

COMPLETE THE MASCOT CHALLENGE

WEEK 1

CATCHING



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

ACTIVITY

1

Throw the ball up with one hand and catch it with two hands.



ACTIVITY

2

Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.

ACTIVITY

3

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, each time catching the ball with TWO hands.

ACTIVITY

4

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, this time catching the ball with ONE hand.

* 1 Thor = 1 point

* Double Thor = 3 points

TOTAL



CONGRATS

YOU HAVE NOW COMPLETED THE MASCOT CATCHING CHALLENGE!

THE MASCOT CHALLENGE COACHING TIPS WEEK 1 CATCHING



TIP
1

Make sure you watch the ball all the way into your hands.

TIP
2

Try to make your hands into a big bowl for the ball to land in.

TIP
3

Stand with your feet shoulder width apart.

TIP
4

Catch the ball in your hands with your elbows in front of 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.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



COMPLETE THE MASCOT CHALLENGE

WEEK 2

THROWING



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

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 Thor = 1 point
* Double Thor = 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.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



COMPLETE THE MASCOT CHALLENGE

WEEK 3

BOUNCING



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

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 Thor = 1 point

* Double Thor = 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

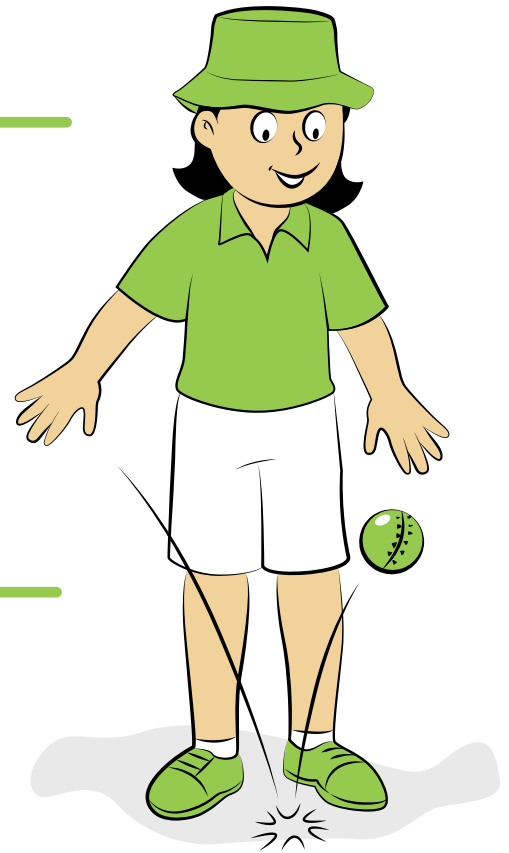
5

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.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



COMPLETE THE MASCOT CHALLENGE

WEEK 4

GAMES



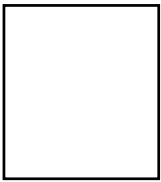
Earn 4 points for completing Challenge A plus 2 bonus points for completing Challenge B.

GAME

1



DIFFICULTY

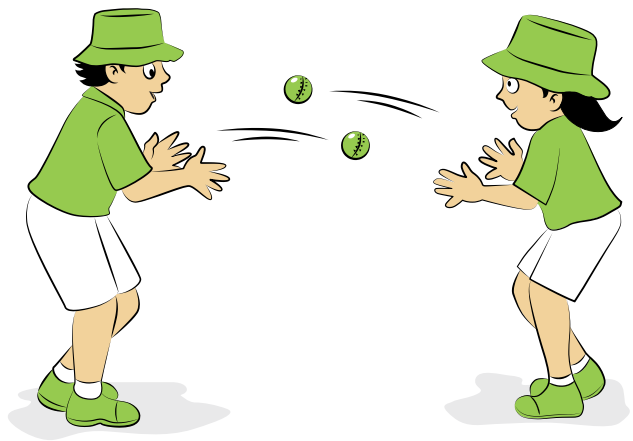


Points

PAIRS CATCH AND RELEASE

A: Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. Underarm the ball to each other at the same time and catch it with 2 hands.

B: For an extra challenge, try working with your partner to say the letters of the alphabet, names of countries or even names of animals each time you take a catch rather than counting.

