



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

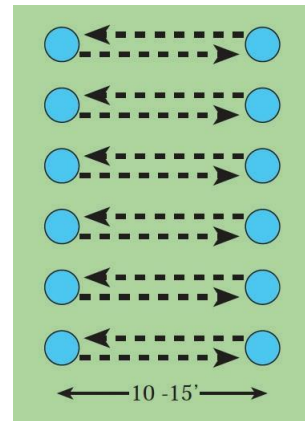
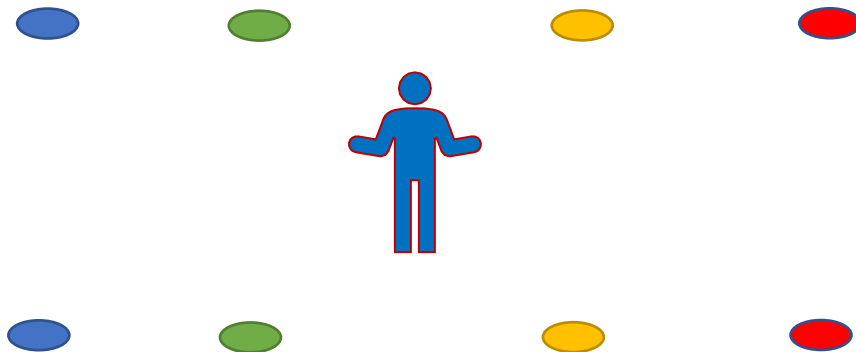


Countdown

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.
- On "GO" partners start passing the ball back and forth to one another.
- Coach times 30 seconds on his watch
- Players see how many times they can throw the ball back and forth to one another
- If a player makes a bad throw, their partner must chase down loose balls and return to line before throwing again
- Coach calls out "20 Seconds", "10 Seconds"
- At the end of 30 seconds have players announce how many passes they completed.
- Pair with the most gets a point for their team.

Focus Points: Throwing the Ball – Card 68

THROWING MECHANICS

THROWING THE BALL

The single skill most likely to decide your baseball future is throwing the ball. Even if you can't do anything else well, if you can throw you can pitch. If you can't throw, you have no position to play.

The key to throwing a baseball lies in the "OPEN-CLOSE-THROW" sequence (Cards 69-71). It applies to pitchers and position players alike – Take whatever time you need to master it.

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CARD 68