

## Cricket Victoria's Coaching Clips: Team Rapid Fire

- 'Team Rapid Fire' is a modified game for youngsters
- Team Rapid Fire is a game played in two teams, one batting and one fielding
- Teams can have between 4-12 players, depending on numbers and equipment available
- Half the players from the batting team strike a ball off the tee one after the other and then complete runs between two markers (or stumps) until the fielding team return the balls to their original position
- The other batting team members waiting to bat are to count a team mate's runs so the score can be determined
- The fielding team cannot cross the designated safety line until all balls have been hit
- They may physically carry the balls back in or throw to team mates
- The fielding team shouts 'HOWZAT' once all the balls have been returned to their original position on the tees, signalling the batters to stop running
- Batting team players then swap from being batters to 'run-counters' for their team mates
- Once all batters have batted once, the two teams swap over
- Depending on time, teams may have several batting innings each, with the team with most runs scored declared the winner
- Ideally, teams have three batting innings each, to maximise opportunities to bat
- Coaches may use Teams Rapid Fire as a fun way to focus on different batting shots – drives, sweeps, pull shots and on fielding – ground fielding, catching and throwing
- Get into your Rapid Fire Teams and remember to enjoy your cricket!!!

