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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** T-Ball | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * Use a kwik cricket or rounders bat * Split children into 2 teams (one batting/the other fielding) * Set up score-line with some cones * Batting team bats from a batting tee trying to get the ball beyond the cones (a run) while the fielders try to stop it. * Each batter gets three goes. Count how many runs a team gets. Then swap over. | **Equipment:**   * Tennis Ball (soft if possible) * Batting Tee (if not available the tip of an elevated flat cone) * Bats | | |
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| **Variations:**   * If numbers are high, run more than one game at a time. If more than 3-4 players per team, children will be waiting for a long time. * Have a coach bowl to the more capable kids |
| **Keep an eye on:**   * Appropriate grip * Head position * Feet position * Eyes on the ball * Backswing/Follow through |
| **Other Benefits:**   * Connection * Confidence building | **Coach’s Comments:** | | |