



BASEBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

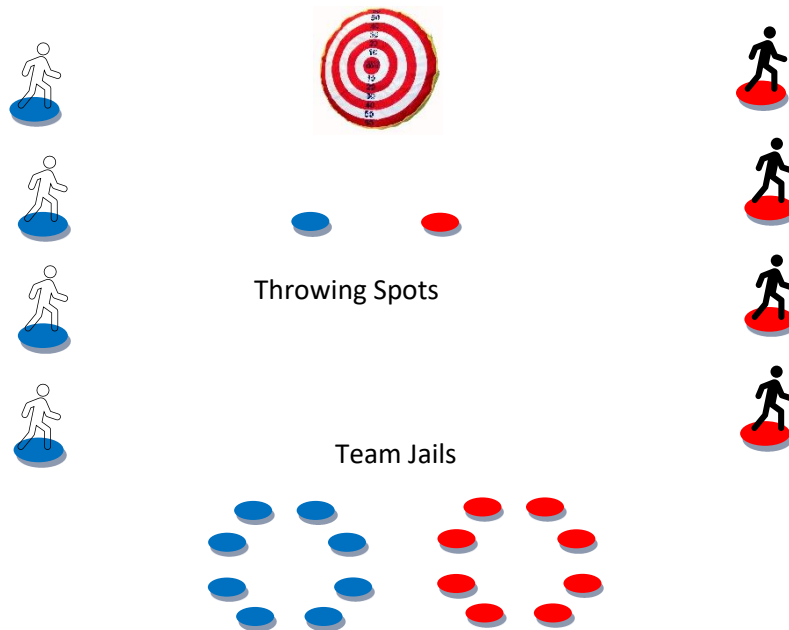


Jail Break

Purpose: Throwing

Equipment: Bulls-eye Target, Ball Buckets, Snag Balls

Set Up: Set-up 2-lines of 4 Colored spots in a vertical line for the teams to stand on. Put down two matching "THROWING SPOTS" at an age appropriate distance from the target. Use matching colored disks to create two team jails.



Execution:

- All players start in their Team Line.
- Coach calls up first player from each team. Each player throws the ball from their teams throwing spot
- **IF THEY MAKE IT:** They are still in the game and go back to their team spot
- **IF THEY MISS IT:** They are out and have to stand in their Team Jail.
- If a team makes two throws in a row, it is a Jail Break and everyone in their Team Jail is now back in the game
- Once a team has everyone in jail, the game is over, and the other team wins the round.
- Change the Throwing Spots for each team and continue as time permits
- If they games are taking too long, change it so players have to make 3-shots in a row for a jail break.