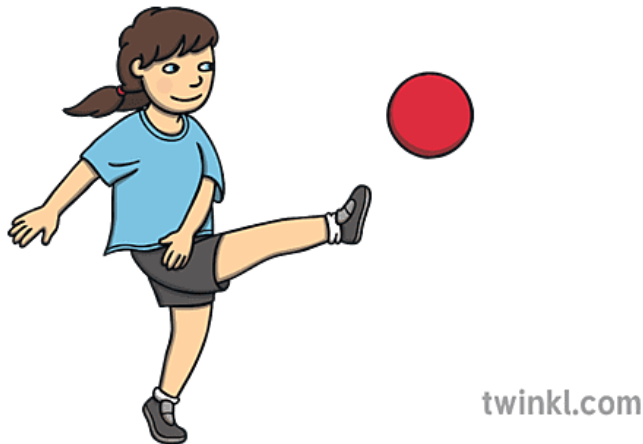


What is Danish longball?

Danish longball is also known as Swedish longball. It's a bat and ball game that is popular in primary schools in the UK.

It's described as a mixture of cricket and baseball, and each team takes turns to bat or field. In some versions, an element of dodgeball is incorporated - where players have to avoid being hit by the ball below the head when running.

A modern version of Danish longball is played in UK schools, which includes using a football.

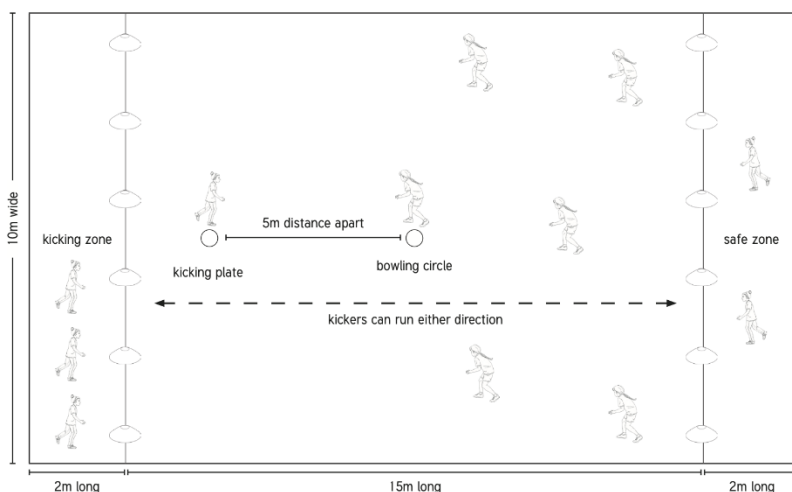


How do you play modern Danish longball?

To play modern Danish longball with your primary aged children, follow the steps below...

Set up the area in a field or in a hall. The area should look like the image below:

Modern Danish Longball Pitch



Organize the children into two equal teams (a minimum of six and maximum of ten players on each team).

One team begins as 'kickers' and one begins as 'fielders'.

The bowler stands in the 'bowling circle' and rolls the ball to the kicker in the 'kicking zone', who then kicks it as far as they can - out into the pitch.

As soon as the ball has been kicked, the fielding team may move and attempt to catch the ball. They then try to return it to the bowler, or hit the kicker (below waist height) before they reach the 'safe zone'.

Fielders are not allowed to move with the ball, this is why Danish longball is a great way to practise children's strength and ball handling skills.

The kicker must try to return to the 'kicking zone'. This can be done whenever the bowler doesn't have possession of the ball.

Fielders may also try to hit players running back to the 'kicking zone', with the ball.

Once all the kicking team are out, or there are no kickers left waiting to kick in the 'kicking zone', the teams swap over. Remember, the aim of the game is to score as many runs as possible.

What are the main rules of modern Danish longball?

The main rules of modern Danish longball (which includes a football) are:

- A ball can only be bowled underarm and along the ground.
- Any ball that bounces higher than shin height or goes wide of the 'kicking plate' is a no-ball.
- The bowler must not step outside of their bowling circle at any point in the game. If they do, five runs are awarded to the other team.

Catching a player out:

Kickers are out when:

- A fielder catches their kicked ball.
- There are more than three players in the 'safe zone' (the last player to enter this zone is out).
- When they are hit below waist height with the ball, by one of the fielders.

Kicking rules:

- Batters may only kick the ball forwards into the 'fielding zone'.
- Batters may only make contact with the ball with their feet or lower legs.
- If a batter misses a ball, they must run anyway.

What equipment do you need to play modern Danish longball?

To play a game of modern Danish longball with primary children, you'll need:

- A large space indoor or outdoor.
- One hoop.
- A stack of cones to mark the kicking fielding and safe zones.
- A soft football-sized ball.

How do you score points in modern Danish longball?

A player receives a half-run for each successful run made to the 'safe zone'. They'll also receive one full run for making it back to the 'kicking zone'.

What are the benefits of teaching Danish longball at primary school?

Danish longball is chosen to be part of a school's PE curriculum because it helps children understand the fundamentals of striking and fielding games in a simple and achievable way. They'll learn how to work as part of a team, and work with their peers to achieve a common goal.

By including modern Danish longball in your PE lessons, you'll be providing children with the basic skills to begin playing more intricate sports such as cricket, rounders and football.