



Baseball5

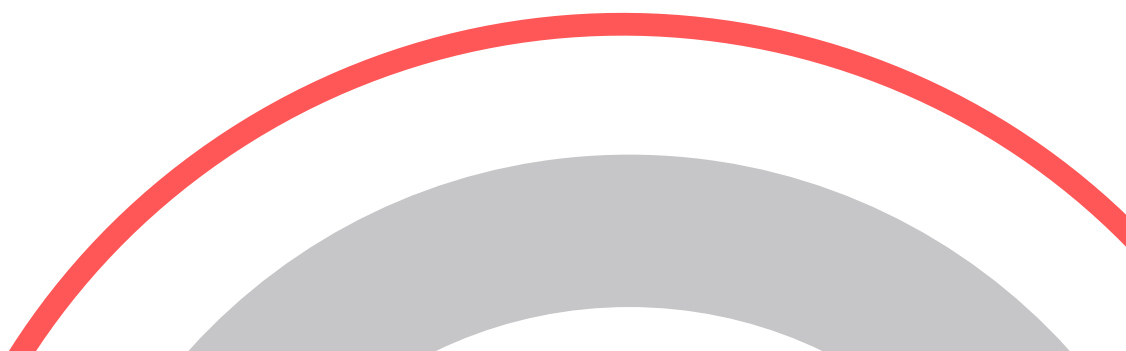
Handbook



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Baseball5



What is baseball5?

Baseball5 is a new five-on-five sport derived from traditional Baseball. This faster urban discipline **can be played anywhere with no bats and no gloves.**

Values

- Inclusion
- Fair play
- Fun

Material

- A ball that bounces on the ground and can be hit by hand
- Material that can be used to mark off the playing field
- An object for Home Plate
- 3 objects for the Bases (traditional throw-down bases, a hoop, others)

Optional material

- Chalk in various colours to mark off the playing area on the ground
- Hoops in different sizes
- Bins or containers

Duration

Five innings, each lasting about five minutes (total time of 25 to 30 minutes)

Age Groups

Multiple age groups

Playing Field

- The game can be played **on any surface** (ex. natural or synthetic grass, concrete, asphalt, gymnasium)
- The dimensions of the playing **surface can be changed** without difficulty; the objective is to have fun with kids in your age group within the available space.

Glossary

- **Inning:** Basic unit of play, completed when all players on offence and defence have played and switched places.
- **Home plate:** The fourth base for runners and the place where the hitter stands.
- **Run:** When a runner crosses the plate after running the bases without being called out.
- **Relay:** Throwing the ball to a teammate.
- **Out:** When a player on offence is eliminated.



Baseball5



Preparation

- 1 Prepare the playing area.
(see Pg.3 to view a plan of the playing area).
- 2 Form two teams of five.
(You can also vary the size of the teams based on the skill level of your players: for example, six against six, or forming three teams of four players and alternating between the teams).
- 3 Position the players on the playing field, based on their roles.
(You can view the plan on Pg.3 to position the players).

How the game is played

A game consists of **FIVE INNINGS**. In each inning, the teams take turns playing on **OFFENCE** and on **DEFENCE**, the roles are switched when the team on defence records three outs, while the team on offence tries to score as many runs as possible before all three outs are made.

Defence

The players take up their positions on the playing surface.

Motor Skills: Running, Catching & Throwing.

Offence

The hitters take turns trying to hit the ball. If the hitter puts the ball into play, they run to first base.
Motor Skills: Running & Hitting

Description of a play

- 1 A player on the offensive team hits the ball with their hand. The hitter can strike the ball with a hand, fist, wrist or arm.
 - a. Once hit, the ball must fall within the playing area to be in play.
 - b. The ball **CANNOT** leave the playing area.
 - c. There are **NO** Pitchers in Baseball5. There are **NO** home runs in Baseball5.
- 2 Once the hitter puts the ball in play, they must run to first base.
 - a. During the game, the runners can leave their base only when the ball is put into play (hit) by a teammate.
 - b. There can be no more than one player on a base at any time. If there is, the last player to arrive at the base is called out.
 - c. A run is scored when the runner circles the bases to home plate without being called out.

Tips



To speed up the game, the players on offence are allowed to hit the ball only once per inning. The objective is to have the game played at a fast pace with no down time.

But remember to err on the side of fun and to use your judgment with your group.

