

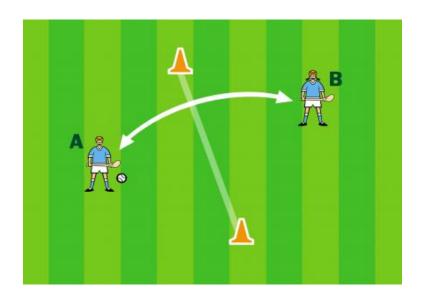






BATTING A BALL OVERHEAD - BAT & BACK HURLING





<u> </u>	Cones
	Player
(Sliotar

This is a court game to improve the player's overhead batting

Organisation

- Divide the players into pairs
- Mark a centre line between the players using cones
- Player A throws the ball overhead and bats to B, who bats the ball back to A
- The players continue batting, counting the number of successful bats in succession

STEP Variation

Players - Increase the number of players and play as a team game

Notes		