

SUBJECT: P.E

UNIT: Year 9 Cricket



Key Terminology:

Batter – The player who is hitting the ball.

Boundary – The edge of the playing field, where the ball can be hit to score four or six runs respectively. A four is scored if it bounces before hitting the boundary whereas it is a six if it goes over the boundary without hitting the floor first.

LBW (Leg Before Wicket) – This is a method of dismissal where the ball when having been bowled would normally strike the stumps if not for the fact it strikes the batsman's leg first.

Middle Order - Refers to the batting positions or batsmen numbered between 4 and 7.

Innings - The period of time spent batting by a team or individual.

Non-striker – A term used to describe the batsman waiting at the bowler's end.

Duck – When a batter gets out for zero runs.

Golden Duck – When a batter gets out for zero runs on the first ball.

Century – A score of 100 runs by a batsman.

Overs - An over is when a fielding player bowls six deliveries to the batsmen. You change who bowls after every over.

Run out – When a fielder throws the ball to hit the stumps before the batters back in the crease. This results in the dismissal of the batsman.

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

Tactics

Spreading the fielders around the boundary in an attempt to stop the batters from hitting it over.

Dictating where the batter can hit the ball by bowling at different parts of the body/wicket.

Positioning team members effectively based on key areas of strength such as placing someone with a long throw in the outfield so that the ball returns to the bowler quickly.

