



BASEBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

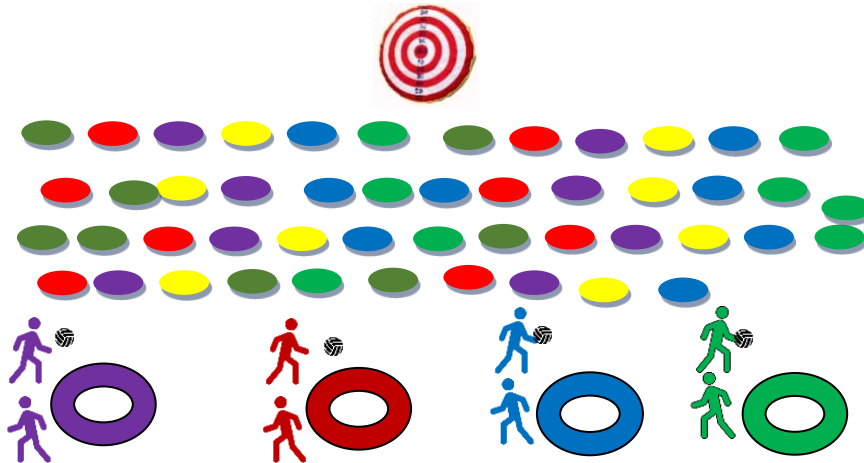


Fruit Smoothie – Throwing Edition

Purpose: Throwing

Equipment: SNAG Balls, SNAG Target, Hula Hoops, Colored Spots (large and Small)

Set Up: Throw down as many small colored spots as you have on the court. Put a Hula Hoop and matching Large Colored spot in a horizontal line at an age appropriate distance from the Small Spots. Small Spots = Fruit/Throwing Spots, Large Spots = Standing Spot, Hula Hoop = Blender. Put players in pair's/teams and have each pair stand in their hula hoop.



Execution:

- Teach proper throwing technique (introduce, breakdown, demonstrate).
- Narrate Fruit Smoothie Storyline. The goal of the game is to collect as many Fruits as you can and put them in your team's hula hoop (blender) to make the biggest smoothie.
- Each pairing has 1 ball.
- Player # 1 starts by going out on the field and standing on the Fruit they are trying to catch. They must call out the color and name a fruit. Then, they will throw their SNAG ball at the target.
- **If they hit the target while on the Fruit:** Player # 1 grabs the colored spot and puts it in their hula hoop. They have now caught 1 Fruit.
- **If they do not catch the ball on the Fruit:** Player # 1 does not grab the colored spot they were going for
- **EITHER WAY:** Player # 1 grabs the ball and brings it back to their Hula Hoop.
- Player # 2 now goes out into the field and calls a color before throwing at the target.
- Continue as time allows. Have pairs count how many Fruits they collected.
- **SCORING** – The team with the most fruit makes the biggest smoothie and wins.
- Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
- Recap throwing technique and when/why it is used in Baseball