

Rule:  
You are not allowed to step outside  
the front of the batting box!



## Batting

Sideways on  
Feet shoulder width apart  
Knees bent  
Batting arm back straight  
Bat up at 90 degrees to arm  
Keep head still  
Watch the ball at all times  
Transfer weight from back to front foot  
Follow through in direction you want  
the ball to go



## Fielding



## Technique -Basic

Grip ball with index/middle  
finger and thumb

1 step in to bowl

Bent knees

**REMEMBER**  
Don't do this too soon!!!

## Bowling

### Rules

Can't step over line

Smooth underarm action

Must be between head and knee height of batter

Must not bounce before reaching batter



# ROUNDERS 100%