



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

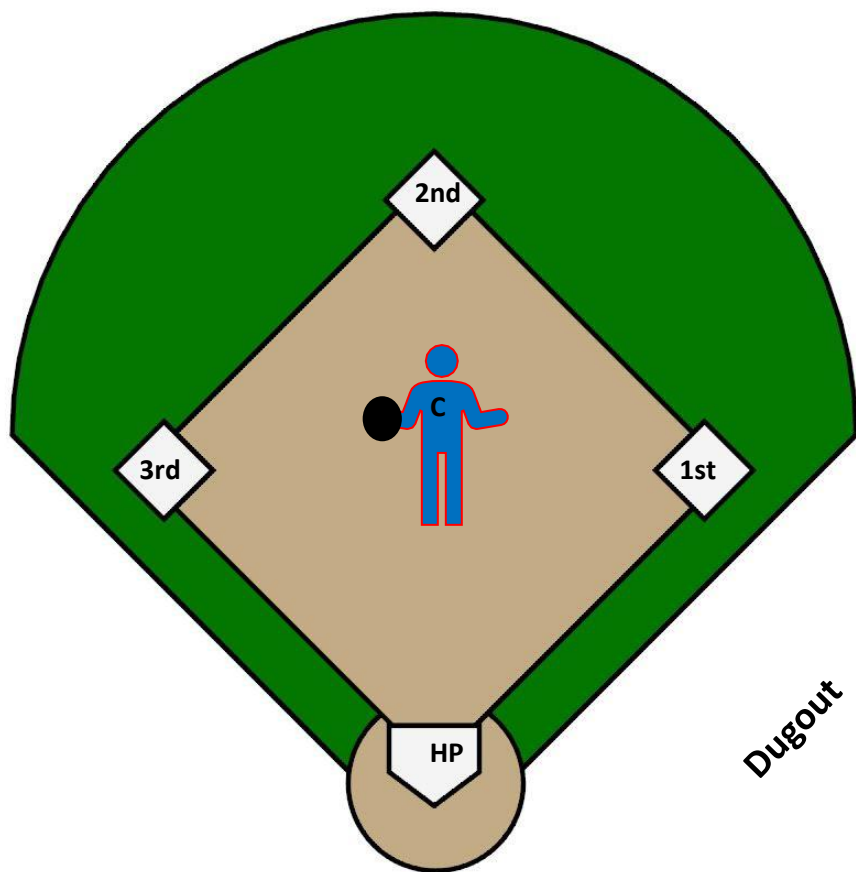


Baseball Dodgeball

Purpose: Hitting, Throwing, Catching

Equipment: Baseball diamond, Rubber Bat, Dodgeball

Set Up: Set-up a Baseball Diamond with a dugout



Execution:

- Break players into camp teams
- Same rules as Baseball but you use a Dodgeball instead of a baseball and pegs are allowed
- Have the coach be the pitcher
- When the pitcher has the ball players can no longer run
- If a player on defense catches the ball, pegs a player with the ball, or forces someone out at a base, the player is out.
- If the player gets all the way around to home plate, they score a point for their team
- Change innings after 3-outs or 5 runs
- Team with the most points after 6 innings, or when time expires, wins the game