



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

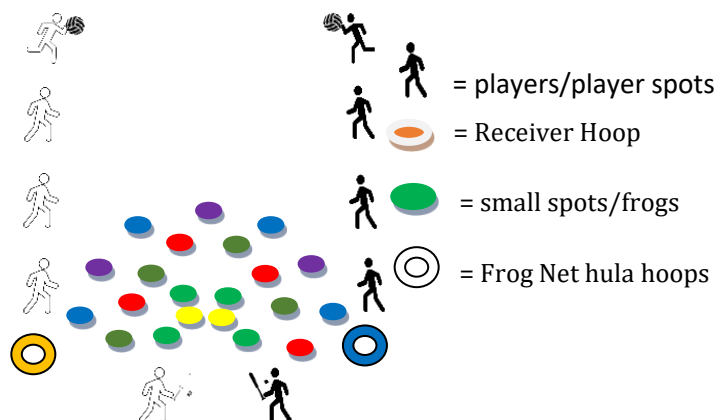


Frog Catcher

Purpose: Hitting the ball out of the air

Equipment: Large colored spots, small colored spots, hula hoops, 2 Baseball Tee's, Whiffle Balls

Set Up: Spread 4 small colored spots of each color around the baseball field (age appropriate distance for that age). Put 1 large colored spot/player down the sideline to show the players where to stand. Put a Hula Hoop on the corner of the sideline/baseline for each team. Put another large spot or base to mark home plate. Put a Whiffle Ball Bat on home plate and give each team a whiffle ball



Execution:

- Break players into teams and have them stand on sideline on their team spots. Have 1-player from each team start at home plate (batter)
- Give 1whiffle ball per team to the player closest to the Frog Net (Hula Hoop).
- Let the players know the frog scoring system:
 - a. Green Tree Frog = 1-point
 - b. Yellow Sun Frog = 1-point
 - c. Orange Sun Frog = 2-points
 - d. Red Lava Frog = 2-points
 - e. Blue River Toad = 3-points
 - f. Purple Horned Toad = 3-points
- Coach says "GO" and players pass/catch the ball down the sideline until it gets to the player furthest from the frog net hoop. Each player must catch and pass the ball (no skipping). Since it is a whiffle ball, they don't need gloves
- When the player furthest from the hoop gets the ball, he/she runs with the ball up to one of the frogs. To catch the frog they must stand on the spot (frog) and throw/pitch the ball to their teammate at home plate.
- **If the batter hits the ball forward (no foul balls)**, the pitcher gets to grab the frog from where they threw the ball (spot) and put it in the Hula Hoop (frog net).
- **If the batter doesn't hit the ball, or foul tips the ball**, they do not grab the frog. Each player only gets 1 attempt per turn.
- **Make or miss** after 1 throw, all the players rotate. The pitcher becomes the batter. The batter gets the ball and stands on the spot closest to the Frog Net. All other players rotate down 1-spot.
- The team then passes down the line again to the players furthest from the frog net and tries to catch the next frog.
- Repeat until all the frogs are gone.
- At the end of the game, the team with the most frog points in their Frog Net wins!