SMASH PLAY
YOUTH — RANGATAHI

WERO O TE KITA
GOAT CHALLENGE
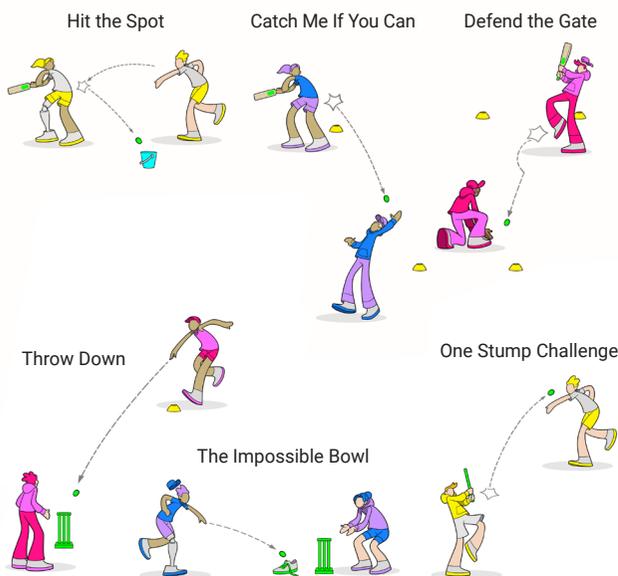
TRAINING FOCUS
Batting, Bowling, Fielding

ALSO DEVELOPS
Movement, Game Awareness, Perception

WHY TRAIN THIS WAY?

- Training through playing games is the modern approach to skill acquisition and developing technique.
- The 'whole cricketer' evolves through play, in response to the game design and environment (constraints-based coaching). This approach encourages play and exploration.

SET UP

Hit the Spot

Catch Me If You Can

Defend the Gate

Throw Down

One Stump Challenge

The Impossible Bowl

GAME PLAY

Set up a circuit with a range of skill challenges. All Players have one chance to complete each challenge before moving on to the next.

- **Throw Down:** Set up a target (such as a set of wickets) and a distance cone. Standing at the cone, each Player throws to hit the target. A hit equals 10 points.

- **Hit the Spot:** Set up a target (such as a bucket or circle of cones) at a set distance. One Player underarm throws the ball for another Player to hit. Hitting a target equals 10 points. The Players then swap roles.

- **Catch Me If You Can:** One Player hits from a designated area, for another Player to catch. Each catch equals 10 points. The Players then swap roles.

- **The Impossible Bowl:** Set up a target to bowl towards – into a hoop, at a shoe, under an object. Hitting the target equals 10 points.

- **Defend the Gate:** Player vs Player – set up a gate of cones that are a suitable width to challenge the fielders to protect (including the need to dive). Player A hits from a zone towards the gate, with the aim to get the ball along the ground past Player B. If it is fielded, Player B scores 10 points, if it goes through the gate Player A scores 10 points. The Players then swap roles.

- **One Stump Challenge:** Players work in pairs, one using a wicket as a bat, one underarm throwing the ball from 5 metres (min) away. For each consecutive hit by the batter, they score a point. As soon as the ball is missed, the batters change. Each batter only has one "innings" of hits.

EQUIPMENT
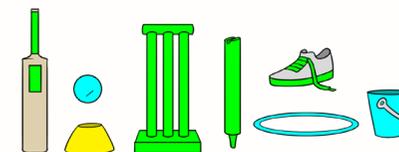
Bats, Balls, Cones, Wickets

Extras: Target Stump, Hula Hoops, Bucket, A Shoe

ENVIRONMENT
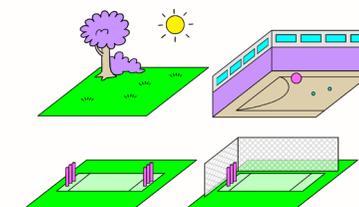
Outdoor Space, Indoor Space, Cricket Pitch, Cricket Nets

WHAT ARE YOU SEEING?

Concentrate your initial focus on the positives and achievements in relation to the training focus for this game.

Incorporate the positive and the need for improvement, develop questions that will help players discover their own solutions.

ASK THE PLAYERS...

Which activity did you have the most success at? Why?

Which activity challenged you the most? Why was this?

MIX IT UP

⊖ Practice attempt at each challenge before having 'one chance'.

⊕ Self challenge to better each Player's previous attempt.

⊕ Utilise the session as an overall team challenge with points accumulated across everyone (to then be an overall challenge for future sessions).

LEADERSHIP REFLECTIONS

EMPATHY - NGĀKAU AROHA

Think about the game: How do you think your teammates were feeling when there was success or when there were difficulties?

Is that how you would have felt?

COMMUNICATION - WHAKAWHITI KŌRERO

How did you react verbally to your teammates' actions?

Were you supportive or negative?

Did your body language give the same message as your words?

TRUST - NGĀKAU PONO

Our optimum team culture is one where we trust and support each other. Did you make a positive contribution towards this today?

Rate yourself 1 to 10.

What is the best way as a team to show trust and support in any situation?

PROMPT THE PLAYERS

Ask them to concentrate on:

• During the game, think about situations that occur and how your teammates are feeling.

• Positive communication – what we say and how we look when we say it.

• Being supportive and trusting each other to achieve.

BOSS BATTLE

Create a leaderboard to establish who is the GOAT. Allow players to develop a battle to challenge the GOAT.

FIND MORE INFO