

BASEBALL

WHAT IS BASEBALL?

Baseball is a team sport that requires considerable coordination and **hitting, catching** and **throwing** skills – in addition to the ability to **run very fast** across short distances. Usually, two teams compete on a sandy and grassy field to hit the most **home runs** overall. Many variations have been developed to maximize the motor skills of the players, including **co-op** and **mini-baseball**, which offers you the opportunity to play the game.

EQUIPMENT

 1 ball per player (soft rubber)

 Batting tees or large cones

 Hula hoops

 Buckets

 Cones

 Baseball bats (foam or wood)

 Bases or rubber discs

 Numbered jerseys (t-shirts in the same colours)

HOW TO MAKE THIS ACTIVITY A SUCCESS



Maintain **eye contact** with the catcher before throwing the ball.



Call out your catch to avoid collisions with teammates (announce your presence).



Let all players get a turn at bat before switching sides (**no strikeouts**).



Do not stand behind or too close to the **batter**.



After a hit, **do not hurl the bat** before running (just drop it on the ground).



After each hitter, **swap places** with the fielding team (avoid “poles” in the field).

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:

 Elementary school level

 High school level

 Outdoors

 No equipment

 Distancing

 Solo

 Focus on practicing outdoors. However, if you have the sufficient space and the right indoor equipment (foam bat and rubber ball), you can bring this outdoor sport into your gym.

WARM-UP

RUN FOR YOUR LIFE



EQUIPMENT: 1 per player, 2 +

OBJECTIVES: Chasing and tagging opposing players with the ball in your hand by throwing passes.

Form teams of **five to seven players** and mark off the field with cones. Taking turns, each team has **one minute** and **two balls** (foam or rubber) to eliminate all the players on the other team. To succeed, pass the ball to each other and tag opponents with the **ball in your hand**. You are not allowed to move with the ball, and you cannot hold it for more than **five seconds**. When **players are tagged out**, they go off the field for dynamic stretching or conditioning (e.g., jumping jacks) until the end of the game.



VARIATIONS:

- Use **small foam balls** to make catching easier (for younger children).
- Combine **two teams** to try to eliminate the others (use four balls).



Throw the ball to a teammate who is near an opponent, just like in a game when you want to tag out opposing players before they reach the next base.

TECHNICAL ACTIVITY

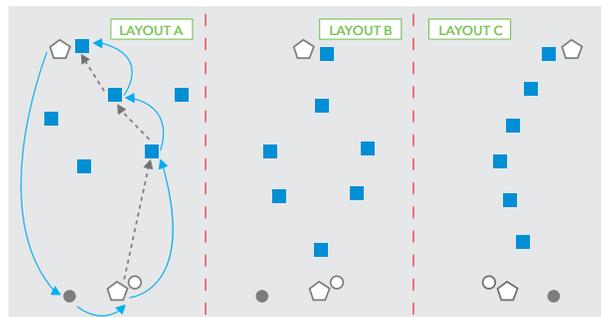
THROWING & CATCHING



EQUIPMENT: 15 , 2 + 2 per team

OBJECTIVE: Throwing the ball over your shoulder and catching the ball with your hands.

In teams of **five to seven players**, pass **15 balls, one at a time**, as fast as possible to reach the bucket on the other side of the field. Get there **without moving with the ball in your hands**: throw the ball to different players or the same players over and over again. Use the field layout you prefer.

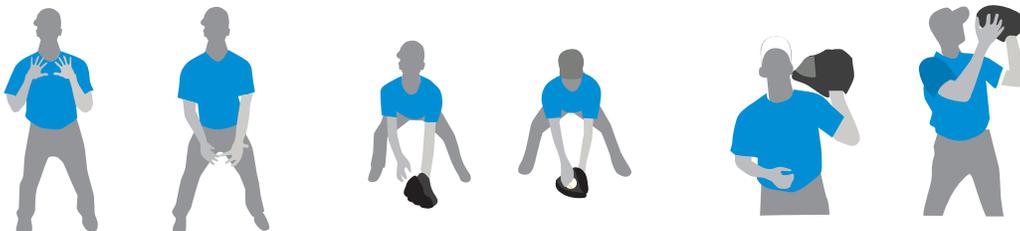


VARIATIONS:

- **1 BALL.** When players near the bucket catch the ball, they hold the ball, run to take the pitcher's place at the plate and quickly throw it back. Players must run back and forth as many times as possible.
- Vary the **type of throws** (ground ball, underhand or overhand throws).



Use **both hands** to form a downward arc (for ground balls) or upward arc (for underhand and overhand throws).



