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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
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| **Keep an eye on:*** Appropriate grip
* Head position
* Feet position
* Eyes on the ball
* Backswing/Follow through
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| **Other Benefits:*** Connection
* Confidence building
 | **Coach’s Comments:** |