



# SMASH OFF

## HAUKURU TAUMĀHEKEHEKE

### SKILL FOCUS

- Batting

### COMPLEXITY



### WHAT OTHER SKILLS COULD BE INVOLVED

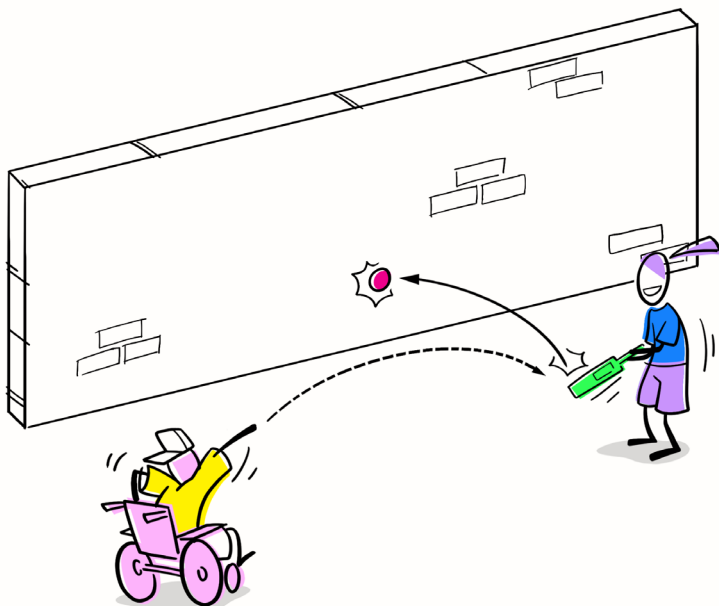
Underarm Throwing, Fielding & Perception Skills.



### THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage Smashies to say “STEP” so they step towards the ball and “HIT” when it hits their bat.
- Encourage Smashies to think about how to swing the bat through a full range of motion and how they hold it to help this happen.

## SET UP



## LET'S PLAY

- The Smashie batter stands approximately 5 metres from the wall or net (with their back towards the wall or net).
- The Smashie who will feed the ball, stands approximately 5 metres in front of the batter. They lob the ball for the Smashie batter to hit, aiming for their left hip.
- The Smashie batter hits the ball towards the wall or net.
- One run is scored for every hit into the wall or net.
- Play for 10 lobs, then switch.

### EQUIPMENT



Cones, Balls (Small or Large).  
Bats or Racquets.

### TIME



10M  
10 minutes on activity.

### SMASHIES GROUP



Small or large groups or try it at home with someone.

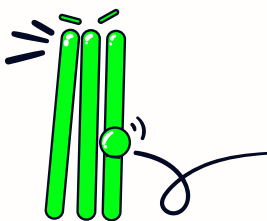
# VALUES

(PROMPT THE SMASHIES)



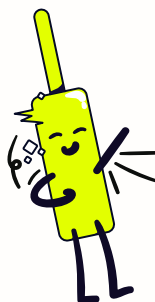
## HONESTY PONO

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

- ⊖ Use a wider implement (wider bat / racquet) or a larger ball.
- ⊕ After five successful hits move 3 steps further away. See how far away the Smashies can move.
- ⊕ Introduce a 2 v 2 game with a "boundary" line. One team of fielders must stop the ball before the boundary. The batting Smashie and feeder take turns to hit 6 balls each into the wall, to rebound past the boundary. Each boundary scores 4 runs. Teams swap roles.
- ⊕ Turn the boundary line into gate targets to score runs. Different runs for different gates.

# SMASH IT UP



Mission – Score a boundary by hitting the non-dominant way will generate an **Extra Life** (extra ball).



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



Arena Mode – Use a line on the wall, real or imaginary, to be used to either hit above or below.

# 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...*
- Where is your weight after you have hit it?
- How could you hit it harder?