

Content outline

This activity aims to focus on the correct technique to perform a long barrier – which can be applied to Cricket

- Correct body position
- Movement into position
- Position of hands
- Decision making



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance from the ball feeder / wall (to make the task more difficult)
- Decrease the distance from the ball feeder / wall (to make the task easier)



Task

- The ball feeder can vary the speed of their ball feed to adapt the difficulty (Increase speed to make the task more difficult)
- Throwing the ball at the wall harder (to increase speed of the ball to catch) will also increase difficulty
- The ball feeder can change the direction of the feed to require you to react and move before performing the skill



Equipment

- Change size of ball
- To increase difficulty, use a small ball
- To decrease difficulty, use a larger ball



People

- If you have another person in your house, try to compete against each other – who can perform the most successful long barriers?
- Can you create your own competition using this skill?
- Challenge a friend with an online competition

Learning intention

Physical:

- To develop the long barrier fielding technique

Personal:

- Decision making
- Performing under pressure

Learning questions:

- Describe the position of your hand when using the long barrier
- Identify 3 coaching points for the long barrier
- How can you ensure that the ball does not travel passed you when performing this skill?
- When were you most successful during the task? And why?
- When would you choose to use this skill during a game of Cricket?