

3-Ball Baseball

Activity

Resource: PlaySport

Division(s): Primary Junior

TGfU Category: Striking/Fielding Games

Locations: gymnasium, outdoor space (e.g., field, tarmac)

Game/Sport Connections

Striking/Fielding games are activities in which players score points by striking an object and move to designated playing areas or prevent opponents from scoring by retrieving the object and returning it to stop the play. By playing these games, participants develop skills and tactics to play other striking/fielding games or games that require the application of similar skills, concepts, and strategies (e.g., baseball, cricket, rounders, softball).

Activity Overview

Participants learn about and practise sending an object to score a run. Participants also learn about and practise fielding an object to prevent their opponent from scoring runs.

Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies to help participants strike and field an object. Note that this list is not exhaustive and further learning opportunities may arise during the task.

Movement Skills and Concepts

Manipulation skills and effort awareness: applying a controlled force to send an object into a designated area; applying manipulation skills to successfully receive/field the object (e.g., keeping the eyes on the incoming object and moving the body into the path of the incoming object, making a target with the hands to receive the object—thumbs in for objects above the waist, thumbs out for objects below the waist, receiving the object by cushioning it into the body).

Movement Strategies

Applying appropriate skills to be proficient at sending an object to score runs and retrieving and passing an object to stop runs.

Considerations

- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

Equipment

- 1 bucket per game
- 2 – 3 implements for striking per game (e.g., plastic bats, lollipop foam paddles, scoops)

- 3 objects per game (e.g., soccer balls, beach balls, soft-skinned balls, jumbo balls, rubber chickens, foam discs, beanbags, deck rings, balls with tails for easy grip)
- 4 bases per game (e.g., throw down bases, beanbags, carpet squares, hula hoops)

Safety

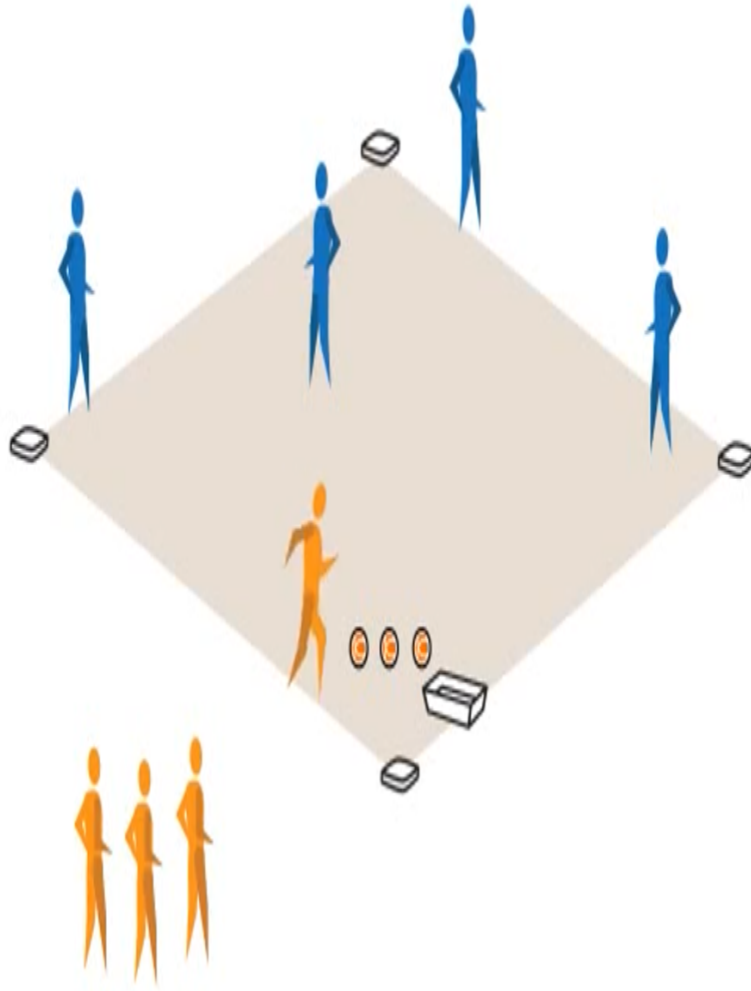
- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

How to Play

- Divide participants into small groups (e.g., 4 – 6) and have multiple games occurring at the same time.
- Have participants set up the bases similar to baseball. Have groups choose 3 objects and 3 implements for striking to use to send the object into the field when at-bat. Groups place their 3 objects at their home plate beside a bucket. Groups may agree to modify the set-up (e.g., increase or decrease the distance between bases) or the objects they have chosen to send at any point in the game.
- One group starts at-bat and the other group starts in the field. The at-bat group determines a batting order to maintain throughout gameplay.
- The first participant, the batter, sends the 3 objects, one at a time, into open space in the field and then moves around the bases. Objects may be sent by throwing, tossing, kicking, or striking the object using their hand, arm, or implement.
- Fielders attempt to retrieve the objects as soon as the batter has sent the last one into the field.
- Fielders collect all the objects and place them in the bucket beside their home plate. Fielders work together to move and send the objects to each other to get the objects to the bucket by throwing, rolling, running, and handing off or running and placing objects directly in the bucket.

- The batter must be on a base when all objects are placed in the bucket. Once on a base, the batter is not required to move to the next base. They can decide to stay on the base if they do not think they can make it to the next base before all the objects are placed in the bucket. If they are between bases when objects are all returned to the bucket, they return to the previous base. More than 1 batter is allowed on a base at a time.
- Runs are scored each time a batter reaches home base safely.
- The entire group takes a turn at-bat before groups switch places.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having groups share their variations and select another variation to try with their group.

Image: Visual Depiction of the Activity Instructions



Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies and tactical solutions. Examples include:

- As a batter, how do you decide when to stop and stay on a base? When do you decide to move to the next base or back to home base?
- Where do you send the objects? Why?
- When fielding, what clues help you determine where the batter might send the objects?

- What do you do to be successful as a fielder to get the objects into the bucket?
- Which element of the game do you like better, batting or fielding? Why?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

Variations

- Have 2 – 3 batters send and move at the same time.
- Batters work in pairs; one person bats while the other person moves safely around the bases.
- Provide groups with several objects and implements for striking for sending so each participant can choose the 3 objects they prefer to send.
- Field the object using an implement for fielding (e.g., an upside-down pylon, bucket).
- Fielders start in the outfield beyond the bases to provide additional time for the striker to reach base.
- Fielders pass the object to all fielders before returning it to the bucket.
- Increase or decrease the number of bases and/or the space between bases.
- Groups place bases in any configuration in their designated activity space.
- Have participants decide on additional rules or removing rules, keeping in mind safe play.
- Change the scoring system.
- Provide a score card to help groups keep track of their score.