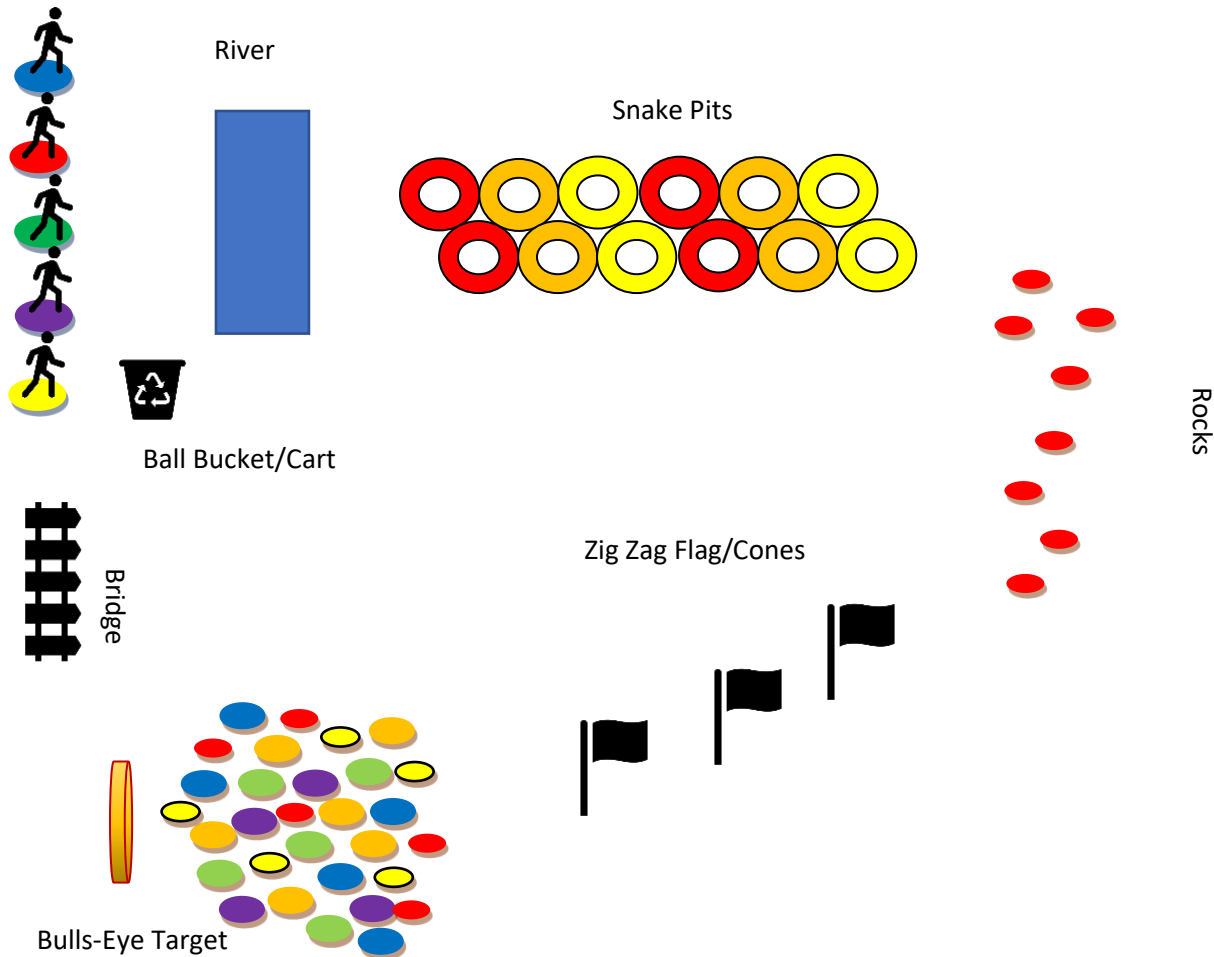


The Incredibles (Baseball Edition)

Purpose: Throwing

Equipment: Bulls-Eye Target, River, Agility Hoops, Foam Frisbee's, Agility Ladder, Small Spots, Large Spots

Set-up: put down standing spots, or tape line, to show the kids where to stand. On the far end of the field, prop-up a bulls-eye target. Put all small spots down to show the kids where to throw from. Between the standing spots and target, put down an Obstacle Challenge (River, Snake Pits, Lava Rocks, Jungle Bridge). Put down a bridge, snake slide, or zig-zag flags/cones to get the kids back to their standing spot.



Execution:

- Have all players start on the tape line/standing spots. Coach calls up first player who grabs a ball out of the ball bucket, and crosses Jungle Obstacle(s).
- When the player gets to the throwing spot they throw the ball at the target.
- Make or miss, they go up the bridge/zig-zag flags/snake slide, back to their standing spot/line.
- After everyone has gone, make the obstacle harder (variations below), or change/add obstacle
- Add in Fielding – Coach takes the bucket. To get their ball, the player must now field a Pop-Fly, Ground-Ball or Line Drive from the Coach
- Continue as time permits
- See how many balls they get on the target (as a team) at the end of the round.



BASEBALL (AGES 4-6) ACTIVITY REFERENCE GUIDE



Obstacle Variations:

- w/ Lava Rocks – Put down Foam Frisbees in a vertical line leading the goal. Each round, have 1 player take our 1-frisbee (can't be the first or last). See how long they can last with at least 1-person not stepping the lava and scoring a goal (Make it a team sport)
- w/ Snake Pits – Put down 12 agility hoops in a line leading to the goal. Each round have 1 player put down a snake (large spot) in one of the hoops. That hoop is now the snake pit and players cannot step in the snake pit or they get bit. They must still put at least 1-foot in every other hoop, without stepping out or on the hoops. See how long they can last with at least 1-person not stepping the lava and scoring a goal (Make it a team sport)
- w/ Jump the River – Put down a river (tarp) between the players and the goal. Start with a small river. Each round make the river bigger and bigger. See how long they can last with at least 1-person making it over the river and scoring a goal (Make it a team sport)