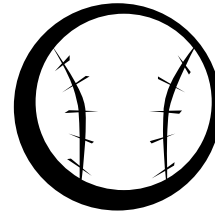


Lesson Objective:

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

Equipment Required:

- 5 pylons.
- 1 ball for every pair of students.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. During game, ensure students are aware of others and are not blocking the play.

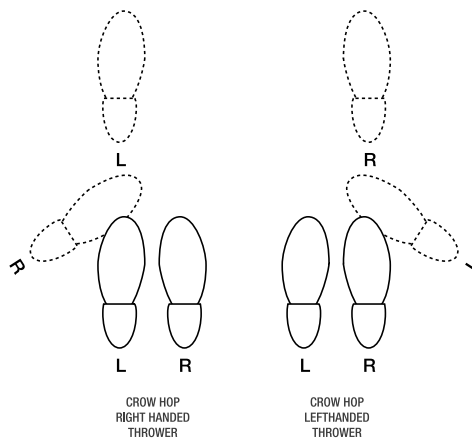
Entry Activity: SLITHERING SNAKE

The students stand side by side around the perimeter of the gym with their arms outstretched and touching the shoulder of the person next to them. The first person in line gets down low and slide steps under the arm of the first person next to them and around the back, then through the arm of the second person and around the front in an “S” formation. The second person in line immediately follows the first person in line. Each player continues to follow the player before them until the “snake slithers all the way around the gym and every person has played”

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.

Crow Hop Diagram:



Game: CROWING

Pair students up. Stand across from one another on each side of the gym facing each other. One partner has a soft ball. Teacher yells "crow". Student with the ball takes crow hop and throws the ball to partner. Partner catches ball, takes crow hop and throws ball back to original partner. Teacher waits for all original partners to have ball back and yells "crow" again. Process is repeated after three attempts. Teacher starts crow on other side.

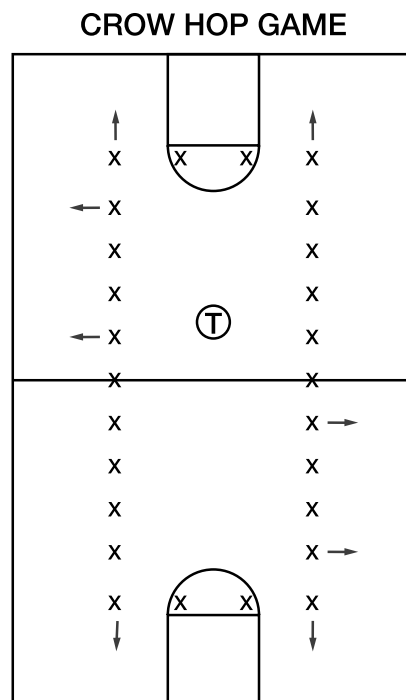
Cool Down:

Have students walk one lap around the gym. Once they have completed one lap, have the students get a partner and face each other sitting on the floor with their legs stretched out in front. Each pair should have a ball. Have the one student roll the ball to their partner and when they have released the ball they should touch their toes and hold the stretch for ten seconds. The partner that has received the ball must hold the ball high over their head and stretch, holding the ball for 10 seconds. The partner with the ball then rolls it back and they switch roles. Have the students do this activity 5 times.

Focus Points: CROW HOP

- Quick short movements.
- Allow body to turn 90° to throw from throwing foot.
- Step into target, toes of front foot pointing at the target.
- Practice the "hop" as a shuffle-step.
- Do "crow hop" as a lead-up to throw.
- Left-handed throwers need to use opposite footwork to right-handed throwers.

Diagram:



ALL BALLS START CROW ON
SAME SIDE OF GYM.

IF ACCURACY IS PROBLEM
ALTERNATE WITH EVERY SECOND
PAIR THROWING FOLLOWED BY
OTHER PAIR.

LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ↓ DIRECTION OF MOVEMENT