

# Give it a Go

## Guides

### Cricket badge



To gain your 'Give it a Go' cricket badge, you should try each of these activities below with help from your unit leader or attend a cricket taster session with a local coach.

- Name 3 main rules of cricket
- Discuss what health and safety gear must be worn and why.

#### 1 Activity 1 - Technique

Demonstrate the correct technique in bowling and catching the ball. In pairs/small groups:

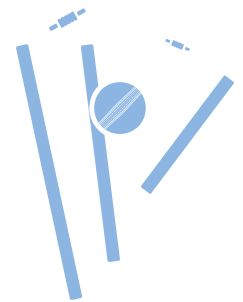
- Complete 10 bowling actions
- Complete 10 overarm throws
- Make sure your bowls and throws go directly to your partner. (Aim and accuracy)

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#### 2 Activity 2 - Batting

- In pairs/small groups take it in turns to underarm bowl whilst the other bats the ball back to you.
- The batter needs to hit the ball back directly to the bowler.
- The bowler will catch the ball and bowl again.
- Swap over after 8 goes each.



#### 3 Activity 3 - Complete a cricket circuit

Work on your cricket skills and fitness with an exercise circuit.

The circuit must focus on:

- speed (e.g. running back and forth to a wicket),
- agility (e.g. running in and out of cones),
- balance (e.g. balancing on a rope or floor markers) throwing/catching (e.g. throwing the ball in the air and catching – how many times can you clap before catching it).

