

Can do Attitude

I often talk with the players I coach – about attitude. If you believe something, it's true for you.

Growth and learning as a person and as a sportsman is about what you are willing to invest and what you want to take away,

We are currently in a unique situation. You can say this is boring, terrible ... I can't do anything.

OR

You can cease the opportunity to find new ways of doing things; be inventive, imaginative and learn a whole lot more than you imagined possible.

Stay isolated, stay safe....and don't damage your home and garden – but they are your only limits....

Create new games and post your scores to your friends Challenge them to beat you, then come up with their own game. It will keep you active, help you pass the time and have fun in a safe way.

Let us know what you're doing at the Sports Office sport@rathkeale.school.nz – and we'll share your genius with others!

Here's one to start you off.

Lie under your washing line and throw a ball/rolled up sellotaped piece of newspaper/apple etc up and catch it.

If it doesn't touch the washing line and you catch it - 1 run

If it doesn't hit the washing line and you don't catch it – 6 runs

If it hits the washing line on the way up and you catch it 2 runs

If it hits the washing line on the way up and you don't catch it – 4 runs

If it hits the washing line on the way down and you catch it – OUT!

If it hits the washing line on the way down and you drop it 6 runs and a free hit! (can't get a wicket next throw)

If it hits the line on the way up and down and you catch it ... double play! (2 wickets)

If it hits the line on the way up and down and you don't catch it 10 runs

Take 10 wickets to end the game. How low can you score? Can you video and prove it?

I'm sure you can do better than me Go on I challenge you!!!

Be safe, stay well and use your imaginationRemember it's all about ATTITUDE!