

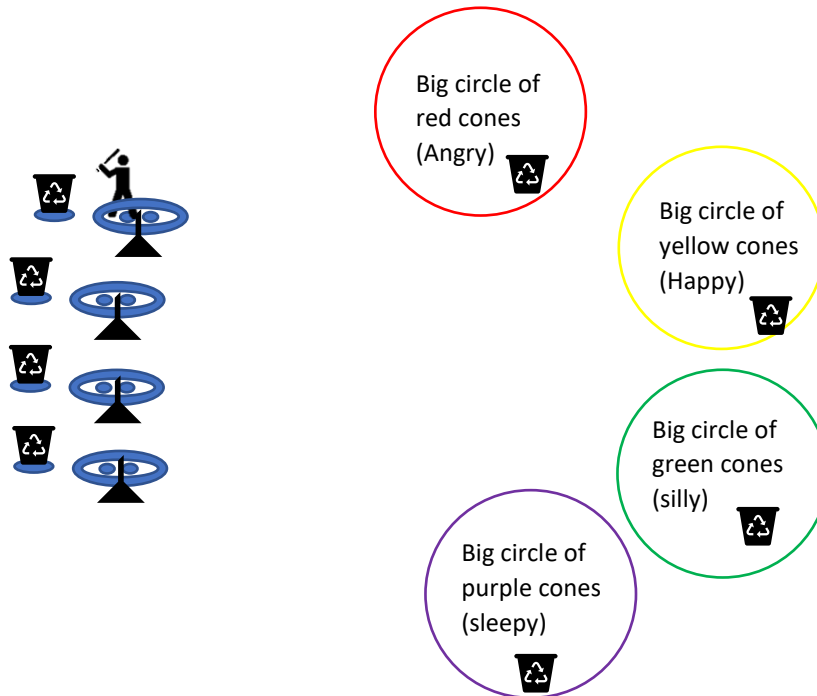
Inside Out

Purpose: Hitting

Equipment: 4 Baseball Tees, Large Bucket/Kid, 7 Foam Balls/Kid , Hula Hoop/tee, Colored Spot/tee, 4 sets of cones (different colors), tape

Set Up:

- Create emotion circles with colored cones, these should be big circles so the kids can hit into them.
- Set-up Baseball Tees in a slight semi-circle facing the emotion (cone) circles.
- 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 foam Balls on their spot.
- Put 2 rows of tape in the middle of each hula hoop to show where the kids feet go.
- Put an empty bucket in each of the emotion circles



Execution:

1. Have four children stand in their Hula Hoop. A bucket of foam balls is next to them.
2. Other four children will each stand in a circle of cones with an empty bucket to collect balls
3. Review the correct way to hold and swing a baseball bat
4. Give each kid their Baseball Bat and have them show you your ready position.
5. Make sure the kids understand they must stay in their Hula Hoops or circle of cones at all times.
6. Coach tells all the kids to "GRAB YOUR 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 his/her whistle and all of the kids hit the ball towards the circles. Kids should shout out what



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



emotion they hit when they land a ball in a circle. "I'm happy!" (can be facial expressions or yelling out their emotion)

8. The kids inside the circles of cones field the balls hit to their circle and place them in their emotion bucket.
9. Coach tells the batters to "GRAB ANOTHER BALL AND PUT IT ON THE TEE".
10. Coaches walk around to work on hitting technique.
11. Once all the batters' buckets are empty, coach tells kids to put their baseball bat down inside their Hula Hoop.
12. Coaches count up the amount of balls in each of the emotion buckets
13. The coach announces the emotion that had the most balls and the kids act out the emotion while they pick up any balls that did not make it into a cone circle ("Let's angrily pick up the balls." "Let's be silly when we pick up the balls!")
14. Review Hitting Technique and switch the batters and fielders.
15. Continue as time permits. Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
16. Recap Hitting and when/why it is used in Baseball.