



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

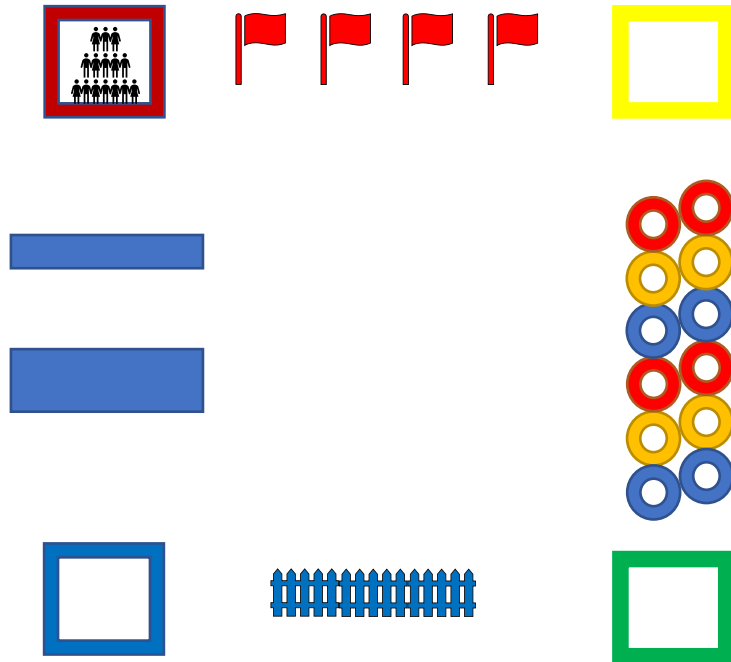


Tarzan Obstacle Course Base-Running

Purpose: Base-running

Equipment: Set of bases, Colored Spots, Colored Disks, Tarps, Agility Ladder, Agility Hoops, Flags or Cones/Disks

Set-up: Use Tape (Indoor/Blacktop) or Colored Disks (Grass) to create XL Bases. Make them easy to see and big enough to fit all kids inside. Blue = First Baseball, Green = Second Base (unless on grass...then use Orange), Yellow = Third Base, Red = Home Plate



Execution:

1. Tell the kids that we are working on BASE-RUNNING! We are going to use our imagination and pretend that we are in the jungle. To score a point (or run) we have to make it all the way around the 4-Bases (Red, Blue, Green, Yellow). But, there is a different jungle obstacle between each base that we must first pass.
2. Have all players stand in Home Plate (Red Square) with coach. Coach asks, "What Color are we standing in?" "What do we call the Red Plate?" – HOME PLATE!!!!. Have all players put their hand in the middle and do a team cheer – "home plate on three – 1, 2, 3...HOME PLATE!!!"
3. Coach – "Next we have to get to the BLUE BASE. To get to the blue base we must jump over the rivers. When I call your name, you are going to jump over both rivers and stop on the blue base. Coach is going to go first".
4. Coach demonstrates how to jump (or leap) over both rivers and stops on Blue. Coach then calls out the players by name one at a time (but quickly).
5. Continue until all players are standing inside the Blue Base. What Color are we standing in?" "What do we call the Blue Base?" – 1st BASE!!!!. Have all players put their hand in the middle and do a team cheer – "home plate on three – 1, 2, 3...1st BASE!!!"
6. Do the same thing for Second Base (Green) and Third Base (Yellow)
7. When you get back to Home Plate say – "When we make it all the way around from 1st to 2nd to 3rd and back to Home, that is called a Home Run!" "Home Run on three – 1, 2, 3...HOME RUN!!!"



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



8. Go around the bases as a group a second time but this time ask the kids where to run “What base to we run to now?” Go quickly around the bases without doing a team cheer. As soon as players all the players get to one base ask them what base to go to next and send them on their way one at a time.
9. After you have made it all the way around, ask who can go all the way around the jungle without stopping “Over the Rivers to First Base, Cross the Jungle Bridge to Second Base, Through the Hoops of Fire to Third Base, Zig Zag through the Tree’s back to Coach at Home Plate.”
10. After all kids raise their hand, call their name one at a time. You have to go quick, without making the course too crowded where kids can run into each other. When the first player gets to First Base, call the next player.
11. Continue sending kids around for a Home-Run as Time Permits.
12. Recap Base-Running and When/Why you use it in Baseball

Variations:

- Jungle Adventure – Turn in the Base-Running path into a Jungle by putting a different obstacle between each base. Player must now cross that obstacle while going around the bases.
 - Jungle Adventure I – Rivers, Hoops of Fire, Jungle Bridge, Zig Zag Flags
 - Jungle Adventure II – Hurdles, Hop Scotch Lilly Pads, Lava Rocks, Snake Slide)