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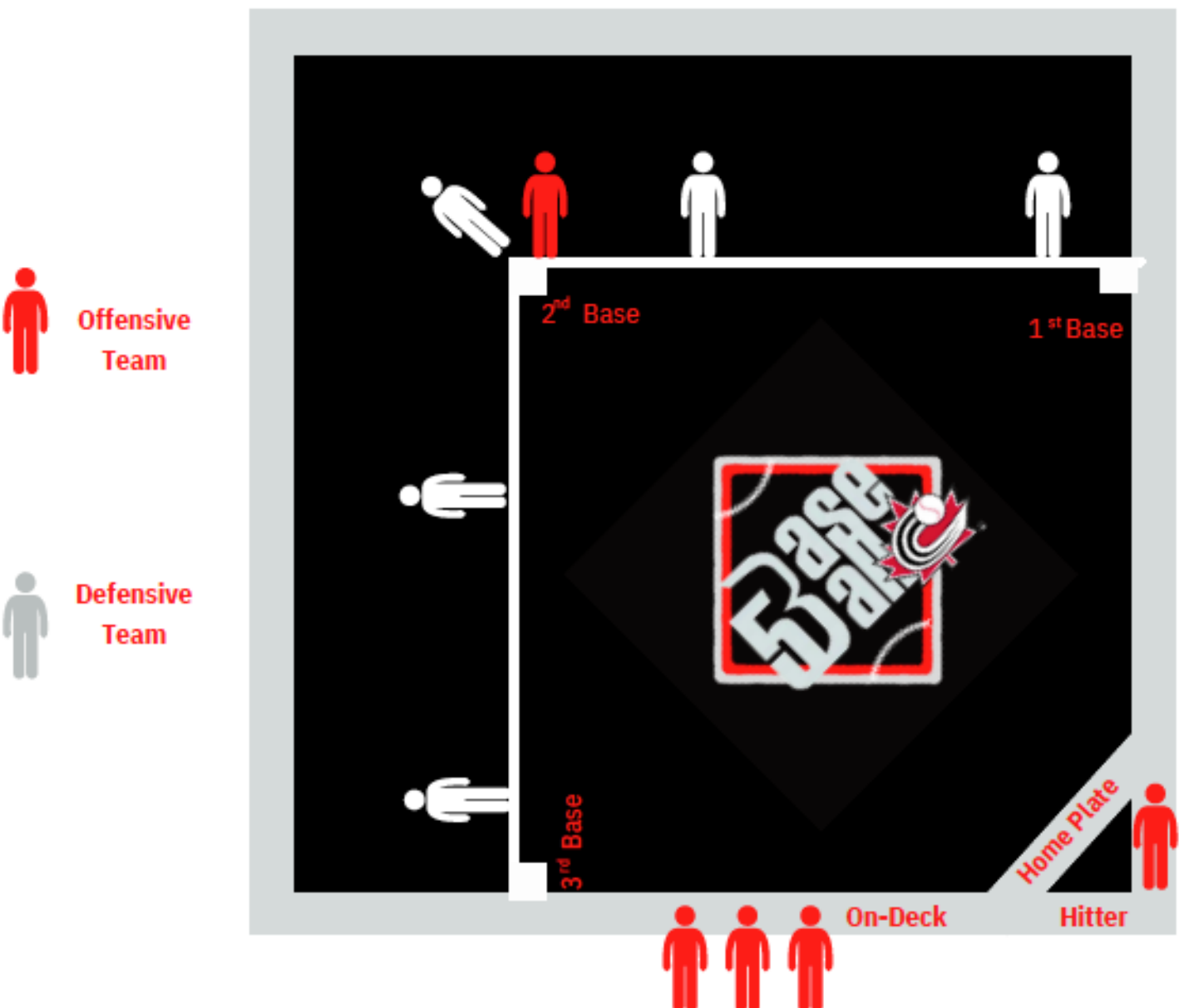


How to record an out

A player is OUT in any of the following instances:

- A player on defence catches the ball and touches the base before the runner gets there.
- A player on defence has the ball in hand and touches a player on offence with the ball when the offensive player is not on a base.
- A player on defence catches the ball that is hit before it touches the ground.
- There is more than one player on a base at any time.
- The hitter strikes the ball and it lands outside of the playing area.
- The hitter does not use 100% of his or her power (bunt attempt)
- The hitter fails to make contact with the ball.

Diagram of the playing area



For the Teachers

04



Watch the short [Baseball5 introduction video](#) before heading into the gym to gain an understanding of how to set-up and play the game.

