

BAT SKILLS CHALLENGE

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HOW MANY TIMES CAN YOU DRIBBLE THE BALL AROUND 2 CONES IN 60 SECONDS?

KIT & SETUP

- 1 BAT 2 CONES 1 BALL PER PAIR
- PARTNER KEEPS SCORE

CONE DISTANCES APART

- 2 METRES FOR KS1
- 4 METRES FOR LKS2
- 6 METRES FOR UKS2

STEP FRAMEWORKS

- STUMP NOT BAT
- BIGGER BALL
- TENNIS RACKET
- SMALLER BALL



TIPS

- KEEP YOUR EYE ON THE BALL
- TWO HANDS ON THE BAT
- CONTROLLED MOVEMENTS
- HIT WITH FLAT SIDE OF BAT
- ASK CHILDREN TO THINK ABOUT TACTICS TO GET A BETTER SCORE

CLICK ON A LOGO BELOW FOR MORE INFO



CHANCE
TO SHINE