

Cricket Victoria's Coaching Clips: Continuous Cricket

- 'Continuous Cricket' is a modified game for youngsters
- Continuous Cricket is a game played in two teams, one batting and one fielding
- Teams can have between 4-10 players, depending on numbers available
- 1 player from the batting team faces the bowler and strikes the ball into the field
- The batter then runs to cone 'A' and back to the stumps to face up
- After striking the next ball, the batter runs to cone 'B' and then back to the stumps
- If the ball is not returned, the batter may continue to run between the cones as desired
- The fielding team return the struck ball to the bowler as quickly as possible
- The bowler DOES NOT have to wait for the batter to return and face up, play is continuous and any delivery hitting the stumps results in a dismissal
- Batters can be out caught, bowled or run out (a run out occurs when the ball hits the stumps while the batter is still running)
- There is a wicket keeper in place to return wide or missed deliveries
- Batters must run each ball, regardless of whether they make contact with the ball or not
- Batters waiting to bat should be counting runs and cheering, but the next batter in must be ready to go straight away as play is continuous
- Once all batters have batted, the two sides swap over
- Depending on time, teams may have several batting innings each, with the team with most runs scored declared the winner
- Batters and wicket-keepers should be rotated each new innings so all players have a go
- Coaches can use this game to focus on fielding, wicket keeping, batting and running between the wickets
- So start playing Continuous and remember to enjoy your cricket!!!

