



MINI-HAWK BASEBALL (AGES 4-6)

ACTIVITY REFERENCE GUIDE

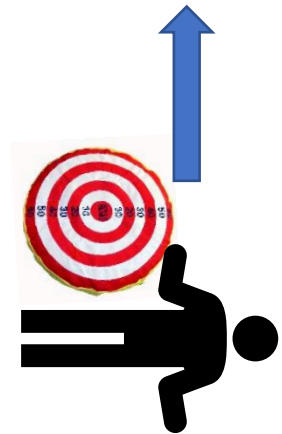


Zap the UFO

Purpose: Throwing

Equipment: 1 SNAG Ball of each color/kid (7-Total). Bucket/kid. Large Colored Spot /kid. 2 Small Colored Spot/kid. Bulls-eye Target

Set Up: Coach stands with the Bulls-Eye Target. Put large colored spots in a **slight** semi-circle facing the bulls-eye target. Put 2 small colored spots to the left of large spots (for righties), or right of the large spots (for lefties). These spots show where their feet go so space them out accordingly. Put 7 SNAG Balls in each bucket (one of each color – Blue, Red, Yellow, Green, Purple, Orange, Multi-Color) and place the bucket on their large spot.



Execution:

1. Assign each player to a color
2. Have all players stand on their 2 small spots, so their feet are pointing towards their bucket. Coach should give all of the kids a high-five to figure out if they are right/left handed. Move their small standing spots accordingly. The kids will not know if they are right or left handed so don't ask.
3. Coach tells the players that they throw like they are shooting a bow and arrow. (breakdown, demonstrate)
4. Each kid grabs their first ball (arrow). Coach makes sure they are facing in the correct position.
5. Coach yells commands:
 - a. "READY" – Kids put their arrow (ball) on their pretend bow. Arms out in front, hands together
 - b. "AIM" – kids pull their throwing arm back as far as it can go. No throwing arm facing the target
 - c. "Fire" – Kids throw their ball at the target
6. When coach yells FIRE – he/she rolls the UFO across the field in front of the players who try to get their ball to stick to the moving target.
7. Coach counts up how many balls they got on the UFO, then does the same thing going back the other way.
8. Continue 6x until all balls have been thrown. Make sure kids stay on their small colored circle the entire time
9. Coach counts the balls they got as a time while he/she pulls them off the bulls-eye target.



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10. When Coach yells “Easter Egg Hunt”, the kids grab their bucket, leave their spot, and fill their bucket with all 6 of their SNAG balls (one of each color)
11. Once the kids have found all six balls, they put their bucket back on the large colored spot.
12. Repeat. Reinforce technique, Storyline, Flow, and Encouragement/Praise throughout.
13. Continue as time permits
14. Recap throwing and when/why it is used in Baseball.

Comments: For smaller groups, use FLEX, POINT, THROW for coaches cues. It is easier than the Bow & Arrow.