

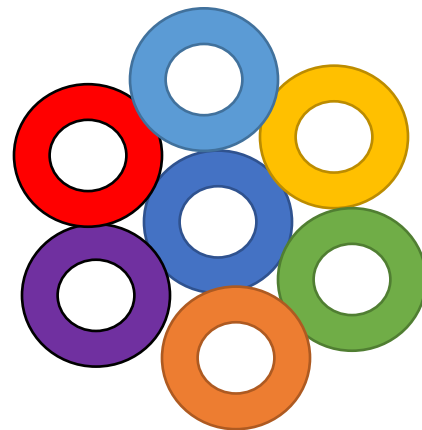
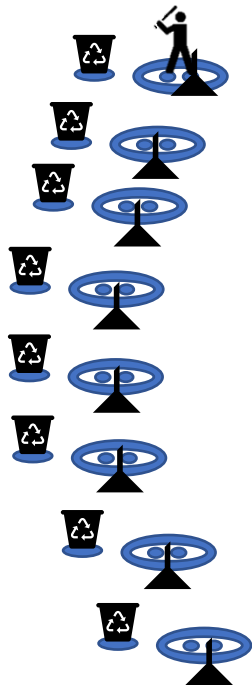
Buzz Lightyear's Blast-Off (Tot Baseball Edition)

Purpose: Hitting

Equipment: Hula Hoops, 1 Baseball Tee/Kid, Large Bucket/Kid, 7 Whiffle Balls/Kid (one of each color), Hula Hoop/kid, Colored Spot/kid,

Set Up:

- Set-up as many Hula Hoops as you have in a circle as shown below. If inside, try to put the hula hoops in a corner so the balls can bounce off a wall and still land in the Hula Hoop
- Set-up Baseball Tee's in a slight semi-circle facing the goals.
- Put a Hula Hoop next to each Tee for the kids to stand on. The side of the Tee will depend on whether the child is Righty or Lefty.
- Put a matching colored spot behind each Tee for the kids to put their bucket full of Whiffle Balls on their spot.
- Put 2 rows of tape in the middle of each hula hoop to show where the kids feet go.
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Hula Hoops

Execution:

1. Have each child stand in their Hula Hoop.
2. Review the correct way to hold and swing a baseball bat
3. Give each kid their Baseball Bat and have them show you your ready position.
4. Narrate Storyline: The players are the Astronauts, the Balls the rocket ships and the Hula Hoops the planets. As a team, they are going to see how many planets they can land a rocket ship on.
5. Make sure the kids understand they must stay in their Hula Hoops at all times. Tell them you will collect all of the Baseball's at the end
6. Coach tells all the kids to "GRAB YOUR RED BALL AND PUT IT ON THE TEE".
7. Once all kids have balanced their ball on the tee and are in the correct batting stance, coach blows yells "BLAST-OFF" and all the kids hit the ball off the tee.
8. If a ball lands inside a Hula Hoop, the coach puts a colored spot in that Hula Hoop to show we have completed a successful Rocketship landing.



TOT/PRESCHOOL BASEBALL (AGES 3-5) ACTIVITY REFERENCE GUIDE



9. Coach tells the kids to “GRAB YOUR WHITE BALL AND PUT IT ON THE TEE”.
10. Coaches walk around to work on hitting technique.
11. Once you have gone through all 7-colors, coach tells kids to put their baseball bat down inside there Hula Hoop.
12. Coach counts up how many planets they landed a rocket on.
13. Coach calls “Buzz Lightyear to the Rescue” and the kids grab their buckets and fill their bucket with 7 Whiffle Balls (one of each color). Then put their bucket back down on their spot
14. Review Hitting Technique and play another round. See if they can land rockets on more planets the next round.
15. Continue as time permits. Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
16. Recap Hitting and when/why it is used in Baseball.