

## QUICK RUNS AND SAFE CATCHING

- Divide the players into two teams of four players per game
- Batters need at least two bats and one wicket or suitable target
- Fielders need 3 cones & 1 ball
- Batting umpire calls 'Play' for both teams to start
- Fielders appoint one WK to position behind the nearest wicket
- Three remaining fielders throw a ball clockwise round a triangle to complete 20 catches
- Fielder who makes the 20th catch throws the ball to bounce once in front of the WK - WK catches the ball, touches the wicket and shouts 'Stop'
- Fielding umpire counts the number of catches and on the 20th shouts 'Twenty' - a catch is discounted when the ball is dropped or if thrower did not have a foot touching their marker when throwing
- Batters run one at a time to score two runs i.e. there and back
- Batting umpire records the number of runs completed before the WK shouts 'Stop' - a run is discounted if a batter fails to slide the bat over the popping crease
- Each team has a go at fielding and batting
- The team with the highest number of runs is the winner.

### Easier / harder

- Decrease / increase size of targets
  - distance to be run
  - distance between throwers
  - distance of throwers from WK
  - number of throws to be completed

