



## SKILL FOCUS

- Throwing
- Catching

## COMPLEXITY



## WHAT OTHER SKILLS COULD BE INVOLVED

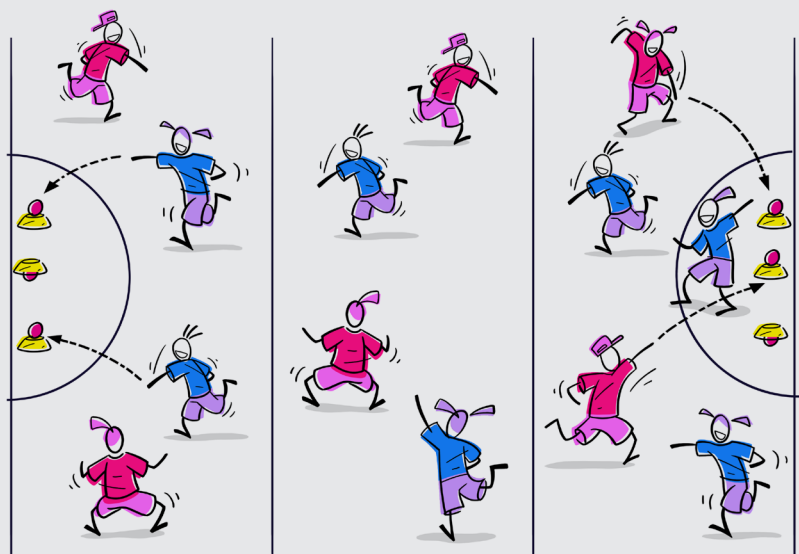
Movement – Walking, Running, Jumping, Balancing, Ball Intercepting, Underarm Rolling, Ground Fielding & Perception Skills.



## THINK QUICK — WHAT TO LOOK OUT FOR

- Encourage teams to problem solve and work together.
- Encourage continual movement between positions to ensure full participation.

## SET UP



\*Note: Ensure the balls are spread out around the hoop to avoid collisions as the kids collect the balls

## LET'S PLAY

- There are three zones: two scoring zones and a middle zone.
- Each scoring zone has a kaitiaki or defender that guards three cones with tennis balls on top. Their job is to stop the attackers from hitting them off with the game ball.
- The ball must be touched by a Smashie in each zone before a team can score.
- Defenders must stay arms length from the opposition.
- A point is scored hitting a ball off the cone in the scoring zone. The ball is placed underneath the cone to indicate it has been hit.
- The team to hit all three targets first, wins.

## EQUIPMENT



Cones, Balls (Small or Large).

## TIME



10 minutes on activity.

## SMASHIES GROUP



Larger Groups  
(between 5-10 per group).

# VALUES

(PROMPT THE SMASHIES)



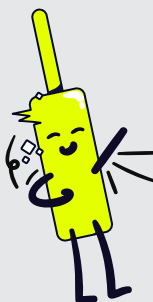
## HONESTY PONO

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

- ⊖ Increase / decrease number of Smashies per team.
- ⊖ More cones as targets / bigger targets.
- ⊖ Increase the size of the ball.
- ⊕ Accumulate points over a certain time rather than finish with three hits.
- ⊕ Static vs Dynamic - no running with the ball vs allowed to take a few steps.
- ⊕ Introduce more than one ball – either larger or smaller or different size balls within the same game.
- ⊕ No throwing above the head – encouraging movement, creation of channels.

# SMASH IT UP



Mission – Introduce a bonus target for the Smashies next to the points targets. If the bonus is hit then an **Energy Boost** of a defender being removed from the defending team until the next point is scored applies (the defender must become an attacker so they are still in the game).



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



Arena Mode – Make the arena smaller or bigger 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



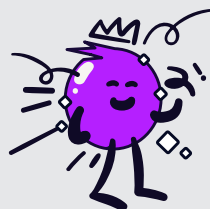
I was OK



I wasn't cooperative / supportive / honest



FIND MORE INFO :)



## DON'T FORGET TO ASK THE SMASHIES



- Reinforce the positive: *I Like the way you...*
- How could you get everyone in your team involved?
- What are some things you can do to try to intercept the ball?
- What ways can you move or throw the ball?