



EXAMPLE SESSIONS AND PROGRAMME INTRODUCTION

This resource provides a quick guide to how you could plan and deliver a session and combine sessions to create a 4-6 session programme.

NZC recommends:

- a session length of 30-45 minutes, with the shorter timeframe for younger age-groups.
- In each session, include up to three games (10 minutes per game), with 'free play' and a chance to reflect at the end
- To have a sustainable impact, 4 – 6 sessions are recommended

Free Play

NZC encourages a few minutes of 'Free Play' in each session. Before the first game, have some equipment specifically for Smashies to pick up and use. This can serve a few, important purposes:

- This will allow valuable observation time. Smashies will make their own games and you will be able to observe skill level and begin to understand your group in terms of capability and social interactions.
- Through making their own games, you may be able to pick up or add their insights into your own session design – why not consider a Smashie designed game to complement the resources?

Smash Play junior-tamariki Game Design

Smash Play junior-tamariki has been designed to enable any game to be played by any child of any skill level. This is a non-linear approach that removes the historic "this game is for 5 to 6 year-olds" thinking, and the inherent thought process that a 9-year-old is more physically coordinated than a 7-year-old.

Each game can be altered through the Mix It Up or Smash It Up sections, to make it less or more complex for participants. When playing the game, these elements can be introduced to the group as a whole or individualised to ensure smashies have a sense of achievement and are working at a level that suits their needs and development.



When planning a session or a programme, consider the following;

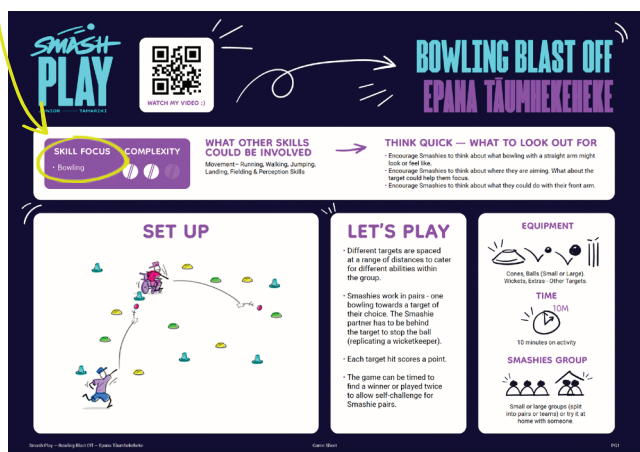
Complexity

- Each game is designed with a complexity level between 1 and 3. Complexity 1 is designed to establish a skill, complexity 2 is progressing the skill, and complexity 3 enhancing the skill.
- Utilising complexity as a guide, you could deliver a session based solely on establishing a skill(s) using only complexity 1 games, or you may decide to progress within a session by moving through the complexity levels.



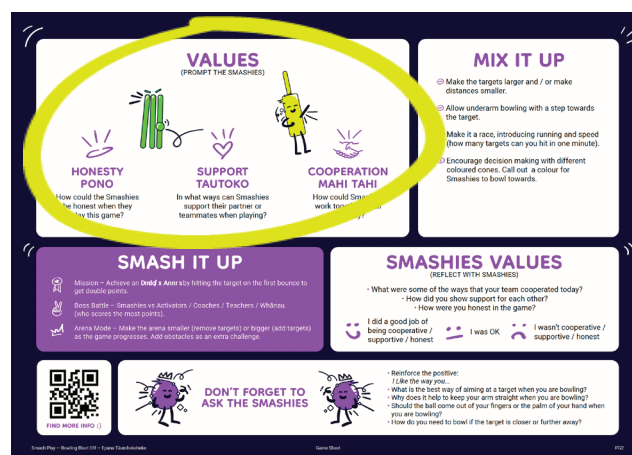
Skill Focus

- Each game has a 'skill focus' aligned to cricket, and also aligned to other physical activities – such as running and movement.
- You may decide to have a range of skills in each session or focus on one skill across multiple games.



Values

- Smash Play junior-tamariki develops personal social responsibility through values, alongside skill development. Each game has the option of three values that can be brought to life both through game play and the coach / game leader.
- You may decide to focus on one value across a session (with the value incorporated in all games) or mix and match the values.



With all of the above, **THE CHOICE IS YOURS!**

Remember, that using Mix It Up or Smash It Up ensures games can be changed to suit or challenge any ability, or played in 10 or more different ways.

