

Year 9 Rounders – How do we outwit our opponents in Rounders, by using skills, tactics and abiding by laws of the game?

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

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



The Basics



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 $\frac{1}{2}$ Rounder is scored if the batter reaches 4th post without hitting the ball.

A $\frac{1}{2}$ 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 $\frac{1}{2}$ Rounder is scored for an obstruction by a fielder.

A penalty $\frac{1}{2}$ Rounder is scored for 2 consecutive no balls to the same batter.

A penalty $\frac{1}{2}$ 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.

Key Words

Rounder: A rounder is what the batting team is trying to score. The team with the most rounders wins.

Post Fielding: A fielder on a post will need quick reactions and good knowledge of the game to get opponents out.

Deep Fielding: Deep fielders will need good long range catching and throwing skills. They will need to communicate to throw to the correct post.

Bowling: The bowler will bowl accurately into the batters box. They need to ensure they bowl to the target zone between the knees and head.

Batting: Batters will hit the ball into space so that they have enough time to run a rounder.

Numeracy links:

- Estimating
- Distances
- What are 90 Degree Angles?
- Counting and Addition.

A player is out when...

- 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.

• Scoring:

This table lists general ratings for the Wall Toss Test, based on the score of the number of successful catches in a 30 second period.

| Rating | Score (in 30 seconds) |
|-----------|-----------------------|
| Excellent | > 25 |
| Good | 20 - 25 |
| Average | 10 - 20 |
| Fair | 05 - 10 |
| Poor | < 05 |

| Fitness Component | Training Method | Testing Method |
|---|---|--|
| Balance The ability to maintain the body's centre of mass above the base of support | Circuit training- weight bearing exercises Weight training- lower set and reps with higher weights | Standing Stork • Stand on both feet with hands on hips • Lift the right leg, placing the sole of the right foot against the side of the left knee cap and close both eyes • Raise the heel of the left foot to stand on their toes • Partner records the time |

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Batting

There are a number of strategies that you can use when batting to outwit your opponent. As well as hitting the ball hard and into space for a **full rounder**, you can hit near and into space to try to get **half a rounder** or even just to get to first post safely and stay **'IN'**.

Catching

Every member of the team will have a different level of catching ability. Each fielding position in Rounders will require a player to catch. Each position will have different catching demands in terms of type of catch and pressure on the catch.

Backstop – immediate catching required, as well as quick decision making to ensure the ball is sent to the correct position to stop the batter!

Post fielder – short catches at speed with high levels of pressure

Deep fielder – catch high balls with excellent technique

Bowler – has to catch to stop the runners at each post.

Which positions could you play?

Bowling and no-balls

Bowling can be used as a skill that can be varied tactically to outwit your opponent.

Pace – changing the pace of the bowl will keep the batting team guessing and make them more likely to miss the ball completely, or miss-hit it!

Spin – a spinning ball is hard to hit with control, a difficult skill to perform but very valuable if you can master it.

Adding speed and spin to the bowl can increase the chances of the batter mis-hitting the ball or missing it completely. You will more chance of getting them out. You will lose accuracy if you do this.

The Tactics



Throwing

Where you throw the ball once you have fielded it can have a huge impact on the outcome of the game. You have to throw the ball to the post that the batter is running to, to stop them or get them out. If you throw it to the wrong post, you will not stop the batter and they will score!

BACK STOP!
A crucial role within the team. A backstop has 4 main roles/duties.

1. Throw to second post to stop a $\frac{1}{2}$ rounder
2. Throw to first post to get the batter out quickly
3. Throw to bowler to stop runners at every post
4. Cover 4th post



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

Positions you might play are:

- * Back stop (behind the batter)
- * Post fielder (to stump the batter at the post)
- * Deep fielder (to field longer hits and if you have a good long throw)

Short Barrier
Get behind the line of travel of the ball. Put heels together and point feet out in a V shape. This acts as a barrier if you miss the ball with your hands. Bend your knees and crouch down with two hands together ready to pick the ball up as it arrives with you.

Long Barrier
Create a long barrier by turning your front foot to be sideways to the approaching ball. Place your other knee next to your foot so that your Tibia (shin) is flat to the floor. Put the faces of your back foot flat to the floor (see picture). Line the centre of your barrier in line with the ball. Put your hands together and gather the ball as it arrives.