





### **SKILL FOCUS**

## COMPLEXITY

- Throwing
- Ground-Fielding



### WHAT OTHER SKILLS **COULD BE INVOLVED**

Movement - Running, Side to Side & Perception Skills.



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### 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**

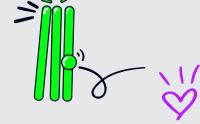




Small or large groups (split into pairs or teams) or try it at home with someone.

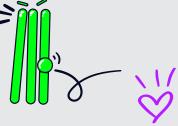


(PROMPT THE SMASHIES)



### **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





**DON'T FORGET TO** 



- 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?