

# SUBJECT: P.E

## UNIT: Year 10 Cricket



### Key Terminology:

#### Batting

##### Drive shot

Stand with feet shoulder width apart and parallel to the batting crease.

Slightly flex knees and keep weight evenly distributed.

Keep your head over the front foot and face the bowler.

The head should be level with the front knee, with the back foot raised up to the toes.

On contact, the bat accelerates vertically through a straight path, keeping elbows bent, until the face of the bat is pointing to the sky.



##### Pull shot

Deep step back into crease.

Feet in line, body chest onto bowler.

Bat swings horizontally to hit the ball at arm's length.

Rear shoulder now points up the wicket.



### Components of fitness required

**Muscular endurance** - If your muscles tire quickly when batting, you will struggle to maintain high levels of power on shots

**Power** - You will need powerful shots to hit 4's/6's when batting

**Speed** - The faster you run between the wickets, the less likely you are to get ran out

**Flexibility** - Increased range of motion in your arm when bowling

**Coordination** - Hand eye coordination when batting to hit the ball

**Reaction time** - Respond to the ball coming at you quickly to catch it

### Cricket positions

Bowler

Wicket keeper

Slips

Gully

Point

Cover

Third man

Extra cover

Mid off

Fine leg

Square leg

Mid wicket

Mid on

