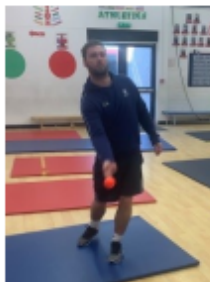




Learn these key facts—key points in red

An underarm action is needed from box to box. The ball must NOT bounce between bowler and batter. You can step into the bowl (as long as you stay in the box) to generate more power. The ball must reach the front of the batting square above the batters knees but below their head.



Stand sideways on to the bowler

Keep your batting arm
at a right angle

As you take your weight onto your back leg, bend your back knee straightening your front leg

Keep your eye on the ball at all times

As you bring your arm forwards to contact the ball transfer your body weight onto the front leg

Direct the ball and follow through where you want the ball to go



Fielders on posts must stay on the inside of them. Batters must run around the outside of each post,



Marking Plan for a Rounders Pitch



Understand these key words

Word	Definition
Bowl	Stopping a moving object without it touching the group and keeping hold of it.
Squares	Batter and Bowling areas.
Fielders	Team trying to stop the batters scoring rounders
Posts	At the corners of the pitch for batters to run around and fielders to stump
Stump	Fielders need to touch the ball against the post to get batters out.
Underarm Throw	Used to propel an object over a short distance accurately
Overarm Throw	Used when propelling an object for distance and/or speed
Innings	The whole team bats.
Rounder	Batters runs all the way around all 4 posts in one go.
No-Ball	Ball is bowled below the knee or above the head of the batter. The bowler steps out of
Wide	Ball is bowled wider than the batting square

Teams

There are many local teams that play plus England, Ireland, Scotland and Wales all have representative teams.

At Elite level Rounders is only played by women .

Competitions

Worthing Primary Schools play in leagues annually.

It is a Sussex School Games event at High Schools.

