



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

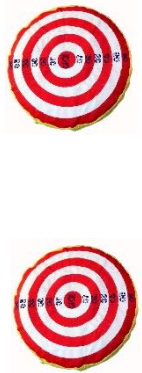


Lightening McQueen (Variation of Mr. Fox) – Tot Baseball Edition

Purpose: Running & Kicking

Equipment: Masking Tape, SNAG Targets (2 is ideal), SNAG BALLS

Set Up: Use the tape to create 1-racing lane/player. The racing lane consists of a garage (small box large enough for player to stand in) followed by a straight line of tape. Put a SNAG BALL in each Garage



Bulls-eye Targets



Execution:

1. Have all kids start by standing in their garage.
2. Tell the kids that, as a team, they all must yell, "Lightening McQueen, Lightening McQueen, What Time Is It?"
3. Coach says 6 o'clock (or whatever time you want)
4. Kids do 6 marches down their racing line, then "Freeze, hands on your knees"
5. Kids & coach ask again "Lightening McQueen, Lightening McQueen, What Time Is It?"
6. When the players make it almost to the end of their racing lane, the coach will respond to the kids question with "RACING TIME!"
7. At that point the kids race back to their starting box (garage). When they get back to their garage, they grab their ball and try to throw it on the SNAG target while staying in their garage. For younger kids, count how many balls you got on the target as a team. If you want to make it more competitive for older kids, the first player to get their ball on the target gets 3-points, second 2-points, third 1-point.

Variations:

- Hitting – Put a Baseball Tee & Bat in each garage. Have a small bucket filled with Whiffle Balls next to each tee. Tell the players to put their "COLOR" ball on the tee. Play Lightening McQueen. When coach says "Racing Time", the players run back to the garage, pick up their bat, and try to hit the ball in the (soccer net, pirate ship, hula hoops, etc.)