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# TURUKI TURUKI

# KEEPER CHALLENGE

## TRAINING FOCUS

Wicketkeeping,  
Batting, Bowling

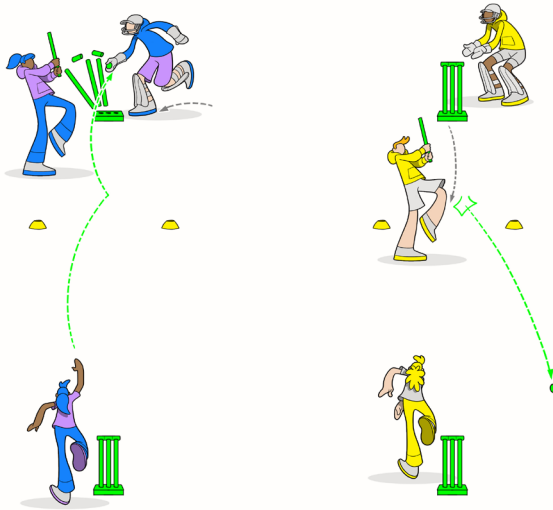
## ALSO DEVELOPS

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).

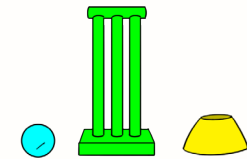
## SET UP



## GAME PLAY

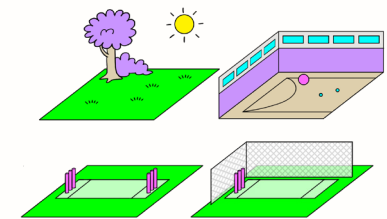
- Split the Players into teams of three, with each team including a bowler, batter and wicketkeeper. Each team plays in their own area.
- The batter uses a single wicket as their bat. The wicketkeeper stands behind the wickets, and the bowler bowls – all bowlers are encouraged to attempt to bowl “slow” or “spin”.
- Use cones as markers for the batter to “advance past”.
- The batter’s goal is to advance past the cone markers to hit the ball. If they succeed, they score a point.
- The wicketkeeper’s goal is to stump the batter before they return to their crease. If they succeed, they score a point.
- After a certain number of balls, players swap roles.

## EQUIPMENT



Wickets, Balls, Cones

## 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...

What were the things that were working well for you?

What do you think you need to try and work on?

What do you understand by the phrase "soft hands"? How could you demonstrate "soft hands"? What does soft hands sound like?

## MIX IT UP



- ⊖ No advancing, with focus on batter hitting and wicketkeeper collecting missed shots.
- ⊕ Tape the ball to develop swing bowling, making it more difficult for batters to hit and for wicketkeepers to catch.
- ⊕ Wicketkeeper to catch with both hands, but use only one hand for the stumping.

## 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

After the first round, Players can challenge who they would like to play in the next round.



FIND MORE INFO

