



Key Knowledge

Learn these key facts—key points in red

Ready Position

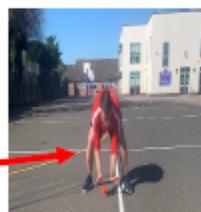
The ready position is a key starting point when fielding. It provides you with the best opportunity to **catch and/or stop the ball** and allows you to move into position quickly. This is done by being **on your toes** with your body weight slightly towards where the ball is coming from with hands ready.



Short Barrier



The short barrier is a way of stopping and picking up a ball. It can be done with either **one or two hands**. The palm of your hands need to be able to '**see the ball**' with **fingers pointing towards the ground**. You can also put your foot behind your hands in line with the ball as a back up in case you miss the ball with your hands.



Don't be a frog!!

Releasing the Ball

This is a vital skill for **throwing** control for both distance and aim. Where you release the ball from your hand will determine whether the ball goes high, low, to the side or at the target. Think Spiderman!



Hand Position

This is used for **catching and stopping** (see short barrier) the ball. When catching with two hands your hands need to be together with **no big gaps**—if there is a gap the ball may go through your hands. This needs to be maintained until the catch is complete.



Key Vocabulary

Understand these key words

Word	Definition
Catch	Stopping a moving object without it touching the ground and keeping hold of it.
Roll	Sending a ball towards a desired target as close to the floor as possible
Fielding	A combination of moving yourself, stopping, catching and throwing the ball.
Short Barrier	A quick way of stopping and picking up a ball
Throw	Sending an object to a desired target through the air
Underarm Throw	Used to propel an object over a short distance accurately
Overarm Throw	Used when propelling an object for distance and/or speed
Ready Position	A starting position when fielding to ensure the best chance of catching and stopping the ball
In—Line	To follow the ball's direction when it is going towards you—moving to the path of the ball
Releasing the ball	The point of the throwing action where the ball leaves the hand

Focus Sports

Cricket

A bat and ball game played on a wicket between two teams of 11



- Played since Medieval times
- Matches played in various forms 20Twenty, 1-day and Test

Rounders



- Players try to hit the ball and
- Played since Tudor times

Stoolball



- Combination of cricket and rounders.
- Originated in Sussex from the 15th century .