



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

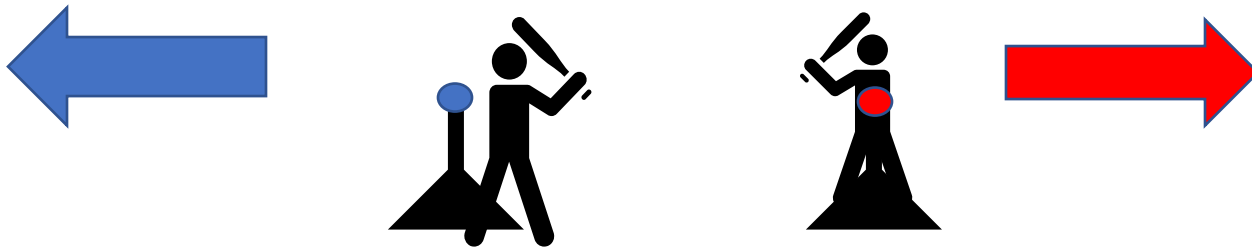


Hunger Games Baseball

Purpose: Hitting

Equipment: Safety Baseballs, 2 Batting Tees, Rubber Bat (NO METAL BATS)

Set-up: Put Batting Tee in the middle of a large grassy area so there is plenty of outfield on either side. Set-up two team dugouts a safe distance from the tee (be aware of flying bats).



RED TEAM DUGOUT

BLUE TEAM DUGOUT

Execution:

- Break players into 2 teams
- Coach calls up 1-player from each team of equal size and ability.
- Both players stand at their teams Baseball Tee
- When Coach says “SWING” both players hit the ball as far as they can towards the other team’s outfield
- Coach says, “DROP YOUR BATS” and both players drop their bat (NO THROWING BATS)
- On coach’s whistle, both players run in the opposite direction and get the ball the other player just hit and return it to their Tee. Their teammate should have seen the ball get hit so they can help direct them.
- The first player to get the ball back on the tee wins a point for their team.
- Coach then calls up next to players
- Continue until everyone has gone through and add up the score. The team with the most points wins a point for their team.