

Ready...

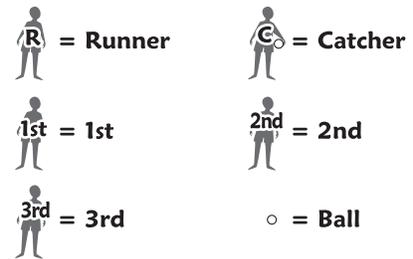
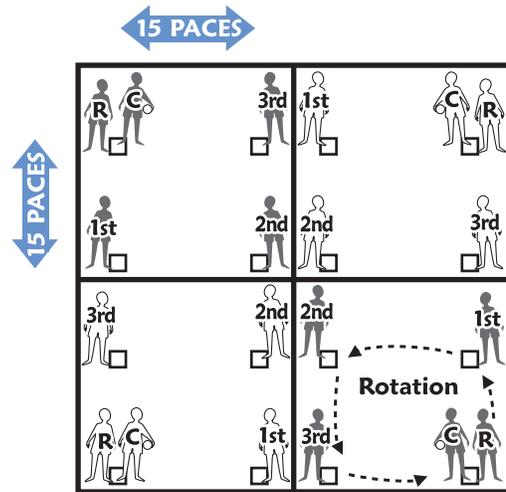
- 1 very soft ball (ragball or Koosh® ball) per group of 5
- 4 bases/spot markers per group of 5

Set...

- Create small, diamond-shaped fields for each group of 5. Place bases 15 paces apart.
- Form groups of 5; a Runner and a Catcher at home plate, and 1 Baseperson at each of the 3 bases.
- Ball starts in the Catcher's hand.

GO!

1. The object is for the Runner to run the bases quickly enough to beat the ball home, while Fielders throw it around the bases once.
2. Runner says, "Go," and begins running the bases in order.
3. On "Go," the Catcher throws to 1st, who throws to 2nd, who throws to 3rd, who throws back to the Catcher. The ball needs to travel around the bases, before the Runner runs the bases.
4. Rotate counterclockwise after each round: Catcher to Runner to 1st Base to 2nd Base to 3rd Base to Catcher.



CHALLENGES

- ★ How quickly can you run around the bases?
- ★ Can you reach home before the ball gets to 3rd base?
- ★ How many times can your group go through the rotation before the signal?

CUES

- ★ Make the curve out to round 1st base toward 2nd.
- ★ Touch only the inside edge of each base.

★ Get The Point?

Keep Score: Runners score 1 point if they beat the ball, and Fielders score 1 point if they beat the Runner.

★ Throw and Go

After you throw the ball, go cover the base you threw to.

★ Inside the Park Home Run!

(Switch fields such that home plates are together, so hits go out and away from other fields.) Batters hit a self-pitched ball or one thrown from a pitcher. Fielders must first field the ball, and then try to score 3 outs by throwing the ball to 3 different bases. Batters continue to round the bases until the 3rd out. Score an inside the park home run each time the Batter crosses home plate. Remember, Batters can keep running for more than one score.



ACADEMIC

The bases on a little league field are 60' apart. If you started at home plate, ran all the bases and finished at home, you will have run 240'. How many days would it take you to run a mile if you did this 4X a day? (Hint: There are 5,280 feet in a mile.)

● STANDARDS ADDRESSED

NASPE

- #1, 2 Baserunning, catching
- #3, 4 Cardiovascular fitness
- #5 Cooperation
- #6 Accepting challenges

Your State (Write in here)

PAULA'S POINTERS

- Allow groups a few minutes to practice throwing the ball around the diamond.
- Players keep track of their own score.
- Allow groups to vary the distance in their own diamond.

NOTES

