6 or safe

2 teams – 4 batters and 4 fielders. The batting team, hitting off a tee, has 6 hits. Batters have the choice of running to a safe zone for 2 points or completing the round trip for 6 points.

What you need

> 2 tennis balls or similar per group
> Markers to set out the safe zone
> Kanga cricket bat or other lightweight hitting implement
> Batting tee or alternative

What to do

**Batters**

> The batting team has 6 hits.
> The batter hits off a tee and has 2 choices:
  - **Run to safety zone** – if the safety zone is reached before the ball is caught in the hands of a fielder *in the safety zone*, 2 points are scored. The batter walks back for the next ball.
  - **Run to safety zone and back** – before the ball is placed in the hoop. Score 6 points.

**Fielders**

> Return the ball to a fielder in the safety zone. If the batter makes the return run, the ball is thrown to a fielder who runs along C–A.
> Rotate fielding positions.

**Scoring**

> Batters score 2 points if they reach the safety zone before the ball does or
> 6 points for running to the safety zone and back before the ball is placed in the hoop.

**Lesson Link**

6 or safe is an introductory striking and fielding activity. The activity develops batting, fielding and decision-making skills.
6 or safe

Skills > Throwing, catching, batting · Finding ‘space’ · Best fielding positions, teamwork · Running with an eye on the ball

change it…

Coaching

> Use player role models to emphasise effective batting and fielding plays.
> The activity provides an opportunity to talk about ‘risk-taking’ – is it best to run for the ‘safe 2’ or the ‘riskier 6’?

Game rules

> **Fields vary the pass** – allow any pass or vary the pass between fielders. With beginning players an underarm pass is suitable.
> **Bowling** – more experienced players could hit an underarm fed ball from a team-mate. The bowler should be on the opposite side to the hoop – swap over if necessary. Or use a batting tee if required.

Kicking – kicking a bigger ball into the field of play is another option. If a player has limited mobility, use a buddy system and share roles, e.g. share kicking and running if necessary.

Rolling – use rolling to pass between fielders. This will assist players with less developed throwing and catching skills.

Equipment

> **Vary** – the type size and weight of the balls and bats used according to ability.
> **Allow player choice.**
> **Use a batting tee** – allow player choice.

Playing area

> **Safe zone** – increase or decrease the distance to the safe zone.

Safety

> Batters must run with the bat and not drop it on the ground.
> Batters should be aware of the position of fielders and the ball being passed around.
> Fielders must not interfere with the batter.
> Fielders should call ‘mine!’ when fielding the ball.
> Fielders are not allowed to run across the path of the batter.

ASK THE PLAYERS

Fielders

> ‘Where is the best place to stand?’

Batters

> ‘Where is the best place to hit the ball?’
> ‘Will you hit for 2 or 6?’