

CHANCE TO SHINE WEEKLY SESSION: WEEK 5 - FEROCIOUS FIELDER

INDIVIDUAL ACTIVITY



Play

LEARNING OUTCOMES:

To apply running, throwing and stopping skills into a competitive situation.

EQUIPMENT:

- Something to throw with which can be used safely indoors like a soft ball or rolled up socks
- 5 targets of varied sizes

CONE RAIDERS CHALLENGE:

- Mark out the 5 targets in different areas of your space (make some easier, some more challenging)
- See how many goes it takes to hit all 5 targets, starting with the easiest and moving up
- Experiment with underarm and overarm throws
- If you beat your previous score, move back a step to increase the challenge

STRETCH ACTIVITY:

- Try throwing with your other arm

COACHING POINTS:

- Use your non-throwing arm to aim towards the targets
- Create a strong and stable side on position towards your target



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PARENT & CHILD ACTIVITY



Play

LEARNING OUTCOMES:

To apply running, throwing and stopping skills into a competitive situation.

EQUIPMENT:

- Tennis ball or soft ball
- Cones
- Stumps (or a target to aim at)
- A Cricket bat (or something similar)

'RUN THEM OUT' PAIRS CHALLENGE:

- Fielder: On the call of 'yes' from the batter, run around a cone then pick up a tennis ball and throw at the stumps
- Batter: After calling 'yes', try to complete a 'run 2' and get back to the crease line before being run out
- Scoring: 10 points for the fielder for every run out, 2 points for the batter for every safely completed run
- Swap after 5 attempts and keep track of overall scores

COACHING POINTS

- Get into a low, balanced position to pick up the ball
- Keep your energy moving towards the target throughout



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Spreading the power of cricket



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



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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!