

Rounders

Component of Fitness (F)

1	Maximal Strength
2	Coordination
3	Flexibility
4	Dynamic Strength
5	Muscular Endurance
6	Balance
7	Explosive Strength
8	Power
9	Speed
10	Cardiovascular Endurance
11	Agility
12	Reaction Time
13	Static Strength



Skills (S)

1	Accuracy of bowling	10	Throwing with distance
2	Speed of bowling	11	Throwing with accuracy
3	Variation of bowling	12	Trajectory of throw
4	Batting (ability to hit the ball)	13	Throwing (overarm)
5	Batting (hitting the ball with distance)	14	Long barrier
6	Batting (ability to place the ball)	15	Communication between the posts (fielders)
7	Catching (in the field)	16	Communication between the posts (batters)
8	Catching (on a post)	17	Running between posts
9	Throwing (underarm)	18	Retrieval of the ball in the field

Tactics (T)

1	Placement of fielders when bowling
2	Placement of the ball when batting
3	Varying bowling
4	Backing up in the field
5	Covering the posts
6	Decision making (as a fielder)
7	Decision making (as a batter)