



# BASEBALL CAMP (AGES 4-11)

## ACTIVITY REFERENCE GUIDE

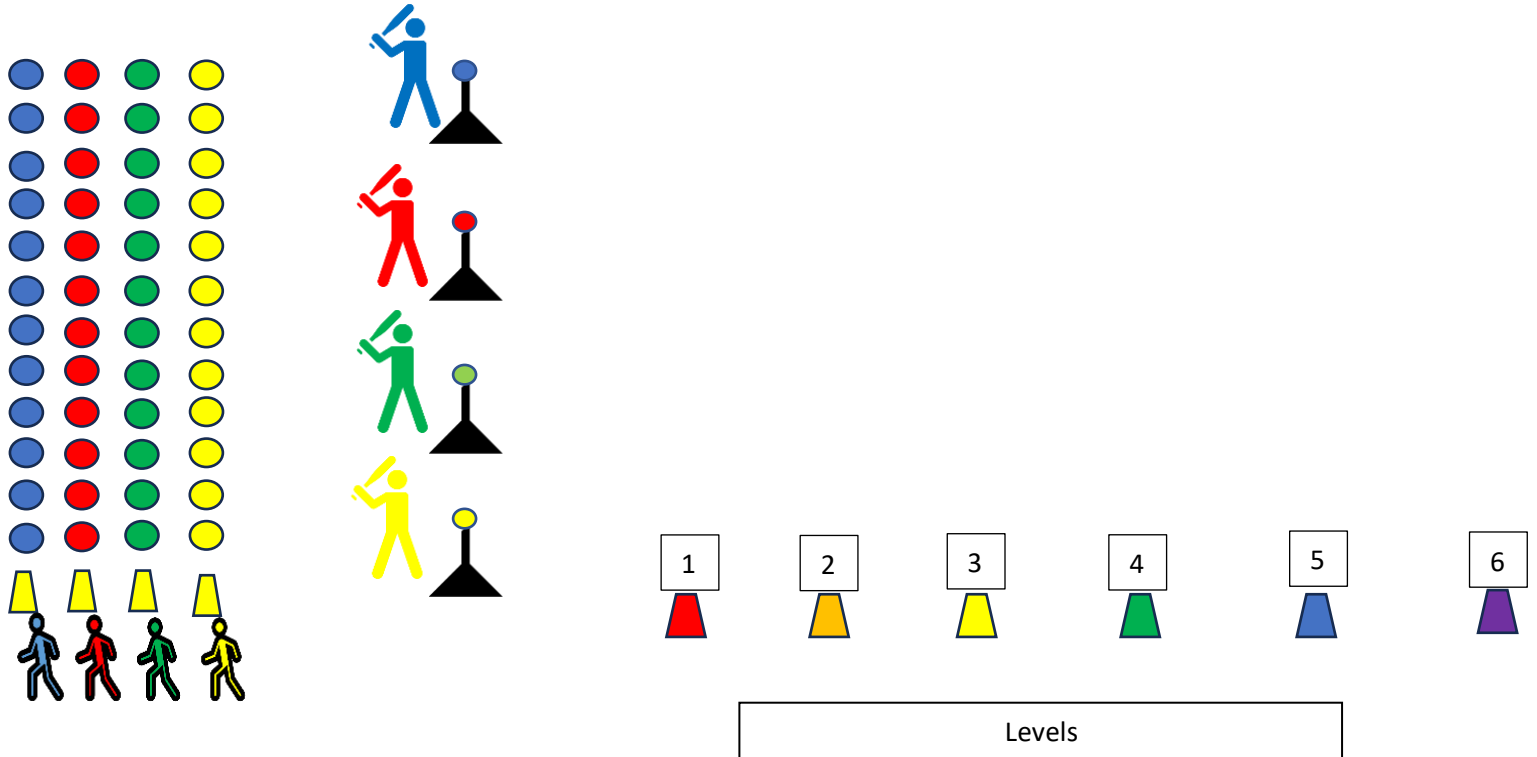


### Piston Cup Batting Baseball

Purpose: Hitting

Equipment: Whiffle Balls, 4 Batting Tees, 4 Bats (no metal bats)

Set-up: Put Batting Tees in the middle of a large grassy area so there is plenty of outfield on either side. Set-up 4 rows of 12 spots a safe distance away from the tees as each team race track. Put out 6 different colored levels at age-appropriate distances.



Execution:

- Break players into 4 teams
- Coach calls up 1-player from each team to be the batter.
- All players stand at their teams Baseball Tee
- When Coach says “SWING” all players hit the ball as far as they can.
- Coach says, “DROP YOUR BATS” and all players drop their bat and go out into the field to check what level they hit their ball into.
  - They also retrieve their ball.
- Players then return to their tees and tell their teammate what level they hit their ball into.
  - Their teammate will move their cone (race car) that many spaces down the track.
- This repeats.
- Once a player has hit their ball and landed it in enough levels to move their car across the 12 spaces, they will switch with their partner who will then become the batter.
- The first team to get their racecar all the way down the track and back wins.
- If this moves too quickly, you can continue to switch off batters and move the racecars and see which team does the most laps on the track in the time allotted.
- Racecars
  - Red Team – Lightning McQueen
  - Green Team – Chick Hicks
  - Blue Team – Jackson Storm
  - Yellow Team – Cruz Ramirez



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