

**WBSC**

WORLD  
**BASEBALL SOFTBALL**  
CONFEDERATION

# MINIBASEBALL/SOFTBALL HANDBOOK







# MINIBASEBALL/SOFTBALL HANDBOOK



# PRESENTATION



Baseball and Softball continue to grow and generate healthy participation levels thanks to the combined efforts to popularize our bat-and-ball sport around the world. This is due to the ever-increasing collaboration between the international federation and the professional leagues, and all the work carried out by the National Federations, youth organizations and other key stakeholders who are all dedicated to developing our sport globally.

The World Baseball Softball Confederation, with this manual, intends to provide a tool to meet the demands of many young people, teachers and educators to learn, teach and practice the basics of Baseball and Softball, which can be learned by boys and girls as young as five-years-old.

The teaching and practice of Baseball and Softball can connect and introduce children, communities and educators to a sport that is played by teams and players in over 140 countries around the world. As a team sport focused on overcoming challenges and failures, Baseball and Softball are particularly appealing to those who have the duty not only to foster physical development but also - and most importantly - to help shape better citizens who will develop into leaders in society.

Baseball/Softball is unique and has features of both an individual and a team sport: the individual batter

on offense faces the pitcher and the entire opponent team, while the defense has to work as a team to maximize their team's chance to win.

In this book, the educational-motorial, technical, sports and ethic elements are combined in a path that, starting from the first steps on the field, lead the users to a real mini-Baseball/Softball game, guiding also the educator with no particular specific experience to manage the program, always as part of a game/sport that cannot be separated from the fun and the participation of the whole group.

**Riccardo Fraccari**

WBSC President



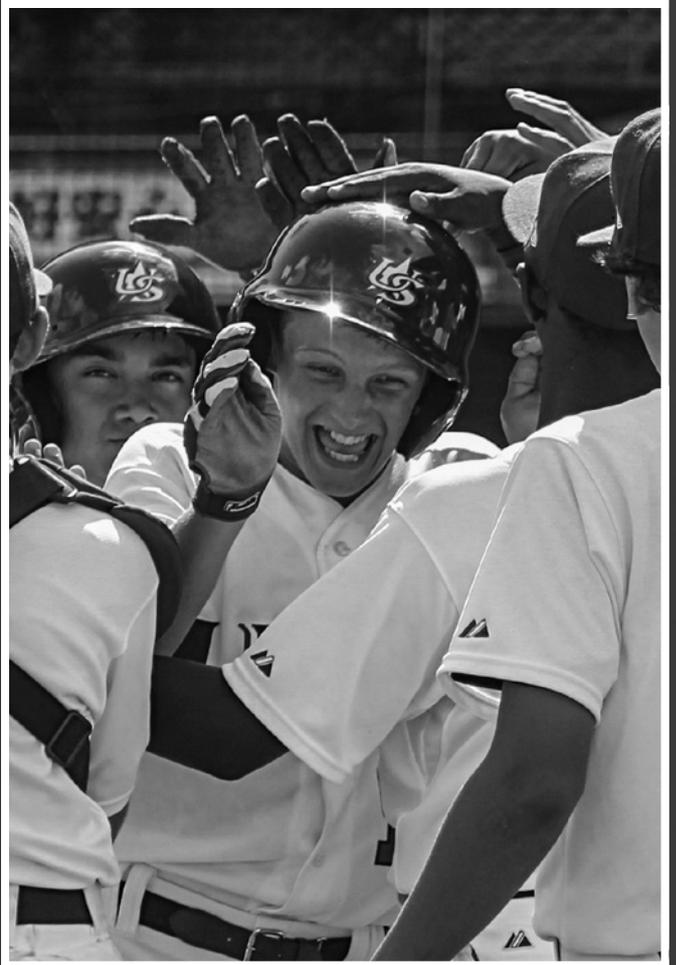
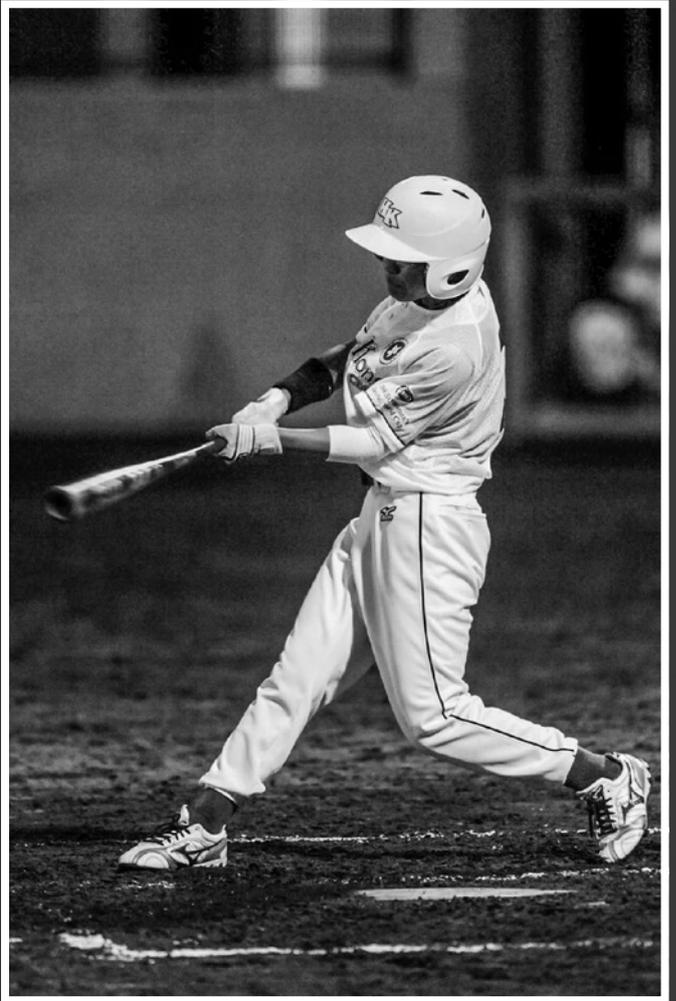
# CONTENTS

## FIRST PART

<b>WBSC Proposal for the Introduction of Baseball/Softball.....</b>	<b>9</b>
<b>Introduction.....</b>	<b>11</b>
<b>Program Phases.....</b>	<b>14</b>

## SECOND PART

<b>Skills and Techniques.....</b>	<b>21</b>
Playing Catch.....	23
Throwing.....	25
Hitting.....	26
Pitching.....	27
Baserunning.....	29
<b>Activities.....</b>	<b>31</b>
Activity 1: Pitching Strikes.....	33
Activity 2: Running Relay.....	34
Activity 3: Fielding Relay.....	35
Activity 4: Pitch And Catch.....	36
Activity 5: Clock Fielding.....	37
Activity 6: Up The Middle.....	38
Activity 7: Safe Or Out.....	39
Activity 8: Danish Baseball.....	40
Activity 9: Beat The Fielders.....	41
Activity 10: Line Ball.....	42
Activity 11: Home Run Hitter.....	43
Activity 12: The Game.....	44
<b>Evaluation.....</b>	<b>47</b>
Pitching Test.....	49
Hitting Test.....	49
Running Test.....	50
Evaluation Sheet.....	51
<b>Documentation.....</b>	<b>53</b>
<b>Historical Evolution of Baseball/Softball.....</b>	<b>55</b>
<b>Looking to the Future.....</b>	<b>55</b>
<b>Field Dimensions.....</b>	<b>56</b>
<b>Baseball Rules .....</b>	<b>57</b>
<b>Glossary.....</b>	<b>59</b>
<b>Contacts.....</b>	<b>66</b>



FIRST PART

**WBSC PROPOSAL FOR  
THE INTRODUCTION OF  
BASEBALL/SOFTBALL**



# WBSC PROPOSAL FOR THE INTRODUCTION OF BASEBALL/SOFTBALL

## INTRODUCTION

The purpose of the World Baseball Softball Confederation is to promote mini-Baseball/Softball among primary school children to achieve two main goals:

- Raise awareness, knowledge and passion for Baseball/Softball so that it becomes widespread in countries where the game is not currently practiced as a regular sport;
- Offer teachers an educational tool to achieve school objectives, using a sport that presents the perfect features for good practice at a school level.

Proper physical education represents one of the best tools to accomplish an efficient development of the individual, not only in terms of motor skills. In fact, physical education strongly contributes, together with other school activities, to the correct forming of a child's personality.

Primary school children have a natural and insuppressible desire to play. Playing represents a primary motivation for movement. It is only through play that children satisfy the need, instinct for and interest in movement, and above all it is only through movement that they can relate themselves to their surroundings.

From infancy, playing is a fundamental activity for children. By playing, they understand and control their changing surroundings and solve, step by step, problems they face during this exploration, thus enriching their physical education experience.

As children grow up, playing presents them with more difficulties and some important features:

- The presence of uncertainty that favors the growth of attention and control of a situation. This enables children to experience situations with a touch of positive anxiety and moderate risk.

- Simple rules, accepted by everyone, but also rules that can change and do not always determine stable roles or definitive punishments. In addition, according to the situation, rules can become simpler or more complex, stricter or more flexible.
- The possibility for children to create a fictitious reality, imagine situations and solutions and develop positive behavior towards innovation and creativity.

These features are the basic elements of the WBSC proposal for school activities, where playing is enriched through a certain amount of competitiveness, which can be adapted according to the physiological, motor and psychological development of the children.

This proposal has been structured as a complete pedagogical activity for children. These activities provide a targeted and well-thought out plan of action, with recreational situations in which children actively respond with their own solutions.

A proactive approach is applied, so that the main features and skills required derive directly from the children's needs and interests and encourage personal initiative, active participation and problem solving skills.

The WBSC has the clear intention of offering primary school teachers a useful teaching tool, in line with the physical education objectives of this crucial school (and life) period for the children.

Mini-Baseball/Softball provides teachers with an important means to achieve the goals of the physical education, by:

- Giving knowledge;
- Teaching correct behavior;
- Expressing the importance of communication;
- Enhancing social skills.

These goals can be achieved through the activities

proposed by practicing the following functions:

- Cognitive functions
- Physical functions
- Emotional functions
- Social functions

The objectives, from the perspective of physical development, are to achieve the development of basic motor patterns and increased mobility. Motor skills (both general and specific to the game) should not be regarded as an objective, but as a means to achieve the overall goals.

Baseball/Softball helps the development of the following basic skills in an effective and fun way:

- **Running:** between the bases on offense and running to catch the ball on defense;
- **Throwing** and **catching:** the ball thrown by one teammate to another or hit by an opponent;
- **Jumping:** to avoid being hit by the ball on offense or to try and catch the ball during the defensive stage;
- **Sliding:** to reach the base and prevent being tagged by the player on defense.

There are many other skills that can be developed through Baseball/Softball:

- The ability to **balance:** whether in batting position or on defense or when running the bases;
- The ability to **multi-task:** for example running or jumping and catching the ball at the same time or coordinating arms and legs when throwing or hitting;
- **Sense of direction and timing:** in finding the right position on the field according to lines, baselines, bases, teammates and opponents and in identifying the flight of the ball, its direction and speed;
- The ability to differentiate **dynamics** in determining the velocity or spin of the ball, depending on whether it was thrown or hit off the bat;
- **Reaction:** both simple when running after hitting, and complex when reacting as quickly as possible to the different situations during the game;
- **Anticipating** or predicting the actions of the opponents and realizing what needs to be done at each moment of the game;

- **Motor imagination:** creating a totally new solution to a situation or performing a movement in a different way, based on what happened during past experiences.

The two most important skills involved are **speed** and **strength**.

Speed is necessary both in the execution of a single movement, such as throwing or batting, and in running the bases.

Strength is required as it is related to quick movement. This is the only aspect of strength that should be developed at this age.

Other objectives that can be achieved through the proper practice of Baseball/Softball are:

- The acquisition and achievement of broad levels of **autonomy** in psychological terms translated into an efficient construction of self-esteem in the children;
- The development of **sociality**, which is typical in sports where, thanks to properly measured and controlled competition, a clear comparison can be made among classmates and opponents;
- Knowledge and **compliance with the rules and roles** of the game. This aspect can be achieved much more effectively when the roles and rules are chosen by the children themselves: the teacher should not impose standards or patterns of technical/tactical conduct; on the contrary, he or she should be a careful, conscious entertainer and facilitator of the game, where the protagonists are always the children.

From a **methodical point of view**, the game of Baseball/Softball also presents some very interesting elements which are wholly innovative.

### **You learn through playing**

From the very first lesson, a match can be played between the students: two teams compete against each other using very simple rules.

As the children's abilities increase, the rules that govern the games become more complex. This overturns traditional game rules from the outset:

# INTRODUCTION OF BASEBALL /SOFTBALL

---

traditionally you first learn and develop game skills through specific exercises and repetition which can at times be boring. From there, you put these skills into practice in a game.

The key to mini-Baseball/Softball is adapting its rules to the limited ability of the children, therefore becoming an efficient means for learning and developing skills. This happens right from the very first game. The game is therefore not only experienced by the children as a competition, but as an opportunity to learn and improve skills, behavior and understanding of rules.

## **The rules are based on the physical ability of the students**

Through practice, the children become more skilled at hitting, throwing and catching the ball, therefore the rules should take into account these new abilities and should be adapted accordingly. The teacher should introduce rules that can best help develop the physical skills of the children depending on their ability.

## **The central role of the teacher**

The teacher does not need to plan out each activity starting from the lowest ability levels, because the program is already designed with activities that start from the beginning. The teacher must, instead, observe the behavior of the children during the games and try to manage this behavior by introducing different rules.

One of the most important tasks for the teacher is to ensure a balance between the two competing teams. Through the careful introduction of the rules, the final score should remain as uncertain as possible.

All of this should be done without a bias towards one team, ensuring the right balance between offense and defense, so that the offensive team can't always score and the defense can't always get every batter out.

## **The originality of the dynamics of the game**

Unlike other popular team sports, Baseball/Softball presents some very original features:

- Possession of the **ball** is not essential in order to score points (as it is in soccer, basketball, hockey, etc.) in fact, the ball must be hit as far as possible

in order to be in the best position to score points;

- No points are scored by putting the ball in a goal or basket or by crossing a line, but **by the player** who runs and reaches bases with the help of his teammates;

- Players from both teams **do not occupy the field simultaneously**. Only the defending team has all its players on the field, while the offensive team sits on the bench and each player takes a turn, and the full responsibility for his team, up to bat.

This feature imposes a different management of **space** for the children. They have to occupy the whole field when they are on defense and have to run within the baselines during the offensive phase.

The shift from defense to offense makes the children use completely **different tools**: the glove on defense and the bat on offense. This obliges all the children to face different situations in the game and stimulates the cognitive processes that are the basis of motion control and adjustment.

The dynamics of the game and batting through a fixed order mean that **everyone takes part in the action** so that the game never focuses on the same children, i.e the best ones, nor excludes the less talented.

This feature involves two **main positive behaviors**:

- On one hand **the batter assumes full responsibility** for those who are part of his or her team, forcing even the shyest players to figure in the game and promoting genuine participation and solidarity among the teammates.

- On the other hand, it favors **true supportive participation** from the more talented: these children realize that the result can only be positive for the whole team if everyone can hit the ball effectively. This applies especially to the fact that the less talented are given advice and encouragement, because it is impossible for the most talented players to take their place and "resolve the situation themselves" to win the game.

## THE PHASES OF THE EDUCATIONAL PROPOSAL OF BASEBALL/SOFTBALL

The WBSC proposal for children comes directly from the game: from the very first moment children are able to compete in a real game of Baseball/Softball with very easy rules. These will then change with the development of the children's technical skills according to their different needs.

The equipment required to play is very simple and completely safe:

- **Bat:** made of plastic, weighing about 250 grams;
- **Ball:** made from a sphere of rubber with fabric wrapped around it and weighing about 25 grams;
- **Glove:** made of leather or plastic. This can be used, but it's not mandatory;
- **Tee:** a plastic tube supported by a base, on which the ball is placed. It is possible to play without a tee and only use it with those children who are unable to hit the ball thrown by the teacher.

The equipment has an important role in the game: its use represents a very efficient way of developing coordination abilities. The child is "forced" to try to either hit the ball with the bat or catch it (with a glove or bare hands). This involves a continuous process of stimulation and information, both inside and outside the body, for the child. The efficiency of this operation becomes necessary to solve the different tasks presented by the game.

The field can be any open space such as an open field, gym, playground, etc.

The designated area should be divided into fair and foul territory.

- Fair territory is the area inside the two foul lines.
- Foul territory is the area outside the two foul lines.

### THE DIAMOND:

Inside the fair territory there is a square area and on each of the four corners a base is placed. The corner where the two foul lines meet is where home base is placed. Facing the field, first base must be



*Fig. 1 The equipment: the bat, the ball, the glove and the batting tee*

placed in the right corner, second base on the corner directly in front of home plate, and third base in the left corner.

The bases are made of a 30cm squared piece of rubber. They can also just be drawn with chalk or tape.

After a brief explanation of the field structure and equipment, the game can start.

The students are divided into two teams: one on defense, which takes the field without fixed positions, the other on offense, which starts by taking their turn at bat.

The team that starts on offense has the goal of scoring points. The team that starts on defense obviously has the goal of not allowing the other team to score points.

After explaining the objectives and roles of the two teams, the teacher should only make the tasks of the players, hitters or fielders, clear.

The game can be divided into phases, with tasks and rules depending on the ability of the children involved.