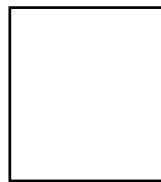


GAME

2



DIFFICULTY

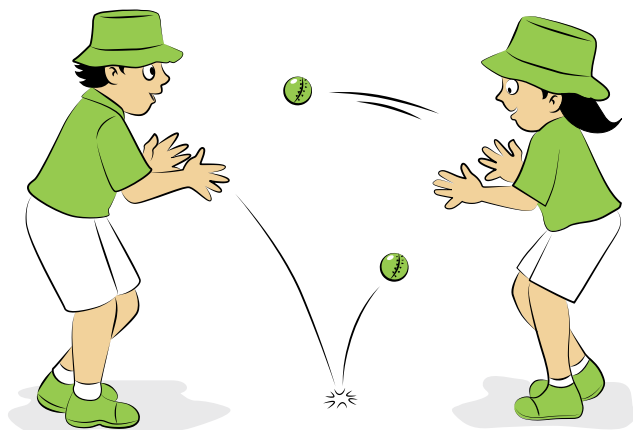


Points

PAIRS BOUNCING CATCHING

A: In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. One person throws the ball overarm and bounces it to their partner. One person throws an underarm catch to their partner without the ball bouncing.

B: For an extra challenge, try swapping roles each time so that ball 1 is always bouncing and ball 2 is always catching.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



COMPLETE THE MASCOT CHALLENGE

WEEK 4

GAMES



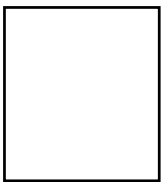
Earn 4 points for completing Challenge A plus 2 bonus points for completing Challenge B.



CROSS COUNTRY SKIING

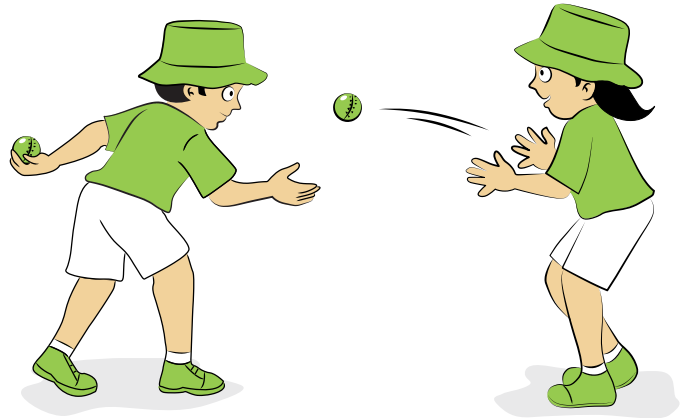


DIFFICULTY



Points

A: In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball. Underarm the ball to each other at the same time and catch it in one hand without the ball bouncing.



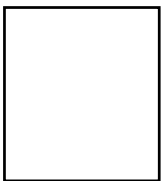
B: Ball 1 should remain on your right hand side and ball 2 on your left hand side. You will find yourself swinging your arms like a cross country skier.



GOAL GETTER

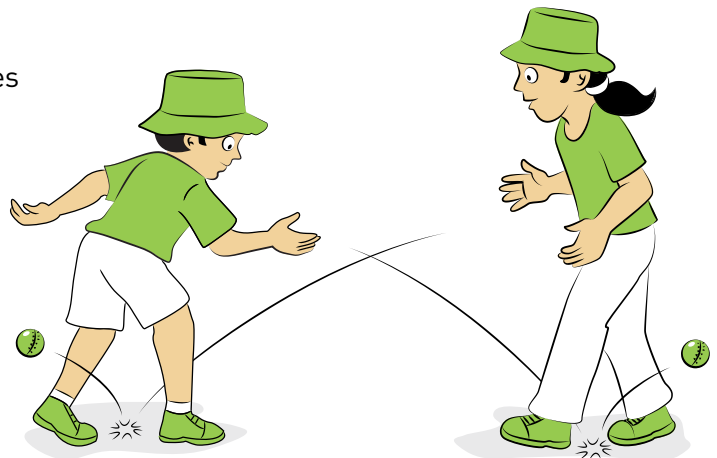


DIFFICULTY



Points

A: In Pairs, stand with your toes touching your partner's and take 2 big steps backwards, both should have a ball and be standing with your feet shoulder width apart.



B: Each person tries to score a goal by under arming the ball through their partner's legs.



FIND OUT MORE AT
PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY

