

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 | Extra cover |
| Wicket keeper | Mid off |
| Slips | Fine leg |
| Gully | Square leg |
| Point | Mid wicket |
| Cover | Mid on |
| Third man | |

