



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

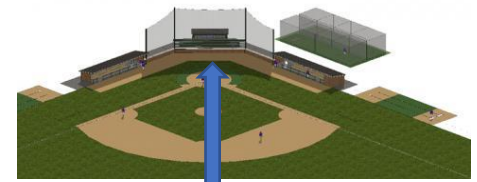
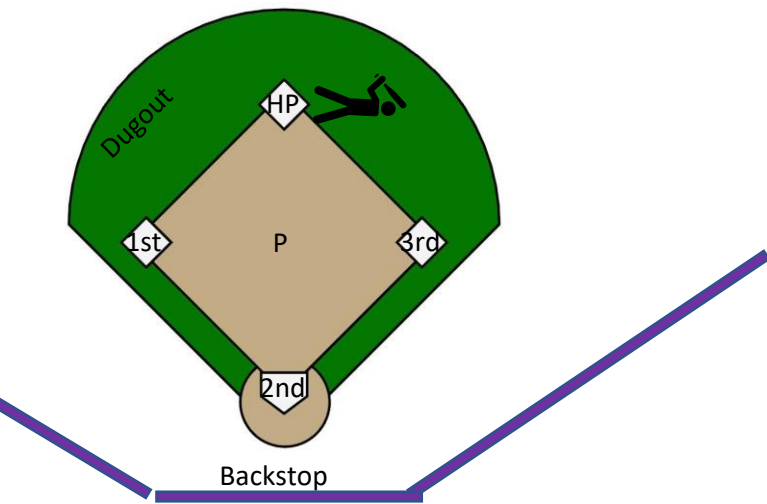


HULK SMASH BASEBALL!!!!

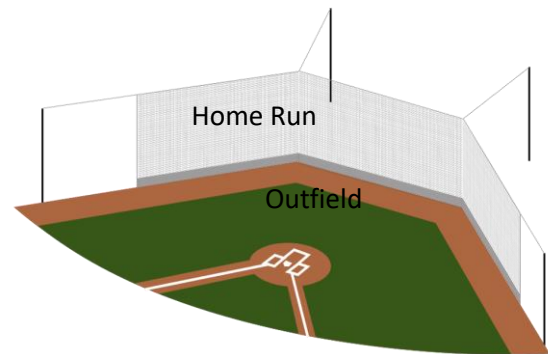
Purpose: Hitting and Offensive Confidence

Equipment: Bats, Portable Bases, Tennis Balls, Gloves

Set Up: Use a bases to create a baseball diamond where home plate is close enough for the players to hit home-runs (the more home runs the better). Not so close that the defensive players are dangerously close to the batter. Make it easy, but not too easy. We want every kid to feel like a slugger in this game!



Hit this way



Execution:

- Divide players into teams. Have one go to the dug-out while the other spread out on defense. Assign them to regular defensive positions, coach is all-time pitcher.
- Gameplay is similar to regular Baseball, but the inning ends after each player on offense has batted twice, not three outs. How many runs can each team score while on offense?
- The number of outs doesn't matter, but the defense still wants to get players out because that eliminates that player from the possibility of scoring. If a player gets out, they have to go back to the dug-out as usual and cannot score a run that turn.
- *Remember - the number of at-bats is limited to 2/per-player for both teams. Offense wants to score as many runs as they can in that period. Defense wants to hold the offense to as few runs as possible during that time. 8-players on a team = 16 at bats.*
- Once the ball gets back to the pitcher, all players that have not made it to the next base must go back to the last base they touched.
- If a player is tagged while not on base, or forced out while base-running, they are out as usual.
- If a player strikes out, they are out. If a player gets 6 foul-balls in a single at bat, they are out
- No stealing or lead-offs.
- After each player has batted twice, switch offense and defense (players left on base do not get any points).
- Change defensive positions each inning
- Team with the most points at the end of 9-innings, or time expires, is the winner!