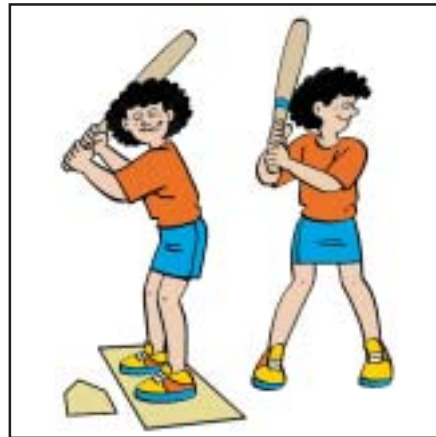


Skills & Techniques HITTING



1. GRIP

- Hold the bat in your fingers not your palms.
- Left hand at base of bat for right hander (reverse for left handed hitter).
- Put hands together on the bat with knuckles in line.



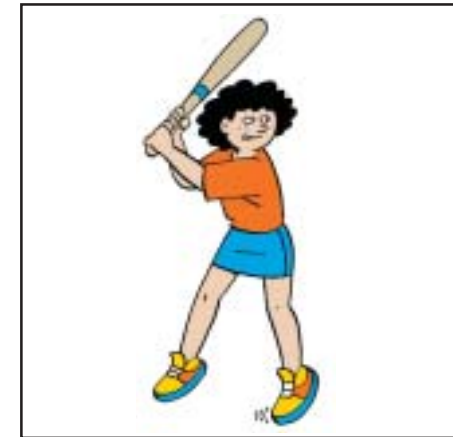
2. STANCE

- Stand sideways on to the pitcher.
- Set your toes along an imaginary line towards pitcher.
- Hands at shoulder height.
- Bat at a 45 degree angle.



3. 'GATHER' YOUR WEIGHT

- Shift your weight slightly to the back foot.



4. STEP FORWARD

- Take a small step towards the pitcher with your front foot.
- Keep your weight balanced.

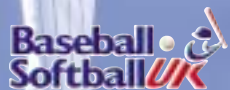
KIDS TIPS...

"Put your hands together on the bat"

"Stand sideways on to the pitcher"
"Hands back"

"Move weight onto back foot"

"Take a small step towards the pitcher"
"Move weight onto the front foot"



Skills & Techniques HITTING (Continued)



5. PULL THE BAT THROUGH

- Brace your front leg.
- Rotate your back foot towards the ball.
- Lead the bat to the ball with your hands.



6. POINT OF CONTACT

- Swing the bat level and hard.
- Your hips will open up as your back foot rotates.
- Watch the ball all the way to contact.



7. FOLLOW THROUGH

- Swing your hands all the way around, keeping both hands on bat.
- Finish with your hands high and head still down.
- Your eyes should still be looking at the point of contact.

KIDS TIPS...

“Front leg is firm”
“Swing hands and bat hard at ball”

“Twist on the ball of your back foot”
“Keep your eyes on the ball”

“Swing bat around”
“Keep your head down through swing”



