



# BASEBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### Pickle Tournament

**Purpose:** Catching, throwing, base running, teamwork, strategy

**Equipment:** Bases, baseball, gloves

**Set Up:** Set-up baseball diamond.

**Execution:**

- Break players into teams and pair up two players on each team of equal size and ability. Assign that pair against another pair, of similar size and ability, on the other team. Send the foursome (two players from each team) to 1<sup>st</sup> & 2<sup>nd</sup> Base or 3<sup>rd</sup> and Home plate (should be able to have 8 players going at once).
- Two players on the same team start on offense between the bases. The other two players start on defense on the bases. When coach blows their whistle the players on offense try to make it to one of the bases without getting tagged.
- Every player who successfully gets to one of the bases wins a point for their team.
- Switch offense and defense and continue.

**Variations:**

- **Timed:** The offensive players try to go as long as they can without getting tagged out. They are not trying to get on base. Team who lasts the longest of offense wins a point for their team.

**Focus Points:**

- Taking you lead – Card 24
- Secondary Lead – Card 25
- Sliding Technique – Card 27

**BASERUNNING**

### TAKING YOUR LEAD

As the pitcher steps to the rubber, take as long a lead as you can without being picked off base. The length depends on how good a pickoff move the pitcher has and your quickness getting back to the base. The basic rule of thumb is being able to get back with "a step and a dive." This normally works out to a four-step lead.

- 1 Flex your knees and bend at the waist, with 2 your hands held loosely in front of you. From this position, you can take off running or get back to your base quickly.

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CARD 24

**BASERUNNING**

### SECONDARY LEAD

Don't be caught flat-footed when the ball is hit – as 1 the pitcher strides toward home, 2 put your body in motion with a couple of steps toward the next base.

This is your secondary lead. It gives you a head start if the ball is hit, but you can still return to your base if necessary. Keep your shoulders parallel to the baseline so you can move quickly in either direction.

Remember, those extra steps may make the difference between safe and out!

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**BASERUNNING**

### SLIDING TECHNIQUE

Sliding allows you to run hard for as long as possible, then stop quickly on the base. Good sliding technique will help you get to your base quickly and safely.

As you get 8-10 feet from the base,

- 1 throw one leg forward and tuck the other leg under you (your legs should form a "4").
- 2 Aim your top leg at the base and 3 hold your hands up as you drop to the dirt.
- 4 sliding on your buttocks and the outside of your lower leg.
- 5 Lean back a bit and 6 tuck your chin to your chest.

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CARD 27