

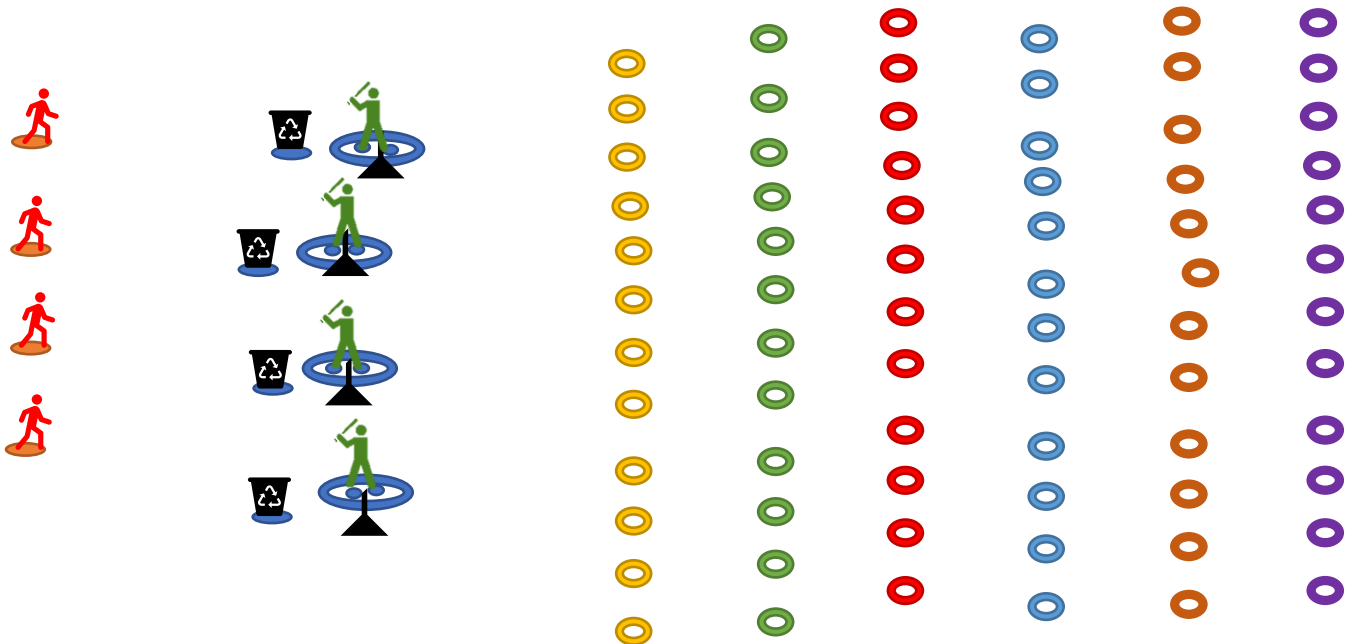
## Guardians of the Galaxy Baseball

Purpose: Hitting

Equipment: Colored Disks, 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 6 Rows of Colored Disks at an age appropriate distance
- 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/small spots in the middle of each hula hoop to show where the kids feet go.



Execution:

1. Split players into two teams.
  - a. One team is up first. Have each player stand in a Hula Hoop
  - b. The second team is in the dugout. Have each player stand on a standing spot. The standing spots need to be a safe distance away from the tee's in case a Bat goes flyer.
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 "runs" we can score as a team by hitting the Baseballs as far as we can.
  - a. If they hit the ball past the Yellow Galaxy = 1-points
  - b. If they hit the ball past the Green Galaxy = 2-points
  - c. If they hit the ball past the Red Galaxy = 3-points
  - d. If they hit the ball past the Blue Galaxy = 4-points



## BASEBALL CAMP (AGES 4-11) ACTIVITY REFERENCE GUIDE



- e. If they hit the ball past the Orange Galaxy = 5-points
- f. If they hit the ball past the Purple Galaxy = 6-points
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. Narrate Storyline: The Guardians of the Galaxy need to visit each Galaxy in their search for THANOS. The Galaxies are the colored disks, and the further Galaxy the Guardians reach, the more RUNS they earn toward their quest. The first team to gather 20-50 Runs (depending on age), wins.
7. Coach tells all the kids to "GRAB YOUR RED BALL AND PUT IT ON THE TEE".
8. 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 as far as they can. Tell the kids to shout out how many points they scored that round.
9. Coach tells the kids to "GRAB YOUR WHITE BALL AND PUT IT ON THE TEE".
10. Coach says "Ready, Aim, Fire" – all the kids hit their Ball as far as they can.
11. After each round the coach counts how many points they earned as a team.
12. Have them grab their next color Ball and continue until they have earned their Run Goal!
13. Coaches walk around to work on hitting technique.
14. After the players hit all 7-Balls, 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
15. Review Hitting Technique and play another round. See if you can score more goals as a team the second time around
16. Continue as time permits. Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
17. Recap Hitting and when/why it is used in Baseball.

### Comments:

- For Mini-Hawk Campers (ages 4-6): Everyone is on the same team and playing together to earn the Run Goal!
- For older Campers (ages 7-11): split into two teams and have the teams rotate every 2-Hits. Keep score and the first team to their RUN TOTAL wins!
- NO METAL BATS!!! Rubber bats for older kids, Foam for younger kids.