



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



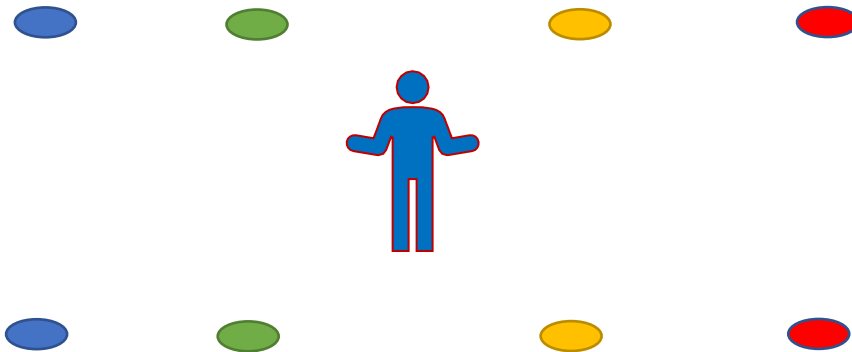
Catch with a Partner

Purpose: Throwing, Catching

Equipment: Baseballs, Gloves

Set Up:

- Have kids partner up and stand about 10' from their partner facing one another.
- Make sure they are spread out.
- If the kids can't do this on their own, use colored disks to show them where to stand.



Execution:

- Give the baseball to 1 person in each pair.
- Have them practice throwing the ball to one another
- After a couple reps have the players take a step back and continue

Variations:

- One knee: Players take a knee while throwing the ball to one another
- Speed: See how many throws players can complete in 1-minute
- Series: See how many consecutive throws players can complete without dropping the ball.

THE THROWING SEQUENCE
1. SET THE BACK FOOT

After fielding the ball, set your back, or push, foot. Then, **1** step forward on that foot so it's perpendicular to the line of your throw.

This step is the foundation for your throw. **2** It puts your weight on that foot and opens your hips to the target, initiating the OPEN-CLOSE-THROW sequence described on Card 68.

TIP: Visualize an eyeball in the point of your ankle, looking at your target.

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THE THROWING SEQUENCE
2. STRIDE IN LINE

After establishing your back foot, **1** stride toward the target, directly in line with it. This directs your momentum and **2** "closes" your hips (faces them away from the target), setting you up for a strong throw.

As you stride, **3** separate your hands at your waist. **4** Throw your glove side toward the target as **5** you reach back with the ball. **6** The palm of your ball hand should face away from you at this point.

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THE THROWING SEQUENCE
3. STEP AND FIRE

At the instant **1** your stride foot hits the ground (landing on the ball of your foot) **2** your throwing arm should start forward. This timing lets you maintain a fluid, reliable throwing motion.

As you drive forward, **3** your hips open up again, completing the "OPEN-CLOSE-THROW" sequence.

4 Your eyes, arm and upper body follow the ball toward the target. Completing this follow-through helps keep the ball from sailing over your teammate's head.

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