

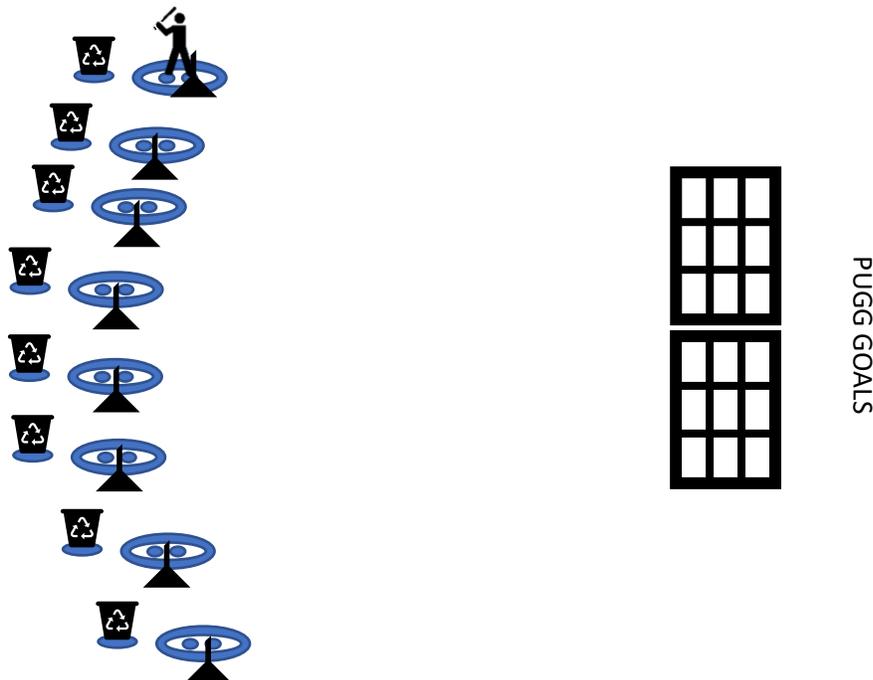
Baseball Soccer:

Purpose: Hitting

Equipment: 2-Soccer Nets, 1 Baseball Tee/Kid, Large Bucket/Kid, 7 Whiffle Balls/Kid (one of each color), Hula Hoop/kid, Colored Spot/kid,

Set Up:

- Set-up 2 Soccer Goals in an age appropriate distance from the tee's.
- Set-up Baseball Tee's in a slight semi-circle facing the goals.
- Put a Hula Hoop next to each Tee for the kids to stand on. The side of the Tee will depend on whether the child is Righty or Lefty.
- Put a matching colored spot behind each Tee for the kids to put their bucket full of Whiffle Balls on their spot.
- Put 2 rows of tape in the middle of each hula hoop to show where the kids feet go.
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Execution:

1. Have each child stand in their Hula Hoop.
2. Review the correct way to hold and swing a baseball bat
3. Give each kid their Baseball Bat and have them show you your ready position.
4. Tell the kids that they we are going to see how many "GOALS" we can score as a team by hitting the soccer balls into the Soccer nets.
5. Make sure the kids understand they must stay in their Hula Hoops at all times. Tell them you will collect all of the Baseball's at the end
6. Coach tells all the kids to "GRAB YOUR RED BALL AND PUT IT ON THE TEE".
7. Once all kids have balanced their ball on the tee and are in the correct batting stance, coach blows his/her whistle and all of the kids hit the ball towards the net. Kids and coaches should be yelling "GOAL" every time the ball goes into the net.
8. Coach tells the kids to "GRAB YOUR WHITE BALL AND PUT IT ON THE TEE".
9. Coaches walk around to work on hitting technique.



TOT/PRESCHOOL BASEBALL (AGES 3-5) ACTIVITY REFERENCE GUIDE



10. Once you have gone through all 7-colors, coach tells kids to put their baseball bat down inside there Hula Hoop.
11. Coaches count up how many goals they scored as a team.
12. Coach calls “easter egg hunt” and the kids grab their buckets and fill their bucket with 7 Whiffle Balls (one of each color). Then put their bucket back down on their spot
13. Review Hitting Technique and play another round. See if you can score more goals as a team the second time around
14. Continue as time permits. Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
15. Recap Hitting and when/why it is used in Baseball.

Variations:

- Pirate Ships – Put down Pirate Ships instead of goals. Players now try to get their ball to sink the pirate ship by getting the large SNAG Balls to stick on the Pirate Flag
- Feed the Crocodile – Put down the Rollerama’s and try to get the ball in the Crocodile’s Mouth