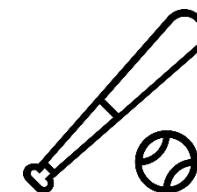




KEY STAGE 3

ROUNDERS BASIC RULES & SKILLS

Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Rounders



Basic Rules

Objective of Rounders

The object of rounders is to hit the ball with a bat and run around the pitch of four bases. The bowler bowls the ball to the batter, who hits the ball anywhere on the Rounders pitch. The batter then runs to as many posts as possible before the fielder returns the ball to touch the post the batter is heading for.

Players & Equipment

Each rounders team has 9 players. Teams take turns to play two innings with all players having a turn at batting (usually timed or 'good balls'). Batters must always keep contact with the post, either with their hand or bat. If you do not, the fielders can stump you out at the following post. A batter may not remain at the same post as another batter. If you are at a post, you cannot keep on moving to the next post when the bowler has the ball in their square. However, if you are between posts then you can keep on moving until you reach the following post. If a post has been previously stumped, you can run on to it, but there will be no score if the next post ahead has been stumped.

Scoring

- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores $\frac{1}{4}$ Rounder.
- If the batter reaches 4th post in one hit, the batting team scores a Rounder.
- A batter is out if the fielding team catch the ball hit by a batter before it touches the ground or by touching the post the batter is running to with the ball before the batter reaches it.
- If the runner reaches the 4th post on a no ball, the batting team scores 1 rounder. The batter cannot be caught out.
- $\frac{1}{2}$ rounder scored if the 4th post is reached without the batter hitting the ball.
- If the ball goes into the backward area, the batter must stay at the 1st post until it reaches the outward area. If the 4th post is reached, 1 rounder is scored.
- If the batter incurs 2 no balls in a row, then a penalty $\frac{1}{2}$ rounder is given to the batting team.
- There is a penalty $\frac{1}{2}$ rounder given to the batting team if the batter is obstructed by a fielder.
- The team with the most rounders wins.

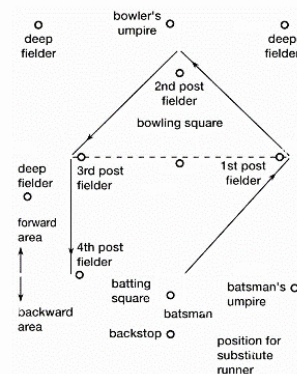
Batting Skills

Basics

You may use two hands when batting, you do not have to. Each batter will have one good ball bowled to them. A batter must hold on to the bat whilst running round the pitch. If released and this is a genuine accident, then once the game play is at a dead ball situation (ball back with bowler), the umpire should ask the batter to retrieve their bat. However, if this is obviously deliberate, then the batter is out.

Stance

Stand side on to the bowler. Hold the bat high in one or two hands behind your body, ready to strike through the ball. Keep your eyes on the ball. Swing your bat forwards. Stamp forwards into the move to gain power. Follow through with your arm and shoulders so that your shoulder faces the way you want the ball to go



Bowling Skills

Positioning & Movements

- ❖ Bowling Box 7.5m from batting box.
- ❖ Cannot step over line.
- ❖ Smooth underarm action.
- ❖ Must arrive between head & knee of batter.
- ❖ Must not bounce before reaching batter.
- ❖ Must be within width of batting box

Technique

- ❖ Grip ball with index/middle finger and thumb.
- ❖ 2 steps into bowl (opposite arm to leg).
- ❖ Hand pointing where you want the ball to go.
- ❖ Bent knees.



Running

- ❖ You must run around the outside of the posts.
- ❖ You must keep in contact with the post.
- ❖ When the bowler has the ball in the bowling box you cannot move on, but if you are between posts, you can carry on to the next.
- ❖ You cannot have two batters at a post.
- ❖ You can move on as soon as the ball leaves the bowler's hand, including no balls.
- ❖ You must touch 4th post on getting home.

Fielding Skills

Fielding Positions

In the fielding team there are 9 positions:

1. Backstop
2. Bowler
3. First base
4. Second base
5. Third base
6. Fourth base
- 7-9 Three deep fielders

Catching

Catching is one of the most important fielding skills in rounders. Players must be able to catch the ball hit by the batter or thrown by another fielder. Good catching skills require a combination of hand-eye coordination, concentration, and agility.

Throwing

Throwing is also an important skill in rounders. Players must be able to throw the ball accurately and quickly to other players on the field. Good throwing skills require proper technique, strength, and accuracy.

Positioning

In rounders, fielders must be positioned correctly on the field to make the most of their skills. The captain or coach should decide on the best fielding positions based on the strengths and weaknesses of the players / opposition.

