

ACTIVITY GUIDE



BASEBALL GAMES



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Alaskan Baseball

Start with 2 teams. One team is given a ball or throwable object, their team then forms a circle around them and that person throws the object. After he has thrown the object then he goes around the circle saying everyone's name in order of the circle. Every time he makes it around the circle it counts as a run. Meanwhile the other team is chasing the object. Everyone forms a line behind the first person that has gotten the object. They then pass the object between their legs until it reaches the last person, where it is then passed overhead back to the first person in line. When the first person gets the object the team yells out, and the other team stops counting runs. The first person in line that retrieved the object now has a circle formed around him and he throws the object and the process reverses.

Balloon Baseball

Players are divided into two teams. Each team designates a pitcher who pitches to his own team. Each batter gets two pitches to hit a balloon with his fist. If the ball is hit, the fielding team tries to blow the balloon to the ground before the batter runs around the bases. If they do not, a run is scored. Play continues until everyone on the batting team has been "up to bat". Then, the inning is over and teams switch places. The game continues for a specified number of innings.

NOTE: Depending on the age of the players, the distance between bases may be altered.

Burpee/Whiffle Ball

Teams can be of 1 or more players. Each team has a pitcher and possibly one or more fielders. The playing field is composed of a wall and the area in front of it. A strike zone based on a baseball/softball strike zone is drawn on a wall. The pitcher pitches a tennis ball from a set distance depending on the age of the players. If the batter swings and misses it is a strike. If the ball hits the wall within the box, it is a strike. Three strikes is an out; four balls is a walk. A fair or foul area is defined at the beginning of the game. A ball must travel a minimum distance in the air to be declared a fair ball. Increasing distances of carry in the air are used to decide whether a hit

Crazy Softball

Set up the field with bases. Divide students into two teams. The fielding team gets distributed in their positions; everyone is in the field, even if you need to have more than 9 in the field. Give the batting team a batting order and line them up in a safe area to the side of the field. You are the pitcher (if no tee is available) with a bucket of balls next to your feet. Pitch the ball to the batter. After the batter hits the ball, s/he automatically runs the bases, without stopping at any one base. There are no fouls in this game. After rounding the bases, the runner returns to the end of the line. The fielding team gets the ball back to the pitcher as quickly as they can, passing the ball in through teammates. If the ball gets back to the pitcher before they score they are out. If they score first they get a run. Teams switch sides after everyone has had one chance to hit the ball and run bases. After everyone has had a hit, you can switch after 5 minutes.

Frozen Baseball

Divide into two teams. The rules are similar to regular baseball except. The fielding team may not move their feet. The hitting team hits the volleyball with their hand, and crawls around the bases. To score a point, the batter must crawl all around the bases back to home before the fielding team gets the ball to the catcher at home. If the fielding team gets the ball ahead of the batter, he is out. As usual... after three people are out, the teams trade places.

Pickle

Place the bases 20-30' apart and select 2 students to be the throwers at each base. The students stand in between the two bases. The two throwers start by throwing the ball back and forth to each other. After the third throw, the students in the middle attempt to run to one of the bases. The throwers pass the ball quickly and try to tag the runners while holding the ball. The runners are only safe if they are standing on the bases. Runners count how many times they can advance to each base without being tagged. If a runner is tagged three times they switch positions with the thrower

Roller Baseball

Divide the group into two teams. Line up the outfield team as you would for a game of baseball. Line up the infield team in a straight line about 15 feet behind home plate, or in safe place near the batter (but not in the playing field). Practice rolling the ball between players' legs together as a group or as a short relay. The pitcher pitches the kickball to the first player, who hits it with the bat. As the ball rolls to the outfield, the batter runs around his or her team as many times as possible. Meanwhile, the players in the outfield line up behind the player who caught the ball. They all stand one behind the one another with their legs apart. The player who caught the ball rolls it between his or her legs and between the legs of the team. When the last player in line gets the ball, he or she runs to the front of the line and yells "Stop!" and the batter stops running. The hitting team keeps track of how many times the batter completely ran around them, by counting aloud. After three batters, teams switch positions. Play continues until everyone has batted.

Tee Ball

Set up the field with the bases and with the tee as home plate. Divide students into two teams. The fielding team gets distributed in their positions; everyone is in the field, even if you need to have more than 9 in the field. Give the batting team a batting order and line them up in a safe area to the side of the field. This game is played following the softball & baseball rules; with the exception that pitcher does not pitch the ball to the batter. You are the pitcher and control the play of the game. Play starts when you place the ball on the tee and the batter hits the ball off the tee. Play stops when the ball is returned back to you. Teams switch sides when either: 3 outs are achieved, a time limit is reached, after the team batting rotation.

Tennis Baseball

Set up a typical baseball field with bases. Divide students into two teams. The fielding team gets distributed in their positions; everyone is in the field, even if you need to have more than 9 in the field. Give the batting team a batting order and line them up in a safe area to the side of the field. This game is played following the softball & baseball rules; with the exception that pitcher allows the ball to bounce once before it reaches the batter. The batter hits with a racquet rather than a bat. You are the pitcher and control the play of the game. Play starts when you throw the ball underhand towards home plate. Play stops when the ball is returned back to you. Teams switch sides when either: after the full team batting rotation, a time limit is reached, 3 outs are achieved.

Wall Baseball

Set up an open area with a large wall. Split the students into two teams. The 1st team on offense has one person up to bat and everyone else on the sideline. The 2nd team on defense spreads all its players out around the playing area (should be about the size of the infield area for kickball) adjacent to the wall. Have students tell you where the boundaries are and be sure they know the object is to catch the ball in as few bounces as possible. The player on offense who is up to bat throws the tennis ball against the wall, it must go above a line on the wall of at least 6ft. (the higher the line the easier it is so for lower grades so 10 or 12 feet may be better). When the ball bounces off the wall the team on defense tries to catch it. If they catch it before it hits the ground that is an out. However, if the ball bounces once before someone catches it that's a single, two bounces is a double, three bounces a triple, and four bounces is a home run. The hitter can then take their base. If there are no bases, it is crucial to remember where the "imaginary runners" are for scoring purposes. If a ball bounces beyond the boundary, those out-of-bounds bounces do not count.

World Series

Divide the players into two teams. The team at bat lines up behind home base. The other team takes the positions of pitcher, basemen and fielders. The first person on the team at "bat" stands at home base and the pitcher rolls the ball toward him. The batter kicks the ball with the opposite foot that he would normally lead with. Each batter has two chances. On kicking the ball, the batter tries to run to each of the bases and back to home plate before the outfield team can throw the ball to each base and back to home plate. Therefore, the fielder who catches the ball throws it to the first baseman, who touches the marker and throws it to the second baseman that touches the marker and throws it to the third baseman who touches the marker and throws it to home plate. If the ball reaches home plate before the batter, the batter is out. If not, he scores a run. Teams switch after three outs. The game continues for nine innings.



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