



# SUPER QUICK HANDS

## RINGA KAMAKAMA

### SKILL FOCUS

- Wicketkeeping
- Catching

### COMPLEXITY



### WHAT OTHER SKILLS COULD BE INVOLVED

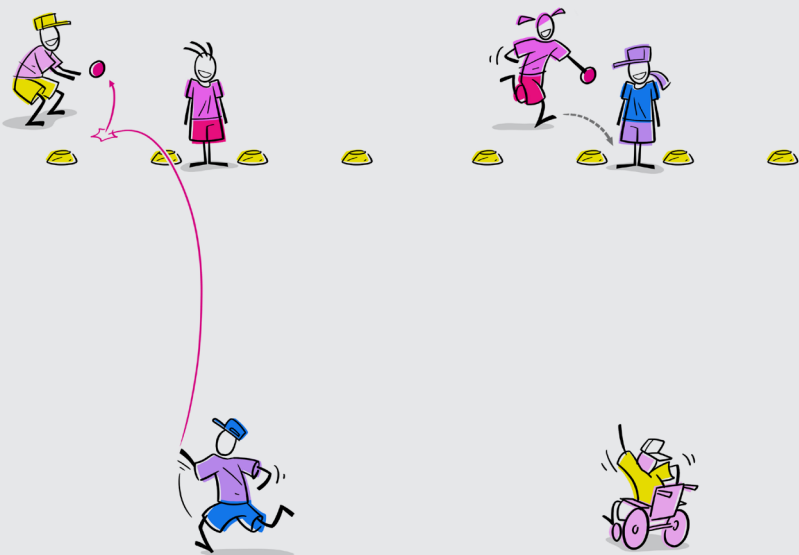
Underarm Throwing & Perception Skills.



### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about stepping towards the target as they underarm throw.
- Encourage Smashies to think about how to move sideways to catch the ball in front of them.

## SET UP



Note: The Smashie Statue stands still while the ball is being thrown, whilst the underarm thrower must try to throw the ball to either side of the statue.

## LET'S PLAY

- Split Smashies into teams of three, with each team playing against a team next to them.
- A Smashie team consists of an underarm thrower, a wicketkeeper and a Smashie Statue.
- The Smashie thrower must underarm throw the ball between the cones on either side of the Smashie Statue.
- The wicketkeeper must move to catch the ball. Once the catch is made, they gently tap the ball against the Smashie Statue who yells "SMASH".
- The game is a race, whoever yells "SMASH" first wins a point. Smashies rotate between the three positions each time.

### EQUIPMENT



Cones, Balls (Small or Large).

### TIME



10 minutes on activity.

### SMASHIES GROUP



Small or large groups, or try it at home with someone.

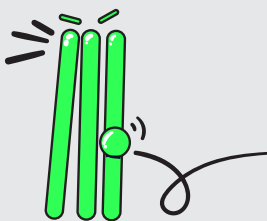
# VALUES

(PROMPT THE SMASHIES)



## HONESTY PONO

How could the Smashies be honest when they play this game?



## SUPPORT TAUTOKO

In what ways can Smashies support their partner or teammates when playing?



## COOPERATION MAHI TAHI

How could Smashies work together when they play?



# MIX IT UP

- ⊖ Use a larger ball.
- ⊕ Use a rubber, bouncier ball that must bounce before the cones.
- ⊕ Underarm thrower has to throw to alternate sides of the Smashie statue.

# SMASH IT UP



Mission – You receive an **Energy Boost** if a Smashie wicketkeeper scores 3 points in a row – this will create a **Power Play** where all wicketkeepers have to rotate around.



Boss Battle – Smashies vs Activator / Coach / Whānau / Teacher.



Arena Mode – To increase the challenge for the wicketkeeper make the gates wider.

# 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



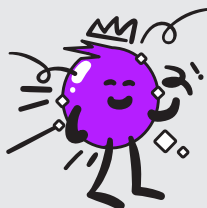
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



## DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:  
*I Like the way you...*
- How well did you move to catch the ball?
- What could you do with your hands to catch the ball?