

## Cricket Victoria's Coaching Clips: Fielding 'Tug-o-War'

- Fielding 'Tug-o-War' is a fielding activity for all ages
- Fielding Tug-o-War is played in two teams
- Teams can have a minimum of 3 and up to 20 players, depending on the amount of balls available
- Teams spread out along a designated line, with one team at each end of the playing area
- Each team member has at least one ball each, if not more, depending on what is available
- For safety, it is advised to use tennis balls, 'Kanga' balls, stress balls or any softer type of ball
- Half way between the two team lines sits the target. The target may be a Swiss ball, soccer ball, volley ball, basketball etc.
- On the coach's say-so, both teams commence throwing at the target, both teams are aiming to hit it and force it towards the other team
- Balls are thrown back and forth at will, players are constantly fielding and throwing from behind their designated line until a point is gained
- The team who manages to force the ball past the designated score line or marker through accurate throwing wins a point
- After a point is gained; throwing ceases, balls are collected, the target returned to its original position and teams re-set for a new round
- For safety, players are not allowed to retrieve balls from within the playing area until play has stopped
- The winning team can be decided after a set amount of time or by being the first team to reach a nominated amount of points
- The more accurate both teams are, the more the target goes 'to and fro' similar to the rope in a closely fought Tug-o-War contest
- Coaches can use this activity to practice various throws, focus on throwing technique, emphasise throwing in low at the target and ground fielding
- Have fun in the field and remember to enjoy your cricket!!!

