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.

**LEARNING INTENTION**

6 or safe is an introductory striking and fielding activity. The activity develops batting, fielding and decision-making skills.
### 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
- **Fielders 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
- What strategies can you use to keep you motivated if you get out or misfield (e.g. positive self-talk)?

- **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?