

Give it a Go Rangers Cricket badge



To gain your 'Give it a Go' cricket badge, you should complete each of the activities below with the help from your unit leader or attend a taster session with a local coach. (Session must last 2 hours if not doing this badge as a unit).

[Click here to buy badge](#)

[Visit Cricket Wales site](#)

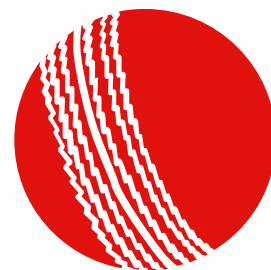
1 Activity 1 - Technique

Demonstrate the following techniques

- Bowling and catching
- Hand positioning on the bat
- Hitting the ball

2 Activity 2 - Target practice

- Targets will be placed all over the playing area.
- Girls must bowl the ball and try and hit the targets.
- 1 point for each target hit.
- How many points can each girl get in 8 bowls?



3 Activity 3 - Competition time

- Split the girls into 2 teams on opposite ends of the playing area.
- A large ball will be set up in the middle of the area.
- Girls must bowl/throw the cricket balls (or tennis) at the large ball in the middle attempting to move it to the oppositions side.
- First team to get the ball to the oppositions side wins.

4 Activity 4 - Kwik cricket

- Play a game of kwik cricket in your unit using [this link](#) below which will take you to the rules of how to play – there are several different versions you can choose from)

5 Activity 5 - Match it

- Attend a local, regional or international cricket match.

