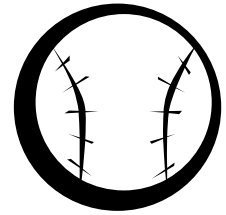


## Lesson Objective:

- To develop the movement of the crow hop, an important part of baseball and the basis of a catch and throw combination.

## Equipment Required:

- 1 soft ball (foam ball, wiffle ball, etc.) for each student.



## Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. When fielding ground balls make sure students keep their fingers pointing down. Use soft balls until students get used to the movement.

## Entry Activity: TRIANGLE TAG

Students get in groups of 5. Three students join hands and form a triangle. One student is inside the triangle and another student is outside the triangle. The student on the outside tries to tag the student on the inside as the triangle moves to protect the inside player from getting tagged. Students rotate positions after every minute.

## Skill Development:

Teacher should demonstrate the proper footwork for a crow hop. Explain to the students how the crow hop is beneficial in a game situation. Have the students practice the footwork of a crow hop without a ball and then with a ball. The teacher should move around the gym and provide feedback on stance and position. (See Focus Points).

## Game: CROW HOP

Align students around the gym facing a place on the wall where they can throw a ball. On the teacher's command "crow," all students take a crow hop and throw the ball at the wall so the ball hits the wall at chest height and comes right back to the thrower. The student fields the ball correctly (either ground ball or in the air) and returns to the original spot. Teacher calls "ready" and all students are ready to take another crow hop, teacher calls "crow" and process is repeated.

(This can be made into a progressive game with success rate and targets.)

