

# Chance to Shine - Activity week 3: Super Striker!

Get more information at: [https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h\\_758837754281586267800723](https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_758837754281586267800723)

**CHANCE TO SHINE WEEKLY SESSION:**  
**WEEK 3 - SUPER STRIKER**  
INDIVIDUAL ACTIVITY

  
Play

**LEARNING OUTCOMES:**  
Develop an effective and consistent striking action for hitting the ball.  
Develop accuracy and placement for hitting.

**EQUIPMENT:**  
- A bat (or if you don't have one, try a broom or a frying pan, be creative)  
- Tennis ball or rubber ball (of any size)  
- Cones to make the planets (or any objects you have around your house)

**SPACE RACE CHALLENGE:**  
- Mark out the planets by placing sets of cones on the floor  
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order!)  
- See how many planets you can visit in one minute

**STRETCH ACTIVITY:**  
- Bounce the ball on your bat as you visit the planets

**COACHING POINTS:**  
- Watch the ball really closely  
- Watch where you are going

**CHANCE TO SHINE**  
Spreading the power of cricket

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

 @chance2shine  @chance\_to\_shine  /chancetoshinecricket

**CHANCE TO SHINE WEEKLY SESSION:**  
**WEEK 3 - SUPER STRIKER**  
PARENT & CHILD ACTIVITY

  
Play

**LEARNING OUTCOMES:**  
Develop an effective and consistent striking action for hitting a ball.  
Develop accuracy and placement for hitting.

**EQUIPMENT:**  
- A bat (or if you don't have one, try a broom or a frying pan, be creative!)  
- Tennis ball or rubber ball (of any size)  
- Two chairs to act as fielders

**PAIRS CHALLENGE:**  
- Place two chairs 3M in front of you  
- Get your partner to feed you 6 balls  
- Try to defend the ball using soft hands to avoid getting out  
- Scoring = 1 point if the ball bounces before the chair, 5 points if the ball goes beneath the chair

**STRETCH ACTIVITY:**  
- Create your own version of the game and make up your own rules

**COACHING POINTS:**  
- Let the ball hit the bat and tap it lightly  
- Create a strong base by getting side on and bending your knees

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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!