



SMASH THE ENDZONES IRUTIA TE ROHE MUTU

SKILL FOCUS COMPLEXITY

Catching

Ground Fielding

WHAT OTHER SKILLS **COULD BE INVOLVED**

Movement - Running, Walking, Dodging, Underarm Rolling / Throwing & Perception Skills.

THINK QUICK — WHAT TO LOOK OUT FOR

· Teams working together to problem-solve and make decisions. The need to match challenges or mix it up to meet the group and /or individual players needs.

SET UP



LET'S PLAY

- A team works together to get the ball into the End Zone by throwing and catching.
- The ball must be caught before it bounces.
- The catcher cannot move with the ball and must throw it to their teammates.
- If the ball hits the ground or is dropped, turnover.
- Lob in if the ball goes out.
- A point is scored if the ball is caught cleanly in the End Zone.
- Restart from the goal line when a point is scored.

EQUIPMENT



Cones, Balls (Small or Large). Extras - Bean Bags.

TIME



10 minutes on activity.

SMASHIES GROUP



Small or large groups (split into pairs or teams).

11/



MIX IT UP

 \bigcirc Bean Bags or softer / harder, smaller / larger size balls.

- \bigcirc The ball can be caught on the bounce (allow for one bounce / two bounces etc as necessary) as well as on the full. No throws above head-height – introducing the need for movement, creation of space.
- 🕀 Set up an exclusion zone semi-circle (which the ball must be thrown from outside of) with targets for points scoring.
- Each throw and catch (pass) scores a point, but these are only tallied when the End Zone catch is made. A team can attempt to build more points or move to the End Zone guickly.
- \bigcirc To ensure individuals are catered for those that are excelling can be challenged with having to complete one-handed catches.

SMASH IT UP

1

Mission - If a set number of Smashie catchers (e.g. 4 or more) touch the ball in a row then the team receive an Extra Life (a catch can be dropped or made on the bounce with no turnover).



~

Boss Battle - Smashies vs Activators / Coaches / Teachers / Parents.

Arena Mode - Make the endzone smaller as the game progresses or make the arena bigger or smaller.

SMASHIES VALUES

(REFLECT WITH SMASHIES)

• What were some of the ways that your team cooperated today? · How did you show support for each other? • How were you honest in the game?

I did a good job of being cooperative / supportive / honest

I was OK



I wasn't cooperative / supportive / honest







Reinforce the positive:

I Like the way you...

- What about this game makes catching a challenge?
- What did you do to help you be successful in this game?
- How did you get the ball to the End Zone?

))