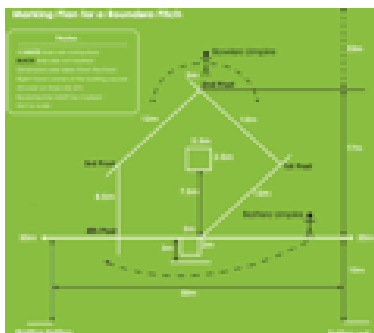


Year 8 Rounders – How do we abide by the rules to play successfully in Rounders?

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



Tactics for playing rounders include

- Timing your actions effectively.
- Strategically placing fielders to make it difficult for the opposing team to score.
- Using deceptive movements and feints to confuse the opposition.
- Not hitting the ball to move runners around the bases.
- Stealing bases by running to the next base before the pitcher throws the ball.
- Hitting the ball into gaps between fielders.
- Focusing on proper fielding stance, body positioning, communication, and anticipation.
- Using specific throwing tactics based on the situation.

Some strategies in rounders include

- The backstop throwing the ball straight back to the bowler to reduce the risk of first base missing the catch or the backstop overthrowing.
- Throwing the ball to second base if you know the batter is usually a fast runner.
- Throwing the ball to fourth base once the batter has passed the third base.
- Bunting the ball, which involves lightly tapping the ball with the bat instead of swinging for a full hit.
- Stealing bases, which involves running to the next base before the pitcher throws the ball.
- Hitting the ball into a gap between fielders to give you more time to run around the bases before the ball is retrieved.

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.

rating	men
very good	< 4.80
good	4.80 - 5.09
average	5.10 - 5.39
rating	women
very good	< 5.30
good	5.30 - 5.59
average	5.60 - 5.89

Fitness Component

Speed – the rate at which an individual is able to perform a movement or cover a distance in a period of time.

Training Method

Acceleration/Hollow Sprints – Short interval training as well as weight training can also be used

Testing Method

35 metre sprint test – The test involves running a **single maximum sprint over 35 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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Batting

You will need to use the basics of batting from Year 7 to refine your performance. Changing the position of your body to hit to the right and left and looking for gaps in the field to hit the ball into is essential in being able to score rounders to help your team win. You can stand in a different part of the batting box to dictate where the bowler has to bowl the ball



The Skills

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 Skills

There are a number of fielding positions in a game of rounders. Which position you play can depend on your skill levels in throwing and catching as well as your reaction time.

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 laces 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.

Catching

There are different catching techniques to use depending upon the height and flight of the ball coming to you. A catch above the head should be caught using 'Fingers up' technique. It is important to create a big and strong catching area with the hands and this is achieved by placing your thumb and forefinger of one hand over the thumb and forefinger of the other hand. It creates a web like strong structure that no cricket ball can break. A ball being caught lower down can be caught using the 'Fingers down' technique. Interlink the two little fingers and butt together the heel of your hands to create the strong catching structure.

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.

Pace Bowling

Adding speed 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.