



# BATS and BALLS

## Striking and Fielding Games

Gillian Mauro, Tim Stone, and John Byl



Promoting fun, active participation for all

# TABLE OF CONTENTS

PREFACE .....	C
EQUIPMENT .....	E

## CHAPTER 1 BASEBALL

WHO'S FASTER? .....	2
FIVE PASS .....	4
KICKBALL .....	6
CRASH MAT DODGEBALL .....	8
BOULDER DASH .....	10
PITCH THE PIG .....	12
TIMED BASES .....	14
AROUND THE BASES .....	15
BASEBALL TO PITCHER .....	17
BEGINNER SOCCER BASEBALL .....	18
TENNIS BASEBALL .....	19
HOCKEY BASEBALL .....	20
BALLY BALL .....	21
SCOOTER BOARD SOCCER BASEBALL .....	22
TRAMPOLINE BASEBALL .....	24
DODGEBALL BASEBALL .....	26
FRUIT LOOP BASEBALL .....	28
O.M.N.I. (OUTRAGEOUS MOVES NEVER IMAGINED) .....	29
BAT ATTACK .....	30
WHACK A ZOO .....	31
CHUCK BALL .....	33

*continued...*

## **CHAPTER 2**

# **CRICKET**

BOWL OUT .....	37
CATCHERS vs. RUNNERS.....	39
RUN OUT .....	40
CRICKET DODGEBALL.....	42
CONTINUOUS SOCCER CRICKET .....	43
CONTINUOUS CRICKET .....	45
FRENCH CRICKET .....	47
CATERPILLAR CRICKET .....	49
LINE (RISK) CRICKET.....	51
TARGET CRICKET .....	53
LINES & TARGETS CRICKET.....	55
ALASKA CRICKET .....	57
RAPID FIRE CRICKET .....	59
CONVEYOR BELT CRICKET .....	61
PAIRS CRICKET .....	63
ADDITIONAL RESOURCES.....	65

# CRASH MAT DODGEBALL

Note: This game created by OISE HPE Honours Specialist course participants, 2009.

## Game Objective

The striking team scores a run by kicking a ball and running to one end of the gym and back (landing on the crash mat) without being hit below the waist by a foam skin ball.

## Skills and Concepts

- ✦ Kick, catch, underhand throw, and overhand throw

## Strategies and Tactics

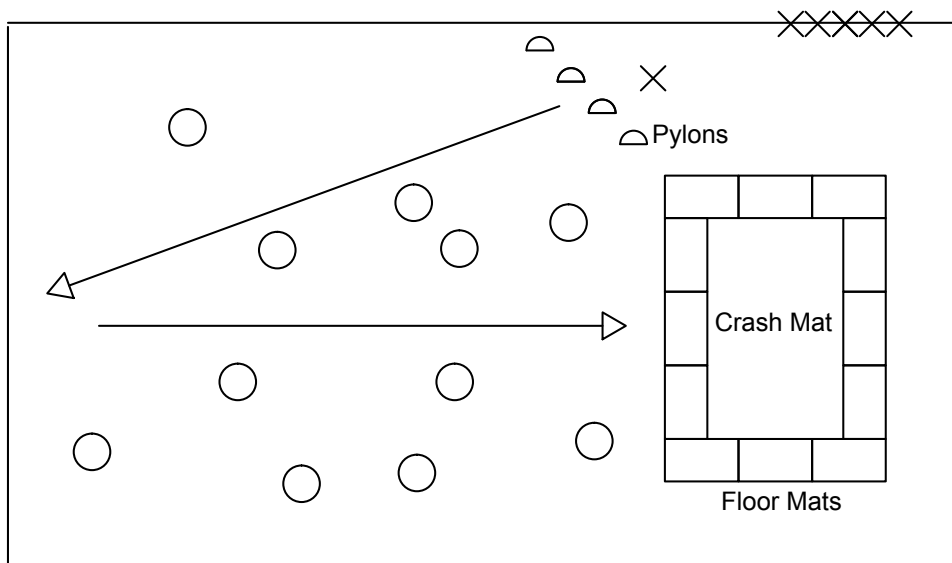
- ✦ **Striking Team:** Kick to an open space.
- ✦ **Fielding Team:** Cover the playing area so little open space is available and communicate with teammates (e.g., call "mine" and call teammate's name when passing).

