

CHANCE TO SHINE WEEKLY CHALLENGE: WEEK 1 – COOL CATCHER

PARENT & CHILD ACTIVITY



LEARNING OUTCOMES:

Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

EQUIPMENT:

- tennis ball (or if you don't have one, try a balled-up pair of socks or something else, be creative!)

PAIRS CHALLENGE:

- Stand 3M apart
- Take as many catches between you as you can in 1 minute
- Set your team best and then try and beat it!

STRETCH ACTIVITY:

- If you drop the ball you go back to zero



COACHING POINTS

- Watch the ball all the way into your hands
- Get into a powerful 'ready' position, with your weight forward
- Aim your throw where it can be caught easiest (belly button height)



CHANCE TO SHINE
Spreading the power of cricket

LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE'LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!

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INDIVIDUAL ACTIVITY



LEARNING OUTCOMES:

Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

EQUIPMENT:

- tennis ball (or if you don't have one, try a balled-up pair of socks or something else, be creative!)

HEADS, SHOULDERS, KNEES CATCH! CHALLENGE:

- Throw the ball in the air
- Touch your head, shoulders, tummy and toes then take the catch!
- Start with just your head & catch, then head, shoulders & catch etc



COACHING POINTS

- Watch the ball all the way into your hands
- Keep a big surface area to catch (think about having your hands like an open book)



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LET US KNOW HOW YOU GET ON! SHARE A VIDEO OF YOU COMPLETING
THE CHALLENGE ON OUR SOCIAL MEDIA CHANNELS!