**Instructions**

**Everyone has a ball. The participants move around the space you are in with the ball (walking to start).**

**When Coach shouts “Drop” everyone puts their ball on the floor then continue walking round the space.**

**When Coach shouts “Ball” they pick up the ball that is closest to them.**

**When participants have no ball, Coach can shout “Are you ready?” and participants must strike a Catcher pose or Bowler pose.**

**The aim of the game is to encourage participants to be ready to catch when fielding.**

**Activity**

**Game**

**Are you ready?**

**(Drop)**

**Objectives**

**To teach that Fair play means being ready to catch the ball and listening to the coach.**

**To encourage participants to pay attention to what is going on.**

**Resources**

**Lots of balls**

**Key words**

**Ready**

**Coach**

**Listening**

**Fairplay**

**Recap/Round up**

**During the cricket session, highlight good listening and participants who are ready to do their part (Batting, bowling and fielding)**

**Throughout the cricket session you can reinforce the phrase “Are you ready?” to get the participants ready to do their part.**