

ROUNDERS @



Skills and Techniques	Key Words & Terminology	
<p>Hitting To hit a ball effectively you must stand sideways on to the bowler, with your arm in an upward position. Hold the bat with one hand. Use your hips and follow through with your swing. Hitting is the easiest way to score.</p> <p>Throwing Hold the ball and keeping your elbow high, follow through to create power through your arm. Step forward with your opposite foot to add more power and help with the direction of the ball. Underarm for short distance and overarm for long distance.</p> <p>Catching To effectively catching the ball you must position yourself under the ball with hands in a cup shape. Once you have the ball in control you bring the ball close to your body to ensure you do not drop it or lose possession. Catching effectively can help to stump someone out or even catch them out after a hit.</p> <p>Long Barrier The long barrier is a fielding technique for stopping a rolled or low ball. The heel of your foot is placed in front of with the knee of the other leg. The lower part of the leg and its foot are also placed on the ground. This acts as a barrier so the ball does not go past you.</p> <p>Bowling In rounders you must bowl underarm and it is classed as a no ball if it is above the head, below the knee, too wide where the player has to move for the ball, on the hitters non-batting side or if it is aimed towards the body.</p> <p>Stumping To get a player out you must stump the post with the ball before the player reaches the post they are running to, and makes contact with it with their rounders bat.</p> <p>Running and stopping You must be able to sprint as fast as you can as well as stopping at the post if necessary to beat the ball. You must be able to stop effectively as this is a 'getting out' risk.</p> <p>Fielding You must be effective in getting the ball back to the bowler or to a player who is at a base/post. You must have good knowledge and understanding of the game to be an effective fielder. For example, you must know where to throw the ball to, to get a player out or stop them from scoring. You will need a number of skills for this, including throwing and catching.</p>	<p>Fielding Batting Bowling Backstop Power Long barrier Post/base</p>	<p>Accuracy Throwing Catching Stumping Hitting Running</p>



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Rules

A minimum of 5 players and a maximum of 9 players on the pitch at one time. Each game has two innings.

Batting - Directional hitting - When batting, aim to hit the ball into a space where there are minimal fielders so it is more difficult for them to get you out.

Hitting Behind - If a batter hits the ball behind the backstops line, they must stop at 1st base until the ball crosses over the line and is back in play. If you do not hit the ball and it goes behind, you can run and score.

Scoring - The main aim is to score as many rounders as possible.

- If the batter hits the ball and gets to 2nd or 3rd base they score $\frac{1}{2}$ a rounder - if they did not hit the ball they do not score at 2nd base.
- If the batter hits the ball and gets all the way to 4th base they score a full rounder - if they did not hit the ball they get $\frac{1}{2}$ a rounder.
- You can also score $\frac{1}{2}$ a rounder if you are bowled 2 no- balls in a row or if a member of the fielding team obstructs you during your run.

Getting Out:

- 1.If you deliberately throw/drop the bat
- 2.If you run out the front of the batting box
- 3.If you run inside the posts
- 4.If a fielder stumps the post you are running to
5. If a fielder catches the ball before it hits the floor after a hit
6. If a player leaves a post but then runs back to it
7. If a team player overtakes another

Tactics

Fielding - Move your fielders around depending on the batters strategies e.g., left handers, far hitters, sideways hitters etc.

Bowling - The batter can still run on a no ball and score as normal, but you cannot be caught or stumped out at 1st base. When the bowler has possession of the ball in the bowling square all batters running, must stop at the base they are at, or running to.

Directional Throwing - A good tactic for the backstop is to throw the ball to 1st base when it is a no-hit, this is an easy way to get players out. A useful tactic when the batter has done a backwards hit is for all players to back up 2nd base and the backstop throws directly there in case the player decides to risk the run to score $\frac{1}{2}$ a rounder. If you hit a ball when it is called a no-ball you should still take it as they cannot catch you out or stump you out at 1st base.

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