



WATCH MY VIDEO :)

SUPER QUICK HANDS

RINGA KAMAKAMA

SKILL FOCUS

- Wicketkeeping
- Catching

COMPLEXITY



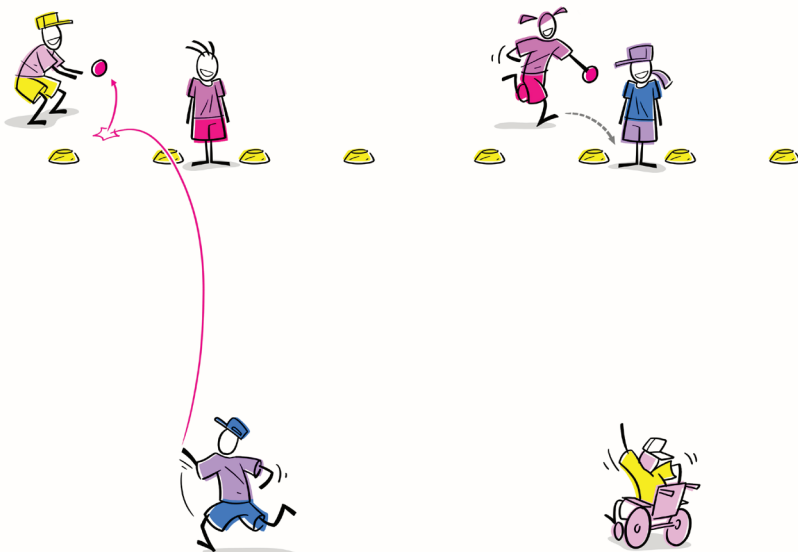
WHAT OTHER SKILLS COULD BE INVOLVED

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.

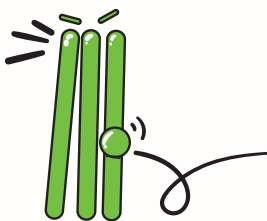
VALUES

(PROMPT THE SMASHIES)



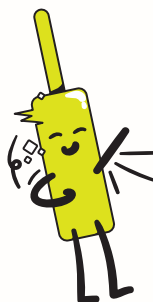
HONESTY PONO

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?



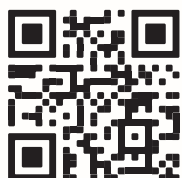
I did a good job of being cooperative / supportive / honest



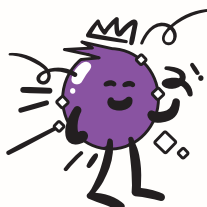
I was OK



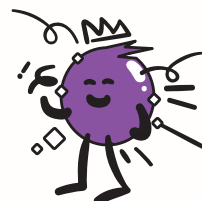
I wasn't cooperative / supportive / honest



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?