

SOME RELEVANT SKILLS ASSOCIATED WITH STRIKING AND FIELDING GAMES

(A) STRIKING SKILLS

- (i) Ready position.
- (ii) Watch the flight of the ball.
- (iii) Leading foot and shoulder point in the direction of the hit.
- (iv) timing of the hit.
- (v) Different speeds, heights, angles and lengths.

(B) BOWLING SKILLS

- (i) Correct footwork and release of ball.
- (ii) Vary the speed and spin of the ball.
- (iii) Accuracy of bowl - aim at targets etc.

(C) FIELDING SKILLS

- (i) Ready position.
- (ii) Watch the ball and anticipate its pathway.
- (iii) React to varying fielding situations e.g.
 - different **speeds** of hits
 - different **angles** of hits
 - different **lengths** of hits
 - and different **heights** of hits.
- (iv) Position of body, feet and hands when receiving the ball.
- (v) Efficiency of throwing skills.
- (vi) Accuracy of throwing.

(D) COMPETITIVE GAME

(a) STRIKER

- (i) Hit the ball away from the fielder.
- (ii) Control the hits so no catches are given.
- (iii) Protect the wicket or base.

(b) BOWLER

- (i) Aim to hit the base or wicket.
- (ii) Catch or run out the batter.

(c) FIELDER

- (i) React quickly to field the ball appropriately.
- (ii) Return the ball swiftly to the bowler / wicket-keeper / backstop.