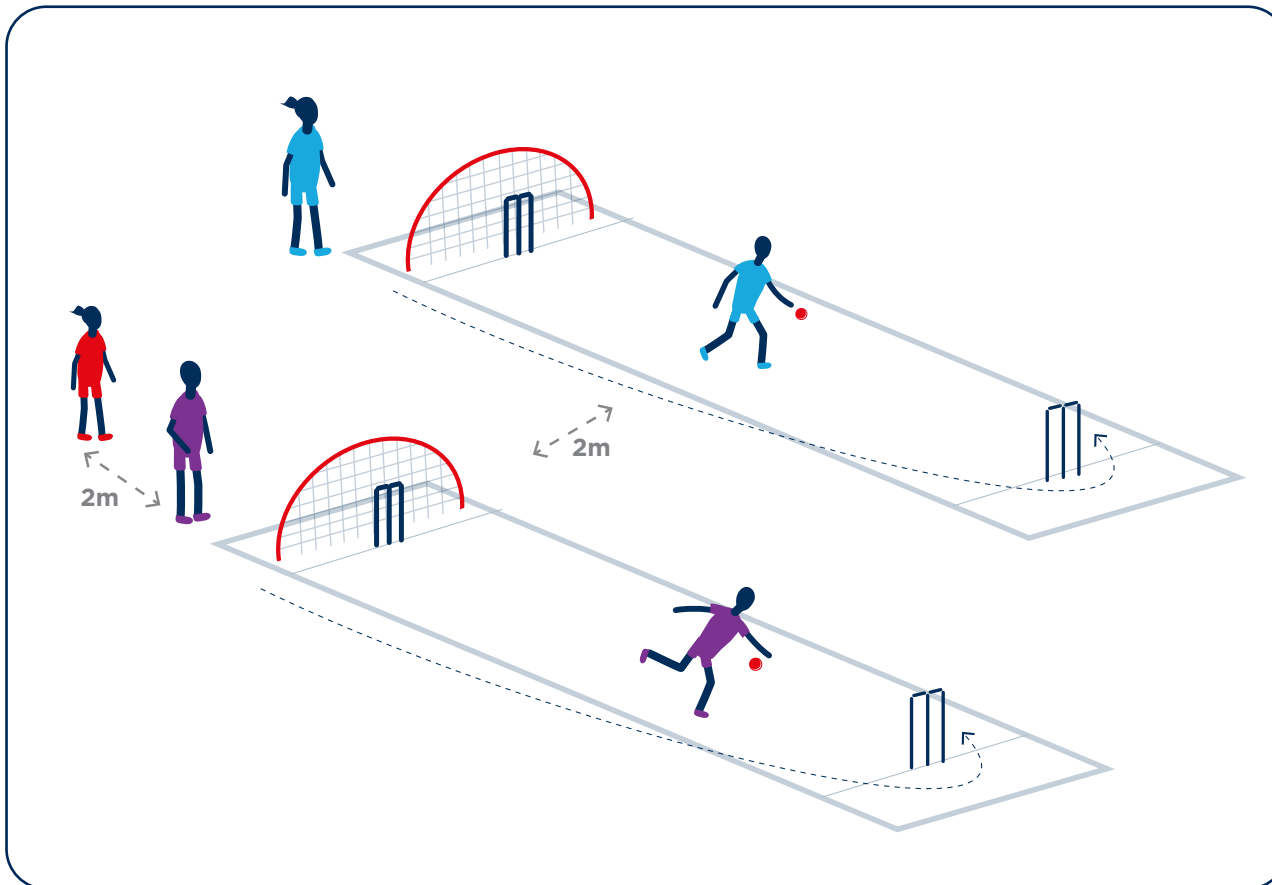


COVID-19 AT THE STUMP RELAY



Equipment

Per player:

Balls: 1+

Per lane:

Fielding net: 1

Stumps: 2

Aim



Fielding



Running

Organisation

2/3 players per lane

Players in each lane place ball on the ground in their lane

Player then runs around the second set of stumps and attacks the ball aiming to hit the stumps with an under-arm throw

This continues for a set amount of repetitions or time allocated

Adaptation/variation

Increase/decrease the throwing distance

Use an over-arm throw

Use non-dominant hand

Use different size balls

Add points system

Transition to Run them out - see icoachcricket

Transition to Hit the stumps - see icoachcricket



Hand sanitiser - write your name on it



Always remain two metres apart¹



One skin one ball¹



Do not share equipment¹

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