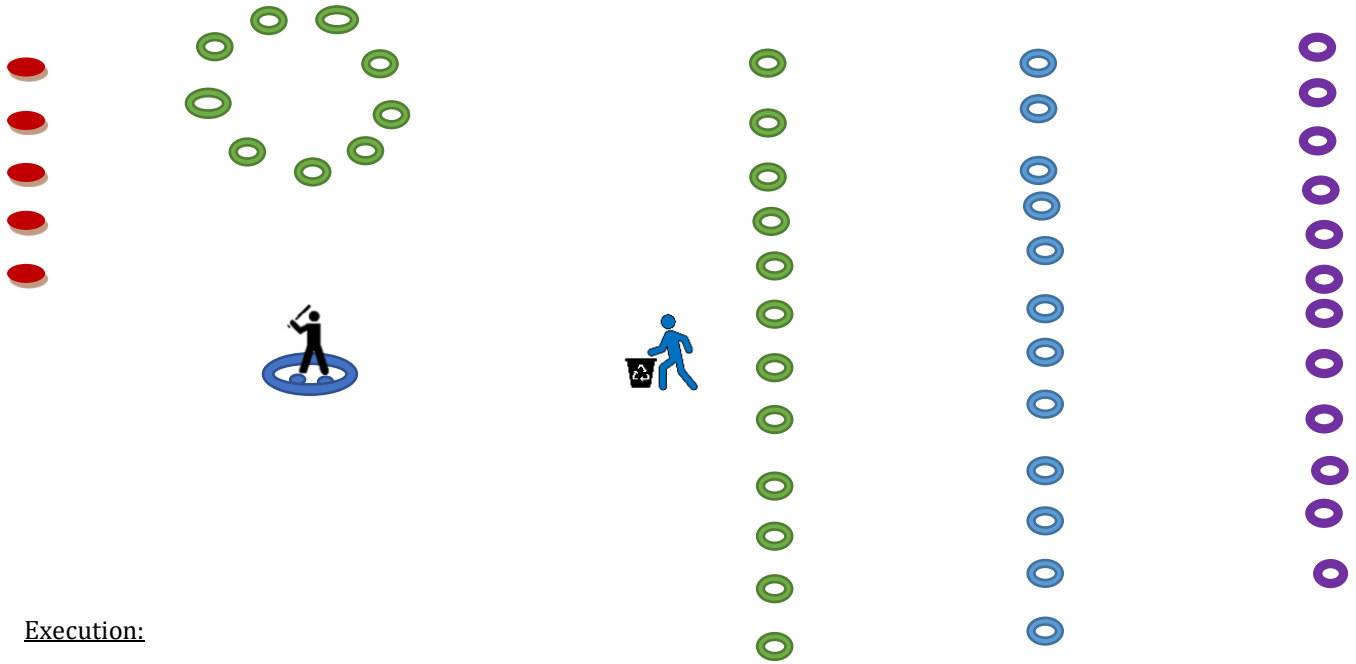


Jailbreak (Lost In Space) Hitting – Coach Pitch

Purpose: Hitting

Equipment: Colored Disks, 1 Baseball Tee, Large Bucket of Whiffle Balls, Hula Hoop, Colored Spots

Set Up: Set-up 3 Rows of Colored Disks at an age-appropriate distance. Set-up a circle with space behind the batter as the team’s jail. Put a Hula Hoop down for the batter to stand in with two small spots for their feet. You have a bucket full of whiffle balls to throw to each kid. Make sure the standing spots are not right behind the batter.



Execution:

1. Have one child stand in the Hula Hoop.
2. Review the correct way to hold and swing a baseball bat. Remind them that this game is coach pitch, not hitting off of a Tee.
3. Tell them that there are two teams, one team is on defense and are the fielders who stand behind that last line of disks, the other team is on offense trying to hit the ball past the first line.
4. Give the batter their Baseball Bat and have them show you your ready position.
5. Introduce the storyline, the hitters are astronauts, when you pitch them the ball, they need to hit it passed the first line of disks or else they will be lost in space and must go stand in our black hole.
6. The only way they can get out is if one of their teammates can hit the ball past the line, then they can come back to the spaceship, which is just standing in line.
7. Once every hitter has gone and everyone is free from being lost in space, have the two teams switch who is on offense and who is on defense.
8. Once the send team goes, have them switch again and make the objective harder, have them need to hit the ball passed the second line of disks or that two teammates in a row need to hit it over which line you choose to get freed from the black hole.
9. The game ends when one team has their whole team lost in space.



BASEBALL CAMP (AGES 4-11) ACTIVITY REFERENCE GUIDE



Comments:

- This game is supposed to be coach pitch, tell the kids they don't need to just swing at every pitch because you are throwing it. Tell them to wait for a pitch that looks good to hit.
- If the game ends too early, shorten up the distance they need to hit from or give them a couple attempts to hit the ball passed the line.