



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



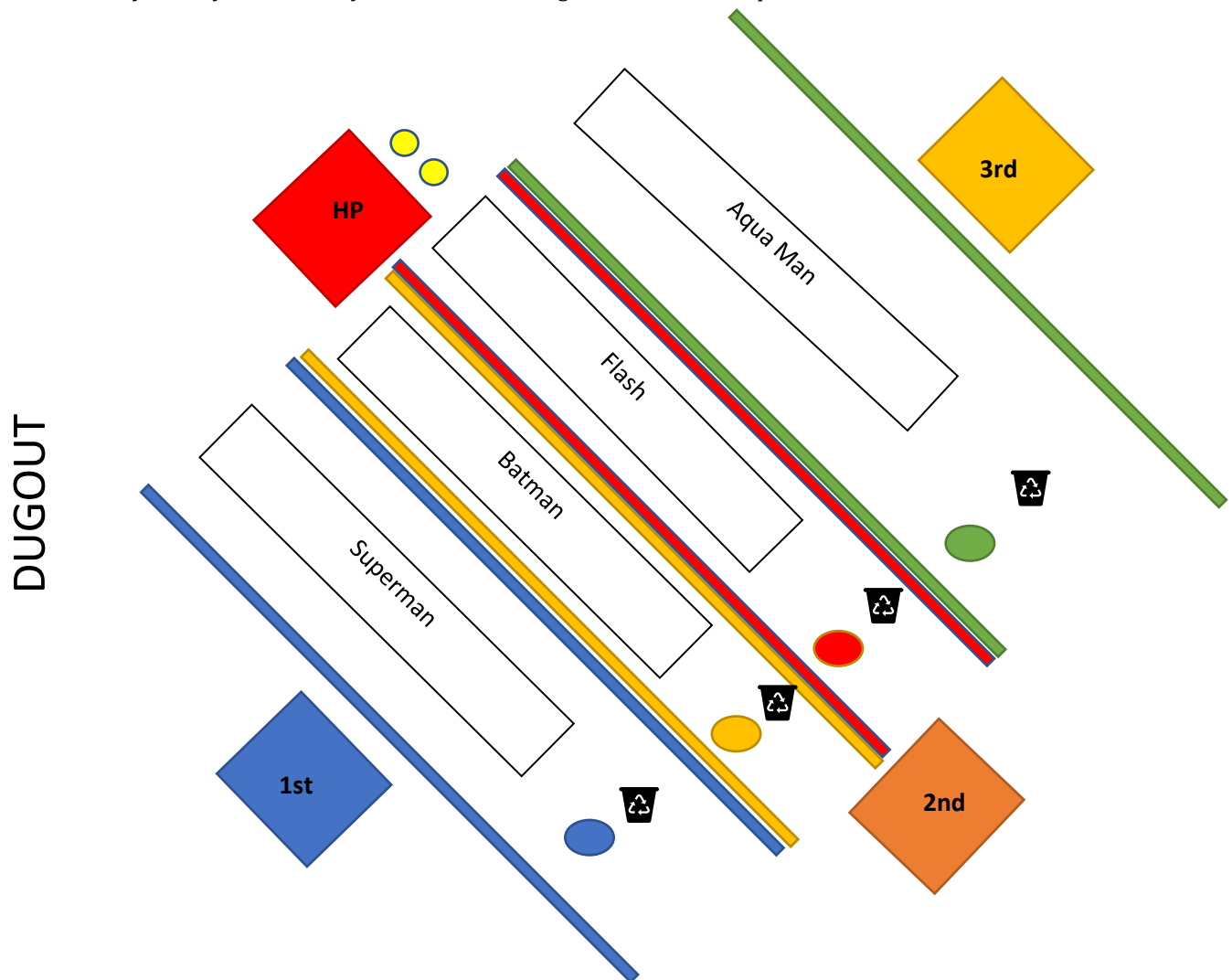
## Justice League

Purpose: Base-Running, Hitting from coach pitch, Fielding

Equipment: Set of bases, whiffle balls, foam balls, foam bat, tee, colored spots, colored feet

Set-up: Baseball Diamond (Red = Home, Blue = First, Orange = 2<sup>nd</sup>, Yellow = 3<sup>rd</sup>). Use colored disks to make the Justice League Bases in the infield

This activity usually runs directly after Base-Running Drills so the set-up should be the same.



### Execution:

1. *The game is essentially adding defensive fielding to our standard Offensive Drills*
2. Coach splits players into two teams and assigns one to offense and one to defense.
3. Offensive team sits in the dugout.
4. Coach assignment defensive players to one of the Justice League Characters – Superman, Batman, Flash, Aquaman
5. Defensive players stay in their Superhero Base (indicated by colored disks), and start in the ready position (hands on their knees) next to their bucket.



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6. Defensive players are going to try to collect as many villains as they can (Baseballs) and put them in their bucket. They can only grab a ball if it is in their SuperHero Base
7. Offensive Players do the standard Offensive Drills but you are now working on coach pitch
8. Coach calls up the first batter
9. Coach pitches them the ball and they try to hit it to one of the SuperHeroes – Tell them to aim for their favorite SuperHero. Each batter gets 4-pitches
10. After 4 pitches (not hits), the coach blows his/her whistle and the batter drops the ball and runs to first. The SuperHero grabs the ball in their base and puts it in the bucket.
11. Coach calls up the next batter who attempts to hit 4-pitches. Coach blows his whistle and the person on 1<sup>st</sup> runs to 2<sup>nd</sup>, person at home runs to 1<sup>st</sup>.
12. Continue until all players have hit the ball and scored a run
13. For the last few of base-runners, the coach will hit the ball and should focus on hitting the ball to the SuperHeroes that did not get any balls hit to them.
14. Switch offense and defense
15. Continue as time permits
16. Switch what defenders get to be what SuperHero each round
17. At the end of the game, count up how many balls (villains) are in each bucket.
18. The SuperHero with the most balls is the WINNER!