



WATCH MY VIDEO

TAUNGA TAPAWHĀ POWER SQUARE

TRAINING FOCUS

Throwing
Catching

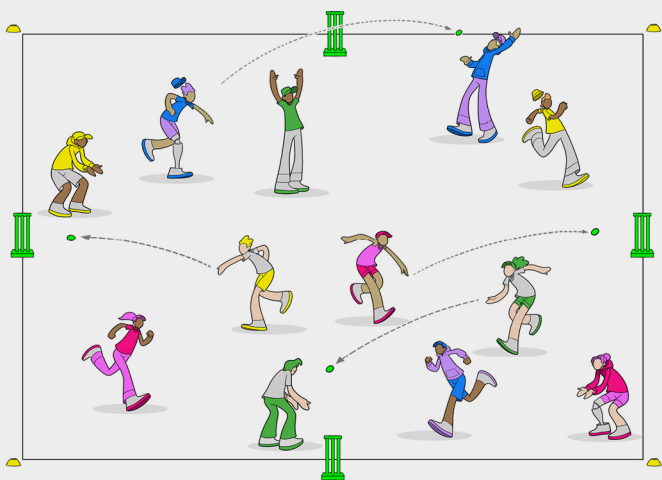
ALSO DEVELOPS

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.

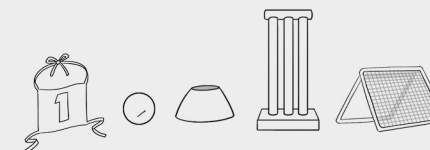
SET UP



GAME PLAY

- Split the group into four teams. Use one ball between two teams.
- Set up four targets or four end zones.
- Points are scored if the ball is thrown and hits one of the four targets or is caught by a teammate in the end zone. Teams cannot score consecutive points with the same target.
- There is no contact allowed.
- Players cannot move with the ball and instead must throw to a teammate to progress the ball towards their end zone or target.
- A dropped catch is a turnover to the opposing team.

EQUIPMENT



Bibs, Balls, Cones, Wickets
or Crazy Catch

ENVIRONMENT



Outdoor Space, Indoor Space

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.

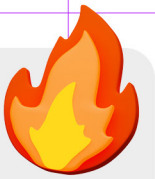
ASK THE PLAYERS...

What were the things that were working well for you?

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

How can you best help your teammate who has the ball?

MIX IT UP



- ⊖ Use underarm rolling as the “pass”.
- ⊖ Use one ball per team and no interceptions are allowed.
- ⊖ One drop per team or per player is allowed.
- ⊕ Reduce the size of the playing area.
- ⊕ Introduce one-handed catching.
- ⊕ Use a Shot Clock, if an attempt hasn't been made within a set period of time, the ball is turned over.

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

Select teams according to physical size and have similar size teams compete against each other.

Refer to 'Maturation Guidelines' via the QR link below.

FIND MORE INFO