Phys Ed. Class Route

If you are looking to incorporate Baseball5 into your yearly curriculum:

1. Print the Program sheet from **page 6** in this handbook.
2. Determine the period you will play baseball for. If you will be playing for one week straight, you can follow the program sheet exactly. If you simply want to do one baseball day each week, you can use one of these days each week. You can also do game play every day of the week, whatever you feel is best!
3. Pull the instructional sheet out of your kit provided by Baseball Canada to get an understanding of how to set up and play the game.
4. Set up the bases.
5. Separate your group into teams, do a quick walk-through and play ball!!!

Intramural Route:

If you are looking to incorporate Baseball5 into your intramural programming (more common with older age groups)

1. Determine when Baseball5 will be played (lunchtime, after school, etc.)
2. Determine who will supervise the game(s)
3. Advertise that Baseball5 will be played by creating a sign-up sheet or by word of mouth. Some schools even had an info session during class or lunch to share details.
4. Depending on the number of participants, you can group your students by grade level and play multiple games, or separate them to create one cohesive game.
5. Because they are typically older, these students may benefit from watching the video attached above,

Baseball5



Before beginning a game

We suggest that you set up stations with your kids to allow them to warm up or practice running, hitting, throwing and catching (the basic skills of Baseball5).

When learning a new sport, it is important to start from the ground up, regardless of the age group, as this builds confidence and motivation.

Station 1: Running

Set up the field with home plate and the 3 bases (see *field map on P.3*). The players must **start at home plate and then run from one base to the other**, as quickly as possible. But be careful, there should never be more than one runner on the same base at any time. Line up the participants so they start running one after the other.

Tips on How-To Run like a PRO

- I lift one knee after the other.
- My feet point forward.
- I land on my toes.
- I swing my arms quickly to each side of my body away from the front leg.

Station 2: Hitting

Facing a wall, kids practice hitting the ball with their hand, fist, wrist or arm.

Tips on How-To Hit like a PRO

- Take a step with the leg on the same side as the arm holding the ball.
- Keep your eyes on the ball.
- The arm holding the ball is extended.
- Hit the ball with the opposite arm.
- Practice hitting the ball and bouncing it off the wall!

Station 3: Pitch & Catch

Two by two the kids are in front of each other and throw the ball.

Tips on How-To Throw like a PRO

- I bring my arm holding the ball backwards.
- I take a step forward with my opposite leg to my throwing.
- I swing my arm holding the ball forward.
- I point to the target with my hand after throwing the ball.

Tips on How-To Catch like a PRO

- I look at the ball.
- I extend my arms towards the ball.
- I bring my hands together, my fingers extended.
- I catch the ball and bring it back to my body.

This activity is suitable for all age groups!

For younger kids, it is best to do one station at a time.

For older kids, it is recommended to create multiple stations, set a maximum time at each station and have the players run through the stations.

WEEKLY OVERVIEW



Below is a proposed Baseball5 outline. This can be done in one week or spread out between 5 weeks (1 skill per week).

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Day 1: Throwing and catching

Warm up by practicing throwing back and forth – put them into pairs and have them throw to each other from one metre away. Once they catch five in a row, they can take one step back. Do this until they feel comfortable and confident with these fundamental movement skills.

Drill #1 - Catch, Throw & Run
Drill #6 - Throw & Follow

Similar to the the Day 1 warm up, pair them together and have them practice their hitting/swing to each other.

Assure that the arm remains lower than the shoulders to avoid a volleyball swing.

Drill #2 - Batting Relay
Drill #4 - "Squash"

Warm up by playing

“Simon Says run to first”. This is as easy as it sounds - have the students start at home base and play Simon Says, while including terms like “Simon Says run to second” or “Simon Says stay on first”.

Drill #3 - Baserunning Relay
Drill #7 - Hit & Run

Day 4 will be an

advanced throwing and catching to improve the skills prior to game play. You can use the same warm-up as day 1.

Drill #9 - The Bridge
Drill #5 - Five Passes

GAME PLAY

BASEBALL5 RESOURCES



INTRO

Baseball5 - The
Game

WBSC/Baseball
Canada video

DRILLS

Catch, Throw & Run

Batting Relay.

Baserunning Relay.

"Squash"

Five Passes

Throw & Follow

Hit & Run

The Square

The Bridge

MODULES

Module 1

Module 2

Module 3

Module 4

Module 5

Module 6

Module 7

Important Contacts

If you acquired your Baseball5 materials through your Provincial Association, please contact them for further assistance.

Baseball Canada National Office- (613) 748-5606

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