

CHANCE TO SHINE WEEKLY SESSION: WEEK 3 - SUPER STRIKER

INDIVIDUAL ACTIVITY



LEARNING OUTCOMES:

- Develop an effective and consistent striking action for hitting the ball.
- Develop accuracy and placement for hitting.

EQUIPMENT:

- A bat (or if you don't have one, try a broom or a frying pan, be creative)
- Tennis ball or rubber ball (of any size)
- Cones to make the planets (or any objects you have around your house)

SPACE RACE CHALLENGE:

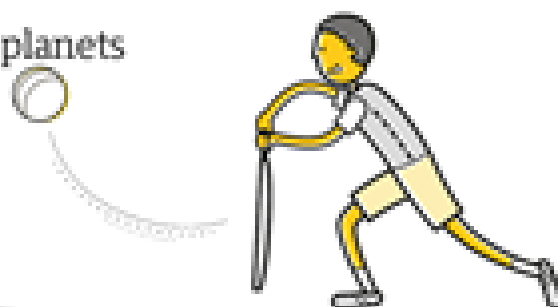
- Mark out the planets by placing sets of cones on the floor
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order!)
- See how many planets you can visit in one minute

STRETCH ACTIVITY:

- Bounce the ball on your bat as you visit the planets

COACHING POINTS:

- Watch the ball really closely
- Watch where you are going



CHANCE TO SHINE
Spreading the power of cricket

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



@chance2shine



@chance_to_shine



/chancetoshinecricket

CHANCE TO SHINE WEEKLY SESSION:

WEEK 3 – SUPER STRIKER

PARENT & CHILD ACTIVITY



LEARNING OUTCOMES:

Develop an effective and consistent striking action for hitting a ball.
Develop accuracy and placement for hitting.

EQUIPMENT:

- A bat (or if you don't have one, try a broom or a frying pan, be creative!)
- Tennis ball or rubber ball (of any size)
- Two chairs to act as fielders

PAIRS CHALLENGE:

- Place two chairs 3M in front of you
- Get your partner to feed you 6 balls
- Try to defend the ball using soft hands to avoid getting out
- Scoring = 1 point if the ball bounces before the chair, 5 points if the ball goes beneath the chair



STRETCH ACTIVITY:

- Create your own version of the game and make up your own rules

COACHING POINTS

- Let the ball hit the bat and tap it lightly
- Create a strong base by getting side on and bending your knees



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!