

CHANCE TO SHINE WEEKLY SESSION: WEEK 2 - BRILLIANT BOWLER

INDIVIDUAL ACTIVITY



LEARNING OUTCOMES:

Explore different throwing techniques, linked to bowling.
Develop accuracy and know where to 'pitch' the ball.

EQUIPMENT:

- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

HIT THE TARGET CHALLENGE:

- Mark out a set of wickets using a wheelie bin and some tape (be creative if you don't have those objects)
- Bowl the ball and try to hit the target!
- Scoring = 1 point for hitting the bin, 3 points for hitting the wickets



COACHING POINTS

- Create a star shape with your body ready to bowl
- Keep your bowling arm straight all the way through your delivery



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



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CHANCE TO SHINE WEEKLY SESSION:

WEEK 2 - BRILLIANT BOWLER

PARENT & CHILD ACTIVITY



LEARNING OUTCOMES:

Explore different throwing techniques, linked to bowling.
Develop accuracy and know where to 'pitch' the ball.



EQUIPMENT:

- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe!)
- Tape/marker pen

PAIRS CHALLENGE:

- Place a hoop or hoop shaped target on the floor, 3 steps away from the stumps
- Taking it in turns to bowl at the target, aim to score as many points in two minutes as possible
- Scoring = 5 points for the hoop, 3 points for the stumps, 1 point for the wheelie bin

COACHING POINTS

- Focus the eyes towards the target on the ground
- Follow through with the delivery to get more pace and direction



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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!