



Meet some brilliant athletes...



Ben Stokes plays Cricket for Durham and England. He one of the best all rounders in the world meaning he is brilliant at batting



Emma Raducanu is an English tennis player. She recently won the US Open won of the biggest tennis competitions in the world!

Posture

When batting or playing tennis the children need to be taught how to have a good posture. This means legs shoulder width apart, head facing the ball, eyes watching the ball carefully, on the balls of the feet. The checklist below can be used with the children.

Eyes ready body ready Feet ready Eyes ready Go!

We will learn to;



Hold the racket/bat



To hit the ball to ourselves.



To hit the ball to a target and then a partner.

Cricket

The most important thing is for children to enjoy the sensation of hitting the ball and achieving some success with it. The links below will help the children to be batters.

<https://www.youtube.com/watch?v=H0DrX9QqiDs>

<https://cricketcoachingclinics.com.au/cricket-batting-tips/>

Pre hitting (these will need to be taught first to help hand eye coordination).



Children need to be taught to **stare** at the ball!

Hand shake Grip

Children will shake hands with each other and then with partner practice shaking a racket's hand!

Tennis Ball Dribble

Children will dribble a tennis ball with a racket on the floor to practise control.

Bean Bag Pancake Flip

Children will 'flip' a bean bag up and catch it on their racket like it is a bean bag!

<https://www.amaven.co.uk/blog/7-bat-ball-games-to-play-with-kids-who-are-new-to-cricket>

The link above will give the children lots of opportunity to develop their batting. The games involve all the children and give them lots of opportunity to put bat on ball.

<https://tenniscompanion.org/12-essential-tennis-drills-for-beginners-and-kids/>

This link gives lots of opportunity for children to improve their hand eye coordination and to put bat on ball.

For both sports children will need to use a slightly larger ball first before moving onto the more regular sized balls.

The most important aspect of teaching this sports is for children to have fun hitting the ball and have the opportunity to become more successful at this.

Key vocabulary: Glossary

Racquet	The 'bat' that is used in tennis, badminton and squash.	Serve	The first 'hit' in a game of racquet sports.
Posture	How you hold your body.	Grip	How a ball or racquet is held.
Bowling	The name for 'throwing with control' a ball towards a batsman.	Runs	The name of a 'point' in cricket. This is achieved by 'running.' Between two wickets.
Wicket	The 'base' a batsman has to protect in cricket.	Bat	The 'racquet' used in cricket.