

COMPLETE THE MASCOT CHALLENGE



WEEK 2 THROWING

Complete each activity **10 times** to earn a Syd or **20 times** to earn a double Syd!



ACTIVITY

1

Throw the ball into the ground and try and make it bounce above your head then catch it on its way down.

ACTIVITY

2

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball into the ground so it bounces up and your partner can catch it without moving.

ACTIVITY

3

Find a partner and stand with your toes touching theirs, now take four big steps backwards. One person stands with their feet apart, the other person tries to throw the ball between their legs.

ACTIVITY

4

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball to your partner so they can catch it before the ball bounces.

* 1 Syd = 1 point

* Double Syd = 3 points

TOTAL



FANTASTIC

YOU HAVE NOW COMPLETED THE MASCOT THROWING CHALLENGE!

THE MASCOT CHALLENGE COACHING TIPS



WEEK 2 THROWING

TIP

1

Try and stand side on to your target when throwing.

TIP

2

Your arm should nearly straighten behind you before you throw it.

TIP

3

Step towards your target with your front foot when you throw.

TIP

4

Finish with your throwing arm down and across your body.

TIP

5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



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