

COMPLETE THE MASCOT CHALLENGE

WEEK 3 BOUNCING



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 back down with one hand.

ACTIVITY

2

Throw the ball into the ground, make the ball bounce up and catch it with two hands with your palms facing down.

ACTIVITY

3

Throw the ball into the ground and push the ball back down without catching it. Try to keep the ball bouncing by pushing it to the ground five times in a row.

ACTIVITY

4

Throw the ball into the ground and push the ball back down without catching it. Now try to move around, keeping the ball bouncing and under control for 10 seconds.

* 1 Syd = 1 point

* Double Syd = 3 points

TOTAL



AWESOME

YOU HAVE NOW COMPLETED THE MASCOT BOUNCING CHALLENGE!

THE MASCOT CHALLENGE COACHING TIPS



WEEK 3 BOUNCING

TIP

1

Make sure you watch the ball closely while you are bouncing the ball.

TIP

2

Try and keep the ball bouncing up to the height of your hip.

TIP

3

Try to use your fingers to control the ball.

TIP

4

Use your wrist and elbows to push the ball.

TIP

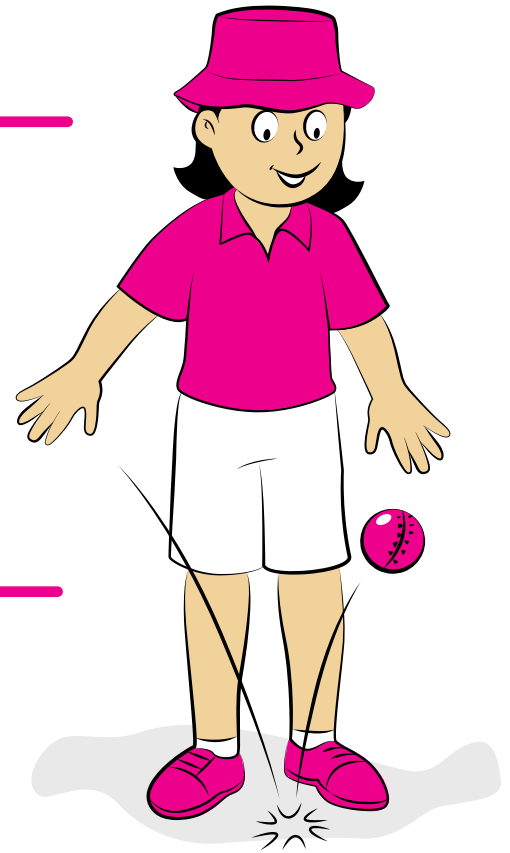
5

Bend your hips slightly to help you keep control of the ball and move around.

TIP

6

Keep the ball in front and to the side of your body, this will make it easier to control.



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