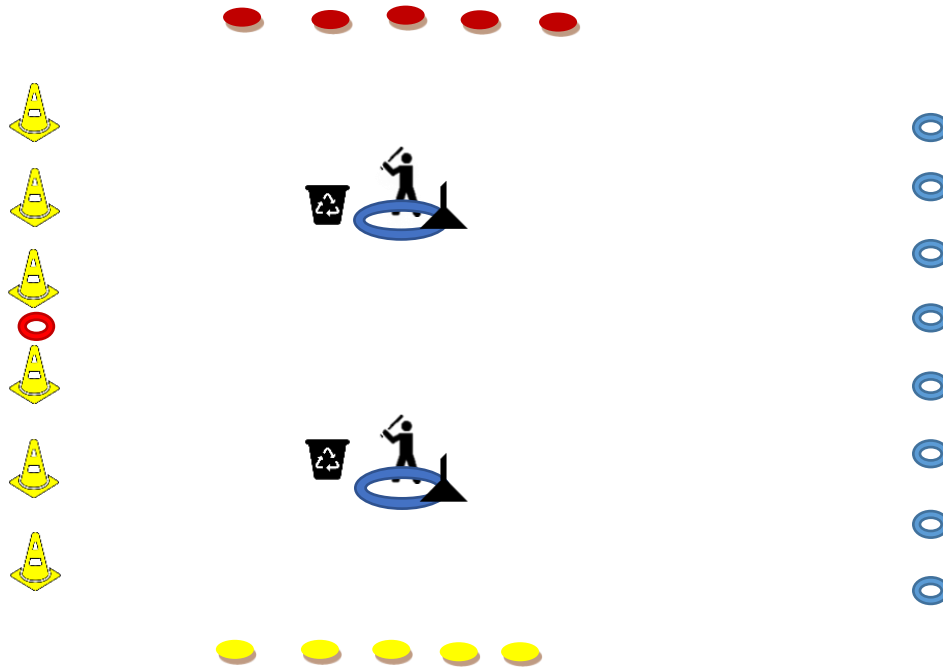


Move It Move It Hitting:

Purpose: Hitting

Equipment: Cones, Colored Disks, Baseball Tee, Bats, Buckets of Whiffle Balls, Hula Hoops

Set Up: Put six regular sized cones in a line with about two feet of space between them. Put one small colored cone in the middle of the six, so there should be three cones on each side. Put two hula hoops where you want the kids from each team to hit. Put out a line of colored disks age appropriate where you want the kids to hit the ball passed.



Execution:

1. Have one child stand in each hula hoop.
2. Review the correct way to hold and swing a baseball bat.
3. Count them down to start the game, 3, 2, 1, GO!
4. Each of them will get one swing, if the ball they hit goes passed the line of colored disks, they get to move the colored cone in the middle ONE cone over towards whichever side their team is on.
5. If they miss, they don't touch the cone in the middle, they just go back in line.
6. Once the first person in the hula hoop hits, tell the next person in line to go. This game is a race but remember, they are swinging a baseball bat and are kids, so you tell them when they can go instead of them just running up to the spot after the person is done hitting.
7. Repeat the process until one team has the colored cone all the way passed the end on the big cone line on their side.

Comments:

- This is one of those games that can go either way, if both teams are really good, or really bad, it can take a while. But if one team is stacked the game will end after three batters so make sure the teams are as fair as they can be.



BASEBALL CAMP (AGES 4-11) ACTIVITY REFERENCE GUIDE



- If it is too easy for everyone, move the colored spots further back to make the distance more challenging.
- Again, make sure you are the one telling the kids when to go for their turn. They will want to run up as soon as the person in front of them swings. We don't want anyone getting hit on the backswing, or if the hitter misses and goes to swing again quickly.