PEDRO MARTINEZ | BOSTON RED SOX | PITCHER



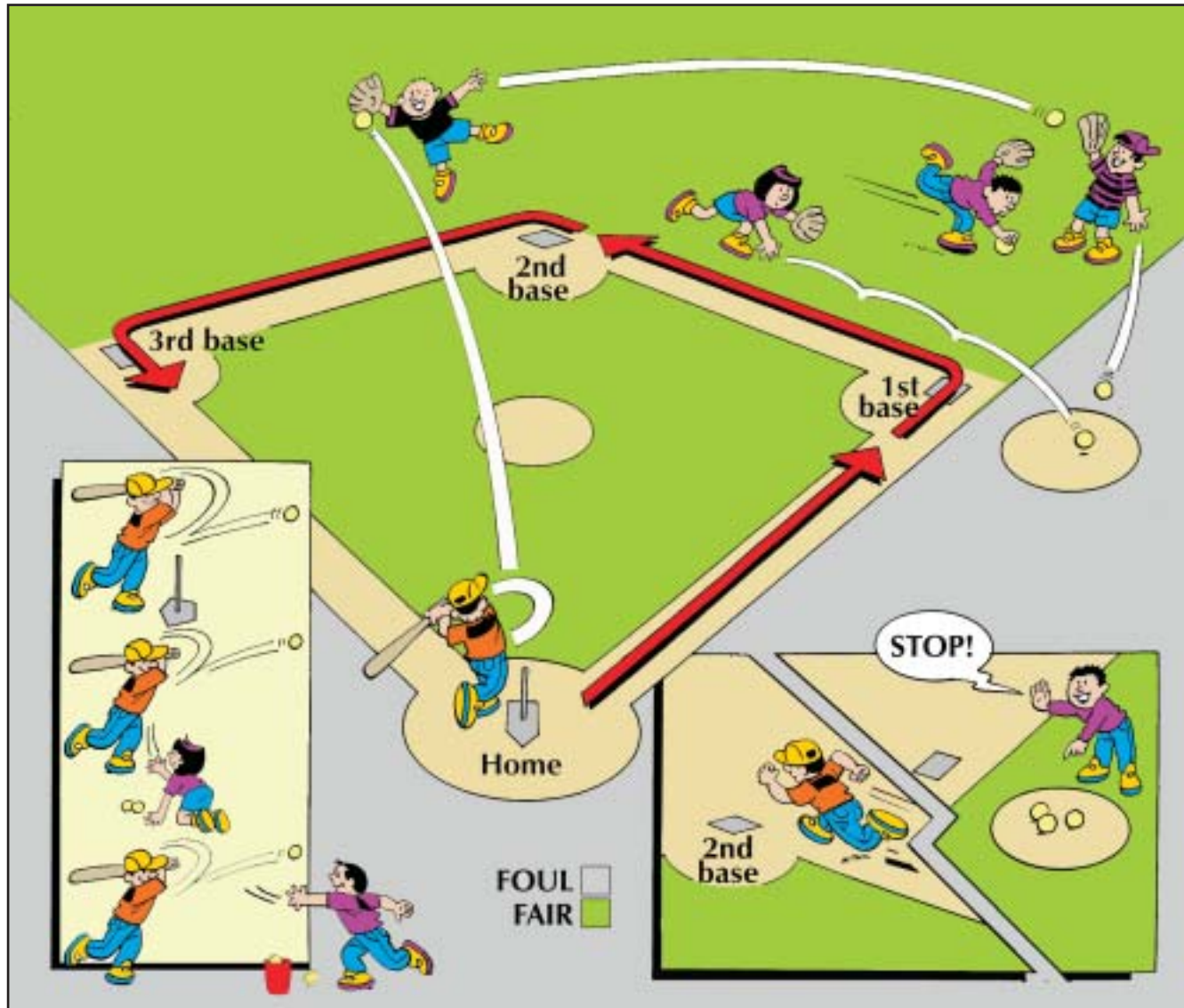
Activity 9 BEAT THE FIELDERS

DIFFICULTY LEVEL



HOW TO PLAY

- Eight players per group divide into two teams of four, one batting and one fielding.
- Three of the fielders position themselves outside the diamond, the other stands by the hoop.
- Each player in the batting group hits three balls in quick succession off the batting tee into fair territory, then runs around the bases and back to home.
- The fielders must retrieve the balls and return them to the hoop. Fielders can run the balls back to the hoop, or (preferably) can throw them to the receiver at the hoop. Balls hit foul (outside the diamond) need not be retrieved.
- Runners score one run for each base passed before all balls are returned to the hoop and three extra runs (making seven in all) if home plate is reached before all balls are in the hoop.
- When all four players on the batting team have had their hits, the teams switch places. The team with the most runs at the end of the inning (after both teams have batted) wins the game.



Activity 9 BEAT THE FIELDERS



FIELD LAYOUT

- A normal Tee Ball diamond with bases, and a hoop (or basket) just outside the diamond near first base.
- The size of the diamond can vary according to age and ability of players.

EQUIPMENT NEEDED

- 3 baseballs or tennis balls
- 1 bat
- 1 batting tee
- 4 fielder's gloves per group (optional)
- 3 bases and a home plate
- Cones (or chalk) to mark playing area (in the absence of lines)
- 1 hoop (or basket) to hold balls

SKILLS

- Batting
- Fielding Ground Balls
- Fielding Fly Balls
- Throwing
- Baserunning
- Teamwork

SAFETY POINTS

- Make sure that the fielder by the hoop is looking before you throw the ball to him or her.
- Make sure the hoop is a sensible distance from first base in order to avoid collisions.
- Make sure fielders are a safe distance from the hitter.

CHANGES TO THE GAME

- Hitters can hit off a tee, hit balls tossed to them from the side by team-mates or even hit balls pitched from the middle of the diamond by their teacher or a competent pupil.
- The bases can be moved closer or further apart depending upon players' ability.
- Fewer or more balls can be used to give less or more time to circle the bases.



WHEN FIELDING...

Did you make sure you fielded ground balls in front of your body with crocodile hands?

WHEN THROWING...

Did you make sure that the fielder by the hoop was ready to catch the ball before you threw it?

WHEN PLAYING...

Did you play sensibly and try hard to reduce the risk of collisions?