EQUIPMENT: + + +

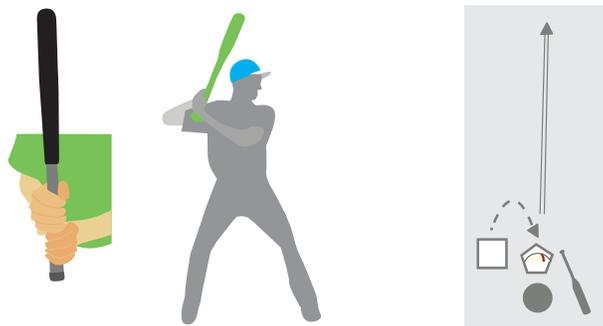
WORKSHOP 1 - HITTING THE BALL

OBJECTIVE: Hitting the ball to make it easy to catch (easy, bell-shaped trajectory).

With a baseball bat, hit the ball toward a **wall**, into a **partition** or into the **field**. Use a batting tee to hit the ball or pitch the ball to yourself, then give the bat to the next player.

VARIATIONS:

- Place **one pitcher** next to the batter to throw an “easy pitch” (a “rainbow” pitch).
- **GAME.** In **pairs**, one player hits the ball high and far, so that his partner can catch it before it falls to the ground. The runner starts like the pitcher in the previous drill.



The **angle of the bat** at impact allows the ball to be directed more to the right or left. It is important to adopt the right position **before hitting the ball**: with feet spread out, knees bent, elbows open (not sticking together like chicken wings), hands together and the bat held high.

WORKSHOP 2 - PITCH & CATCH

OBJECTIVES: Getting a good grip on the ball, throwing accurately and using hands to catch the ball.

In **pairs**, face to face, **5 m** apart, throw a **baseball** at each other. **Pitch and catch the ball 20 times** in a row for each type of pitch: **ground ball**, **underhand** and **overhand** throws.



VARIATIONS:

- Throw the ball from a **sitting position**, with **one knee on the ground** or **lying on your back**.

WORKSHOP 3 - BALL ON THE WALL

OBJECTIVE: Moving to catch the ball, regardless of its altitude and speed.

Stand in pairs about **3 m** from the **wall** to throw a **ball** to each other. Alternate throwing the ball at the wall, letting it bounce on the ground and catching it. **Repeat this drill as many times as possible** or try to **score points** against your partner (for dropping the ball or catching it after two bounces = **1 point**).

MODIFIED GAME VERSION

CO-OP BASEBALL

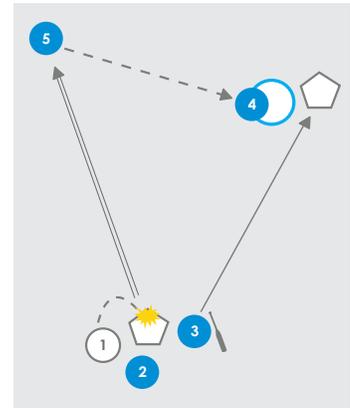


EQUIPMENT: 3 ●, 1 ○, 1 —, 1 🏏, 1 🏟️ + 1 ⬡ per team

OBJECTIVES: Practicing pitching, catching and hitting via a cooperative variation of baseball.

In teams of **five to seven players**, throw as many balls as possible into the hula hoop in **three minutes**, without any opposition. Use the **batting tee** to hit the ball. Each ball thrown into the hoop = 1 point.

In the example, ① throws to ③ who hits to ⑤ and runs to first base. ⑤ catches the ball and throws to ④ in the hoop. After hitting the ball, ③ drops his bat on the ground and runs to first base for a quick rotation!



MODIFIED GAME VERSION

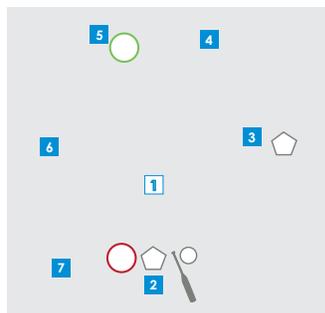
MINI-BASEBALL



EQUIPMENT: 1 —, 1 🏟️, 1 ●, 1 ○, 1 🟡 + 2 ⬡ per field

OBJECTIVE: Running between first base and home plate (offence) and getting strikeouts (defence) as many times as possible.

Form two teams of **five to seven players** to play on **the same field**: one team at bat (offence) and the other in the field (defence). Play **two to three six-minute innings**. Toss a coin to see who starts at bat and switch places after three minutes. There are **two outfield hoops**: the **red** one always stays in the same place and the **green** one can be placed anywhere by the defence.



LEGEND

BASE	HITTER
DEFENSIVE PLAYER	MOBILE OUTFIELD HOOP
PITCHER	HOOP NEAR HOME PLATE

OFFENCE: Hit the ball and successfully **run back and forth** from 1st base to home plate (= 1 point). Hit the ball far from the outfield hoops.

DEFENCE: Strike out batters by catching the ball in flight or throwing it into one of the two hoops before the player reaches the right base. After each hitter, rotate between defensive players (1 takes the place of 2, who takes the place of 3 and so on).

For more details on the **baseball** and **mini-baseball** leagues in your area, visit the RSEQ website.

RSEQ.CA