



# WILTSHIRE VIRTUAL SCHOOL GAMES: CRICKET



## THE CHALLENGES

### Close Catching

- Position yourself about 1 metre from a wall
- Throw a ball against the wall with 1 hand and catch it with the other, then throw it back the other way
- Stand with your feet shoulder-width apart and your knees slightly bent
- Set the timer for 1 minute and count your catches

### Hit the Wickets

- Set up a target to throw at
- Mark out a line to throw from, ideally about 7 metres (7 large strides) away from your target
- Throw your ball at the target then retrieve it
- Set the timer for 2 minutes and count how many times you successfully hit your target
- You can throw underarm or overarm

Find demonstration videos and more advice on our website

## WHAT YOU WILL NEED

### Space

Inside or outside, but make sure there is nothing breakable around you.

### Task

Don't worry if you drop the ball, just pick it back up and carry on. You can do one task or both.

### Equipment

Use any ball, or balled up socks or newspaper. For Close Catching the ball will need to bounce. For Hit the Wickets, use something unbreakable as a target e.g. a wheelie bin and get permission first.

### People

You may need someone to time you and to video you doing the challenges

For advice on how to make these activities more inclusive, visit our website

## SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 12<sup>th</sup> June at:

[www.wiltssport.org/virtual-school-games](http://www.wiltssport.org/virtual-school-games)

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