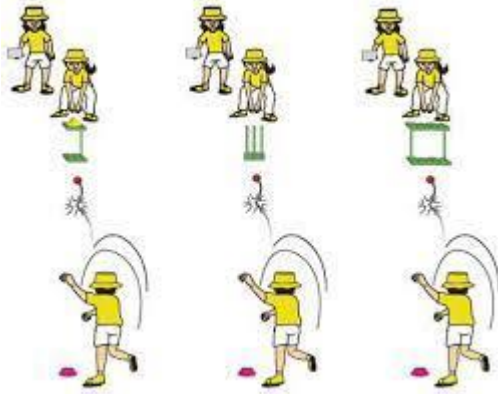

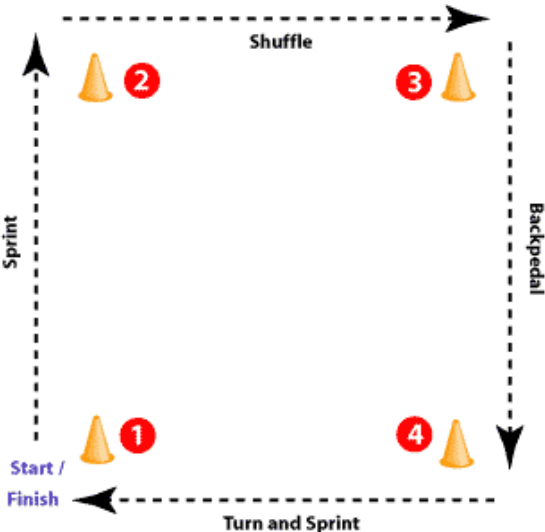




Cricket Activities

GotGame

Try each activity for the set amount of time and record your total. If you don't have a tennis, handball or cricket ball, use a rolled up pair of socks that is roughly the same size.

Activity	15sec s	30sec s	60sec s
<p>Using cricket stumps (or any target) bowl the ball. You can make it easier or more difficult depending on the size of the target and how far away you chose to throw it.</p> 			
<p>Using a wall or partner throw and catch the ball using one of the two catching techniques.</p> 			
<p>Complete the agility course, make sure to have at least 1 metre between each cone.</p> 			

**Have a partner roll a ball towards you (if solo roll a ball underarm against a wall).
Once you have stopped the ball and thrown it back, that counts as one.**



Person 1 stands still and rolls the ball towards person 2, person 2 runs out and picks up the ball on the run and throws it back to person 1.

