CHANCE TO SHINE WEEKLY CHALLENGE: WEEK 1 - COOL CATCHER

Play

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 dont 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)

CHANCE TO SHINE
Spreading the power of cricket

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

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