### FIRST PHASE:

The players of the team on offense should hit the

# PROGRAM PHASES

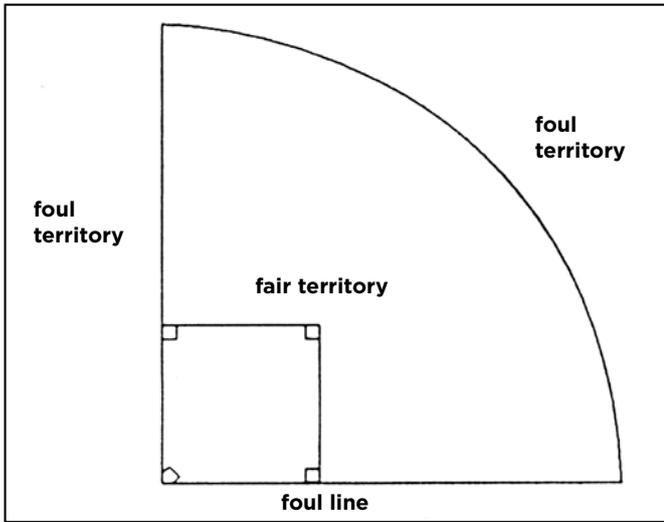


Fig. 2 The playing field: foul and fair territory

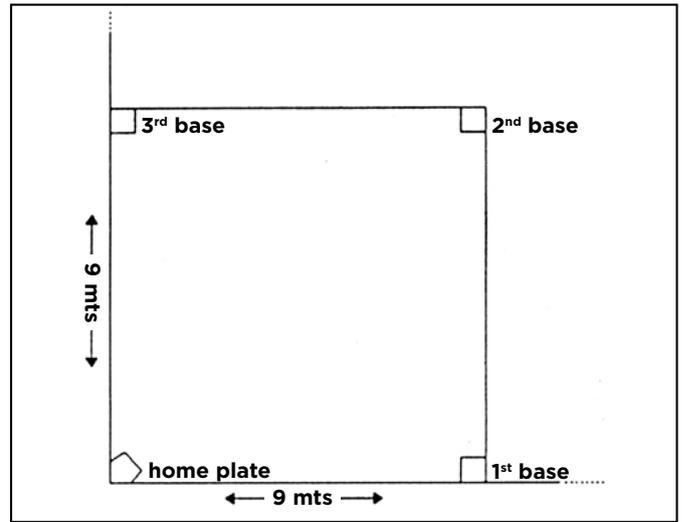


Fig 3. The diamond: first, second and third base

ball off the tee and run, touching all the bases: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and home plate to score. The team on defense must collect the ball and throw it to the CATCHER, who plays behind home plate. If the player on offense is able to run around the bases and reach home before the ball, the team on

offense gets one point ("run"). Instead, if the ball gets to the catcher before the runner, that player is OUT and no point is scored.

After every player on offense gets a turn at bat, the teams switch their positions and now the of-

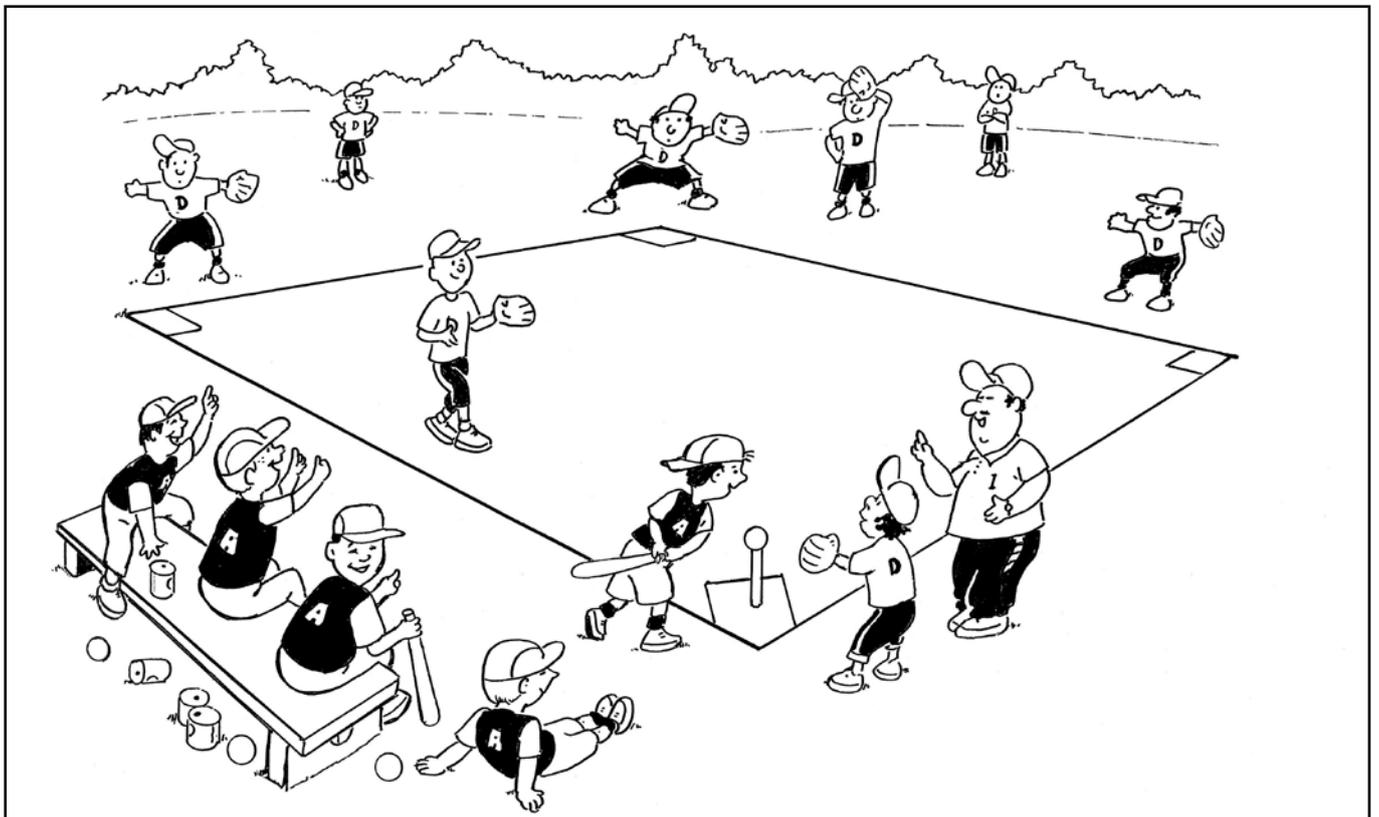


Fig. 4 The teams are ready: A= Attacker (batter), D= Defenders (fielders), I= Teachers/Umpires

# FIRST PART

fense is on defense and the former defense gets its turn at bat.

Each time both teams have completed their turn at bat, this makes one "INNING".

The teacher can decide how many innings should be played.

*Fig. 5 The batter must hit the ball off the tee*

*Fig. 6 and run around the bases*

*Fig. 7 while the players on defense must get the ball and throw it to the catcher*

*Fig. 8 If the runner arrives before the ball, the team on offense scores one point*

*Fig. 9 If the ball arrives before the runner, the runner is out and does not earn a point*

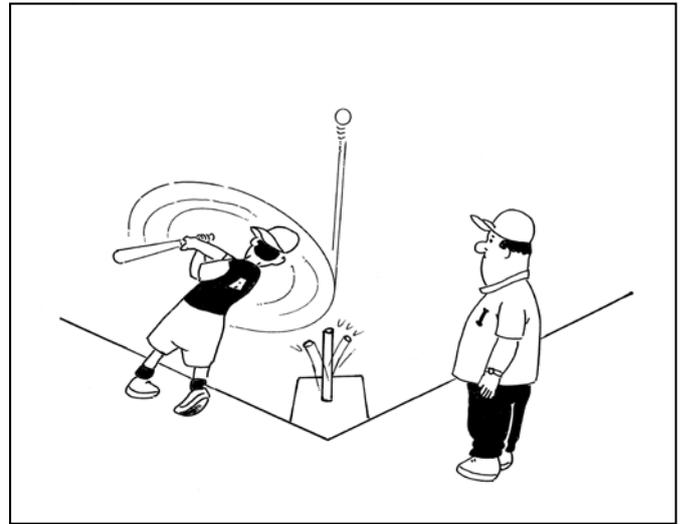


Fig. 5

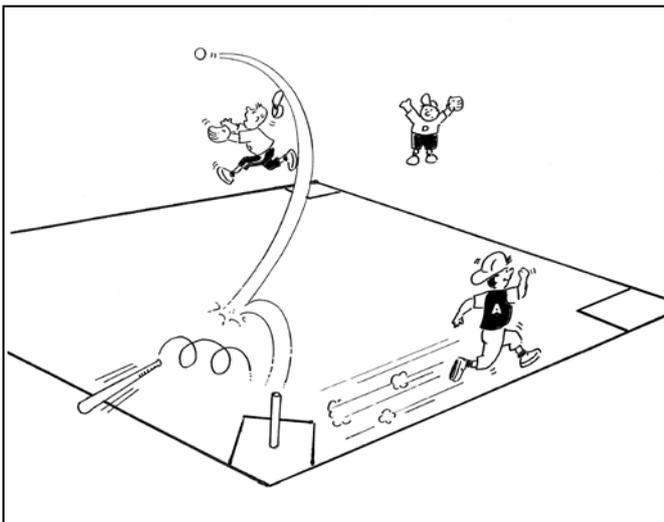


Fig. 6

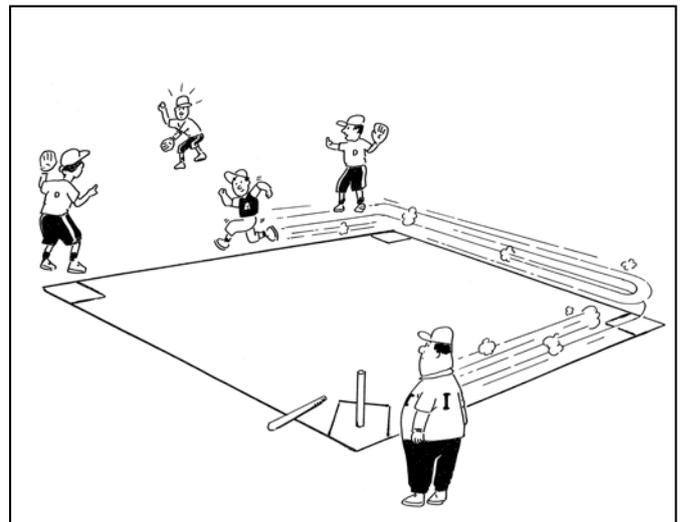


Fig. 7

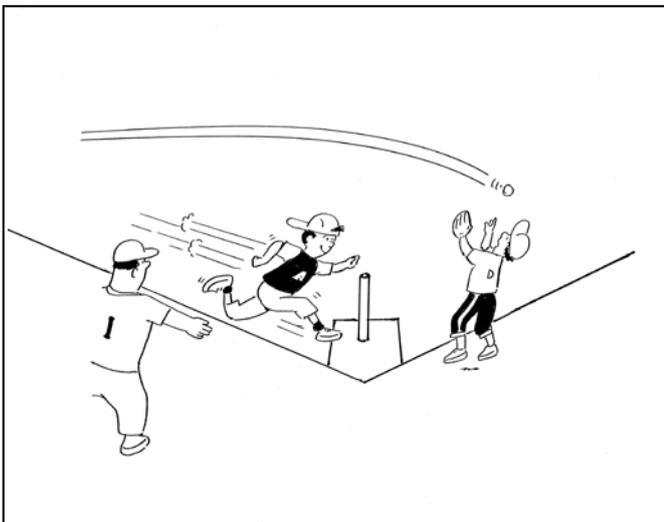


Fig. 8

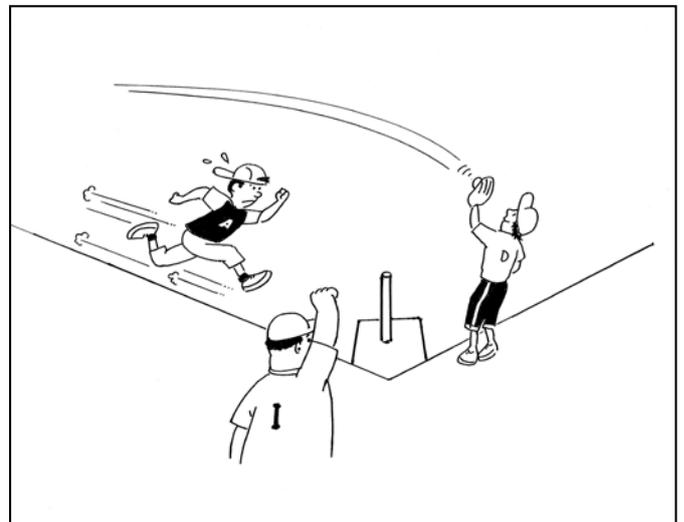


Fig. 9

# PROGRAM PHASES

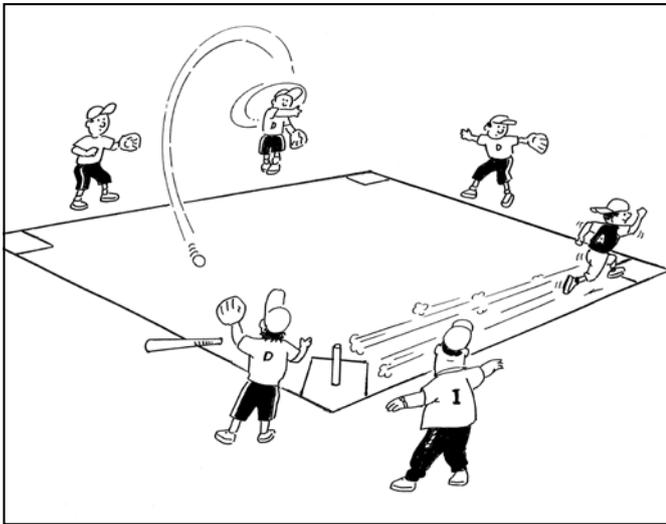


Fig. 10 If the runner reaches the base before the ball gets to the catcher, the runner is safe

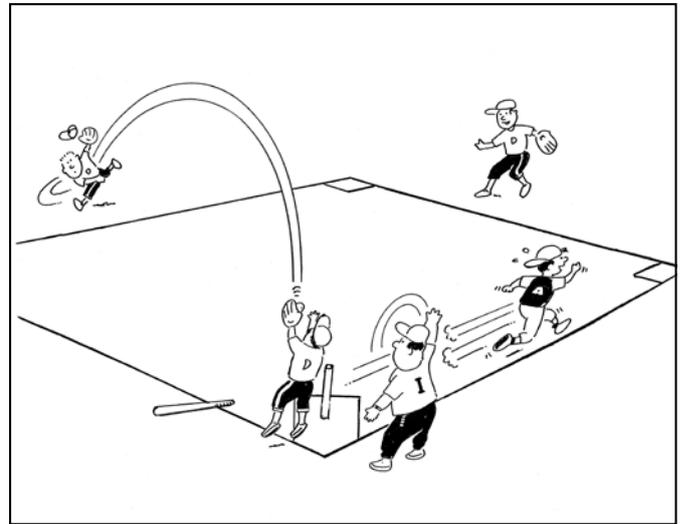


Fig. 11 If the ball reaches the catcher and the runner is between bases, the runner is out

## SECOND PHASE:

As the children's ability to catch and throw the ball improves, it becomes increasingly difficult for the hitters to make the entire way round the bases with one hit. It is time to introduce a new rule: the hitters can stop on one of the bases without being out.

The tasks for the players now become: the defenders must always collect and throw the ball to the catcher, while the hitters may, depending on the hit, make a stop on one base and wait for the following teammate's hit to advance to home base.

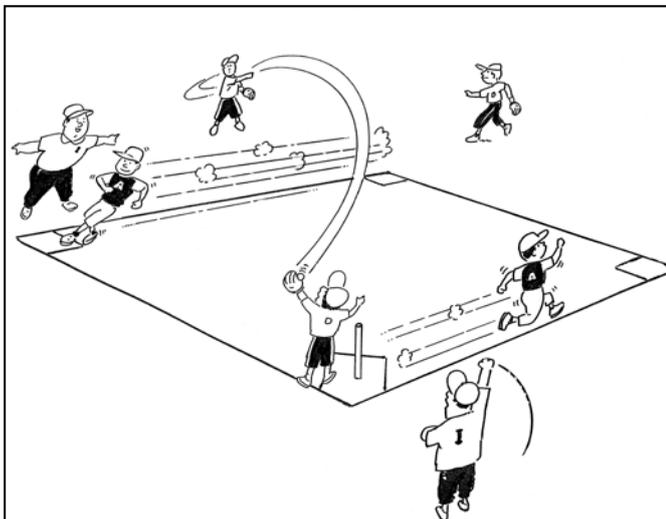


Fig. 12 One runner is safe and one runner is out

When the ball is caught by the catcher, all runners who are in contact with the bases are considered "SAFE" and can therefore stay in play, while the runners that are caught between bases are "OUT".

To increase the difficulty at bat, the tee can be removed: batters can no longer hit the ball off the tee, but must hit the ball that is thrown by the teacher, at first from a short distance, then longer.

