



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

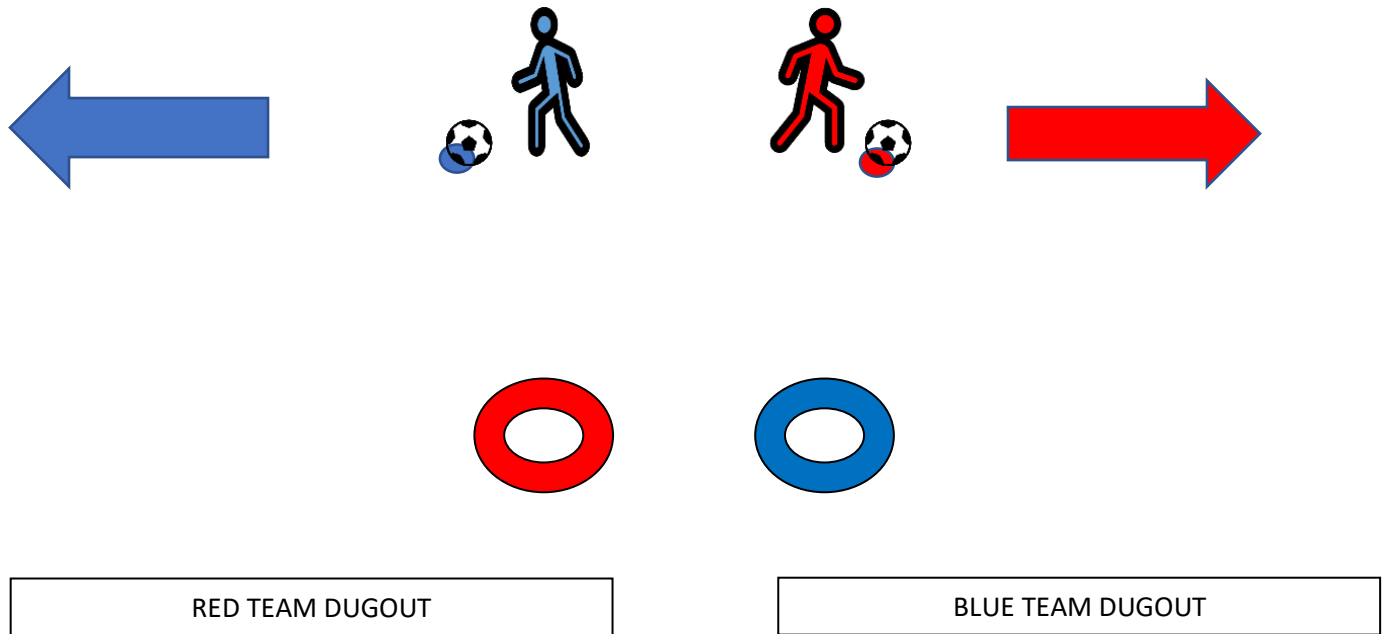


Hunger Games Baseball

Purpose: Kicking and Dribbling

Equipment: Soccer Balls, Hula Hoops

Set-up: Put kicking spot 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 kicking spot.



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 Kicking Spot
- When Coach says “FIRE” both players kick the ball as far as they can towards the other team’s outfield
- On coach’s whistle, both players run in the opposite direction and get the ball the other player just kicked and return it to their team Hula Hoop.
- The first player to get the ball back and trap it in the hula hoop 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.