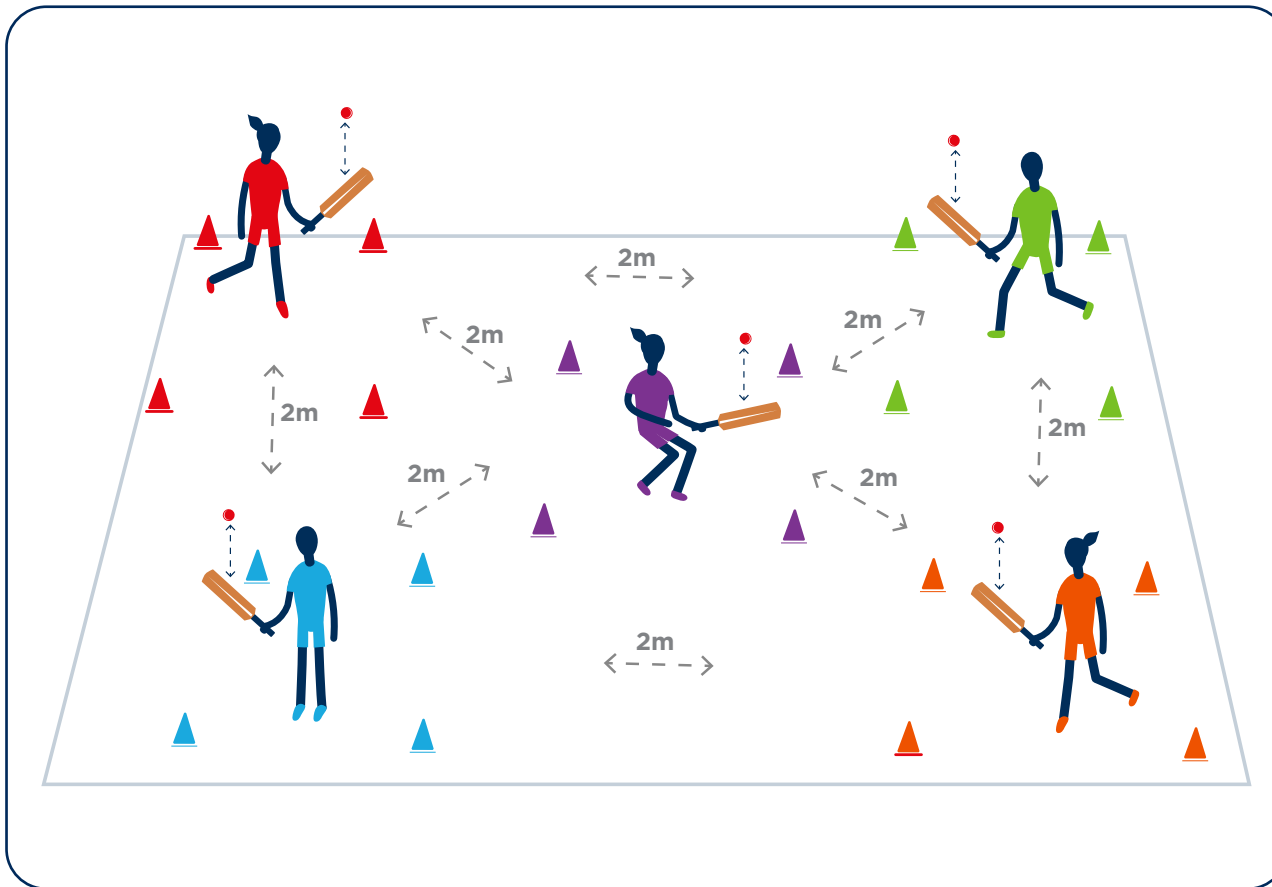


COVID-19 BAT TAPS



Equipment

Per player:

Ball: 1+

Bat: 1

Aim



Batting



Warm up

Organisation

Players work in own area.

Players bounce the ball on the bat or part of the bat eg edge, back, toe etc. whilst conducting a series of movement skills.

Player to stand on one leg, bounce the ball on the bat then go onto knees, lie down, back up again, one low tap, one high hap, four low, one high etc.

Also let the ball bounce on the floor then kick it back on to the bat - use both feet, catch the ball on the bat after a high hit.

Players record their own personal bests.

Adaptation/variation

Play music

Use a bigger ball

Use a smaller ball

Transition to Strike zone - see icoachcricket



Hand sanitiser - write your name on it



Always remain two metres apart¹



One skin one ball!



Do not share equipment¹

¹Unless from the same household
Guidance accurate as of 5 June 2020