"CHANGES" can be made in different ways: for instance, the defending team can go at bat after 3 outs. This involves a different kind of effort from the fielders as, if they want to go at bat and score runs, they do not have to wait for all the offenders to complete their turn, but this depends on their skill: the sooner they make 3 outs, the sooner they go at bat.

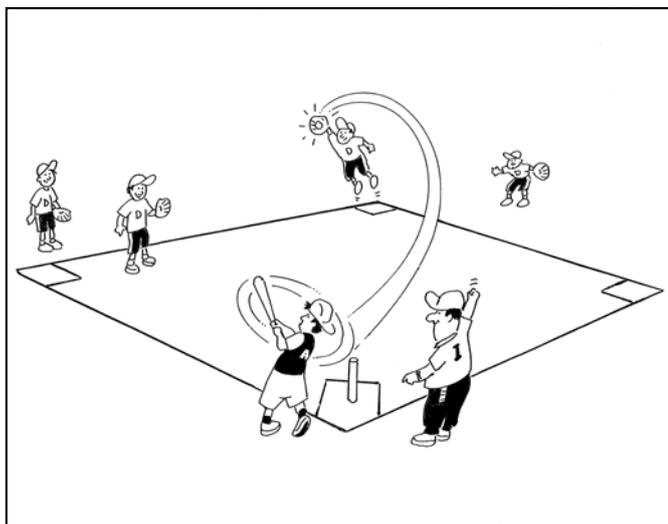


Fig.13 The batter is 'fled out'...

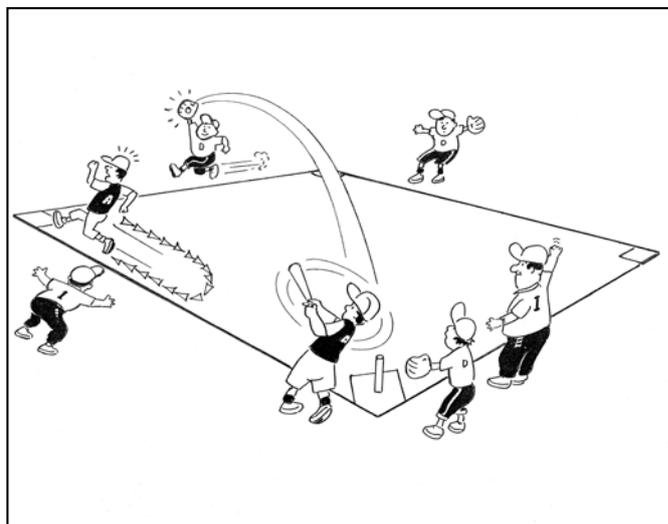


Fig. 14...and the runners on base need to return to their previous bases

### THIRD PHASE:

To guarantee the necessary balance between defense and offense, it is necessary to increase the possibilities for the defense.

You can introduce the rule that if the defender catches a fly ball before the ball has touched the ground, then the runner is out, whether he has reached the base or not (fig. 13).

The other players already on the bases cannot advance and must return to their base before the ball gets to the defender or they will also be out (fig. 14).

### THE SPORT OF BASEBALL/SOFTBALL:

A further change to the defense behavior can be introduced when the children are ready. This "push" makes the game more complex.

In order to eliminate (put out) the runners, the fielders have to reach the base the batter is running to before he or she gets there: just throwing to home is no longer enough to get them out. To eliminate the runner, it is necessary for the defender that has the ball to touch the base before the runner touches the base.

This variation introduces a "TACTICAL" decision for the defenders. They no longer have to perform

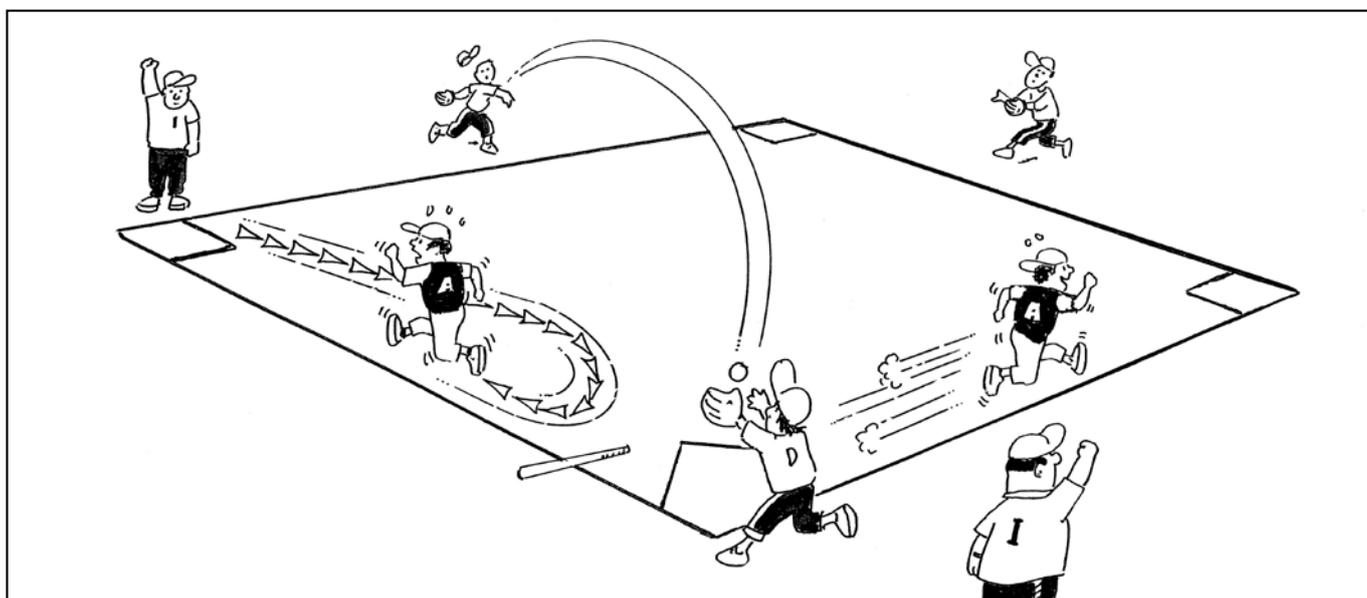


Fig.15 If the ball arrives before the runner is able to get back to his/her base, the runner is out

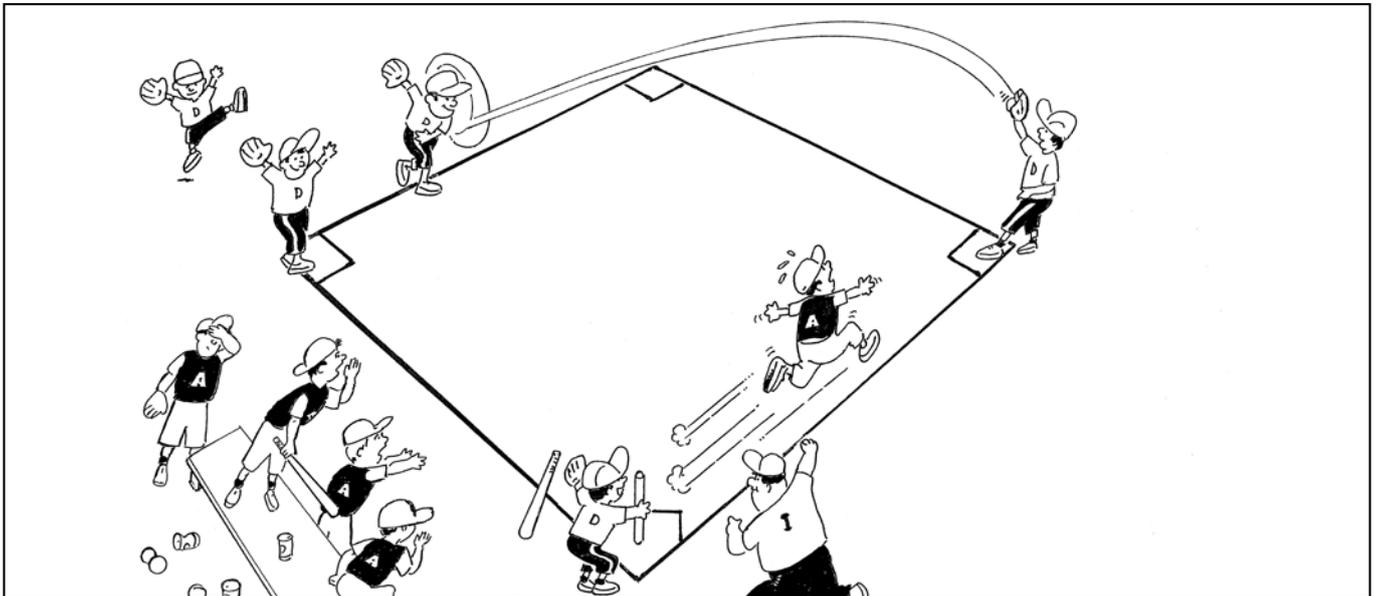


Fig.16 The runner is out at first base

just one simple function: to get the ball and throw it home. Now, they have to **decide** which base to throw to and the player at each base has to be ready to catch the throw from whichever teammate fielded the ball. This means that if you are not fielding the ball, you need to find a base to cover: **everybody should be moving around to help out.**

These tactical decisions should not be suggested or, worse, set by the teacher, they are best learned

through “DISCOVERY” by the students, who work together as a team, meaning that the solutions the team comes up with are their own.

The wide range of variations of the same game provides teachers with rules that are suitable for all physical and mental abilities of children, whilst maintaining the most important aspect of the game: that Baseball/Softball is a fun activity for all children.

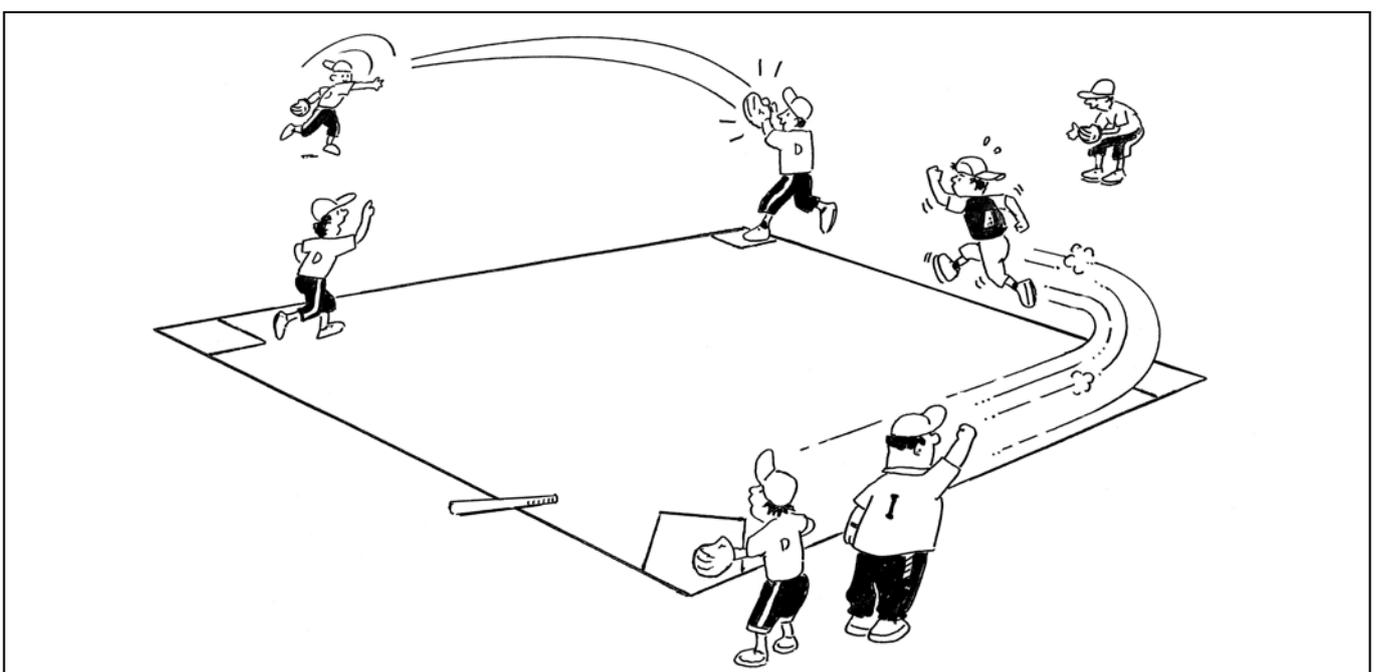


Fig. 17 The runner is out at second base



SECOND PART

# **SKILLS AND TECHNIQUES**



# TECHNICAL SKILLS: **PLAYING CATCH**

## 1. GIVING A TARGET



- Keep your hands out in front with your glove open;
- Point your fingers up;
- Be alert and ready to catch the ball.

“Give a good target with your hands”

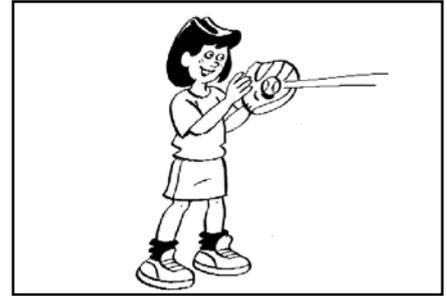
## 2. CATCHING BELOW THE WAIST



- Point your fingers down;
- Use two hands, with your free hand behind the glove;
- Use your free hand to help secure the catch;
- Catch the ball out in front and in the middle of your body;
- Watch the ball right into your glove;
- Squeeze the glove around the ball to secure the catch.

“Get behind the ball early”  
“Point fingers down”  
“Watch the ball into your glove”

## 3. CATCHING ABOVE THE WAIST



- Point your fingers up;
- Use two hands, with your free hand behind the glove;
- Use your free hand to help secure the catch;
- Catch the ball out in front and in the middle of your body;
- Watch the ball right into your glove;
- Squeeze the glove around the ball to secure the catch.

“Get behind the ball early”  
“Point fingers up”  
“Watch the ball into your glove”

## FIELDING A GROUND BALL

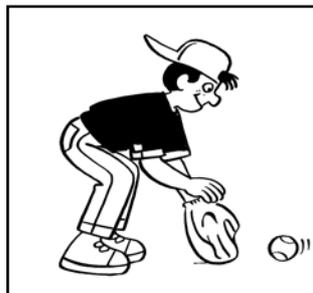
### 1. READY POSITION



- Place your feet shoulder width apart;
- Bend your knees;
- Get your hands out in front of your body.

“Ready on the balls of your feet”  
“Hands out in front”  
“Feet apart”

### 2. PREPARE



- Get your glove down to the ground early;
- Attempt to field the ball at the middle of your body;
- Keep your hands out in front and bend the knees.

“Bend down and get your glove down”

### 3. CATCH



- Use both hands to help field the ball;
- Watch and follow the ball into your glove;
- Use your top hand to secure the ball in your glove, like a crocodile’s jaw closing.

“Use hands like a crocodile”  
“Watch the ball into your glove”

### 4. GATHER



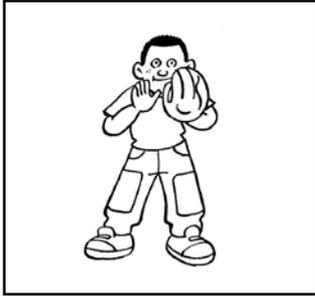
- Cushion the ball into your glove by using “soft” hands;
- Bring your glove and the ball to the middle of your body;
- Get a good grip on the ball with your free hand.

“Give a good target with your hands”

# TECHNICAL SKILLS: **PLAYING CATCH**

## FIELDING A FLY BALL

### 1. READY POSITION



- Keep your hands out in front of your body;
- Be ready to move by bending your knees slightly;
- Watch for the arc of the ball.

“Be ready to move”  
“Keep your eye on the ball”

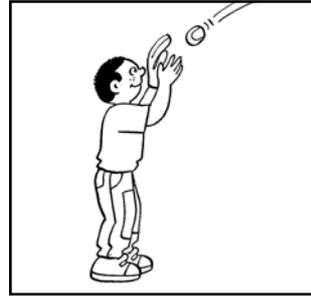
### 2. PREPARE



- Move early to get under or behind the ball;
- Raise your hands out in front of you, above eye level;
- Keep your glove open with your fingers pointing up.

“Get under the ball early”  
“Point glove up and keep it open”

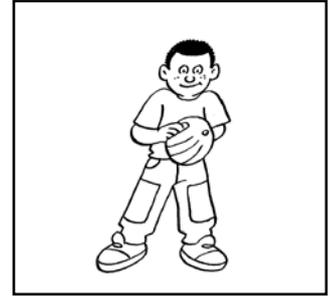
### 3. CATCH



- Use two hands to secure the catch;
- Watch the ball right into your glove.

“Use two hands”

### 4. GATHER



- Cushion the ball into your glove;
- Squeeze your glove around the ball;
- Use your free hand to secure the catch.

“Cushion the catch”  
“Squeeze your glove around the ball”

# TECHNICAL SKILLS: **THROWING**

## 1. THE GRIP



- Place your first two (or three) fingers apart on the ball;
- Place your fingertips across the seams;
- Place your thumb underneath the ball.

“Fingers apart and thumb underneath”  
“Fingers across the seams”

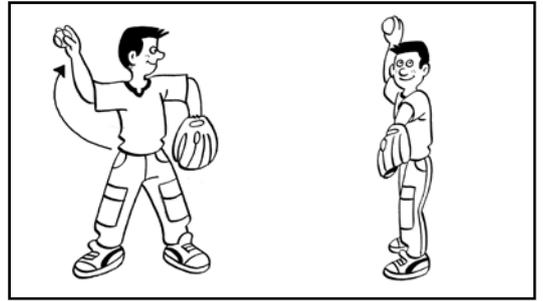
## 2. PREPARATION



- Stand with your feet apart so that you are sideways to your target;
- Your glove hand side should be the nearest to the target.

