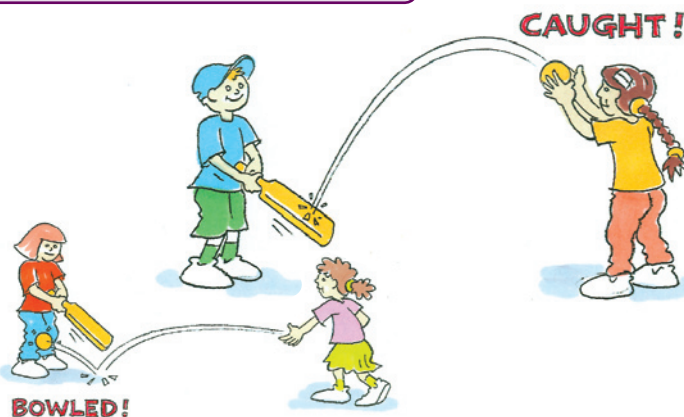
- > How many hits before being caught or hit on the legs?
- > Not scoring is an option.

Variation

- > Use 2 balls.

Safety

- > Adjust the size of the fielder-free zone to suit the standard of the players.
- > Start with slow bowling and only build up speed as the players demonstrate mastery.
- > Encourage players to call 'mine'.



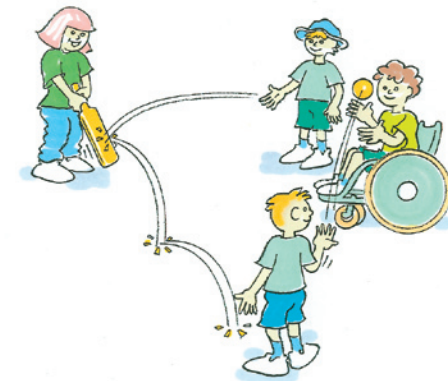
Change it

Batter

- > Use a larger bat such as a paddle bat.
- > Require the bowler to bounce the ball once.
- > Increase the size of the fielder-free zone.
- > Allow the bowler to move in or out and bowl from any suitable distance to ensure a hittable ball.

Fielder/bowler

- > Take it in turns to bowl, e.g. a set number of balls per over.
- > More mobile players pass the ball to a less mobile player so everyone has a 'touch' of the ball over the course of the game.



LESSON LINK

French cricket combines hand-eye coordination, accurate bowling and hitting to 'find space'.

SESSION PLANS

Combo > Start out WC 10 + Start out SF 01a + Get into it SF 01