

Power Skills



Great Games

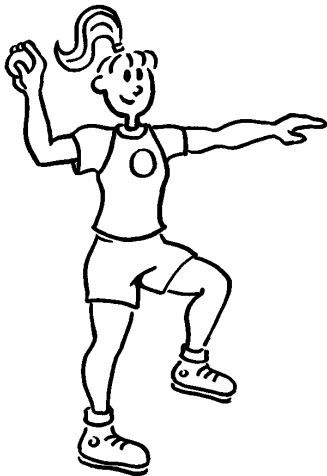
Moving skillfully and thinking strategically

CRAZY BASEBALL

Ready

Learn The Skills

- Invite a parent, helper and/or friend to join you.
- Warm-up by doing some walking type activities then some light stretching.



Key Features of the Overhand Throw.

- Stand sideways, looking at your target.
- Make a big 'J' with your arms.
- Rock back on your back leg.
- As you throw, lunge forward with the opposite foot.
- Turn your hips so that your stomach faces the target.

Set!

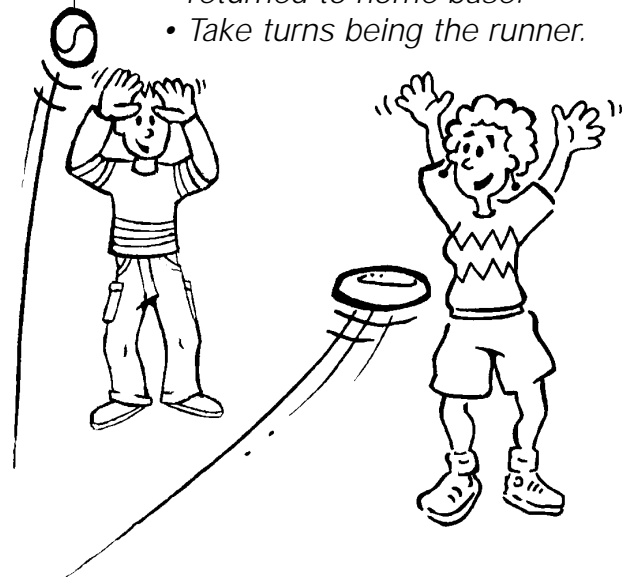
- Find a large area or playing field (check for dangerous objects).
- Bring 2 base markers, 3 fun things to throw (e.g. tennis ball, frisbee, shoe) and 2-3 family members or friends.
- Decide how far apart the bases should be located.

Learn the Game

- One player is the runner, everyone else is a fielder.
- The runner starts at home base and throws all 3 things at once.
- Then the runner must run between first and home base as many times as possible before all three items are returned to home base.
- Take turns being the runner.

I Can...

- Throw with arms in a Big 'J'.
- Use the lunge step as I throw.
- Throw the ball in a high arc.
- Throw for distance.
- Throw for accuracy
(use targets that are different sizes, shapes and distances).



Power Skills



GO!

- Play the game and have fun!
- Every time the batter touches a base a point is awarded.



Strategic People: **THINK, PLAN, DO!**

- Think** - Brainstorm new and different ideas of how to throw the objects better.
- Plan** - Figure out a plan of how to make it happen.
- Do** - Try new ideas and play often to improve your skills.

Game Terms

Offence - tries to score

Defence - tries to stop opponents from scoring

Are the following strategies offence or defence?

- Covering as much of the field as you can with your team-mates.

- Sending the ball into open spaces in the field.

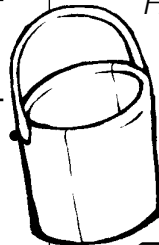
- Calling "MINE" when you are going to catch the ball.

- Running the bases quickly.

Does it make a difference in which direction you throw or which object you throw first?

What can fielders do to return the objects back to home base quickly?

Now place a pail or marker in the field where the objects have to be returned (instead of home base). How does the addition of a new base (e.g. the pail) change your throwing strategy?



Think Strategically

- Try different ways and places to throw to score more points.
- Try different ways and places to cover the field better.
- Try the game with more objects to throw, more bases or runners.

How does this change your fielding strategy?