“Stand sideways to target”

## 2. POWER POSITION



- Step directly towards your target with your glove side foot;
- At the same time, raise your throwing arm in a circular motion so that your elbow is as high as your shoulder;
- Point glove side shoulder and elbow at target.

“Elbow up”  
“Point front shoulder”

## 3. RELEASE POINT



- Use your arm like a whip;
- Keep your glove close to your chest.

“Step and throw”

## 4. FOLLOW THROUGH

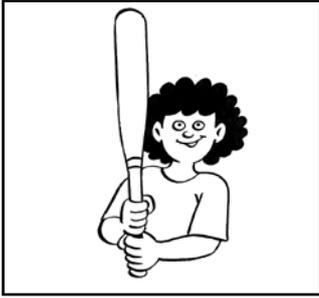


- Turn the shoelaces of your back foot towards the ground;
- Finish with your throwing arm over your front leg.

“Follow through with your throwing arm”

# TECHNICAL SKILLS: HITTING

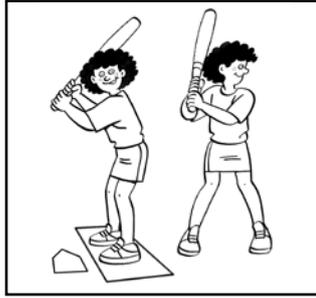
## 1. GRIP



- Hold the bat with your fingers not your palms;
- Left hand at base of bat for right handed (reverse for left handed batters);
- Put your hands together on the bat with your knuckles in line.

“Put your hands together on the bat”

## 2. STANCE



- Stand sideways towards the pitcher;
- Set your toes along an imaginary line to pitcher;
- Hands at shoulder height;
- Bat at a 45 degree angle.

“Stand sideways towards the pitcher”  
“Hands back”

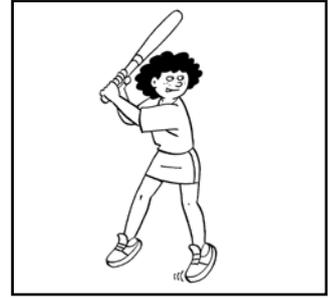
## 3. SHIFT



- Shift your hands backwards;
- Shift your weight slightly to the back foot;
- Keep your weight balanced.

“Move weight onto back foot”

## 4. STEP



- Take a small step towards the pitcher with your front foot;
- Keep your weight mainly on the back foot;
- Keep your balance.

“Take a small step towards the pitcher”

## 5. SWING



- Brace your front leg;
- Lead the bat to the ball with your hands;
- Turn around the central axis of your body.

“Front leg is firm”  
“Swing hands and bat hard at the ball”

## 6. CONTACT



- Swing the bat level and hard;
- Your hips will open up as your back foot rotates;
- Watch the ball all the way to contact.

“Swing hands and bat hard at the ball”  
“Keep your eyes on the ball”

## 5. FOLLOW THROUGH



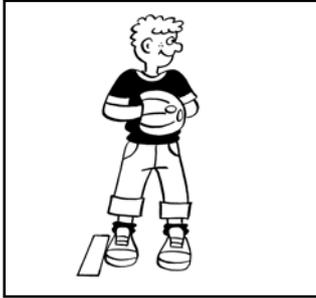
- Swing your hands all the way around, keeping both hands on bat;
- Finish with your hands high and head still down;
- Your eyes should still be looking at the point of contact.

“Swing bat around”  
“Keep your head down through swing”

# TECHNICAL SKILLS: PITCHING

## BASEBALL PITCH

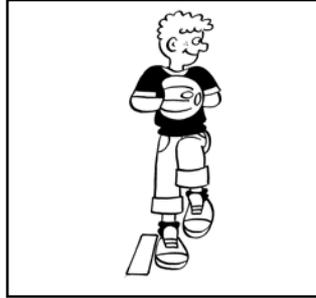
### 1. SET POSITION



- Hold your hands together in front of your body;
- Your feet should be slightly apart;
- Stand sideways toward the batter with your back foot touching the pitching plate.

“Stand up straight and sideways to the batter”

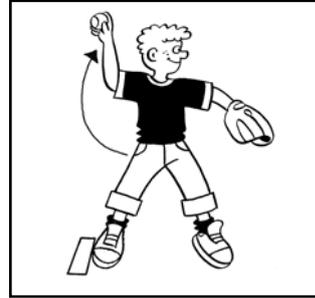
### 2. KNEE LIFT



- Lift your front knee straight up to waist height (not too fast);
- Stay balanced on your back leg;
- Don't lean back, stay upright.

“Lift your knee parallel to the ground”  
“Stay upright”

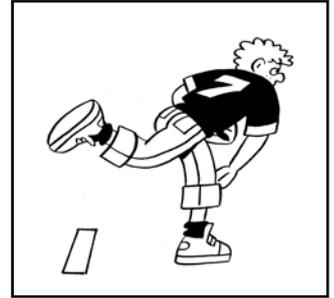
### 3. POWER POSITION



- Step directly towards your target;
- At the same time, raise your throwing arm in a circular motion so that your elbow is as high as your shoulder;
- Keep your front shoulder pointed towards your target.

“Raise arm back and get elbow up”  
“Step towards your target”

### 4. FOLLOW THROUGH



- Brace your front leg;
- Lean forward;
- Throw the ball toward the bat;
- Follow through with your arm and finish over your front leg;
- Watch the ball all the way to contact;

“Follow through with your arm and finish over your front leg”

## SLOWBALL PITCH

### 1. WAITING POSITION



- Stand in front of the home plate;
- Your pivot foot on your pitching side should be in contact with the pitcher's plate. The glove side foot should be placed slightly behind.

“Eyes on the target.”

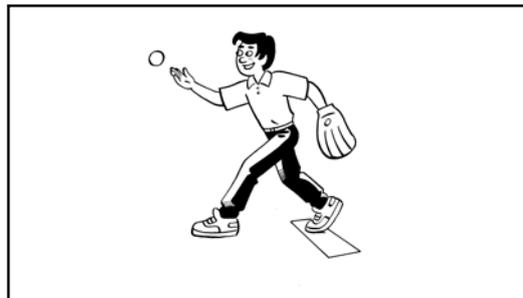
### 2. POWER POSITION



- Move the hand with the ball backwards and take a step forward with the glove side foot.

“Go back to go ahead”

### 3. RELEASE POINT



- Take a step off the pitcher's plate with the glove side foot;
- The pitching arm should swing backwards with the wrist extended. The ball faces the batter and is ready to be released;
- The pivot foot remains in contact with the pitcher's plate until the ball is released;
- The pitching arm moves in front at the moment in which the glove side foot touches the ground;
- The pitching arm practically rubs against the thigh during the forward movement.

“Keep the wrist straight towards the target.”

### 4. AFTER THE RELEASE



- Get into the infielder position, ready to play.

“Ready to play.”

# TECHNICAL SKILLS: PITCHING

## ADVANCED PITCHING

### 1. SET POSITION



- Face home plate with your hands together in front of you.

### 2. ROCKER STEP



- Take a small step back with your glove side foot, keeping your weight upright balanced;
- Lift your hands no higher than your forehead.

### 3. PIVOT



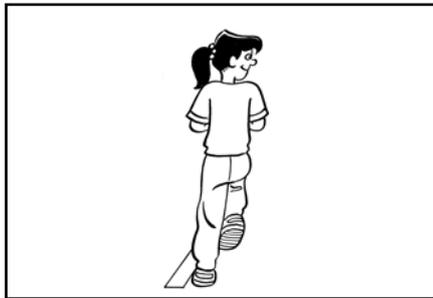
- Turn your throwing-hand foot sideways against the front of pitching plate.

“Eyes on the target”

“Go back to go forward”

“Eyes still on the target”

### 4. KNEE LIFT



- Lift your glove side knee straight up to waist height (not too fast);
- Stay balanced on your back leg;
- Don't lean back, stay upright.

### 5. POWER POSITION



- Step directly towards your target;
- At the same time, raise your throwing arm in a circular motion so that your elbow is as high as your shoulder;
- Point the ball away from your target;
- Keep your front shoulder pointed towards your target.

### 6. FOLLOW THROUGH



- Turn the shoelaces of your back foot towards the ground;
- Follow through with your throwing arm towards the ground;
- Your back foot may lift from the ground as you throw.

“Find your balance point”

“Step towards target”

“Pick up a blade of grass”

# TECHNICAL SKILLS: **BASERUNNING**

## WHEN THE BALL GOES TO AN INFIELDER

### 1. RUN!!!



- Don't wait to see where the ball is or you will be wasting precious time;
- Drop your bat in foul territory and run towards first base;
- NEVER throw the bat!

**“Get out of the (batter’s) box quickly”**

### 2. FIND THE BALL



- Give a quick look to find the ball;
- Was the ball hit straight to a fielder?

**“Find the ball”**

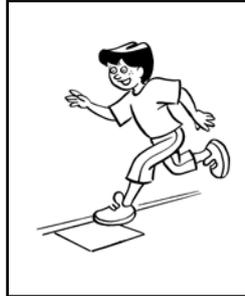
### 3. RUN HARD



- Pump your arms and legs;
- Don't slow down before reaching the base;
- Concentrate on the front of the base.

**“Get to the base”**

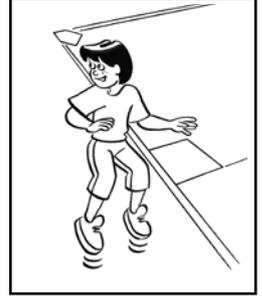
### 4. HIT THE BASE



- Touch the front edge because it is closer;
- Touch the right half because it is safer;
- Run through the base.

**“Run right through the base”**

### 5. STOP



- Short choppy steps;
- Separate your feet;
- Look to the right to see if the first baseman missed the ball;
- NOTE: You don't have to stop ON first base!

**“Stop up”  
“Find the ball”**

## WHEN THE BALL GETS THROUGH THE INFIELD

### 1. RUN!!!



- Don't wait to see where the ball is or you will be wasting time;
- Drop the bat in foul territory and run towards first base;
- NEVER throw the bat!

**“Get out of the (batter’s) box quickly”**

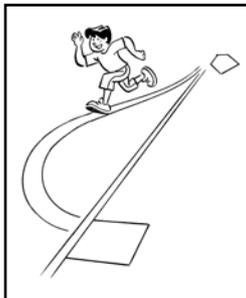
### 2. FIND THE BALL



- Was the ball hit through the infield?

**“Find the ball”**

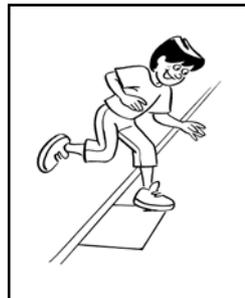
### 3. RUN HARD



- Start to run slightly into foul territory;
- Make a smooth arc around the base, so you don't have to slow down.

**“Start your arc”**

### 4. HIT THE BASE



- Touch the front left hand corner with whichever foot is easier;
- Find the ball again.

**“Hit the base”  
“Find the ball again”**

### 5. LOOK FOR 2<sup>ND</sup> BASE



- If you can make it safely to second base, keep running!
- If not, get as far off first base as you can, but make sure you can get back safely;
- Keep your feet moving.

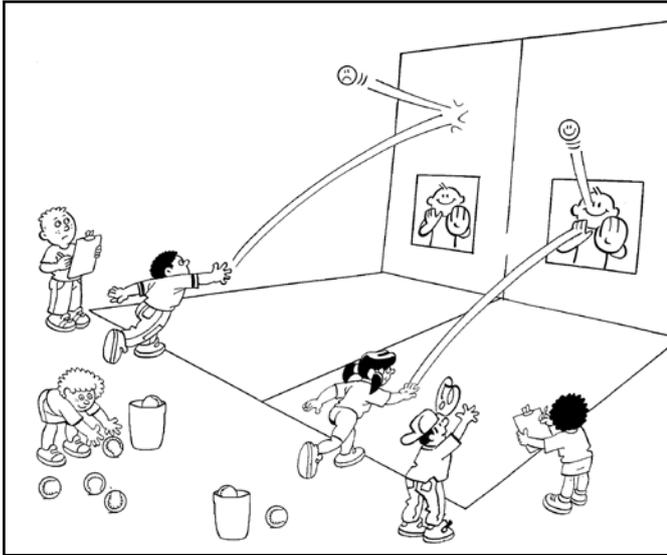
**“Get out there”  
“If you decide to go then GO”**



SECOND PART  
**ACTIVITIES**



# ACTIVITY 1: PITCHING STRIKES



## HOW TO PLAY

- Six players per group divided into two teams of three. Each team consists of a pitcher, a fielder and a scorekeeper, who will rotate functions during the game. The rotation order should be agreed before the game starts;
- The pitcher stands on the throwing line, where four balls are lined up. The fielder waits behind the throwing line and the scorekeeper stands in a position to see whether pitches hit the strike zone target;
- The game begins when both scorekeepers shout, "Go!" At that point, the pitchers must throw all four balls consecutively at their strike zone targets. The fielders must field the balls as they rebound from the wall and return them to the throwing line. The scorekeeper registers the number of pitches that hit inside the target. Once the player has thrown all four balls the team rotates so the next player can pitch;
- The game is over when all three players on each team have carried out all three functions and the balls are back on the throwing line. The first team to finish calls "Stop!"
- One strike is awarded for each pitch on target and three strikes to the team finishing first. The team with the highest total of strikes wins the game.

## FIELD LAYOUT

- A wall is needed that is long enough for two teams to throw at targets without danger of interfering with each other;

- Two rectangular (strike-zone-size) targets should be hung or marked on the wall (one for each team) and a throwing line drawn or marked 10 - 20 meters from the targets (the distance will vary according to age and ability). A vertical line should also be drawn or marked to separate the areas used by the teams.

## EQUIPMENT NEEDED

- 8 baseballs or tennis balls;
- 1 fielder's glove per group (optional).

## SKILLS

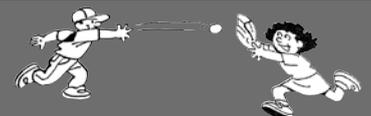
- Pitching or throwing with accuracy;
- Fielding ground balls;
- Teamwork.

## SAFETY POINTS

- Be aware of other player's positions to avoid collisions;
- Don't run in front of the other team's target while they are throwing;
- Always throw sensibly and only against the wall.

## CHANGES TO THE GAME

- The strike zone can be made in different sizes;
- A different number of balls or different points can be awarded to teams of different ability;
- The target can be made closer to or further away from the throwers;
- You can time the round to see how many times the target can be hit in a set time, say 30 seconds.



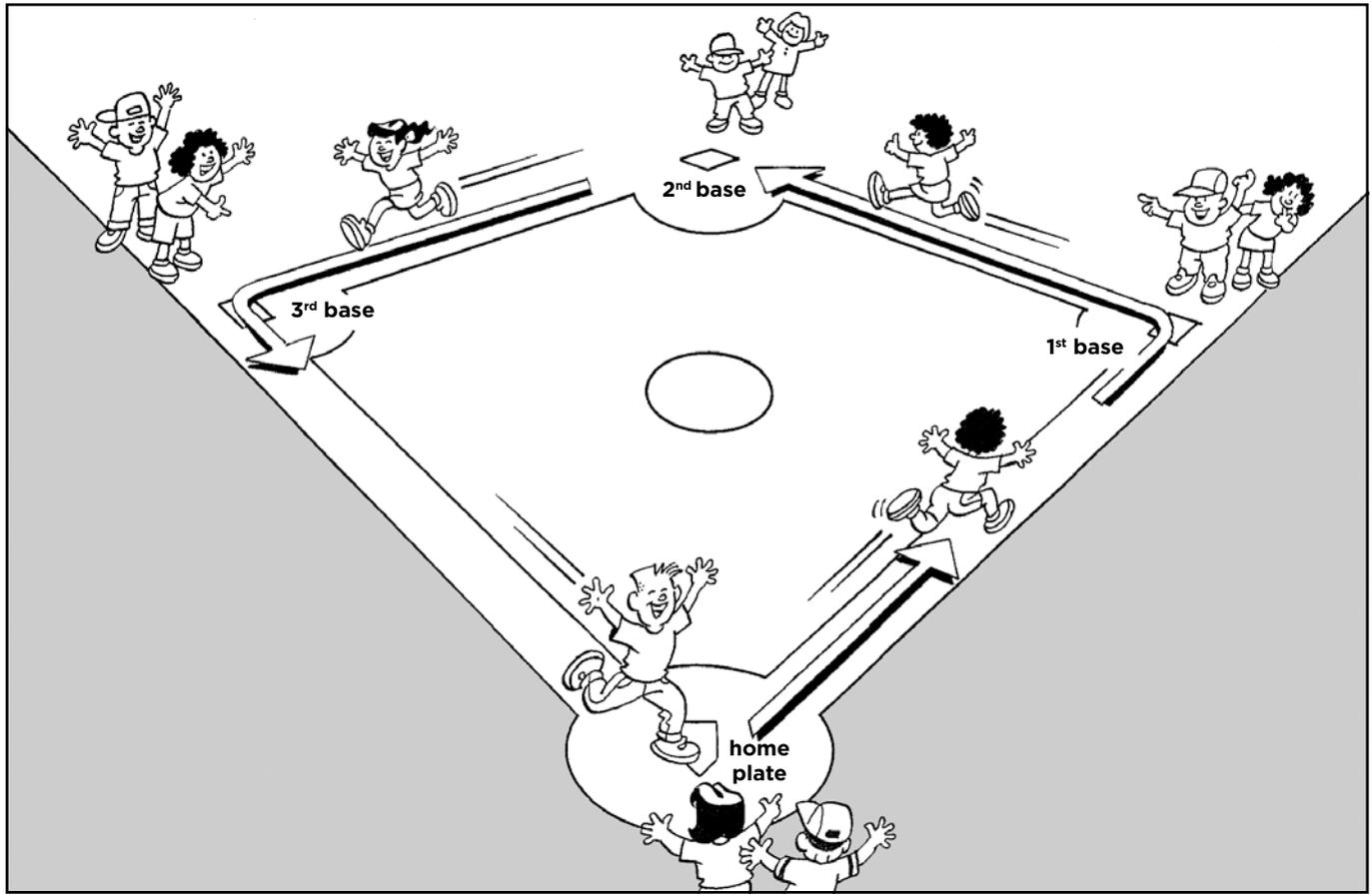
### WHEN THROWING

Did you move your feet so you were sideways on to your target before you pitched?

