

Lesson Objective:

- To develop the hand-eye co-ordination associated with batting.

Equipment Required:

- Targets on a wall at stations (wall markers, hula-hoops etc.).
- Throwing objects – 2 per station.
- 4 bases set up like a baseball diamond.
- 4 batting tees and balls (soft foam, wiffle).
- 4 foam bats.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement. During game, ensure students are aware and ready to receive batted balls.

Entry Activity: HIT A TARGET

Do a light jog around the gym. 30 seconds of jumping jacks. Divide the students into 4 equal groups. Have the groups line up at one end of the gym. In front of each group there should be:

- A hula-hoop with a foam ball in it halfway to the center line.
- A base on the centre line.
- A target on the wall at the other end of the gym with a batting tee 5m from wall.

On the teacher's signal the first student in each line must run to their hula-hoop and pick up the ball. They must throw the ball in the air, clap their hands behind their back and catch the ball. Then they run to the base at centreline, touch it, and then move on to the batting tee, put the ball on the batting tee and hit ball at target on the wall. After hitting the ball, the retriever picks up the ball, puts it back in the hula-hoop and then tags next teammate to start.

Skill Development:

Teacher should demonstrate for students the proper stance for batting and proper grip. Have them work in partners to practice the movement of batting with a racquet or paddle. The teacher should move around the gym and provide feedback on proper swing and grip.

Game: THE GRAND SALAMI

Divide the students into two teams – batters and fielders. The object is for the batter to stay up for as long as possible. There is a home plate and a first base set up in the gym. At home base the batter uses a racquet, foam bat or just the batter's fist to try and hit the pitched ball or object.

When the ball is hit the batter must run and touch first base and run back to home to get a point. The batter stays at bat until he/she gets out. The batter is out if the fielder catches the ball on a fly or if a fielder touches home base with the ball before the batter does. Once every batter has a chance to bat, the teams will switch positions.

Cool Down:

Students get a partner and face each other. Position partners so partner A can see the teacher and the partner B cannot. The teacher will demonstrate body stretches focusing on arms. Partner A must do what the teacher is doing, partner B must follow what partner A is doing. Partners will switch position at a halfway point.

Focus Points: FUNDAMENTALS OF HITTING

Emphasize the basic fundamentals of throwing and receiving.

Grip

- Bat held in fingers, not palms.
- “Door Knocking Knuckles” aligned stance.
- Feet shoulder-width apart.
- Weight slightly to back foot, on balls of feet.
- Arms and elbows free from body.

Swing

- Take a small stride.
- Transfer weight to front foot.
- “Squish the bug” (pivot) with back foot.
- Rotate hips to face pitcher.
- Front hand pulls bat through the swing.
- Roll wrists.
- Hit ball while ball is in front of body.
- Follow through.

Diagrams:

