



Bexley School Games

Personal Challenges for Cricket Week

Select one of the following 3 challenges:

1. Hit the Wicket

Use something you can find around the house or garden to act as a cricket wicket e.g. a bin. Take approximately 18 steps from the wicket (depending upon the space you have) and using either a tennis ball or something similar (socks rolled up if indoors), see how many times you can hit the wicket using an overarm bowling action in 60 seconds.

2. Spin and Catch

Throw the ball above your head. How many times can you spin before catching the ball? Don't let it bounce!

3. Catching through your Knees

Stand with your knees shoulder width apart. Throw a ball through your legs from front to back (a large ball is easiest). Reach your hands around your back and try and catch the ball before it bounces. How many can you do without dropping it?

Practise your chosen challenge all week and see how you improve