### WHEN PLAYING

Did you encourage your teammates when they were close to the target?

## ACTIVITY 2: RUNNING RELAY



### HOW TO PLAY

- The activity is conducted on a Baseball/Softball diamond;
- The class is split into equal groups. Groups are placed at each base and on the signal “Go!” one player on each team runs the lines in an anti-clockwise direction, making sure to touch each base. When they arrive back at their original base, they “high 5” the next player in their team. The next player sets off around the bases, the previous runner goes to the back of the line;
- The game is over when all the players have run the bases and are back in their original order sitting on the ground;
- The game can also be played using a ball. Each runner carries a ball as they travel around the bases. When they reach their original base, they pass the ball to the next player in their team.

### FIELD LAYOUT

- A normal tee-ball diamond with bases in a sports hall, playground or field.

### EQUIPMENT NEEDED

- 3 bases and a home plate;

- 1 ball per group (optional).

### SKILLS

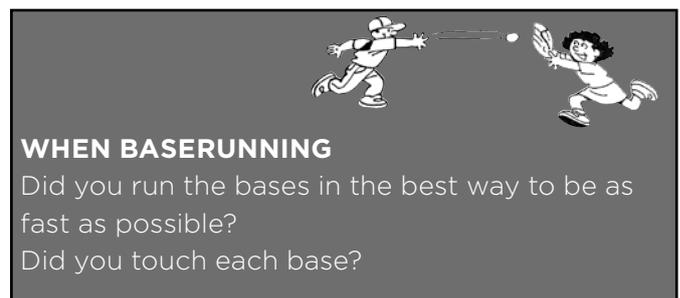
- Baserunning.

### SAFETY POINTS

- If one group catches up with the group in front, the group in front should be retired in order to avoid a subsequent collision.

### CHANGES TO THE GAME

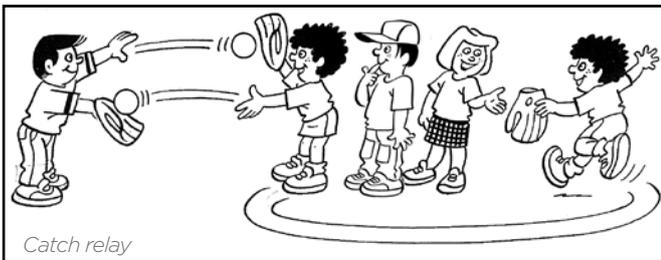
- The bases can be placed closer or further apart;
- The number of players can vary from one group to another, expert athletes may form bigger groups.



### WHEN BASERUNNING

Did you run the bases in the best way to be as fast as possible?  
Did you touch each base?

# ACTIVITY 3: FIELDING RELAY



## HOW TO PLAY

### GROUND BALL RELAY

- The class is split into two or more groups;
- One player, the feeder (wearing the glove) stands opposite the other players in his or her team, who form a line. The feeder should stand at least 5 meters away from the line. The first two or three players in the line may also wear gloves;
- On the signal “Go!” the feeder rolls the ball across to the player at the head of the line, who fields the ball and throws it back to the feeder before moving to the back of the line, passing the glove (if he/she has one) to the next person in line. If the player does not field the ball he/she must retrieve it and throw it back to the feeder to roll it again;
- The game is over when all players have fielded and thrown the ball and the players are back in their original positions, sitting on the floor.

### CATCH RELAY

- The catch relay activity operates in exactly the same way as the ground ball relay. The only change to the activity is that the feeder throws the ball to the player at the head of the line instead of rolling it along the ground. The feeder should give a good level throw to the receiver who will provide a clear target for the feeder to aim at by holding his/her glove open and up at chest height;
- Again, the game is over when all players have caught and thrown the ball and the players are back in their original positions, sitting on the floor;

- In each activity the team that successfully finishes the relay first is the winner.

## FIELD LAYOUT

- A sports hall, playground or field.

## EQUIPMENT NEEDED

- 1 baseball or tennis ball per group;
- 1 fielder’s glove per player (optional).

## SKILLS

- Running;
- Fielding Fly Balls;
- Fielding Ground Balls;
- Throwing.

## SAFETY POINTS

- Other players in the line should make sure they are not too close to the receiving player during the catching and ground ball relays;
- The player receiving the ball should keep their eyes on the ball at all times.

## CHANGES TO THE GAME

- Groups can be made in different sizes, so better skilled groups are larger;
- Instead of having one receiver/feeder the teams can be split into equal groups. One group can throw and the other can roll or throw to the players in their group. Players follow the ball to the back of the other line. The relay will finish when players are back in their original positions.



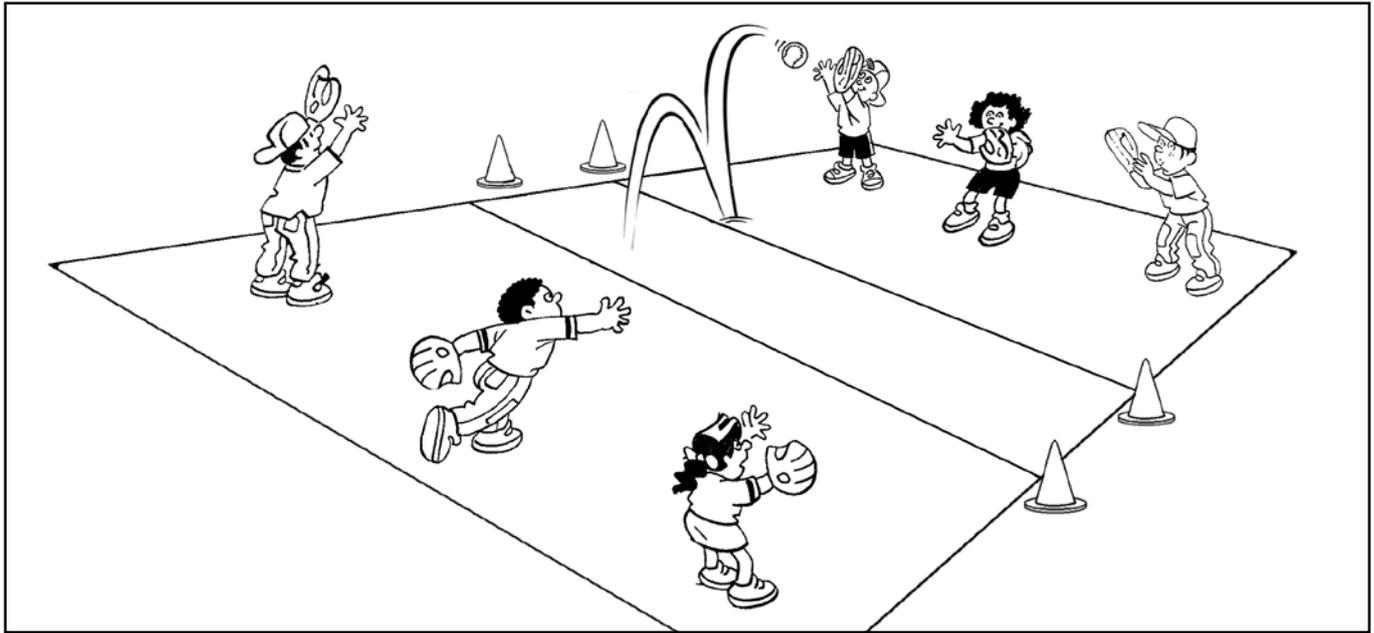
### WHEN FIELDING

Did you field the ground balls in front of you with crocodile hands?

### WHEN CATCHING

Did you catch the ball in the middle of your body? Did you move your feet so you were sideways to your teammate before you threw the ball?

# ACTIVITY 4: PITCH AND CATCH



## HOW TO PLAY

- Six players per group divided into two teams of three, positioned on each side of the marked-off central area;
- The two teams then alternate in a throw-and catch game. The first player with the ball throws it across the central area; a player on the opposite side must catch the ball after it has bounced once and once only. The ball should bounce above knee height. This player then returns the ball in the same way to the other team;
- Each team starts with ten points and each time they make a mistake (e.g. failing to catch the ball on one bounce, failing to catch it cleanly, a thrown ball landing in the central area or landing outside the pitch on the fly) a point is deducted from their total;
- The team that still has points left when the other team reaches zero points wins the game.

## FIELD LAYOUT

- A rectangular playing area, with cones (or chalk) to mark the sidelines and lines. Cones, benches, a small net or other markers should also be used to create a “no-go” area across the centre of the pitch;
- Size of the playing area and the central “no-go” area can vary according to age and ability of players.

## EQUIPMENT NEEDED

- 1 baseball or tennis ball per group;

- Cones or other objects to mark off central area.

## SKILLS

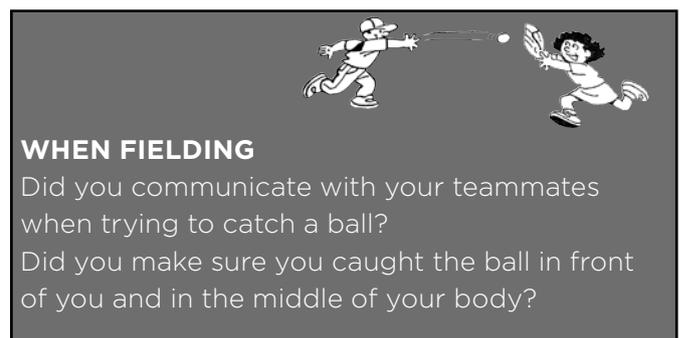
- Catching;
- Pitching;
- Tactics and Judgment.

## SAFETY POINTS

- Ensure the playing area is the correct size to match players’ ability;
- Try to avoid bumping into each other when taking a catch;
- Communicate with other players to avoid bumping into each other when taking a catch.

## CHANGES TO THE GAME

- The size of the playing area or the middle “no-go” area can be changed to make the activity easier or harder;
- Players can throw the ball to each other without bouncing.

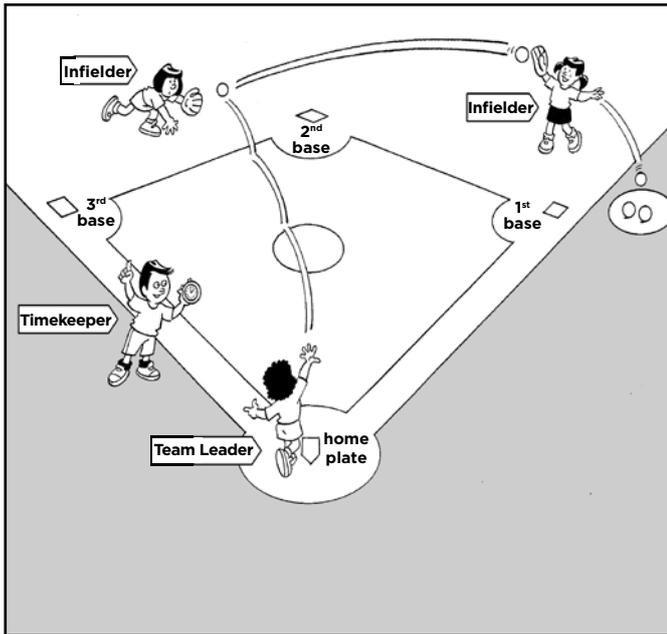


## WHEN FIELDING

Did you communicate with your teammates when trying to catch a ball?

Did you make sure you caught the ball in front of you and in the middle of your body?

# ACTIVITY 5: CLOCK FIELDING



## HOW TO PLAY

- There are four players in each group: a feeder, a fielder, a receiver and time keeper. The feeder stands at home plate, the fielder stands at the short-stop position, the catcher stands next to the basket or hoop behind first base, and the time keeper stands by the side of the diamond.
- The feeder rolls a ball to the fielder. The fielder fields the ball and throws it to the receiver, who places the ball in the basket or hoop. Once the ball is in the hoop the feeder rolls a second ball to the fielder who fields it and throws it to the receiver before a third ball is fed to the fielder.
- Time starts when the first ball is rolled and stops when the last ball is in the basket or hoop. The group rotates after each round of three balls. The group's times are added up and the group with the best (i.e. lowest) total time wins the game.

## FIELD LAYOUT

- A normal tee-ball diamond with bases;
- The size of the diamond can vary according to age and ability of players.

## EQUIPMENT NEEDED

- 3 baseballs or tennis balls per group;
- 2 fielder's gloves per group;
- 1 hoop (or basket) to hold balls;
- 3 bases and a home plate;
- 1 stopwatch (or watch with second hand) for each group.

## SKILLS

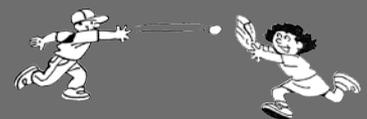
- Fielding Ground Balls;
- Catching;
- Throwing;
- Teamwork.

## SAFETY POINTS

- With multiple groups, balls should be fed from a central location;
- Players should be encouraged to throw accurately to their catcher.

## CHANGES TO THE GAME

- The bases can be moved closer to each other or further apart to provide longer or shorter throws for players with different abilities;
- Groups with less skilled players can use fewer balls and compete against groups with better skilled players using more balls;
- You can add a fifth player. Two fielders stand either side of 2<sup>nd</sup> base at the 2<sup>nd</sup> base and short-stop positions. One player fields the ball then throws to the other, who steps on 2<sup>nd</sup> base then throws to the 1<sup>st</sup> base player, who steps on 1<sup>st</sup> base then puts the ball in the hoop.



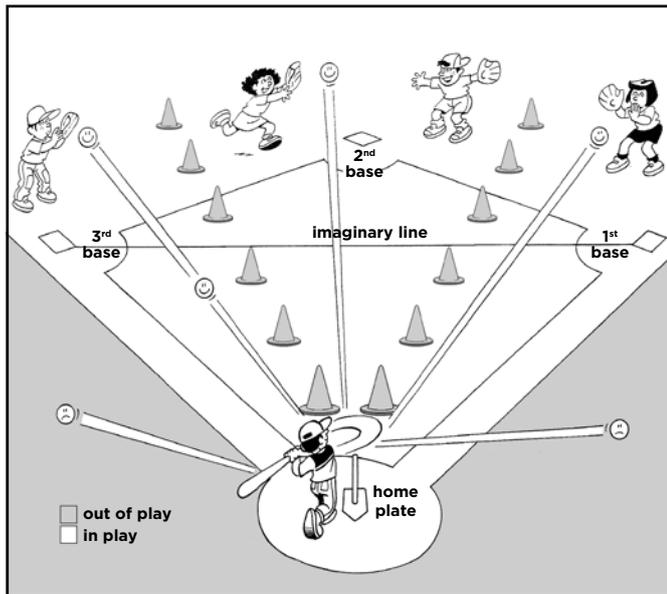
### WHEN FIELDING

Did you remember to field the ball with your feet apart?

### WHEN CATCHING

Did you catch the ball in the middle of your body?  
Did you move your feet so you were sideways to the fielder before you threw the ball to him or her?

# ACTIVITY 6: UP THE MIDDLE



## EQUIPMENT NEEDED

- 4 baseballs or tennis balls;
- 1 bat per group;
- 1 batting tee;
- 4 fielder's gloves per group;
- Cones (or chalk) to mark playing area (in the absence of lines).

## SKILLS

- Batting;
- Fielding Ground Balls;
- Fielding Fly Balls;

## SAFETY POINTS

- Fielders should stand well away from the batter;
- Other members of the batting team should stand well behind the batter.

## HOW TO PLAY

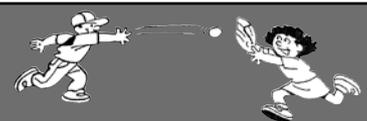
- Eight players per group divided into two teams of four, one batting and one fielding;
- Fielders position themselves in the playing area, but no one can be in front of the halfway line;
- Each player in the batting group hits four balls off the batting tee;
- Balls stopped inside the diamond in the left and right segments score one run; a ball stopped inside the diamond in the middle segment scores two runs;
- Balls leaving the diamond in the left and right segments score two runs, a ball leaving the diamond in the middle segment scores four runs;
- Balls caught in the air (inside or outside the diamond) cannot score. Balls hit foul (outside the diamond) cannot score;
- When all four players on the batting team have had four hits, the teams switch places. The team with the most runs at the end of an inning (after both teams have batted) wins the game.

