Chance to Shine: Activity week 1 - cool catcher

Get more information at: https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_66039831311586267782474

Chance to Shine are a charity hoping to get young children into cricket. Why not try learning some cricket skills:

**CHANCE TO SHINE WEEKLY CHALLENGE:**
**WEEK 1 - COOL CATCHER**

**INDIVIDUAL ACTIVITY**

**LEARNING OUTCOMES:**
Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

**EQUIPMENT:**
- tennis ball (or if you don’t have one, try a balled-up pair of socks or something else, be creative)

**HEADS, SHOULDERS, KNEES CATCH! CHALLENGE:**
- Throw the ball in the air
- Touch your head, shoulders, tummy and toes then take the catch!
- Start with just your head & catch, then head, shoulders & catch etc

**COACHING POINTS**
- Watch the ball all the way into your hands
- Keep a big surface area to catch (think about having your hands like an open book)

**LET US KNOW HOW YOU GET ON! SHARE A VIDEO OF YOU COMPLETING THE CHALLENGE ON OUR SOCIAL MEDIA CHANNELS!**

**CHANCE TO SHINE WEEKLY CHALLENGE:**
**WEEK 1 - COOL CATCHER**

**PARENT & CHILD ACTIVITY**

**LEARNING OUTCOMES:**
Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

**EQUIPMENT:**
- tennis ball (or if you don’t have one, try a balled-up pair of socks or something else, be creative)

**PAIRS CHALLENGE:**
- Stand 3M apart
- Take as many catches between you as you can in 1 minute
- Set your team best and then try and beat it!

**STRETCH ACTIVITY:**
- If you drop the ball you go back to zero

**COACHING POINTS**
- Watch the ball all the way into your hands
- Get into a powerful ‘ready’ position, with your weight forward
- Aim your throw where it can be caught easiest (belly button height)

**LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE’LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!**