Anticipation

Anticipation is an essential skill for a rounder's fielder. Players must anticipate where the ball will be hit or thrown, so they can move quickly to catch or field the ball.

Communication

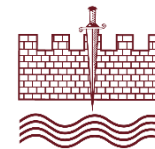
Good communication is essential in rounders, especially among fielders. Players must communicate with each other to ensure they are positioned correctly and to avoid collisions.

Reaction Time

Rounders is a fast-paced game, and fielders must have quick reaction times to catch or field the ball. Good reaction times require practice and training.

Footwork

Footwork is also essential in rounders fielding. Players must be able to move quickly and efficiently on the field to catch or field the ball. Good footwork requires proper technique, agility, and coordination.



KEY STAGE 3

HOMEWORK / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

- What is the object of the game of rounders?
- What equipment is needed to play rounders?
- How many players in a rounders team?
- How is scoring done in rounders?
- Two 'No Balls' results in what?
- Is the batter allowed to run inside the posts?
- If the ball is **hit** behind how far can the batter initially run?
- Who stands behind the batter to field the ball?
- If the bowler has the ball in the bowling square what happens to play?
- Where does the bowler have to bowl to?
- What are the key points when teaching batting?
- What are the basic strategies of rounders?
- What are some common mistakes to avoid in rounders?

Key Vocabulary

- Backstop** - The fielder positioned behind the batter/guides the bowler's ball to the batter.
- Ball** - A small, hard ball used in the game.
- Base** - One of the four designated spots on the field where a player must reach to score a/parts of a rounder.
- Bat** - A wooden or metal instrument used to hit the ball.
- Batting Square** - The box shaped zone in which all bats must get taken.
- Bowler** - The player who throws the ball to the batter.
- Bowling square** - The box shaped zone measuring 2.5 metres square where all bowls must occur from.
- Fielder** - A player who tries to catch the ball and prevent the other team from scoring.
- Good Ball** - A bowled ball that arrives at the batter between head and knees.
- Innings** - The period of play in which each team has a turn to bat and field.
- No Ball** - A bowled ball that arrives at the batter above the head/below the knees/at the body/wide.
- Obstructions** - As a rule, obstructions get classed as either a fielder blocking a batter's hit or run, or a batter deviating from the track. In both situations the obstruction is interfering with play.
- Posts** - 4 vertical poles which are supported on bases. Rounders posts should get placed at the corners of the pitch but not fixed into the ground.
- Runner** - A player who is on base and attempting to advance to the next base.
- Umpire** - The official who makes rulings on the game and enforces the rules.

Assessment Levels

Things to look for when assessing:

Can they consistently make solid contact with the ball and hit it with power and accuracy? Do they have quick reflexes, good hand-eye coordination, and the ability to make accurate throws?

Do they have good speed and agility around the posts?

Can they read the game well and make smart choices on the field?

Communication is key, so do they effectively communicate with their teammates on the field?

Grade 3

- Remember five rules/scoring systems.
- Recall the teaching points for underarm, overarm throw and batting technique.
- Demonstrate ability to perform an accurate underarm throw over a shorter distance.
- Identify the fundamental motor skills needed in rounders.
- Display basic fielding skills and techniques with teacher guidance.
- Show the correct batting stance occasionally making contact.

Grade 4

- Apply the correct bowling technique consistently in a competitive situation.
- Understand the different fielding positions within the game.
- Be able to apply a good batting technique in a game situation hitting the ball over a short distance consistently.
- Identify most of the rules associated with the game and discuss basic tactics.
- Independently show basic fielding skills in a game, such as long barrier, underarm throw and catching from a sympathetic throw.

Grade 5-6

- Analyse your own technique or a peer's technique in skills (throwing, catching, batting, bowling etc.)
- Evaluate: Know what type of throw should be used in different situations. Know where to aim the ball when batting in terms of the positioning of the fielders.
- Apply/evaluate different fielding and batting tactics.
- Combine skills effectively with consistent precision, speed, and accuracy, e.g., long barrier followed by an accurate overarm throw to one of the bases.
- Apply skills and techniques accurately in pressured situations.

Grade 7-9

- Be able to effectively outwit an opponent in a competitive game situation.
- Be able to consistently use advanced and creative skills in game play, e.g., backhand when batting, different types of bowling (Donkey drop).
- Can adapt "their game" to suit their opposition's weaknesses.
- Have a very good understanding of fielding tactics, such as backing up posts, not having fielders on every base, fielding players to cover bases.
- Can develop practices and tactics in training sessions confidently.
- Can assess and improve other pupils' performances.