## Equipment

- Foam skin ball, small pylons, and a crash mat

## Set Up

- ❑ Place the crash mat at least four steps away from a wall with some gymnastic mats around the crash mat in case a player falls off.
- ❑ The striking team lines up behind the pyloned-off corner to one side of the crash mat.
- ❑ The fielders spread out in the gym on the other side of the pyloned-off area.



## Instructions

- ☛ The pitcher rolls the foam skin ball to the striker.
- ☛ The striker kicks the ball past the pylons and runs to the other end of the gym without being hit below the waist by the foam ball.
- ☛ The fielders retrieve the ball and try to hit the runner below the waist with the ball. The fielders cannot move while they are holding the ball.
- ☛ If the striker believes she can make it back to the crash mat in the same turn, she can try or she can stay safe at the far end wall.
- ☛ Pop flies (even off the wall) count as an out.
- ☛ After three outs, switch the striking and fielding teams.

## Variation

- ✧ Set up two or more mats as bases.

## Questions for Understanding

- ? As a striker, where is the best place to kick the ball? (e.g., Kick to an open space, the spot in the gym farthest away from any of the fielders.)
- ? **What works best:** shorter or longer kicks? In which situations?
- ? **What works best:** trying to throw the ball to hit the striker from a far distance or making short, quick passes to other fielders so that the ball gets closer to the striker before trying to hit the striker out?
- ? **What works best:** if the striker kicks the ball and tries to make it to one end of the gym and back, in one try, or if the striker is safe at the far end of the gym and waits for the next player to kick?



# PAIRS CRICKET

Played outside or in a large gym

## Game Objective

Play cricket in pairs as batters, bowlers, wicket-keepers, and fielders.

## Skills and Concepts

- ✦ Basic cricket skills: bat, bowl, field, run-between-wickets, and decision-making

## Equipment

- For each group of eight players: one tennis ball or foam ball, two cricket bats, two wickets (two sets of cricket stumps, large pylons, or chairs), and four smaller cones to mark creases
- Safety equipment: helmet with face guard for the wicket-keeper

## Set Up

- Each group will require a large playing area.
- Place wickets for each group fifteen steps apart. Use smaller cones to mark a crease one step in front of both wickets. The smaller cones at the batting wicket should also mark a one step limit on each side of the wicket for fair bowling.

## Instructions

- ☛ Divide players into teams of eight (four pairs in each team).
- ☛ Pair one: two batters (who start with twenty runs). Pair two: one bowler and one wicket-keeper.
- ☛ Pair three: two on or leg side fielders. Pair four: two off side fielders.
- ☛ All fielders must be ten steps back from the batter for safety.
- ☛ The batting pair receive twelve fair deliveries. If a bowled ball passes outside either cone to the left or right of the wicket, a "wide" is called and the batters receive a free run and an extra ball.
- ☛ The batting pair can add to their total by exchanging successfully for single runs. No boundaries.
- ☛ Batters lose three runs each time they are bowled out, caught out, run out, or hit wicket out.
- ☛ Pairs rotate to new roles after twelve good balls.
- ☛ The winners are the pair with the most runs once every pair has batted.

## Variations

- \* Add marked boundary and score four runs if the ball bounces over and six runs if it flies over.
- \* If using groups of ten, one pair can act as First Umpire (behind bowling wicket) and Square Leg Umpire (squarely out from wicket).

## Questions for Understanding

- ? How did you decide where to position yourself as a fielder?
- ? How did you work with your partner to increase your chance of success in whatever role you had?