

Lesson Objective:

- To learn the fundamentals of baseball in a game environment.
- To learn to appreciate the value of team play.

Equipment Required:

- 1 soft ball.
- 4 bases.
- Foam bat.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. Make sure students are aware when a person is at bat. Have players be aware of other players when running the bases.

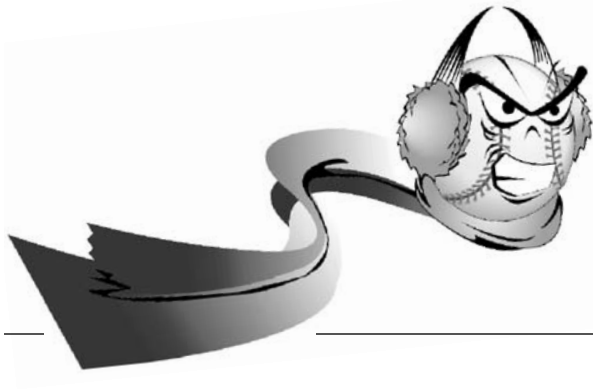
Entry Activity:

Have students work in partners and do a full body stretching routine.

Game: WINTERBALL BASEBALL

This game is a modification of three-pitch baseball for indoor activity. Be sure to review the rules with the students prior to beginning.

- Divide the class into 2 teams, 1 team at bat and the other in field. Set up the gym to resemble a regular baseball diamond. The players playing the “infield” positions assume the regular positions associated with baseball. The players playing the “outfield” positions must start with backs against wall until the ball is hit.
- The pitcher is a member of the batting team and therefore wants the batter to hit the ball.
- The ball is pitched to the batter and if the batter doesn’t hit the ball in 3 pitches, the batter is out.
- When 3 players are out, the batting team switches with the fielding team.
- Since the pitcher is part of the batting team, the ball must go past the pitcher to be in play, and the batter cannot steal a base.
- The batting team may change pitchers at any time.
- Runners on base cannot leave the base before the ball is hit or the player is considered out.
- A batter will be out if the ball hits the pitcher.



Winterball Progress Sheet

Name _____

Class _____

Running: Time 1. _____

Time 2. _____

Throwing:

1. 1st Distance _____

2. 2nd Distance _____

3. 3rd Distance _____

Total _____

Hitting:

1. 1st Hit _____

2. 2nd Hit _____

3. 3rd Hit _____

Total _____

Catching:

1. Air Catch _____

2. Wall Catch _____

3. Partner Catch _____