



Camp Games (ages 6-14)

Activity Reference Guide

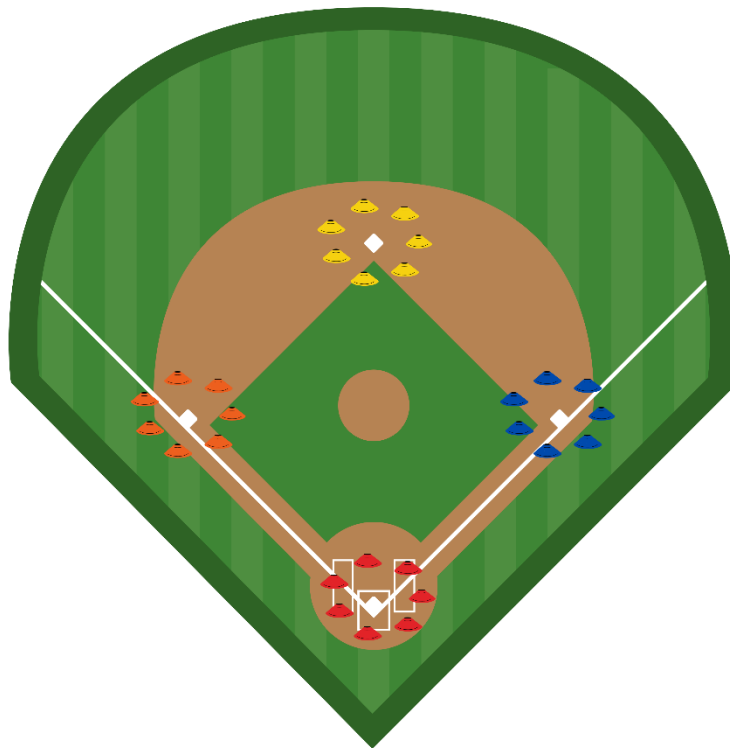


Kickball - BASES LOADED!

Purpose: Fun, Teamwork, Strategy, Agility

Equipment: Baseball diamond, Kickball

Set Up: Set-up a Baseball Diamond using large colored spots for 1st, 2nd, & third base.



Execution:

- Practice – Sports Skills (kicking, throwing, catching), strategy, rules, scoring.
- Break players into camp teams Assign 1-team to offense and 1-team to defense.
- The offensive team starts with one player on base “BASES LOADED”. 1 player up at bat. And the rest in the dugout.
- The defensive team spreads out to cover the baseball diamond.
- Have the coach be the pitcher.



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- When the pitcher has the ball, players can no longer run. If they are in between two bases, they must go back to the previous base. If they have not made it to first base yet, they are out.
- Players get out if:
 - A defender catches their kick in the air.
 - The ball gets back to the pitcher before they reach 1st.
 - They are tagged with the kickball while not inside one of the large base circles.
 - There are no players available on the team to bat, and they are the next player up.
 - **THERE ARE NO FORCEOUTS IN BASES LOADED.**
- In this variation of kickball, there is no limit on how many players can be on each base. That is why we use disc cones to create extra-large bases. A team can have 4-players on second if they wish.
- A team must always have 1-player available to be the next batter (or kicker). If they do not, meaning all the rest of their players are on a base, they must sacrifice an out, and the next player who should be up (the last player to bat/kick), goes to home plate to bat/kick.
- Whether or not PEGS are allowed is up to the coach. It should depend on the type of ball being used (is it soft enough for a player to get hit and not get hurt), and the age of the kids.
 - **IF PEGS ARE ALLOWED:** It only counts if a player is hit below the shoulders. The ball is allowed to bounce. A player cannot be PEGGED when they are inside a base.
 - If a player gets hit in the head. They get an automatic free base. If a player gets pegged while in the home base area, they get an automatic free base (stolen base).
- Defenders are not allowed inside the home bases.
- If the player gets all the way around to home plate, they score a point for their team.
- Change innings after 3-outs or 10 runs
- Team with the most points after 6 innings, or when time expires, wins the game