## FIELD LAYOUT

- A normal tee-ball diamond divided into three vertical segments (left, centre and right) with lines or cones;
- The size of the diamond can vary according to age and ability of players;
- A horizontal line joining first and third bases also marks the halfway line.

## CHANGES TO THE GAME

- Fielders can stand further back;
- Batters can hit off a tee, hit balls tossed to them from the side by teammates or even hit balls pitched from the middle of the diamond by their teacher or a competent pupil;
- More points can be awarded for hits up the middle.



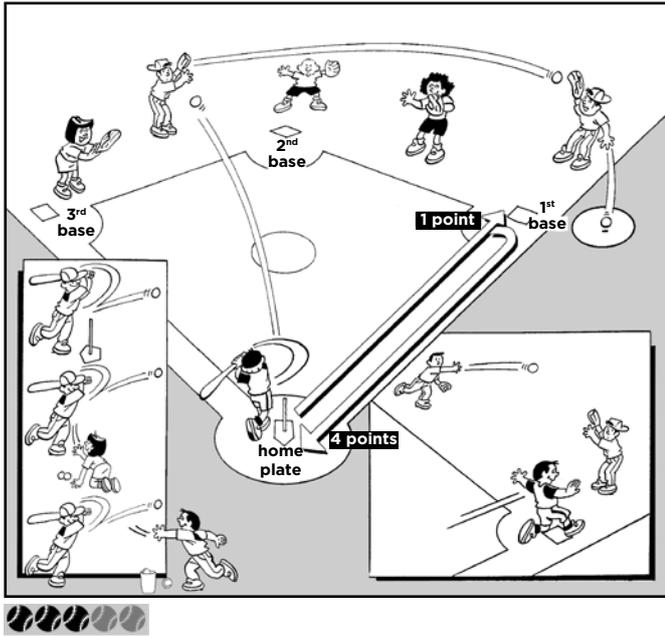
### WHEN BATTING

Did you watch the ball until you hit it with the bat?

### WHEN BATTING

Did you try to hit the ball up the middle to score top points?

## ACTIVITY 7: SAFE OR OUT



### HOW TO PLAY

- Ten players per group divided into two teams of five, one team batting and the other fielding;
- Fielders take up tee-ball infield positions, with the fifth player stationed behind second base;
- Each player in the batting group hits the ball off the batting tee, then either runs to first base and back to home plate or runs to first base only and stops in order to run back on the next hit;
- Meanwhile, one player from the fielding team will retrieve the hit, run it or throw it back to the fielder near the hoop who places the ball in the hoop and calls "Stop!" Any runner caught between first base and home plate at that point is out. A batter is also out if a fielder catches the ball before it hits the ground;
- Four runs are scored if the batter gets to first base and home again before the ball gets to the hoop. One run is scored if the batter gets only from home plate to first base or a runner gets only from first base back home. But if a runner is attempting the full circuit and is caught between first base and home on the return leg when the ball is placed in the hoop, no runs are scored;
- When all five players on the batting team have had two hits each, the teams switch places. The team with the most runs at the end of the inning (after both teams have batted) wins the game.

### FIELD LAYOUT

- A normal tee-ball diamond with bases;
- A hoop (or basket) is stationed just outside the

field near first base.

### EQUIPMENT NEEDED

- 2 baseballs or tennis balls;
- 1 bat per group;
- 1 batting tee;
- 5 fielder's gloves per group;
- 3 bases and a home plate;
- Cones (or chalk) to mark the playing area (in the absence of lines);
- 1 hoop (or basket) to hold the ball.

### SKILLS

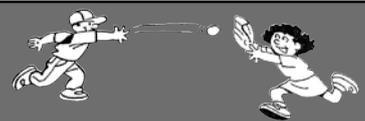
- Batting;
- Fielding Fly balls;
- Fielding Ground balls;
- Teamwork.

### SAFETY POINTS

- Fielders must be at a safe distance away from the batter;
- Those on the batting team who are not batting must stand well away from the batter when waiting to bat;
- Make sure the hoop is a sensible distance from the first base to avoid collisions.

### CHANGES TO THE GAME

- Bases can be moved closer together or further apart depending on experience and ability;
- Batters can bat off a tee, hit balls tossed to them from the side by teammates or even hit balls pitched from the middle of the diamond by their teacher or a competent pupil;
- A player can hit the ball and have a runner run for them.



#### WHEN BATTING

Did you swing the bat backwards before trying to hit the ball?

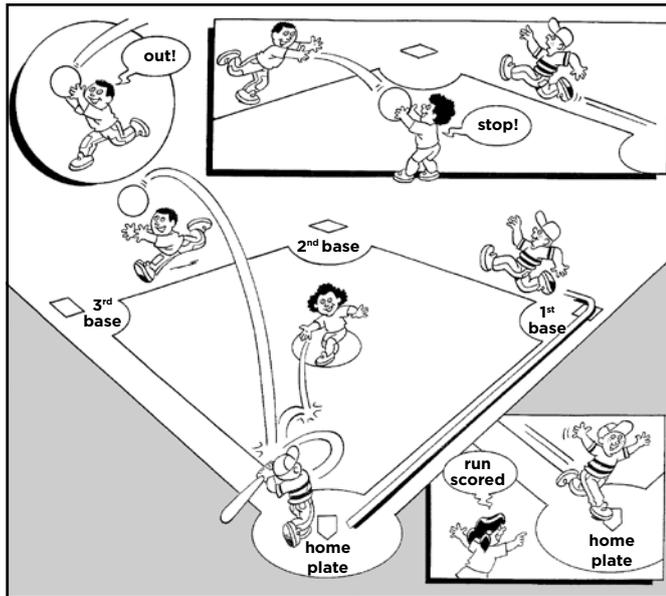
#### WHEN FIELDING

Did you field the ball in the middle of your body and set your feet sideways towards your target before you threw?

#### WHEN PLAYING

Did you communicate with your runners to ensure they knew whether to run back home or stay at first base?

# ACTIVITY 8: DANISH BASEBALL



## HOW TO PLAY

- There are two teams of any number between seven and twelve. One team bats and the other fields. The fielding team takes up fielding position as in tee-ball;
- The pitcher throws a soccer ball on one bounce to each member of the batting team, who hits the ball into fair territory and runs through as many bases as possible;
- The fielders field the ball and return it to the pitcher, who calls “Stop!” when holding the ball in the pitching circle;
- If a batted ball is hit into the air and caught, the batter is out. If the batter or any other runner is between bases when the pitcher calls “Stop!” the runner is out. However, runners can choose to stop at a base and continue to run on the next hit. When a runner makes it around all the bases and back to home plate, a run is scored;
- No more than one runner may occupy a base, and runners cannot pass each other;
- When all members of the batting team have batted, or seven outs have been recorded (whichever comes first), the teams switch sides. The team with the most runs scored after the inning (when both teams have batted) wins the game.

## FIELD LAYOUT

- A normal tee-ball diamond with bases;
- The size of the diamond can vary according to age and ability of players;

## EQUIPMENT NEEDED

- 1 small soccer ball or similar ball;
- 1 bat;
- 3 bases and a home plate.

## SKILLS

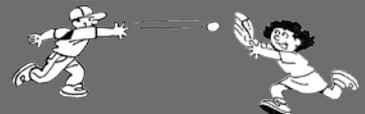
- Batting;
- Baserunning;
- Tactics and Judgement;
- Catching;
- Teamwork.

## SAFETY POINTS

- Fielders must make sure they do not impede a base runner;
- The hitter must drop the bat carefully on the ground before running to first base;
- Runners should touch the part of the base inside the diamond when running.

## CHANGES TO THE GAME

- Different types and sizes of ball can be used depending on players’ abilities (if using a baseball, fielders should wear gloves);
- The bases can be moved closer to each other or further apart to provide longer or shorter throws for players with different abilities.

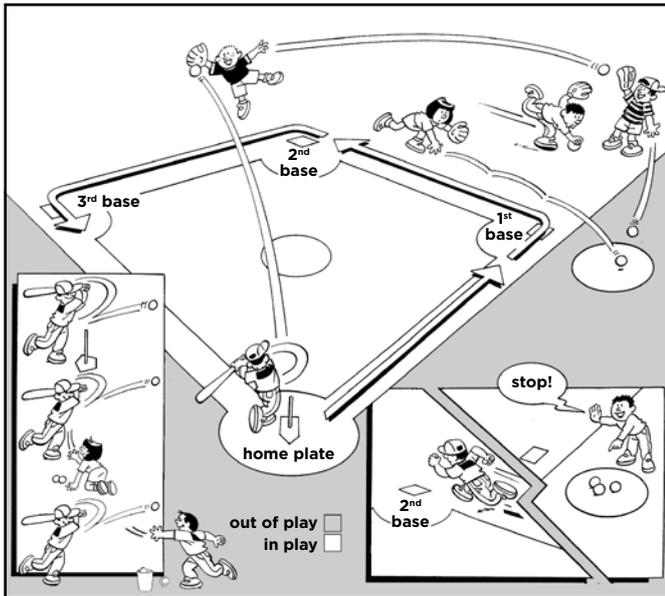


## WHEN BASERUNNING

Did you take the best route and ran the bases as quickly as possible?

Did you shout to let your teammates know whether they should have stopped on a base or continued to the next one?

# ACTIVITY 9: BEAT THE FIELDERS



## HOW TO PLAY

- Eight players per group divided into two teams of four, one batting and one fielding;
- Three of the fielders position themselves outside the diamond while the other stands by the hoop;
- Each player in the batting group hits three balls off the batting tee in quick succession into fair territory, then runs around the bases and back to home;
- The fielders must retrieve the balls and return them to the hoop. Fielders can run the balls back to the hoop, or (preferably) can throw them to the receiver at the hoop. Balls hit foul (outside the diamond) do not need to be retrieved;
- Runners score one run for each base passed before all balls are returned to the hoop and three extra runs (making seven in total) if home plate is reached before all balls are in the hoop;
- When all four players on the batting team have had their hits, the teams switch places. The team with the most runs at the end of the inning (after both teams have batted) wins the game.

## FIELD LAYOUT

- A normal tee-ball diamond with bases, and a hoop (or basket) just outside the diamond near first base;
- The size of the diamond can vary according to age and ability of players.

## EQUIPMENT NEEDED

- 3 baseballs or tennis balls;
- 1 bat;

- 1 batting tee;
- 4 fielder's gloves per group (optional);
- 3 bases and a home plate;
- Cones (or chalk) to mark playing area (in the absence of lines);
- 1 hoop (or basket) to hold balls.

## SKILLS

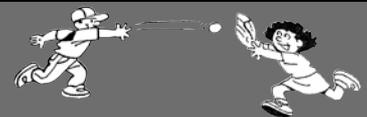
- Batting;
- Fielding Fly Balls;
- Baserunning;
- Fielding Ground Balls;
- Throwing;
- Teamwork.

## SAFETY POINTS

- Make sure that the fielder by the hoop is looking before you throw the ball to him or her;
- Make sure the hoop is at a sensible distance from first base in order to avoid collisions;
- Make sure fielders are at a safe distance from the batter.

## CHANGES TO THE GAME

- Batters can hit off a tee, hit balls tossed to them from the side by teammates or even hit balls pitched from the middle of the diamond by their teacher or a competent pupil;
- The bases can be moved closer or further apart depending upon players' ability;
- Fewer or more balls can be used to give less or more time to run the bases.



### WHEN FIELDING

Did you make sure you fielded ground balls in front of your body with crocodile hands?

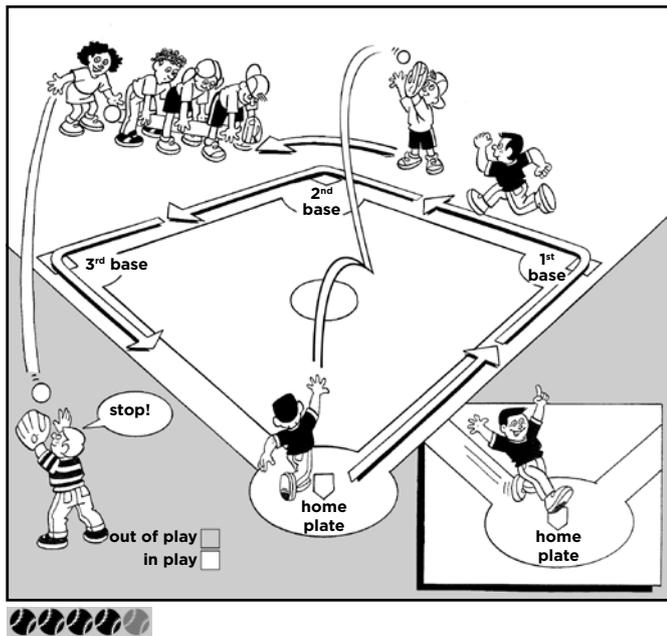
### WHEN THROWING

Did you make sure that the fielder by the hoop was ready to catch the ball before you threw it?

### WHEN PLAYING

Did you play sensibly and try hard to reduce the risk of collisions?

# ACTIVITY 10: LINE BALL



## HOW TO PLAY

- Two groups of 7 to 10 players are formed. One group bats and the other fields. Fielders can position themselves where they like inside or beyond the infield diamond, but one fielder must remain at home plate as the catcher;
- Each batter stands at home plate and throws the ball out into fair territory. Throws can be low or high, but although the ball can travel outside the infield area it must touch the ground somewhere in the infield area first. If it doesn't, the batter is out;
- Having thrown the ball, the batter then begins to run the bases. Each base touched scores a point. If the runner reaches home plate he/she scores extra two points (making six in total);
- Meanwhile, once a fielder catches or picks up the thrown ball, all his or her teammates (except the catcher) must line up behind that fielder. The ball is then rolled back between each fielder's legs to the last in line, who throws it to the catcher near home plate;
- On catching the ball, the catcher calls "Stop!" and the number of points scored (bases reached) by the runner is recorded;
- The teams switch sides when all members of the batting team have thrown and run. The team with the most runs at the end of the inning (after both teams have batted) wins the game.

## FIELD LAYOUT

- A normal tee-ball diamond with bases;

- The size of the diamond can vary according to age and ability of players.

## EQUIPMENT NEEDED

- 1 baseball or tennis ball;
- 3 bases and a home plate;
- Use cones (or chalk) to mark playing area (in absence of lines);
- 1 fielder's glove (optional).

## SKILLS

- Fielding Ground Balls;
- Baserunning;
- Teamwork;
- Fielding Fly Balls;
- Throwing.

## SAFETY POINTS

- Fielders must make sure they do not get in the way of base runners whilst running to the ball;
- The catcher must stand well away from home plate to avoid collisions.

## CHANGES TO THE GAME

- Different types and sizes of ball can be used depending on players' abilities (if using a baseball, fielders should wear gloves);
- The bases can be moved closer to each other or further apart to provide longer or shorter throws for players with different abilities.



## WHEN FIELDING

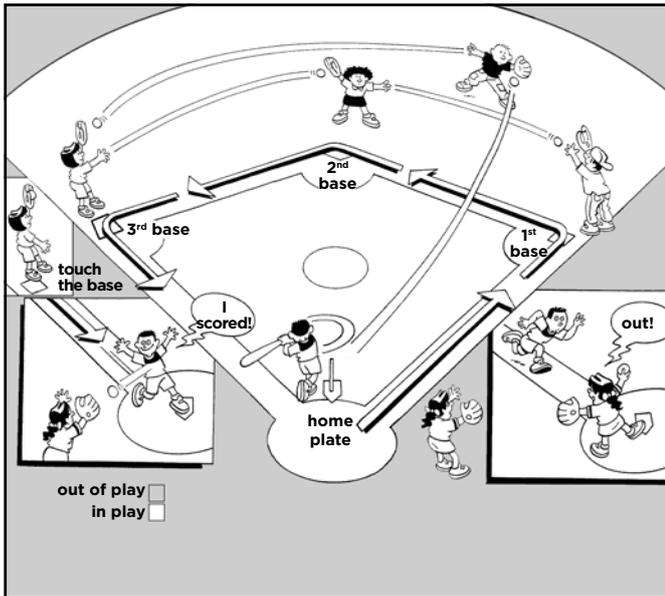
Were you able to decide quickly if you had a chance to field the ball or if you needed to become part of the line?

Did you communicate to your teammates when you had the chance to field the ball?

## WHEN PLAYING

Did you put yourselves in a line, so that the ball could roll smoothly?

# ACTIVITY 11: HOME RUN HITTER



## HOW TO PLAY

- Two teams of roughly ten players each, one team batting and the other fielding;
- Fielders can take a position anywhere they like, inside or outside the diamond, but there must be one fielder near each base (including home);
- The batting tee should be placed about one meter in front of home plate;
- Each player in the batting group hits a ball off the batting tee into fair territory and must then run around all the bases and back to home. A ball hit into foul territory does not count and should be hit again;
- The fielding team must field the ball and throw it to the third base player, who touches third base (by stepping on it with his or her foot). The ball is then thrown to the second base player, then to the first base player and finally to the catcher. Each fielder must touch his or her base before throwing the ball;
- If the ball beats the runner to home, the runner is out. The runner can only be out at home, not at other bases. If the runner reaches home first, a run is scored;
- After all batters have hit, the teams switch places. The team with the most runs at the end of the inning (after both teams have batted) wins the game.

## FIELD LAYOUT

- A normal tee-ball diamond with bases.

