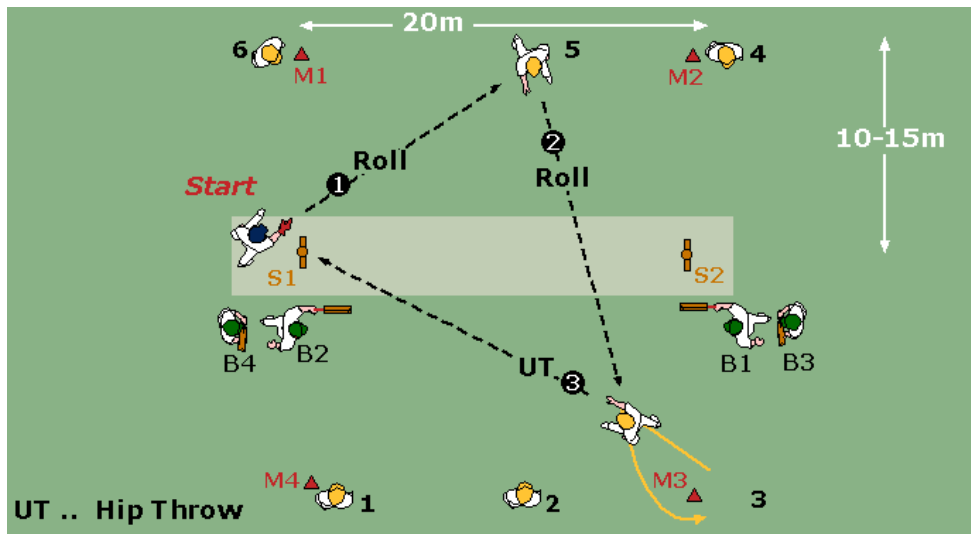


265

### Cross Pitch Roll



#### Skills involved

**Underarm Throw**  
**Overarm Throw**

#### Requirements

##### Area

Medium

##### Group Size

11+

##### Equipment

2 sets of stumps, 4 markers, 1 ball, 2 bats / group

### Drill Description

WK rolls a ball out to either side of the wicket. One fielder calls, gathers the ball, and then rolls the ball across the pitch as quickly as possible. As soon as the ball is underarmed across the pitch, two batters attempt to run a single. A fielder on the other side attacks the ball and underarm or overarm throws at the WK or bowler's end to effect a run out. Fielders must start from behind the marker lines. Rotate positions every 2 successful runs. The ball is rolled to alternate sides by the WK.

### Drill Coaching Points

Variations to this drill include:

- underarm catches
- overarm throw at wickets
- competing teams (batting team gets 5 outs, then change)
- distances

A drill that develops both running between wickets and infield throwing skills. Once the rhythm is established, this becomes an excellent, high work rate activity.

### My Notes