



MINI-HAWK BASEBALL (AGES 4-6) ACTIVITY REFERENCE GUIDE

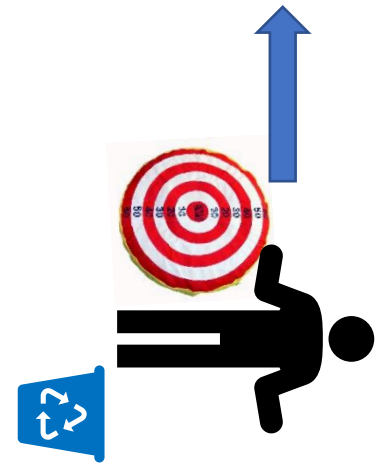
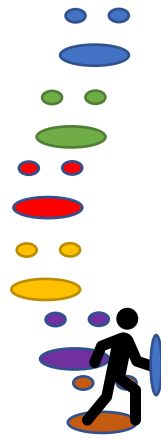


Defensive Drills w/ Zap the UFO:

Purpose: Field group balls, pop-flys and line drives

Equipment: 5 Large Multi-Colored Snag Balls. 1 Velcro Glove/kid. Colored Spot/kid, Bulls-eye Target

Set-up: Put down a colored spot/kid in a horizontal line, facing the coach/bulls-eye target



Execution:

1. Coach assigns each player to a position or color.
2. Coach walks around and helps kids put their glove on their non-throwing hand.
3. Have all kids get in their defensive Go through the correct glove positioning for Ready Positioning, Ground Balls, Pop-Flys, and Line Drives
 - a. Ready position – Knees Bent, Hands on your knees.
 - b. Ground Balls - glove on the ground and use now glove hand to guide it in. Coaches Cue – Alligator mouth
 - c. Pop-Flys - Glove up over their head. – Glove to the Sky
 - d. Line-Drives – Glove Straight Out – Coaches Cue - STOP
4. Play a little game of Simon Says using Ready Position, Ground Ball, Pop-Fly, Line-Drive, so kids can practice the correct glove movements
5. Now add the balls... Tell the kids they need to Zap the UFO “x” of times to destroy the UFO and save earth.
6. Start with the Pop Flys. Have kids put their glove in the air as coach holds the ball above their glove. Players have to move their glove to keep it under the ball as the coach moves the ball around. Coach then drops the ball onto the glove and goes on to the next player. Go all the way down the line until all players have a ball on their glove.
7. Coach has all players rip the ball off their glove and show the proper throwing technique (Glove pointing at UFO, ball hand in the air “Flex”).
8. Coach rolls the UFO (Bulls-eye Target) about 6 feet in front of the player line and blows his/her whistle. All kids throw their Ball at the UFO.



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9. Now work on Line Drives. Players put their glove out facing the coach "STOP". Coach goes down the line tossing the ball to each player. It is on the coach to get the ball on the glove but don't make this look too obvious.
10. Coach has all players rip the ball off their glove and show the proper throwing technique (Glove pointing at UFO, ball hand in the air "Flex").
11. Coach rolls the UFO (Bulls-eye Target) about 6 feet in front of the player line and blows his/her whistle. All kids throw their Ball at the UFO.
12. Now work on Ground Balls. Players put their glove on the grass, bend and the waist, finger to the ground. Second hand chomps the Ball into the glove - Alligator Arms.
13. Coach goes down the line rolling the ball to each player.
14. Coach has all players rip the ball off their glove and show the proper throwing technique (Glove pointing at UFO, ball hand in the air "Flex").
15. Coach rolls the UFO (Bulls-eye Target) about 6 feet in front of the player line and blows his/her whistle. All kids throw their Ball at the UFO.
16. Reinforce technique, story line (UFO), Flow, and Encouragement/Praise throughout.
17. Now have players tell you if they want a Ground Ball, Pop-Fly, or Line Drive. After they say it, they should put their glove in they correct position. Continue zapping the UFO as time permits.
18. Recap throwing and when/why it is used in Baseball.