


Striking & Fielding at PHSG


Skills



Knowledge



Character



Year 7 Rounders

Bowling technique

Batting stance and basic techniques.

Collecting the ball on the ground and throw in

Catching techniques

Bowling

Batting

Fielding Skills

Basic Ball skills

Accuracy and pace of bowl

Holding the bat correctly

Long barrier

Overarm and underarm throwing

Year 8 Rounders

Long and short distance high balls catching

Placing the ball in the gaps in the field

Bowling techniques.

Tactics, game play and team work

Develop ball work

Batting Accuracy

Bowling

Specific Positional Fielding skills

Overarm and underarm throwing with power and accuracy

Change in body stance

Vary bowls delivered - Spin, Pace, Height, Donley drop

Year 9 Rounders

Triangle tactics (Bowler, 1st base, back stop)

Whole team tactics

Placing ball based on stance and technique.

Bowling tactically within a full game.

Team Fielding

Batting

Bowling

Throwing in and backing up bases

Covering bases, positional play

Backhand hit

Learn to vary bowl based on each batters skills and trends

Year 10 & 11 Striking & Fielding

For those who choose the TEAM GAMES option the summer term is spent doing a variety of striking and fielding options. In these lessons students will further develop their skills, team set plays and tactics.