



HOWZAT!

General Games

Name: Baseball

Aim:

To acquire and develop fielding skills and also to improve running between the wickets.
To select and apply skills and tactics to reduce the amount of runs scored when fielding and to increase the amount of runs scored when running.
To evaluate and improve performance by observing others perform and by listening to and following instruction. By analysing individual performance to identify areas of improvement.

Organisation:

Groups are organised as illustrated. On command the fielders throw the ball over arm from fielder to fielder around the square starting and finishing with player 1; At the same time the batter runs to the far crease set between the two far cones and back before the ball is returned; If they are successful they are awarded 2 runs; No runs are scored if they do not complete 2; Batters rotate until all are out. Teams swap after a completed innings; The team with the most runs are deemed winners.

Technique:

When running between the wickets: run hard; reach out with the bat; turn and face the ball; keep low when approaching and turning; slide the bat in over the crease lines; if the ground is suitable a dive may be used.

When throwing over arm: Hold ball across seam; wide base — balanced; front arm — elbow points at target; throwing elbow level with shoulder as it comes through; back leg trails until after the release; full follow through.

When catching: Watch the ball; keep head steady; hands together; give with the ball; finger either point down or up depending on type of catch; “Give” with the ball.

Adaptation/Variation:

Increase / decrease throwing distances; Increase / decrease running area; Add another fielder; Add another runner; Add another run; Catch one handed; Use a different ball.



Equipment:

Players: groups of 8+;

Balls: 1 per group;

Stumps: 1 set;

Cones: – 6 per group;

Time: 15 - 20 mins;