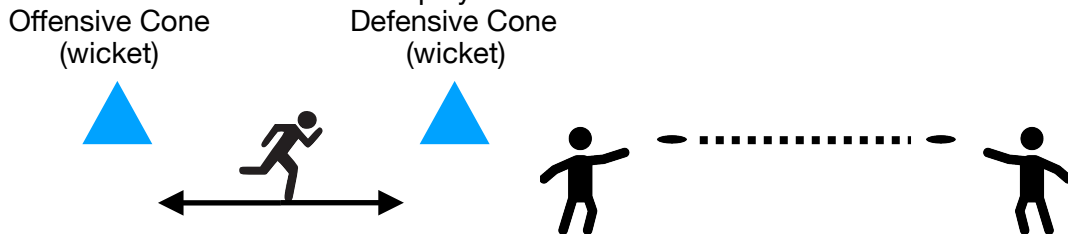


# FRISBEE CRICKET

**BACKGROUND:** Attending CAHPERD 2017 with Andy Hair and the Australians was eye opening. Their approach to the sport of cricket is awesome and inspiring. After seeing them I immediately wanted to implement some of their ideas into my curriculum, however I did not own any cricket equipment at the time so I had to improvise. My improvisation led to the development of Frisbee Cricket.

**EQUIPMENT:** This activity requires two 12 inch or taller cones, and 1 frisbee per group (3-5 players).

**SET UP:** Spread your cones out inline about 10-15 feet apart. Players can also move cones and determine the right distance for their own skill level. Your play area should look like this:



## GAMEPLAY:

**BUILD ONE:** Offense: When you are on offense you score is by running between the wickets. Players throw the frisbee for distance and then proceed to run back and fourth between them counting each time they reach a cone as one point. Players run until the defense stops them by knocking over the offensive cone (wicket), then positions rotate.

Defense: Defensive players cannot move while holding the frisbee. When an offensive player throws the frisbee, the defense uses ultimate frisbee rules to pass the frisbee to a teammate near the offensive cone (wicket). Once they are within pivoting distance they may knock the offensive cone (wicket) over and the offensive player is stopped. If the defense catches the offensive player's throw in the air, they stop the offensive player with no score.

**BUILD TWO:** In this build, gameplay is the same, however, if the offensive player hits the defensive wicket they are awarded 10 points and can continue to throw. This is actually a situational choice based on how the defense is playing. Offensive players must look at the defenders and decide which is the best course of action. Defense still must use ultimate frisbee rules to pass the frisbee to a teammate and knock the wicket over. Defense cannot block the defensive wicket and must provide a clear path to the defensive wicket for the offensive thrower.

**BUILD THREE:** This build adds a tagging layer. In this build the defense has a choice of knocking the offensive wicket over to stop the runner, or they can tag the offensive player when they are between cones. Either way play is stopped and positions are rotated. Now players must check the defensive position before running.

**BUILD FOUR:** For Build four, teams are introduced. Players team up in pairs. The offensive pair would stand on opposite wickets and run in opposition to each other. Offensive players cannot be at the same wicket at the same time. The other pairs (2-3 pairs depending on class size) would act as defense continuing to play using ultimate frisbee rules. Gameplay is the same but now there are two sets of runners that must work together. Points are awarded for each successful crossing by both offensive players. The defense works in the same manner as in build three.