Danish Long Ball Variant: Team Gauntlet

Rules:
- Divide group into two teams: one batting team and one fielding team
- There must be no batters remaining in order for the two teams to change roles
- There are four safe stations on the circuit, the runners must be on a safe station by the time the fielding team has returned the ball to the bowler (Who must remain inside their centre circle/underarm deliveries only)
- Each safe station must be visited in turn and none can be missed out, on reaching the fourth and final safe station one point is earned for your team
- You can remain at a safe station as long as you want to before you make your move to the next one – so long as your team have someone left to bat.
- You go out in the following ways: Being caught, ball hitting your stumps or not being in a safe station by the time it is returned to the bowler.
- You do not have to bat to run (This means if the batter does a good hit anyone from their team can jump up and join them running around the circuit – therefore improving the team chances of scoring points

Equipment:
- Floor markers or heavy blue gym mats for safe stations, cones for batting square, two gym benches for batting team, soft red and yellow tennis ball, cricket bat, hoop for bowler and a good scorer!

Layout:
Teaching Points to Consider - Batting Team

| Prepare the bat and swing forward only to increase chances of making good contact | Keep a high elbow and put weight on front foot to help keep it low | Use good footwork to help direct the ball away from safe station 1 and the bowler |

Teaching Points to Consider - Fielding Team

| Adopt good starting positions - be in control - can you see all safe stations, the ball and the bowler at all times? | Get in line with the ball first before attempting the catch or barrier - this will keep the ball in front of you at all times allowing quick decisions | It is best to underthrow rather than overthrow |

Progressions:

Round 1: As described in rules, once one team has no batters left on the batting bench to receive the ball change the fielders to batters and batters to fielders.

Round 2: Same rules as above but this time fielders may throw the ball at any runners - if they hit any student not on a safe station is also eliminated.

Round 3: Same rules as above but a catch by the fielding team will result in any of the batting team out running or on a safe station being given out and being sent to the out bench.

Round 4: Rules as above but now when one player goes out the teams change roles.

Some helpful tips:

As teacher you may want to start as the bowler - this will help the game get going and ensure friendly feeds!

Ensure fielders do not stand in the running lanes as they may accidently obstruct runners - give bonus points to discourage this.

Give teams 'Meeting Time' to discuss their tactics - to begin with many teams do not take advantage of the rule where you can run when a team mate hits it - theoretically there is nothing in the rules preventing the entire team getting up from the bench and trying to run round if one batter does a good hit. (You just wouldn't have anyone left to bat!). At least encourage them to double up when batting.

Some fielders will try and get close to the bowler - try to encourage them into positions where the ball cannot go behind them - because if it does go behind them - they can’t see where they are about to throw it - fielders that move forward onto the ball can also see where they are throwing next making the fielding quicker and more effective.