



BASEBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

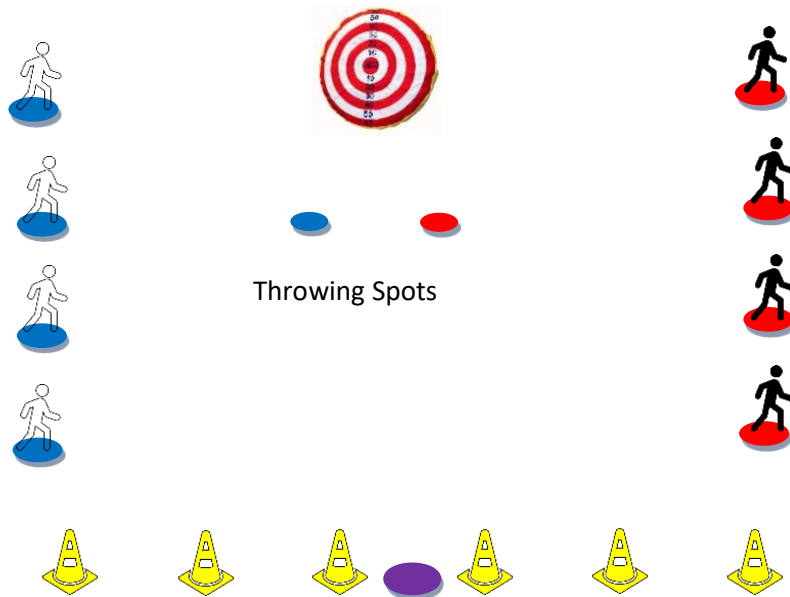


Move it Move it

Purpose: Throwing

Equipment: Bulls-eye Target, Ball Buckets, Snag Balls, Spots, Cones, Disk

Set Up: Set-up 2-lines of 4 Colored spots in a vertical line for the teams to stand on. Put down two matching "THROWING SPOTS" at an age appropriate distance from the target.



Execution:

- All players start in their Team Line.
- There are 6 cones at one end of the field with an object (spot, dodgeball, hulk smash ball, rubber chicken, etc) in between the middle 2 cones.
- Coach calls up first player from each team. Each player throws the ball from their teams throwing spot
- **IF THEY MAKE IT:** They run to the cone line and move the object 1 spot closer to the other teams side.
- **IF THEY MISS IT:** They head back to their team line.
- This should be a race!!! Once the player in front of them has thrown and cleared the throwing spot, the next person in line can go.
- The game goes on until one team gets the object all the way to the other teams side.