

# Factfile

**Category**  
Throwing and Rolling

**Competition Type**  
Integrated, opposed,  
non-contact

**Area Dimensions**  
3m x 3m - 10m x 10m

**Number of Players**  
4

**Time Per Game**  
5 - 10 minutes

**Objective**  
To throw or roll the ball quickly to create space.

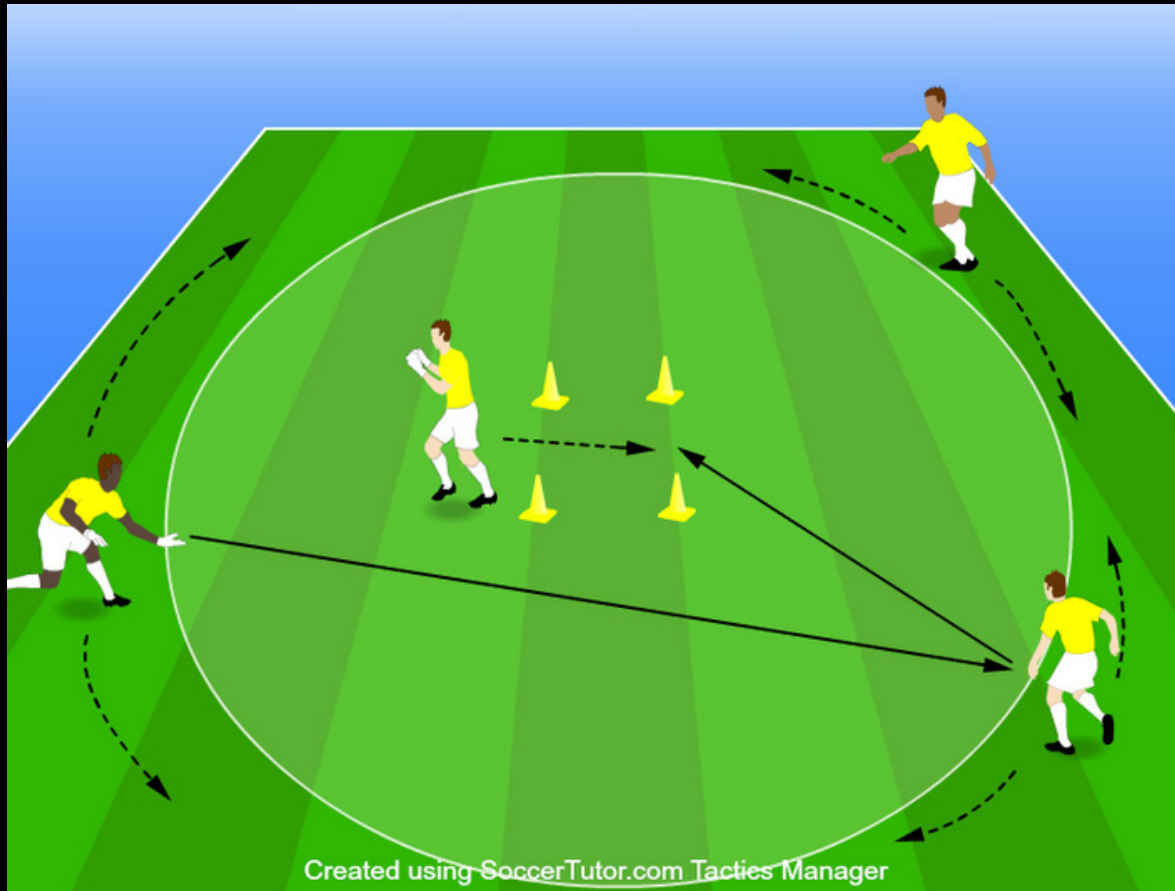
## Equipment

- 12 Marker Cones
- 4 Tall Cones
- 1 ball

## Safety Tips

- Hold your hands up early to catch the ball and to prevent injury.
- Central player should use side steps with knees bent so that they move quickly but safely to prevent slipping.

# 8) Footwork French Cricket



## Tips For Success

- Outside players should adapt their positions so the central player doesn't know where to defend the ball from.
- Roll/throw the ball at pace to reduce the central player's time.
- The central player can use short, quick steps to stay balanced.

## Independent Personalisation

- Roll the ball to challenge outside players more and internal player less.
- Roll/throw to the pace of the receiver.
- Increase/decrease the circle size.
- Increase/decrease the central gates size.



## Rules

- 3 outside players can move anywhere around the outside of the grid. The central player moves around the outside of the 4 tall cones trying to protect the four gates.
- The outside players roll/throw the ball to each other quickly to move the central player before rolling quickly through a gate.
- The central player tries to catch/block the ball before returning it to the outside.
- After 5 attempts to roll through the gate, swap the central player.