CHANCE TO SHINE WEEKLY SESSION:
WEEK 2 - BRILLIANT BOWLER
INDIVIDUAL ACTIVITY

LEARNING OUTCOMES:
Explore different throwing techniques, linked to bowling.
Develop accuracy and know where to ‘pitch’ the ball.

EQUIPMENT:
- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe)
- Tape/marker pen

HIT THE TARGET CHALLENGE:
- Mark out a set of wickets using a wheelie bin and some tape (be creative if you don’t have those objects)
- Bowl the ball and try to hit the target!
- Scoring = 1 point for hitting the bin, 3 points for hitting the wickets

COACHING POINTS
- Create a star shape with your body ready to bowl
- Keep your bowling arm straight all the way through your delivery

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

CHANCE TO SHINE WEEKLY SESSION:
WEEK 2 - BRILLIANT BOWLER
PARENT & CHILD ACTIVITY

LEARNING OUTCOMES:
Explore different throwing techniques, linked to bowling.
Develop accuracy and know where to ‘pitch’ the ball.

EQUIPMENT:
- Tennis ball, taped tennis ball or rubber ball
- Wheelie bin (or something similar and safe)
- Tape/marker pen

PAIRS CHALLENGE:
- Place a hoop or hoop shaped target on the floor, 3 steps away from the stumps
- Taking it in turns to bowl at the target, aim to score as many points in two minutes as possible
- Scoring = 5 points for the hoop, 3 points for the stumps, 1 point for the wheelie bin

COACHING POINTS
- Focus the eyes towards the target on the ground
- Follow through with the delivery to get more pace and direction

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!