**Instructions**

**Get the group to stand in a circle.**

**The aim is to make eye contact and say a persons name, before throwing a ball to them,**

**The catcher then makes eye contact with another player, says their name before throwing it to them.**

**Go all the way around the circle.**

**Some participants make not want to make direct eye contact so looking at the person they are throwing to is enough,**

**Activity**

**Game**

**Throw it catch it say it!**

**Resources**

**A ball**

**Objectives**

**To teach that you need to get a persons attention before you communicate with them.**

**You need to keep your eyes and ears open when you are playing cricket, so you know what your teammates are doing.**

**Key words**

**Communication**

**Look**

**Listen**

**Recap/Round up**

**During the cricket session, praise good listening, looking and other communication efforts.**

**At the end of the cricket session, remind participants the importance of looking and listening, in cricket and in communication.**