

Year 7 Rounders—How do we embed skills to play successfully in Rounders?



The Basics

To develop their understanding and knowledge of the basic rules of Rounders

Teams

Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time. If a team is mixed, there should be no more than 5 male players.

Scoring

- If the batter hits the ball and reaches and touches 4th post before the next ball is bowled, the batting team scores 1 Rounder.
- If the batter hits a no ball and reaches and touches 4th post before the next ball is bowled, the batting team scores 1 Rounder (you cannot be caught out on a no ball).
- A ½ Rounder is scored if the batter reaches 4th post without hitting the ball.
- A ½ Rounder is scored if the batter hits the ball and 2nd or 3rd post is reached and touched before next ball is bowled. However, if you continue this run and are put out before reaching 4th post, the score will be forfeited.
- A penalty ½ Rounder is scored for an obstruction by a fielder.
- A penalty ½ Rounder is scored for 2 consecutive no balls to the same batter.
- A penalty ½ Rounder is scored by the fielding team if waiting batters or batters out obstruct a fielder.
- A batter can score in the normal way on a backward hit but must remain at 1st post while the ball is in the backward area.



The post a batter is running to is stumped.
 The batter is caught out.
 A batter overtakes another batter on the track.
 A batter deliberately drops or throws their bat.
 The batter misses or hits the ball and their foot is over the front or back line of the batting square.
 A batter runs inside the posts (unless obstructed).
 If the batter is ordered to make and maintain contact with the post and refuse to do so.
 The batter loses contact with the post; When the bowler has the ball and is in the square (except on an over run). During the bowlers action but before they release the ball.

A player is out when...

rating	men
very good	< 4.80
good	4.80 - 5.09
average	5.10 - 5.29
rating	women
very good	< 5.30
good	5.30 - 5.59
average	5.60 - 5.89

Fitness Component	Training Method	Testing Method
Speed – the rate at which an individual is able to perform a movement or cover a distance in a period of time.	Acceleration/Hollow Sprints – Short interval training as well as weight training can also be used	30 metre sprint test – The test involves running a single maximum sprint over 30 meters , with the time recorded. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line.

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The Skills



Batting

The batting team should wait in the backward area well away from 4th post.
If out, wait in the backward area well away from 1st post.
A batter should only enter the batting square when called to do so by the Umpire.
The batter will have one good ball bowled to them.
Batters can use 2 hands if they wish.
Batters can take a no ball and score in the usual way, but once you reach 1st post you cannot return. You cannot be caught out or stumped out at 1st post on a no ball.

Catching

One way to instantly improve catching is to focus on body position. The position of the body can make or break a catch, and it's something that's often underestimated. When the ball is in the air, the player should keep their eyes on its flight at all times and move their body to line up with its descent. There may be a few movements needed – sideways, forwards or backwards – but by keeping the ball in sight and aiming to line their body up underneath, the player will be in the best possible position.
Once you've got the basics of a good body position, you'll need to move onto getting the hands right. The correct technique involves the use of the fingers, not the palms of the hands.
Two hands should be used for catching wherever possible; one handed catches are extremely difficult, even for skilled players. The hands should be cupped with the fingers extended; the fingers should close around the ball and pull it in as soon as it lands.

Bowling and no-balls

A No Ball will incur if:
The ball is not thrown in a smooth underarm action.
The ball is above the batters head or below the batters knee.
The ball bounces on the way to the batter.
The ball is thrown wide or straight at the batters body.
The Bowler's foot is outside the square during the bowling action.



Throwing

Throwing the ball in quickly and accurately from the outfield is an important skill for every fielder to master.

Step One

Having collected the ball in both hands, stand sideways to the target. The throwing arm is taken back behind the head.

Step Two

Pull the non-throwing arm through. Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder. The wrist should be outside the line of, and behind, the elbow.

Step Three

Release the ball with both feet on the ground and the chest facing the target.

Step Four

Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.

Transferrable Skills

Communication is needed between a team to ensure that everyone is on the same page and knows what to do.

Running between posts

If a batter stops at a post, they must keep in contact with the post, with hand or bat. If they don't, the fielding side can stump the following post to put the batter out.
Batters can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped).
When the bowler has the ball in the bowling square a batter cannot move on, but if they are between posts they can carry on to the next.
There cannot be two batters at a post. The umpire will ask the first to run on when the second makes contact.
When at a post, the batter does not have to move on for every ball bowled.
Once in contact with the post, a batter may turn the corner over the 2 metre line.
Batters can move on as soon as the ball leaves the Bowler's hand, including no balls.
Batters must touch 4th post on getting home.

Fielding

There are nine defensive players on the field at any given time, and those players are divided into service, base and field players.

Service Players

The two players responsible for ball service are the bowler and the backstop.

Base Players

In rounders, aside from the backstop, there are 3 base positions. These players are responsible for all plays that occur between the bowlers' box and the outfield. Exactly where a player is located relative to the base is determined by his experience.

Field Players

The remaining 4 field positions are in the outfield. These positions are the left infield, left outfield, right infield and right outfield. Right and left outfielders can be played as far back as necessary (within the boundaries of the field dimensions) depending on a known batter's hitting ability.