## EQUIPMENT NEEDED

- 1 baseball or tennis ball;

- 1 bat;
- 1 batting tee;
- Fielder's gloves for each fielder (optional);
- 3 bases and a home plate;
- Cones (or chalk) to mark playing area (in absence of lines).

## SKILLS

- Batting;
- Fielding Fly Balls;
- Throwing;
- Teamwork;
- Fielding Ground Balls;
- Baserunning;
- Catching.

## SAFETY POINTS

- Be careful that there is no one close to you when swinging the bat;
- Make sure you drop the bat carefully before you start running;
- Runners should touch the outside part of the base and fielders should try to touch the base on the inside to avoid collisions;
- Fielders should touch bases with one foot.

## CHANGES TO THE GAME

- Batters can hit off a tee, hit balls tossed to them from the side by teammates or even hit balls pitched from the middle of the diamond by their teacher or a competent pupil;
- A batter can have another player running for him/her;
- Bases can be moved closer together or further apart depending on experience and ability.



### WHEN BATTING

Did you remember to look at the ball until you made contact?

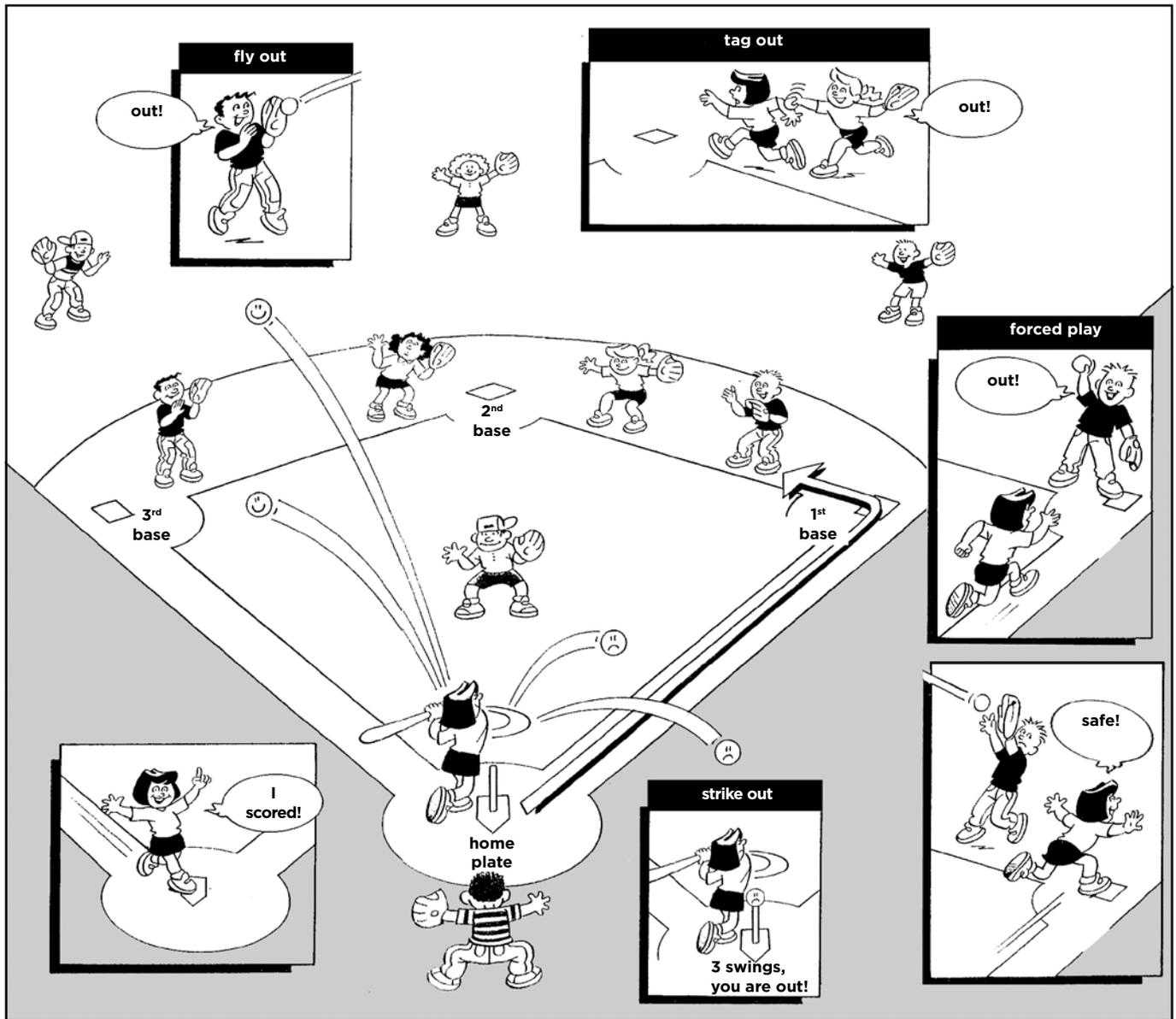
### WHEN BASE RUNNING

Did you take the best route and ran bases as quickly as possible?

### WHEN FIELDING

Did you throw the ball as accurately as possible around the bases?

# ACTIVITY 12: THE GAME



## HOW TO PLAY

(See Rules of Baseball for additional explanation)

- Bases should be 15-20m apart;
- Nine players field on a tee-ball team; pitcher, catcher, first base player, second base player, third base player, short-stop, left-fielder, centre-fielder and right-fielder;
- If the batter hits the ball into fair territory, he/she has to run to first base;
- A batter scores a run by touching first base, second base, third base and home plate in that order without being put out;
- All the members of a tee-ball team bat, one after the other and then the teams switch sides;
- Only one runner can occupy a base at any time;
- There are four main ways to get called out: fly

out; tag out, strike out, forced out.

## FORCED OUT:

- If the batter hits the ball into fair territory but fails to reach first base before a player of the fielding team in possession of the ball touches first base, the batter is out;
- A runner on first base can be forced out at second base if the batter hits the ball into fair territory;
- With runners on first and second bases, when the batter hits the ball into fair territory, a forced out is possible at first, second and third base;
- With bases loaded (runners on first, second and third bases) a forced out is possible at every base, including home plate.

### TAG OUT:

- If runners are not forced out they must be tagged out;
- A tag out can be applied to any runner not touching a base. The runner is out if he or she is touched with the ball held in the glove or in the hand;
- You can make more than one out in the same play.

### FIELD LAYOUT

- A normal tee-ball diamond with bases.

### EQUIPMENT NEEDED

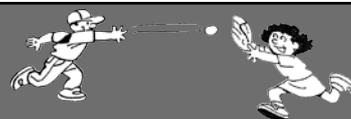
- 2 or 3 baseballs or tennis balls;
- 1 bat;
- 1 batting tee;
- Fielder's gloves for half the number of children in the class or group (optional).

### SKILLS

- Batting;
- Fielding Fly Balls;
- Baserunning;
- Tactics and Judgment;
- Fielding Ground Balls;
- Throwing;
- Teamwork;

### SAFETY POINTS

- The members of the batting team who are not hitting must sit at least 30 feet behind the batter and should sit on the left hand side of a right handed batter (reverse for a left handed hitter);
- Fielding players must be well away from the hitter;
- The catcher should stand well back from the batter when he or she is batting;
- The next batter should not step up to the plate until the current play is finished;
- Fielders should not stand on the base if they do not have a play to make;
- The fielder makes contact with the inside portion of the base and base runners use the outside part of the base. Different types and sizes of ball can be used depending on players' abilities (if using a baseball, fielders should wear gloves);
- The bases can be moved closer to each other or further apart to force throws of different lengths.



#### WHEN BATTING

Did you watch the ball until you hit it?

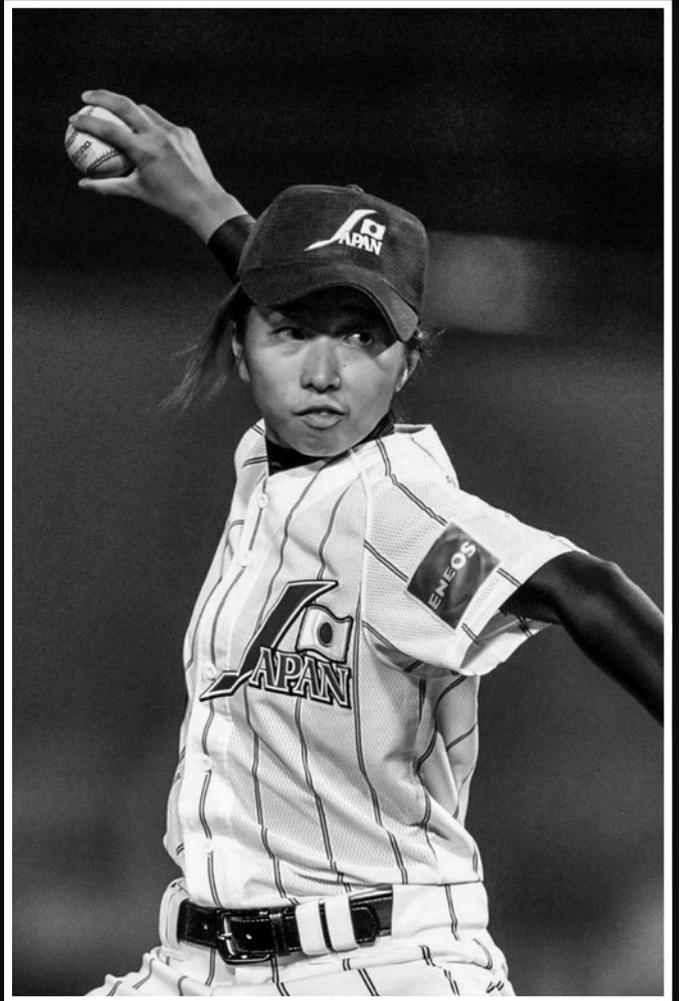
#### WHEN FIELDING

Did you catch fly balls with two hands, securing the catch?

Did you field ground balls out in front and in the middle of your body?

#### WHEN THROWING

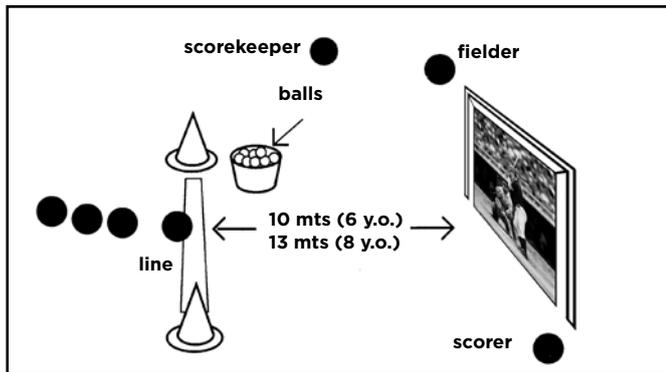
Did you move your feet so you were sideways to the fielder before you threw the ball to him or her?



SECOND PART  
**EVALUATION**



## PITCHING TEST



### DESCRIPTION

The children get into position at 13m (8 yrs old) and 10m (6 yrs old) from the target and throw six balls towards it. Each ball thrown corresponds to one point if it hits a part of the target, 3 points if it hits the catcher and 5 points if it hits the catcher's glove.

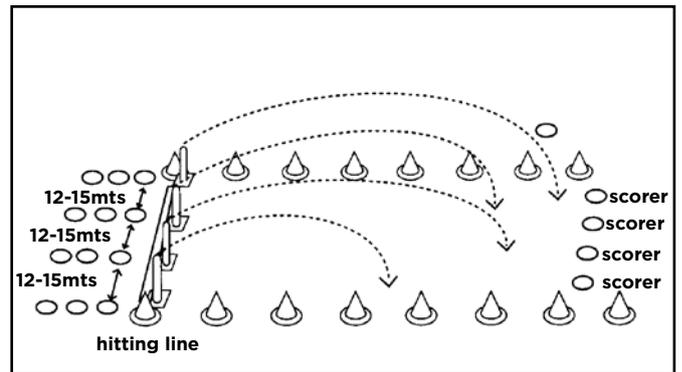
### EQUIPMENT AND PEOPLE NEEDED

- 1 target, 2 cones, 6 balls;
- 1 Scorekeeper records the total score for each player;
- 1 Scorer who calls out the score of each pitcher;
- 1 Fielder who collects the balls thrown and returns them to the pitcher.

### ORGANIZATION

- Line up the players behind the pitching line;
- Each player goes up to the pitching line and throws 6 consecutive balls;
- The scorer calls out each score and the pitcher totals up his/her 6 pitches and informs the scorekeeper;
- Rotate scorers, fielders, scorekeepers as necessary;
- Try to position the target near a net or wall to prevent the balls from bouncing or rolling too far away.

## HITTING TEST



### DESCRIPTION

The batting area is marked out with a batting line and cones which mark intervals of 10m from the batting line. The players are then positioned in a row behind the batting tees placed on the batting line. The batters go up to the batting line and hit three consecutive balls towards the scoring area. Each hit is measured from the batting tee to the point at which the ball stops. Each hit corresponds to one point for every 10 metres the ball reaches. The batter's score is rounded up or down according to the position of the nearest cone. Each hit is then recorded by the scorekeeper.

### EQUIPMENT AND PEOPLE NEEDED

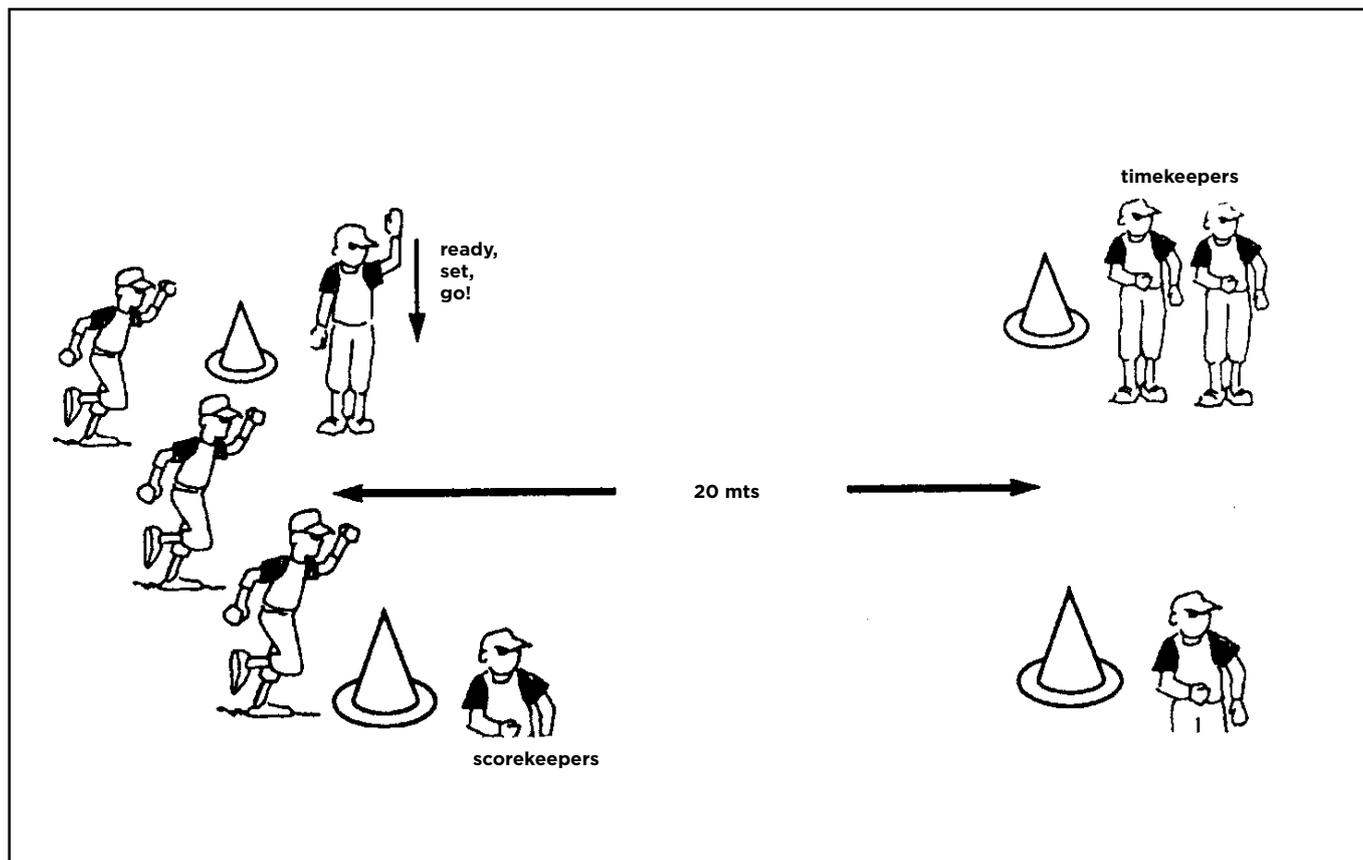
- Batting tee or batting supports;
- Baseball bats, 3 balls for each batting tee;
- 1 meter stick, cones, scorekeepers, score records.

### ORGANIZATION

- The batting area should be set up before the start of the lesson;
- The players should work in pairs; one batting while the other notes down the scores and collects the balls;
- The scorers call out the distances or the points scored to the scorekeepers after each hit;
- The teachers must ensure that the space between the batters is 12-15 meters and position the batting tees accordingly;
- Each batter hits the ball when the teacher says "batters, go to the batting tees. Take your positions and hit when you are ready";
- Each player hits three consecutive balls;
- If the area used for batting does not meet the safety distance requirements between the batters, the number of batters should be limited.

