

## TARGET BOWLING

- Divide the players into groups of four, five or six
- Set out the activity as shown below
- First player bowls overarm at the ground target
- The ball is collected by a player who from behind the wicket runs to the opposite end
- The bowler runs beyond the wicket to become one of the wicket keepers
- Points (individual and / or group) can be given for accuracy:
  - one point for landing in the target
  - one point for hitting the wicket
  - three points for doing both

### Easier / harder

- Decrease / increase
  - distance between players
  - size of the target
- Roll the ball back to the next bowler and follow it to join the bowlers
- All bowlers have a ball to aid continuity



To avoid possible injury it is important that the shoulders and hips should point in the same direction when bowling

