



SMASHBACK

HAUKURUTIA KI MURI

SKILL FOCUS

- Catching
- Throwing

COMPLEXITY



WHAT OTHER SKILLS COULD BE INVOLVED

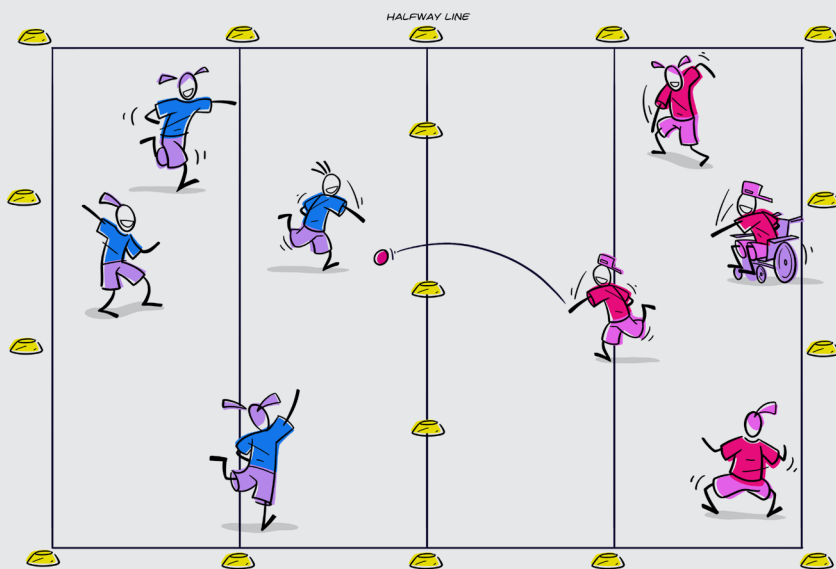
Movement – Walking, Running, Jumping, Balancing, Stopping, Ground Fielding & Perception Skills.



THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage aiming throws into areas of space.
- Encourage full participation.

SET UP



LET'S PLAY

- Arena is divided into quarters, with a halfway line, a quarter line, and an end line (SmashBack line).
- Smashie Team 1 throws from their quarter line and attempts to move the ball as far down the field as possible.
- Smashie Team 2 move to stop the ball and throw from where the ball comes to a rest.
- If the ball moves over the quarter line of the opposition, a point is scored.
- If the ball moves over the SmashBack line then this is a SmashBack and 5 points are scored.
- If a SmashBack occurs, a restart is made from the quarter line of the non-scoring team.

EQUIPMENT



Cones, Balls (Small or Large).

TIME



5 minutes on activity.

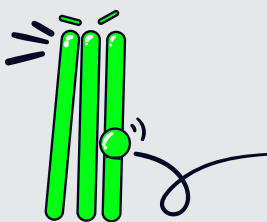
SMASHIES GROUP



Small or large groups (split into pairs or teams).

VALUES

(PROMPT THE SMASHIES)



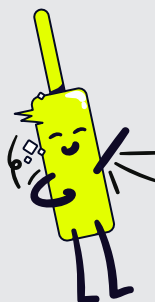
HONESTY PONO

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

- ⊖ On the same playing area have a range of one vs one competitions – allow quick movement between Smashie pairs (i.e. change who they are competing against), so they start to find a Smashie at a similar level.
- ⊕ Challenge a Smashie team to work out a system where each team member touches the ball by throwing to each other.
- ⊕ Increase the challenge by introducing more balls into play.

SMASH IT UP



Mission – If a throw is caught on the full by the Smashie they receive an **Energy Boost** which allows them to move forwards by “x” number of steps before throwing.



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



Arena Mode – Move the SmashBack lines as the game progresses.

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



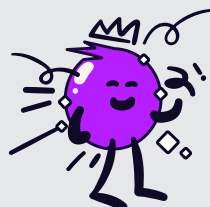
I was OK



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 is the best way to hold the ball when you throw, could you hold it differently?
- When could you let go of the ball to throw it further?
- How can you use your body/arms to throw the ball further?