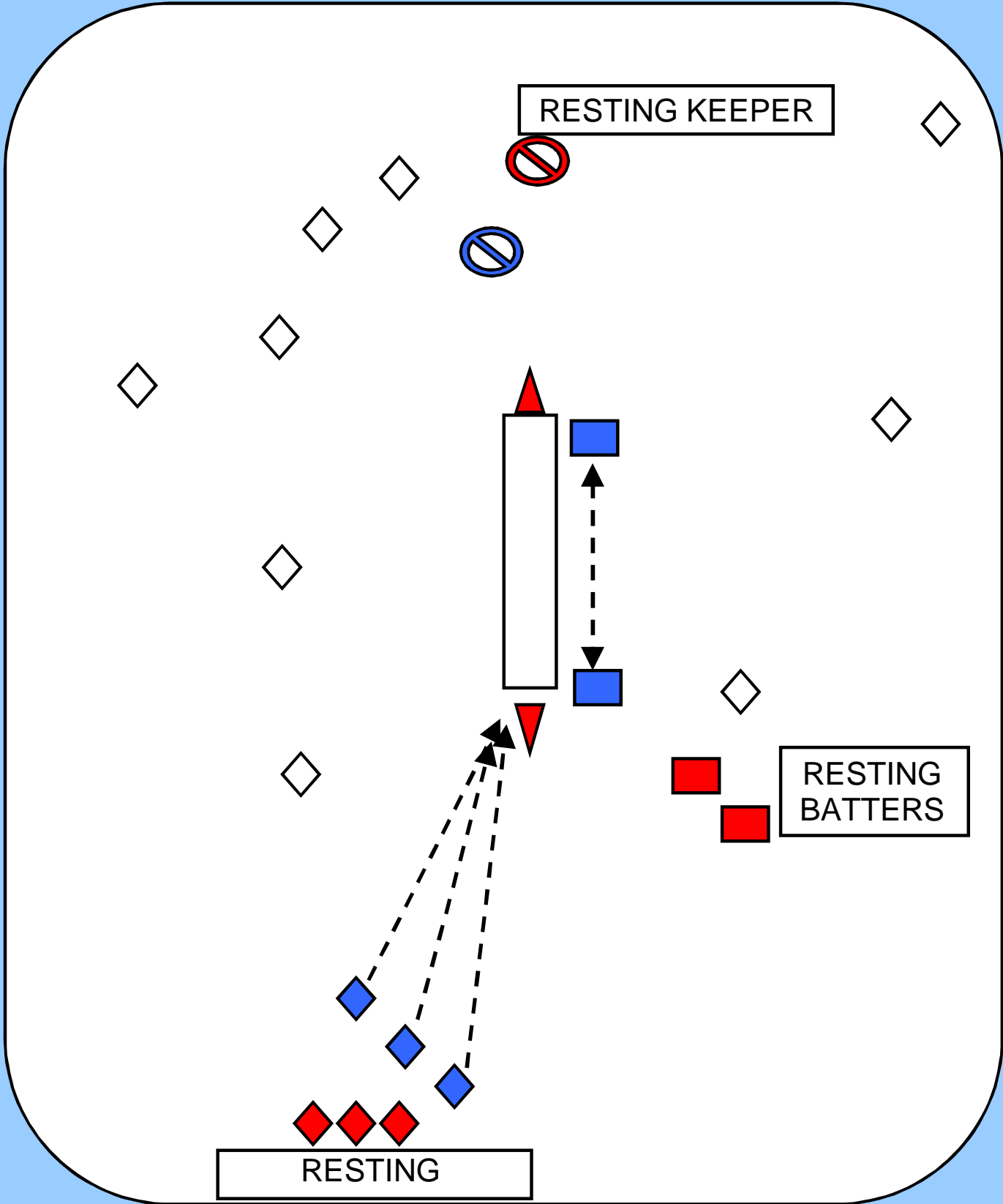




INTENSE CENTRE WICKET TRAINING





INTENSE CENTRE WICKET TRAINING

SKILLS

ALL ASPECTS OF CRICKET

SYNOPSIS:

1. MAXIMUM NINE FIELDERS + KEEPER
 2. BATTERS ARE SET A TARGET OF RUNS TO SCORE WITHOUT GOING OUT (READ SCORE AT THE END) RESTING BATTERS KEEP SCORE
 - 3 EACH TIME A BATTER ARRIVES AT THE BOWLING END HE SWAPS WITH A RESTING BATTER
 - 4..FIELDING TEAM IS SET A TARGET AND THE BALL IS THROWN IN EVERYTIME IT IS FIELDED, RUNS ADDED TO BATTING SCORE IF BACK UPS ARE INCORRECT.
 5. BOWLERS INTERCHANGE AFTER SIX BALLS BOWLED
- BATTERS FACE TWO LAPS OF BOWLING
- BOWLERS CHANGE EVERY SECOND BATTING GROUP



STUMPS



KEEPER



BALL PATH



PLAYERS



BATTER



PLAYER
PATH