

To the class

Alright class everybody listen up

Everybody come over here get a ball for themselves. Find your own space on the wall and just have a catch on the wall by yourself.

Make sure your not throwing the ball to each other you are just throwing the ball against the wall that's it.

To Corey

Corey back up

To the class

All right lets go can I have everybody bring it in.

Everybody put the balls in the sack, lets go hustle up.

Tennis balls in the bag.

Do I have all the tennis balls?

All right.

How you doing class? My name is Mr. Tompkins and I'm going to be your phys Ed teacher today.

Today we are going to continue learning cricket. We are going to focus on the basic um the basic techniques of fielding.

My signal for attention today is going to be my voice so when ever you guys hear it I want everybody to stop look and listen and li and pay attention for further uh directions.

The basic cues that we are. Actually first I want to show you guys a quick video over here. We are learning cricket as I just told you.

This is the map of um the map of Europe the game originated in England. Does anybody know where England is? Can someone point it out on the map for me?

Anybody? Anybody? Do you know where it is?

Yes that's perfect that's right where it is. That's where the game originated from and here's just a quick video of the basic skills of fielding that I'm going to show you.

The object of fielding is trying to get the batter out. When the batter hits the ball if you catch the ball before it hits the ground then that's how you get the batter out and obviously you switch after a certain about of outs during the game.

It is a lot like baseball as you can see. All right you guys get the basic jist of things.

All right so everybody here watches baseball I assume. Yankees fans in here anybody?

Derik Jeter how good is he? As old as he is he is still phenomenal. Its like his glove is like a black hole he never misses a ball he never drops a ball.

Imagine how good he would be if he didn't have a glove. That's basically what you just saw here fielding without a glove. What I want everybody to do is to spread out into your own space where you can see me.

We are just going to go over a couple cues that I want you guys to focus on when fielding.

All right so what I want everybody to do is have their knees bent on their toes your shoulders are going to square to where you are going to be fielding the ball so if the ball is coming from here you want to get your shoulders square. Ok and you want to have soft hands when you field the ball.

Has anybody here ever had an egg toss when they were younger? When you catch the ball

when you catch the egg you have to give a little bit with the ball or else the egg or else the egg is going to crack all over you.

It's the same thing here when your fielding the ball you want to field it and give a little have soft hands.

So those are the cues right here you want to have you want to have your shoulders square square to the ball your knees bent and you want to have soft hands.

So everybody just pretend like you are fielding a ball right now.

There you go nice job. All right can I have everyone get a partner one person on this black line here and the other person on this black line over here. Line up down that way.

Lets go hustle up!

Get on the line ill give you guys the balls.

One person on this black line one person on that black line.

Hold on to the ball don't do anything with it until I tell you to.

All right everybody has, can I have the balls start on this side. Balls start on this side.

And what I want this side to do is spread out guys so everyone has some space, come on down. What I want this side to do is to roll the ball to this side and this side is going to field the ball cleanly. Focusing on those cues having your shoulders square to the ball your knees bent and you want to have soft hands when you are fielding the ball.

All right so everybody start rolling the balls back and fourth.

Good job.

Good job.

That's the way to stay low on the ball.

Nice job.

Can everyone bring their attention down here on these two. I want everybody to notice how they really stay down on the ball. Their knees are bent shoulders are square and they have soft hands when reviving the ball.

If you feel that this is too easy for you, you guys can back up and get more distance between the two of you. And you can also um roll the ball a little faster.

All right everybody go ahead.

All right can I have all the balls on this side please.

All right you are going to keep your same partner but what I want this line to do is to shift down here.

That line can stay there.

So what you are going to do now is to roll the ball on an angle to your partner.

You guys can bring the lines back in if you just want to get a feel for it.

All right go ahead.

Good job.

(Went around and gave everyone in class a number cannot here what I was saying on video)

All right I gave everybody numbers. Can I have the ones here, twos right here, threes right here, fours, fives, and sixes.

What we are going to do I want one ball per group can everyone give me the extra balls.

We are going to play wall ball you are going to throw the ball against the wall and try to field it cleanly and if you miss it you have to run a touch the wall before anyone else in your group

throws the ball against the wall.

Do not throw the tennis ball at your partner. All right go ahead.

Go ahead throw the balls against the wall.