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.

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).

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.
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?

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.

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?