Genesis SMASH PLAY
YOUTH — RANGATAHI

WATCH MY VIDEO

HUI TE MARAMA BATTLE RING

TRAINING FOCUS

Batting, Fielding, Bowling, Running Between the Wickets

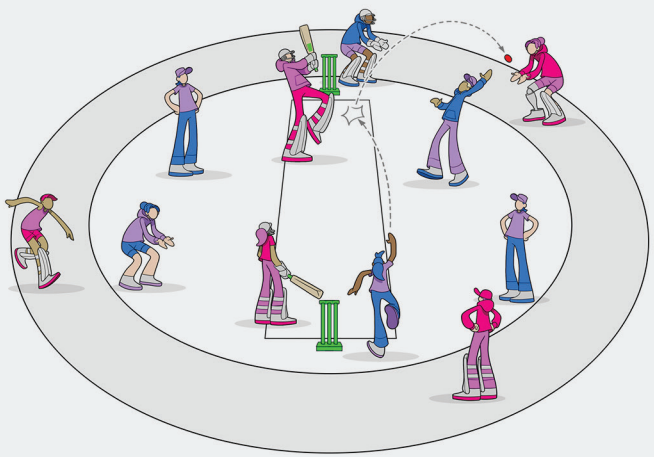
ALSO DEVELOPS

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.

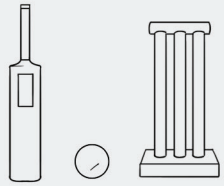
SET UP



GAME PLAY

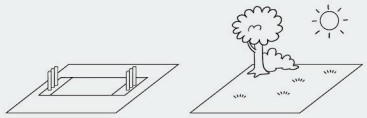
- Split Players into two even teams – one batting and one fielding / bowling. Split the playing area into two circles, an inner circle for the fielding team and an outer circle for the batting team.
- Two Players from the batting team bat together, with the remainder "fielding" in the outer circle to assist their teammates. The fielding team attempt to stop runs in the inner circle.
- The batters attempt to score runs by hitting the ball to their teammates who can stand anywhere in the outer circle.
- If the ball is hit in the air for a batting teammate to make a catch in the outer circle, they score 4 runs. If the ball is fielded on the ground or bounce by a teammate in the outer circle, the score is 1 run.
- If the fielding team intercept the ball in the inner circle, runs are taken off the batting team's score. A 'catch' is minus 4 runs, a ground interception, minus 1 run.
- Batters can add to their run total by running between the wickets.
- Fielders can dismiss batters by running them out.
- Play alternating innings of a set number of overs. Each batting pair bats for one innings.

EQUIPMENT



Bats, Balls, Wickets

ENVIRONMENT



Cricket Pitch, Outdoor 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?

For fielders: What clues does the batter give you as to where they are going to hit the ball?

MIX IT UP

- ⊖ Coach provides the feed of the ball (underarm throw) rather than a bowler.
- ⊖ Batters can throw, rather than hit the ball within the area.
- ⊕ Introduce a 'one hand, one bounce' rule to catch a batter out.

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

Have similar size (physically) bowlers bowling to similar size batters.

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

FIND MORE INFO