

## 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.

- All players on the batting team must be sitting on a bench, except for the player up to bat.
- If a team gets through the entire batting order without getting 3 outs the inning is over and teams switch positions.
- With the exception of the above details, the rules of baseball apply.
- Teacher must make sure game moves at fast pace.

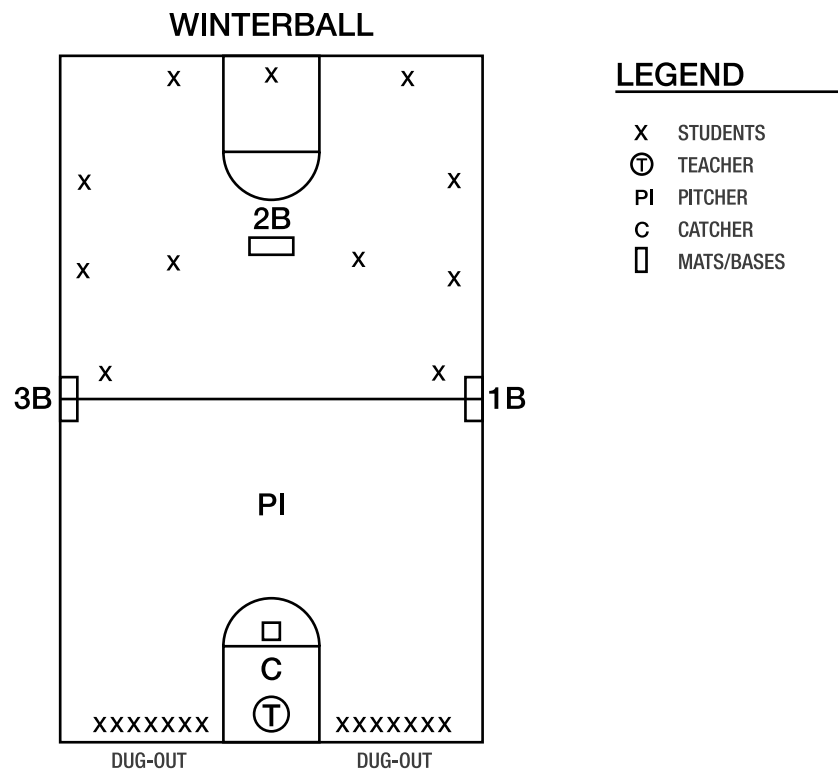
## Cool Down:

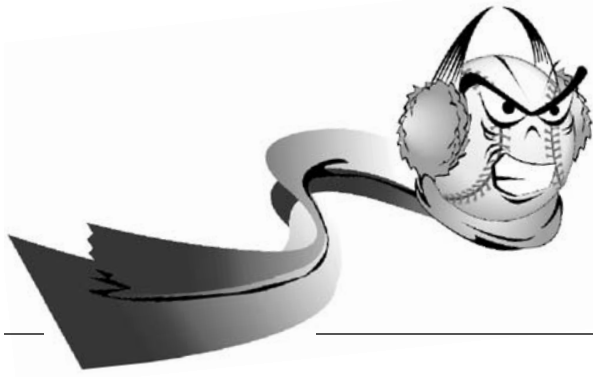
Have the students jog one lap around the gym, then walk one lap around the gym.

## Focus Points: REVIEW

- Review the rules of the game.
- Observe the movement of the students.
- Watch to see how often and quickly the ball is put into play.
- Emphasize personal success.

## Diagrams:





# 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 \_\_\_\_\_



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