

Give it a Go Rainbows Cricket badge



To gain your 'Give it a Go' cricket badge, you should try each of the games below with the help from your leader or take part in a cricket taster session with a local coach.

1 Activity 1 - Ball collect

This warm up is aimed at working under pressure and accuracy of throwing skills.

- Loads of balls should be placed around the area.
- Aim of game is to collect the balls as quickly as possible.
- You must throw the ball into the buckets placed.
- Game only finishes once all the balls have been collected and thrown into the buckets.

2 Activity 2 - Target practice

- In pairs throw an overarm throw back and forth.
- Count how many you can do without dropping the ball.
- How many throws can you complete in 1 minute?
- Must start from 0 if you drop the ball.

3 Activity 3 - Bat up's

- Everyone has a bat and a soft ball.
- Try and do as many keepy uppies as possible.
- Try and jog whilst doing keepy uppies.
- Can you zig zag between cones and do keepy uppies?

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