



# BASEBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### Beat the Runner

Purpose: Fielding, Hitting

Equipment: Baseballs, Gloves, Bat, Bases

Set Up: Assign team Batman to one dugout and team Superman to the other. Create the bases so that home plate and first base are 30' from one another

Execution:

- Coach assigns 1-team to start on defense and they all get in their defensive position.
- The other team start on offense and sits in their dugout until it is their turn to bat.
- Coach calls up one batter up from the offensive team. Offensive player starts on home plate with the bat
- When coach blows his/her whistle, the offensive player hits the ball and starts running to first base defensive team fields the ball and throws it to 1<sup>st</sup> base.
- If the runner makes it to first before the ball, the offensive team gets 1 point.
- If the ball makes it to first before the runner, the defensive team gets 1 point
- Continue until all players have hit the ball on offense and then switch offense/defense. Make sure defensive players switch positions each inning.

Focus Points:

- Throwing out base runners – Card 83
- Running to First – Card 21

