



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

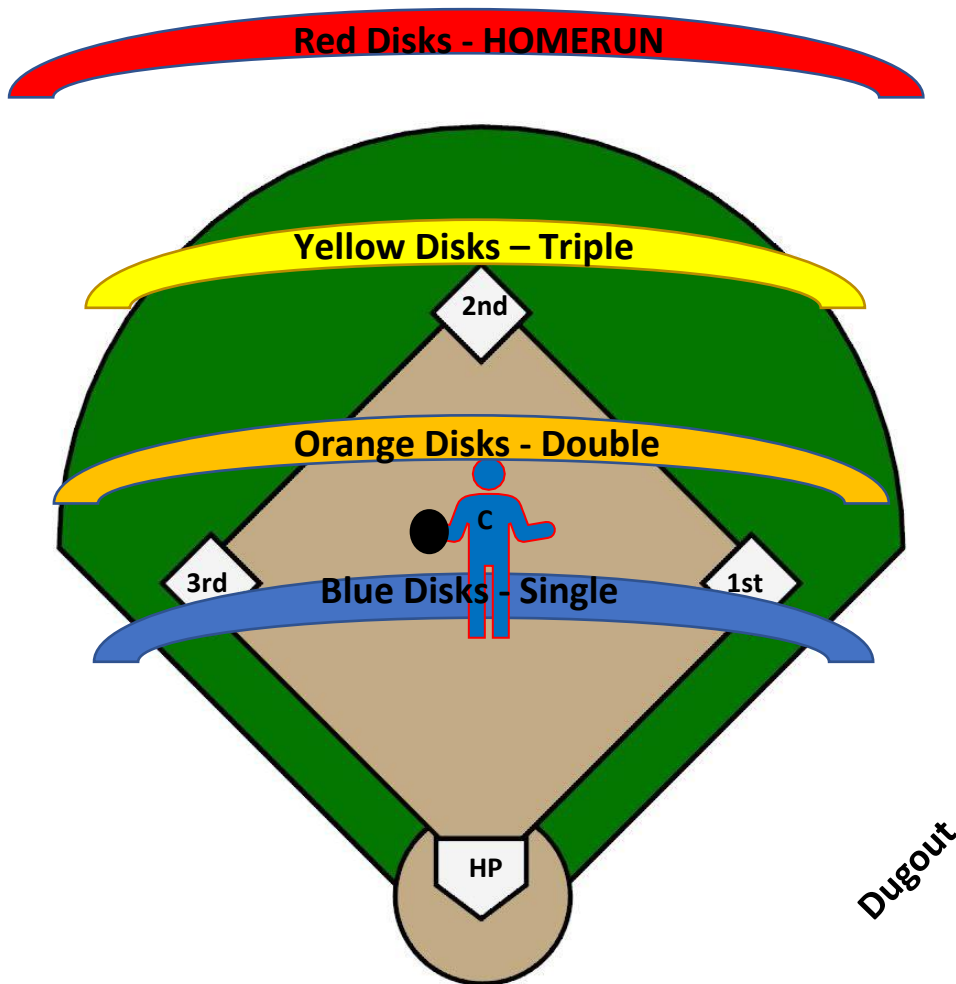


Over the Line

Purpose: Hitting, Fielding, Teamwork, Sportsmanship

Equipment: Cones, Disks, Whiffle Balls, Whiffle Ball Bat

Set Up: Use Blue, Orange, Yellow, and Red Disks to create 4-grids as shown below.



Execution:

- Anything that lands in front of the Blue Disks is an out!
- Anything that lands between Blue and Orange is a Single
- Anything that lands between Orange and Yellow is a Double
- Anything that lands between Yellow and Red is a Triple
- Anything that lands over the Red Line in a HOME RUN!
- One team starts on the dugout and the other team spreads out between the Blue and Red Disks. Defensive players cannot go in front of the Blue Disks or behind the Red Disks.
- First player on offense goes to home plate and the coach tosses them a whiffle ball. Whatever grid the ball lands (not rolls to) in is how many bases the hitter gets (i.e. third grid is a single). **There is no baserunning.** Coach just assigns the hitting to the correct base to stand on and indicate a baserunner.
- The defense gets an OUT if:
 - They catch the ball in the air
 - 6-Foul Balls



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- 4-Strikes
- Ball lands in front of the Blue Line
- Team with the most points after 5 innings (or time expires) wins!

Comments:

- Difference between Over the Line and World Series Baseball:
 - Over the Line:
 - Over the Line uses Whiffle Balls
 - Over the Line uses a Whiffle Ball Bat
 - Over the Line has no Gloves on defense
 - Over the Line is where the ball first hits the ground
 - No Base-Running. Coach Assigns player to a base to indicate where the Baserunners are
 - World Series Baseball:
 - Rubber Baseballs
 - Rubber Baseball Bats
 - Baseball Gloves
 - Players must field the ball. The number of bases rewarded depends on where the ball ends up and how cleanly it is fielded (not where it first hits the ground)
 - No Base-Running. For safety reasons, all players return to the dugout after hitting (nobody on the Bases.
 - Hits into Backstop