

Womba-ball

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This outline is taken directly from Dan's teaching progression. For more detailed explanations, please see his website at

<http://www.blaine.k12.wa.us/bes/bespe/Presentation%20info/Womba-ball.html>

See these YouTube videos of the full game played with Grade 6 and 7. [Video 1](#), [Video 2](#)

Womba-ball is a fast-paced, small-sided striking and fielding game in which students learn and practice the skills of batting, catching, throwing along with offensive and defensive strategies. It can be played indoors or out.

Equipment needed:

Each playing field needs: 4 wickets, 2 bats, 2 marble pots, 1 ball

Skills/strategies that could be taught and assessed:

1. Overhand throw
2. Catching a bounced or ground ball
3. Batting
4. Defensive Strategies – communication, how to use a “relay” throw when the ball is batted far, positioning oneself in the outfield as determined by how far the batter has previously hit.
5. Offensive strategies – communication, knowing when to run or not.

Teaching Progression

Partners

1. Practice overhand throwing and catching with a partner
2. Introduce the “wicket” (bowling pin) – this is what the batters will be trying to protect and what the “bowlers” (pitchers) are trying to knock down
 - a. Put one wicket approximately 1 – 2 meters in front of one partner. The other partner has the ball and stands approximately 7-8 meters away. This distance can be changed to allow for student success.
 - b. The pitcher has 5 pitches to see how many times the wicket can be knocked down. Partners then switch places and repeat.
 - c. The catcher is receiving the bowled ball on the bounce or roll and should be in a crouched position.

- d. When a wicket is knocked down, either directly or from a bounce or roll, it is considered an “out”.
3. Wicket Knock over – Have the partner without a wicket get their own wicket. There should be two wickets, one ball and two people for this activity.
 - a. Have partners alternately bowl the ball trying to knock over their partner’s wicket.
 - b. Womba-ball is a fast-paced game. Encourage the catcher to quickly bowl the ball back toward the other wicket. This will be a good strategy later when wanting to catch the batter unaware.
 - c. Womba-ball Rule: The bowler may not step past or over their wicket.
 4. Double Wicket knock over – Same activity except each partner has two wickets.
 - a. One wicket knocked over = one out. Two wickets knocked over = two outs.

Groups of 3

1. Practice Batting. Add a batter who stands in front of and slightly to the side of one set of wickets. The batter should not be blocking the wickets with their body. (The batter is actually between the two sets of wickets, but much closer to one set.)
 - a. The bowler furthest away from the batter should have the ball. This bowler (#1) will stand behind the two wickets and pitch the ball trying to knock over the opposite wickets which the batter is standing near. Bowler #2 will catch the bowled ball and return it back to the first bowler.
 - b. The batter has two jobs in Womba-ball
 - i. Defense – Protect their wickets from getting knocked over by the bowler.
 - ii. Offense – Hitting the ball away to score runs
 - c. There is no foul territory and no strikes in Womba-ball.
 - d. An out occurs when:
 - i. A wicket gets knocked over by the ball
 - ii. Two wickets knocked over on the same pitch equals two outs
 - iii. A batted ball is caught prior to touching the ground (a pop fly)
 - iv. The batter intentionally deflects the path of the ball using their body
 - v. When the batter interferes with the responsibilities of the bowler
 - vi. When the ball is hit twice on the same pitch
 - vii. When a batter unintentionally knocks down their own wicket(s)

Groups of 4

1. Add another batter who stands in front of the second set of wickets. The two bowler/catchers alternately pitch the ball trying to knock over the wickets furthest away from themselves. The two batters try to hit the ball as it comes toward them.

- a. After 3 outs, the two batters and the two bowlers switch roles and repeat.
2. Introduce the “marble pot”. Put an upside down Frisbee approximately $\frac{1}{2}$ meter in front of each set of wickets. After 3 outs, the two batters and the two bowlers switch roles and repeat.
 - a. The batters are to keep the head of their bats within the marble pot which protects their wickets.
 - b. As soon as a batter, any batter, takes their bat out of the marble pot, the bowlers can knock the wicket(s) over either by throwing the ball at the wickets or by holding the ball and swiping at the wickets with that hand.
 - c. Womba-ball Rule: If the head of the bat is not in contact with the inside of the marble pot, then any person playing the field (bowler or outfielder) may knock over that batter’s wickets.
 - d. Womba-ball Rule: The bowler does not bowl the ball until the batter lifts their bat and assumes an appropriate batting position.
 - e. When a bowler pitches the ball toward the batter’s wickets, the batter has two choices:
 - i. Attempt to hit the ball
 - ii. Place the bat head into the marble pot protecting the batter’s wickets. If the batter can get the bat into the marble pot BEFORE the wickets get knocked over, then there are no outs.
3. Introduce scoring runs.
 - a. When the batter hits a bowled ball, the students can earn runs by running from one marble pot to the other. The batters have to run at the same time while holding their bat. Communication is essential, as both batters have to agree and work together if they are to earn runs.
 - i. Batters do not have to run if they deem it “unsafe” to do so.
 - ii. Bowler can not pitch the ball until the batter lifts their bat to the appropriate batting position.
 - iii. The “inning” is over when there are 3 outs or 10 runs.

Groups of 6

1. Add two other students who are the outfielders. Place one outfielder on each side of the field, approximately halfway between the batters. The outfielders work with the bowlers to get the batters out. Any of the four players, two outfielders and two bowlers, can knock over the wickets of an unoccupied marble pot at any time during the batter’s inning.
 - a. After 3 outs or 10 runs, players rotate in the following rotation: batters to outfielders, outfielders to bowlers and bowlers to batters.

b. Womba-ball Rule: Play is stopped when a wicket is knocked over. No other outs or runs can occur. Play resumes when the wicket is returned to its original position. The batter is never to set-up their own wicket(s).

2. Add in "Automatic 3 outs" rule. When a ball is placed in an unoccupied marble pot, without rolling out, then three outs automatically go to the batters and results in rotation (regardless of how many outs have already occurred).

Notes: If class size is such that there are additional players, it is best to have 8 players in a group necessitating two sets of outfielders. The rotation would be Outfielder #1 to Outfielder #2 to bowler to batter to Outfielder #1.

If groups need to have 7 players, players will not rotate with the same partner. For example, one side would rotate Outfielder #1 to Outfielder #2 to bowler to batter and the other side would rotate Outfielder to bowler to batter. This would mean they would have a different batting partner every time they come up to bat.

If groups need to have 5 players, players will not rotate with the same partner. For example, one side would rotate outfielder to bowler to batter and the other side would rotate bowler to batter to back to bowler again. That side would never be an outfielder. Another example would be to have all five players rotate through all 5 positions: Outfielder to Bowler #1 to Batter #1 to Bowler #2 to Batter #2.