# EVALUATION

## RUNNING TEST



### DESCRIPTION

The players must line up, ready to run. 4 or 5 players run at the same time according to the number of timekeepers available - preferably one per runner. On the signal "GO!", they should run towards a line marked out at 20 metres. Each player's time should be individually recorded for three runs.

### EQUIPMENT AND PEOPLE NEEDED

- Stopwatches, cones, scorekeepers, timekeepers.

### ORGANIZATION

- The running field should be set up before the lesson;
- The players should work in pairs, one running and the other keeping the time;
- The timekeepers communicate the times and scores to the scorekeepers after each of the three races.

SECONDS	POINTS
below 3.2	10
3.21 - 3.6	8
3.61 - 4.0	6
4.1 - 4.4	4
4.4 and over	2





SECOND PART

**DOCUMENTATION**



## **HISTORICAL EVOLUTION OF BASEBALL/SOFTBALL**

Today, Baseball and Softball represent 65 million male and female athletes from over 140 countries. Baseball/Softball is very popular and the national sport in many countries in the Americas (North, South, Central and the Caribbean) and East Asia, and the sport continues to emerge in Africa, Europe and Oceania.

The National Team world championships in Baseball (the “Baseball World Cup”) and Softball are staged from the U-12 age level to the professional level.

The two biggest sports leagues in the world in terms of annual attendance are professional Baseball leagues (Major League Baseball in North America and Nippon Professional Baseball in Japan). Each year, approximately 150 million fans of all ages attend Baseball games around the world.

Baseball was the first professional sport in history and the first sport to play at night with the use of artificial lighting (1880). It is also a sport that doesn't involve a clock or time-limits and can be considered one of the most individual of team sports.

Baseball is arguably the number one sport for collector's items and memorabilia, dominating the Top 10 list of most valuable items, which features a baseball card, jersey, ball and bat.

Perhaps more than any other sport, Baseball has also been popularized through its being the subject of more than 100 movies worldwide and the feature of countless documentaries.

## **LOOKING TO THE FUTURE**

New and innovative urban, street and playground projects, like the first one of its kind in Rotterdam, Netherlands, are in development to modernize and increase the accessibility and attractiveness of Baseball.

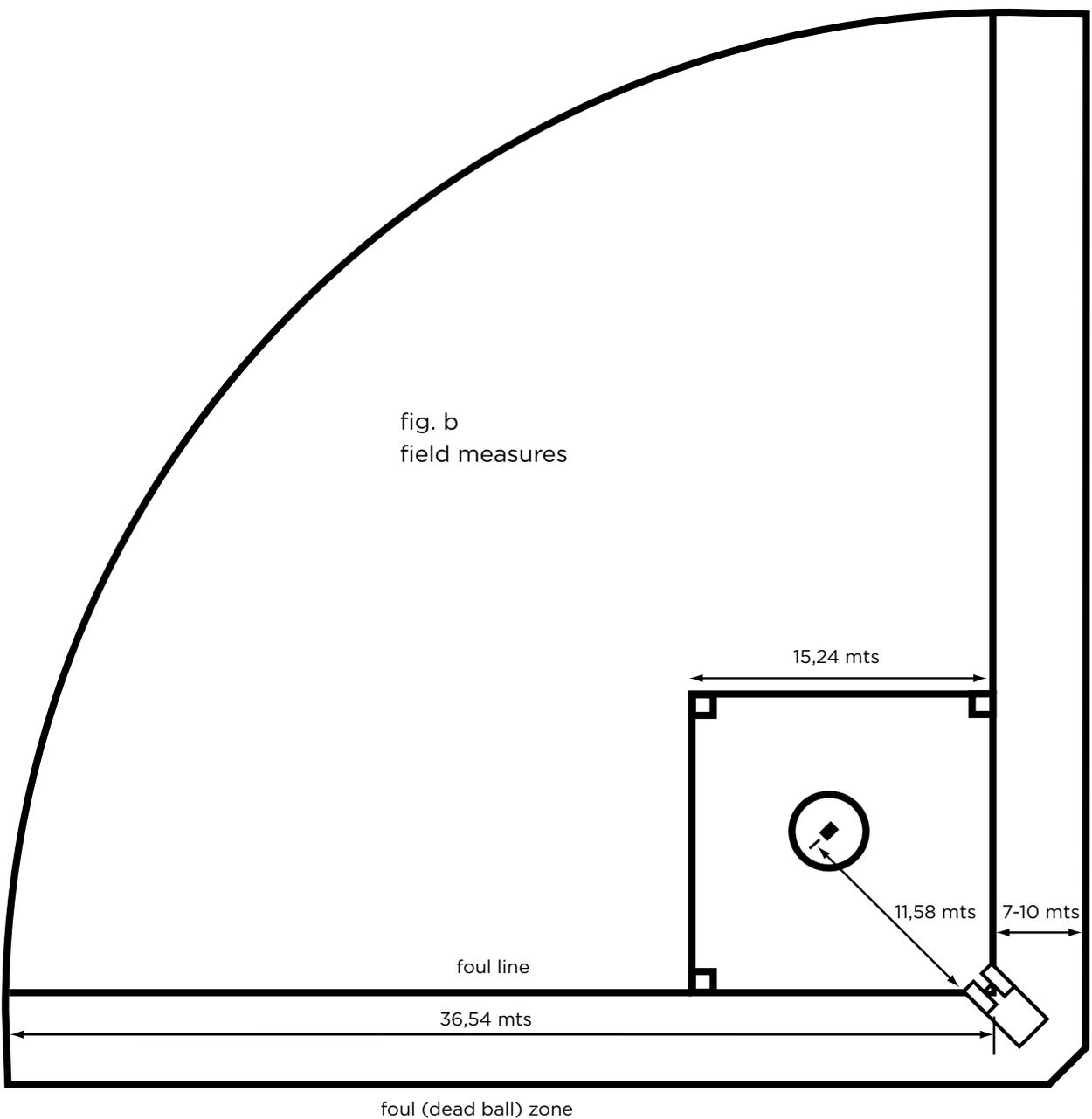
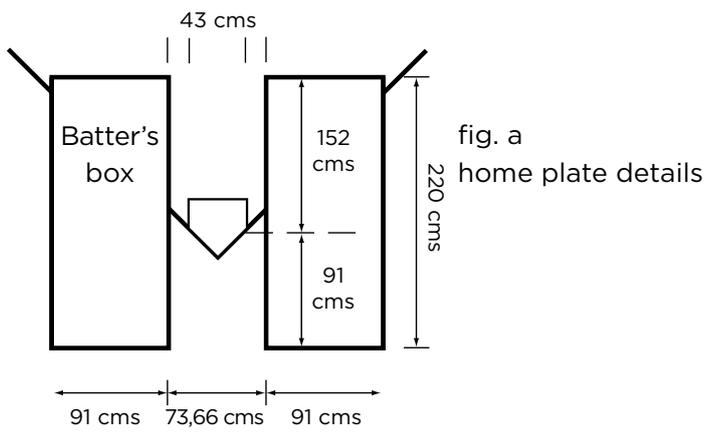
Baseball was first introduced as an official Olympic sport 1992 while Softball was introduced in 1996. The last time Baseball/Softball were featured at the Olympics was in 2008, and now the popular bat-and-ball sports will make a historic return in 2020.

Baseball and Softball continue to grow in popularity among and accessible to youths and parents because it is easy to learn, teaches various actions (e.g., concentration, patience, running, jumping, throwing, catching, teamwork, etc.) and there is always a role on the team for every size athlete, skill-level, and for athletes with impairments.

The social, physical and leadership skills boys and girls develop through the practice of Baseball/Softball transfer to other important areas, such as school, society and other sports.

Learning and enjoying Baseball and Softball - and playing sport in general - helps to build the leaders of the future.

# DOCUMENTATION: FIELD DIMENSIONS



## **GENERAL RULES**

The objective of Baseball/Softball is to win by scoring more runs than the opposing team.

Each game is made up of nine innings in Baseball and seven innings in Softball.

In the first half of each inning (top), one team is at bat whilst the other fields. In the second half (bottom) the two teams change positions.

The offense team continues at bat until the defense team has gotten three players "out".

The inning finishes when both teams have been at bat.

During each inning, the offense team tries to score points, while the defense team tries to get three outs.

## **THE FIELD**

There are four bases on the Baseball/Softball field: first base, second base, third base and home plate. The area inside these bases is called the infield.

The bigger, grassy area outside the infield is called the outfield. The outfield ends with the home run wall, which marks the limit of the playing field.

The infield and the outfield make up the fair territory. The batters have to hit the ball inside this area if they want to run the bases and attempt to score for their team.

If the batter hits the ball outside the fair territory, it is considered a foul ball. The batter cannot run on a foul ball. The straight lines marked on the field from the home plate to the home run wall are called foul lines and are used by the umpires to decide if a ball is in play or foul depending on where the ball hits the ground.

## **FIELDING POSITIONS**

Each team is made up of 9 players and there are 9 different roles in defense.

Each base has a defender: first baseman, second baseman and third baseman. In addition, there is another defender positioned between the second and third base called the "shortstop". All of these defense players are called "infielders".

In the outfield three more defenders are positioned: left field, center field and right field.

The last two defenders are the pitcher and the catcher. The pitcher is positioned on the mound at the center of the infield while the catcher squats behind home plate.

## **EQUIPMENT**

Each defense player wears a glove which helps him

to catch the ball. The glove should be worn on the hand not used to throw the ball, so that after catching the ball, the player can throw it easily with the other hand.

The gloves worn by defense players are slightly different depending on the positions.

The catcher wears additional protective gear to prevent injury: chest protector, helmet, mask and leg guards.

In offense, the batter uses a bat and must always wear a protective helmet.

## **THE BATTER AND THE PITCHER**

All nine players have to go at bat. During the game, the team playing offense go at bat in the order established by their manager at the beginning of the game.

At bat, the offense player positions him/herself in the box next to the home plate, in front of the pitcher.

When the players are ready, the pitcher starts the game by throwing the ball towards the batter.

The objective of the batter is to reach and occupy the bases without getting out.

The objective of the pitcher is to get the batter and the runners out, either by getting the batter to hit the ball towards one of the fielders or by getting him/her out directly on the home plate.

## **BALL AND STRIKE**

To get a strike out, the pitcher has to pitch three strikes to the batter before he/she gets four balls.

A pitch is a strike when it is in the strike zone or when the batter tries to hit the ball but misses.

The strike zone is an imaginary area above the home plate and between the batter's knees and the midpoint of his/her torso.

If the batter hits the ball and it goes into foul territory (see field), it is considered a foul ball and counts as a strike.

However a batter cannot be struck out on a foul ball: if he/she already has two strikes, he/she can hit as many foul balls as he/she wants without getting out.

The opposite of a strike is a ball.

A ball is a pitch which doesn't enter the strike zone and is not struck at by the batter. If the batter manages to get four balls before getting three strikes, he is awarded a base on balls and automatically gets a walk to first base.

## **GETTING THE BATTER OUT**

When the batter hits a ball in good territory, he must run to first base. When this happens, the defense players have two basic ways of getting the batter out:

**FLY OUT:** if the batter hits a ball and the fielder catches it in flight - before the ball hits the ground - the batter is out.

**GROUNDING OUT:** if the batter hits a bouncing ball and the fielders collect it and throw it to first base before the batter gets there, the latter is put out.

## **FAIR HITTING**

The task of the batter is to reach a base. This can be done in two ways:

**BASE ON BALLS:** getting four pitched balls before getting three strikes and automatically going to first base.

**HIT:** a “hit” in baseball is a term used only to refer to those hits which enable the batter to get to the base safely. To reach the base safely, the batter must get there before the ball has been collected and thrown to the baseman. If the batter gets to the base before the ball, he/she is safe and has the right to occupy the base.

## **TYPES OF HIT**

A hit which allows the batter to reach the first base is called a “single”.

When the batter manages to hit the ball beyond the infielders, he can try at his own risk, to reach one of the bases after first base.

If the batter safely gets to second base, he has hit a “double”. If he reaches the third base, he has hit a “triple”.

Sometimes, if the batter is very fast, he can manage to circle the bases and reach home safely. This is considered a “home run”. There is also another more spectacular way to hit a home run: if the batter hits the ball and sends it over the outfield wall, this results in an automatic home run. This is one of the most exciting moments of a baseball game. When a batter hits a home run and the bases are loaded, meaning there is a runner on each base, this is a “grand slam”. The three runners and the batter score a run each - four runs in just one hit!

## **RUNNERS AND POINTS (RUNS)**

If a batter safely reaches a base, he becomes a runner.

The runners run counter-clockwise around the bases and only one runner at a time can occupy a base.

Generally the runners advance from base to base when one of their teammates makes a base after a hit or a base on balls.

When a runner completes all the bases and returns to the home plate, a “run” is scored. “Run” is the way to call a point in Baseball/Softball.

In this way, if the batter hits a home run, he/she scores a run him/herself and a run for each of the runners that are on the bases at the time of the hit.

## **GETTING THE RUNNERS OUT**

There are two basic ways in which you can get a runner out:

**A FORCED PLAY,** when one runner occupies first base and is forced to run to the second because the batter becomes a runner after hitting the ball. This happens because the first base must be left to give the batter the possibility to make first base. Likewise, when the batter hits the ball, a runner is forced to run from second to third base if the bases behind him/her are occupied: all the runners are forced to run to leave space for the batter on first base. If the ball hit by the batter is fielded and thrown to the first baseman before the runner gets there, the runner is forced out.

**TAG OUT** is when a runner is not forced to run to the next base because one of the bases behind him/her is not occupied by another runner, the team in defense cannot get a forced play just by touching the base. In this case, the defense has to tag the runner to get him/her out, which means the fielder in possession of the ball has to tag the runner before he/she reaches and touches the base. Fielders in possession of the ball can tag runners who are not in contact with a base at any point of the game. The defense player gets the runner out simply by touching him/her with the ball in the glove.

## **POINTS AND SUPPLEMENTARY INNINGS**

One team always wins in Baseball/Softball. A tie is not possible. Therefore, after 9 complete innings, if the score is still a draw, a further inning (regular or after a “tie break” rule) is played until one of the teams scores one run more than the other.

**Alive Ball** when the ball is in play.

**Ball** pitch which does enter the strike zone.

**Base** canvas bags placed on each corner of the square called the Diamond.

**Base On Balls** four balls pitched by the pitcher to the batter.

**Batting Tee** a support on which the ball is placed to help the batter hit the ball.

**Batter** offense player who attempts to hit the ball from the home plate.

**Bounce** is a ball which bounces or rolls on the ground.

**Catch** when a fielder gains secure possession of a pitched or batted ball.

**Dead Ball** cannot be played. The umpire calls “dead ball” when a request for time is granted.

When it is a foul ball. When a pitch hits the batter.

**Defensive Player / Fielder** is any of the players in defense. Each player has a specific name according to the role he/she plays in defense.

**Error** defense action which doesn't allow an easy putout of an offense player.

**Forced Play** when a runner is forced to advance around the bases to leave the base he is on for the next runner.

**Foul Ball** a ball that rolls outside the lines which mark the fair territory, before the first or third bases. A ball touched by a fielder in the foul territory. A ball which falls in the foul territory after first or third base.

**Lineout/Pop/Fly Ball** batted ball which is caught by a fielder before the ball touches the ground.

**Pitch** ball which the pitcher pitches to the batter. A baseball game usually begins with this action.

**Half Inning** turn at bat for each team (after three putouts).

**Hit** when the ball is hit in the area between first and third base (fair territory) or when it hits the ground in fair territory and then goes into foul territory after first and third base.

**Home Run** hit which allows the runner to touch all the bases and score a run.

**inning** stage in the game in which the two teams switch roles between offense and defense.

**Put Out** action required to get an offense player out.

**Fly Ball Rule** a runner must remain in contact with

the base until the fly ball is touched by a fielder. After which, he can try to advance the bases.

**Run** is achieved when an offense player who from batter becomes runner and touches first, second, third and home plate in order.

**Runner** offense player who advances around the bases.

**Safe** declared by the umpire if the runner has the right to remain on the base that he was trying to reach without being put out.

**Strike** a pitched ball which enters the strike zone whilst in flight. The batter tries to bat the ball but misses. The ball goes into foul territory.

**Strike Out** the pitcher manages to pitch three strikes against the batter meaning he is out at home plate.

**Strike Zone** an imaginary vertical area above the home plate and between the batter's knees and the midpoint of their torso.

**Time** called by an umpire to legally suspend play while the ball is dead.

**Tag Out** when a defensive player touches with the ball or the glove with the ball an offense player who is not in contact with a base.

**Umpire** officiates the game.













# WBSC



## WORLD BASEBALL SOFTBALL CONFEDERATION

Maison du Sport International  
Avenue de Rhodanie 54 | CH-1007 Lausanne | Switzerland

Phone: +41 21 318 8240

Mail: [office@wbsc.org](mailto:office@wbsc.org)

**[www.wbsc.org](http://www.wbsc.org)**

[www.facebook.com/wbsc](https://www.facebook.com/wbsc)

[twitter.com/WBSC](https://twitter.com/WBSC)

[www.instagram.com/wbsc](https://www.instagram.com/wbsc)

[www.youtube.com/c/wbsc](https://www.youtube.com/c/wbsc)



**WBSC**

