



SKILL FOCUS

- Throwing
- Ground-Fielding

COMPLEXITY



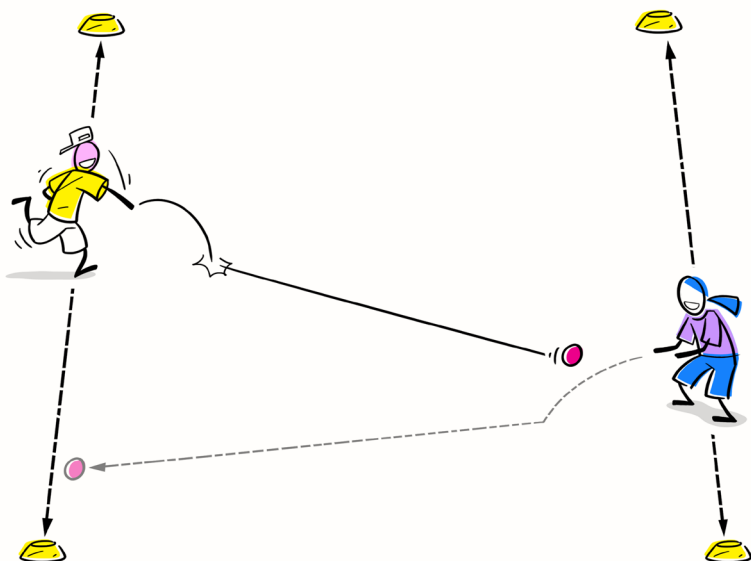
WHAT OTHER SKILLS COULD BE INVOLVED

Movement - Running, Side to Side & Perception Skills.

THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to think about where the ball is travelling to and how to move to stop it.
- Encourage Smashies to think about what position they need to get into to stop / pick the ball up.
- Encourage Smashies to think about how to step towards the target and how to swing their arms.

SET UP



LET'S PLAY

- Using cones set up a target 'gate' opposite each other.
- Smashies try to roll the ball past their Smashie partner (the gatekeeper) and through the gate.
- The gatekeeper must keep their feet between the cones. It is their task to stop the ball before it goes past them.
- A point is scored if the Smashie rolls the ball and goes past the gatekeeper, and through the gate.
- The ball must be rolled along the ground (one step towards the target is allowed).
- The Smashie then returns the ball as the roller, attempting to score their own point, with the original Smashie becoming the gatekeeper.
- Play to score the most points out of 10 rolls each.

EQUIPMENT



Cones. Balls (Small or Large).

TIME



10 minutes on activity.

SMASHIES GROUP



Small or large groups (split into pairs or teams) or try it at home with someone.

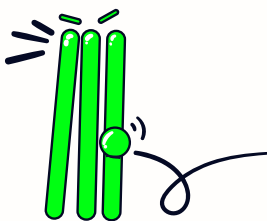
VALUES

(PROMPT THE SMASHIES)



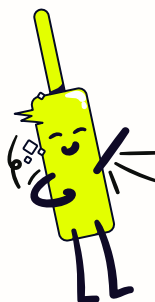
HONESTY PONO

How could the Smashies be honest when they play this game?



SUPPORT TAUTOKO

In what ways can Smashies support their partner or teammates when playing?



COOPERATION MAHI TAHI

How could Smashies work together when they play?



MIX IT UP

- ⊖ Move the gates further away from each other, providing more time to field the ball.
- ⊖ Use larger balls.
- ⊕ Rotate the Smashies to switch opponents.
- ⊕ Add obstacles between the two Smashies.

SMASH IT UP



Mission – Smashies use their non-dominant hand to score double points via an **Energy Boost**.



Boss Battle – Smashies vs Activators / Coaches / Teachers / Whānau.



Arena Mode – Widen the gate to create a higher chance of scoring points (but prompt a stronger focus on moving and fielding the ball).

SMASHIES VALUES

(REFLECT WITH SMASHIES)

- What were some of the ways that your team cooperated today?
 - How did you show support for each other?
 - How were you honest in the game?



I did a good job of being cooperative / supportive / honest



I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive:
 - I Like the way you...*
- What do you need to do to move to the ball?
- Is it easier to stop the ball with your body low to the ground or high (and why)?
- How can you roll the ball into space?