Year 5 Cricket Lesson 3 – Bowling Tactics

Learning objective:  
- to continue to develop overarm bowling technique from the previous lesson  
- to think about different types of bowling/deliveries

(all) will be able to attempt proper overarm bowling technique with some accuracy  
(most) will be able to use a run up consistently and understand the concept of line and length for bowlers  
(some) will be able to bowl accurately and use a variety of different deliveries for different uses

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| **Cricket Tag:** Divide the class into groups of 4/5, each with a reasonably large area. Nominate one child to be a runner, whilst all other children must throw and catch the ball and try to catch the runner by touching them with the ball. The ball cannot be thrown at the runner and children cannot move with the ball in their hands. Change runner once they are caught. | 10 – 15 mins | Extend:  
- Increase size of area to increase challenge for the throwers and catchers  
Support:  
- Decrease size of area |
| **Main (Development/ Application)** |              |                                    |
| **Activity 1: Pairs bowling**     | 20 mins      |                                    |
| Divide the class into pairs, with 1 ball per pair and 2 cones per child placed about a metre apart, to create a target for their partner to bowl at. Children stand 10-15m apart and practise bowling technique, introduced in the last lesson.  
**Refresh technique points:** release at 12 o'clock, bowling grip, side on stance.  
**Progress:** use pairs of different coloured cones to represent different deliveries. E.g. red cones mark the area the ball should bounce for a short delivery (nearer the bowler), green for a good length delivery and blue for a yorker (near the batter’s feet).  
Useful questions: What are the different deliveries used for? Why is it good for a bowler to vary their deliveries? |              | Extend:  
- HA pupils can add run up immediately  
- Decrease distance between target cones to increase challenge  
- Include the run up and follow through  
Support:  
- Increase distance between target cones |
| **Activity 2: Team Bowling Challenge** | 20 mins      |                                    |
| Place 4 sets of stumps, even spaced across the middle of the area, with a team of children set up on either side of the stumps, roughly 10m away. One bowler from each team bowls at the stumps simultaneously, attempting to hit them. Once the ball is bowled, the ball is collected by the bowler and returned to the next bowler.  
**Arrange teams in ability groups.** |              | Extend:  
- Increase distance from stumps  
- Give specific challenges (e.g. points are only scored for hitting the middle stump)  
Support:  
- LA pupils can bowl underarm  
- Decrease distance from stumps |

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Plenary

1. Why is it useful for a bowler to vary their deliveries?  
2. Can you describe proper bowling technique to the person next to you?