



Striking Field Games



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Town Ball

A fun and historic variation of baseball. Visit this site for game description, rules, and diagrams:
<http://www.baseball-almanac.com/ruletown.shtml>



Baseball Stretch/Activity Break

By: John Byl

1. Around the Horn

Have each table crumple up two pieces of paper into a ball--the player with the ball passes it to the second person on their right. Have a practice round and see which table can pass the balls around the quickest so that everyone has touched a ball at least twice--when a table is done they sing the chorus line, "We are the Champions."

Add two more balls for a total of four balls and do the same.

Add a ball so that everyone has a ball--each player needs to catch 8 balls (each team should loudly call out each successful thrown and catch) before the team sings, "We are the champions."

Give groups time to develop strategy for most effectively passing the ball--remember though that this activity is about activity not about taking a lot of time to strategize.

2. An Afternoon at the Ballpark

Demonstrate various actions at the ballpark, then have everyone do the actions as you call them out (repeat some of the actions and go in different orders. All these activities are done in one spot, for example, walking is done by walking on the spot.)

Walk--Walking to your seats

Pitcher's Warm Ups--Pretend to gently toss a ball to a catcher, then another, then another.....

Fly ball--Arms up to catch a fly ball, then down, then up to catch another, then down.....

Strike out--Umpires "bow and arrow" strike out call, repeat....

Touching the runner--Bend to the ground with one hand to touch a sliding runner, stand up, and bend to the ground....

Angry Coach--Two fists held up with bent arms and shaking at the umpire

Add others as people think of them.

3. Drummers

Get some fast paced music (with a baseball or sport theme) and folks drum double-time with their hands to the music. Practice the various drum moves then participants can drum in response to your call (Change every 5-10 seconds):

On the table, then

On the back of a chair, then



On the floor, then
Clapping, then
Clapping with a partner, then
Clapping on their own thighs, then.....

4. Blue Jays 7th Inning Stretch

Replicate the Blue Jas 7th Inning Stretch



Soccer Baseball

By: John Byl

Regular baseball rules but students kick a soccer ball that is stationary at home plate or rolled to the "batter" by a pitcher. For added fun use the bladder of an old soccer ball which floats in all sorts of directions and is totally pain free if someone is hit by the ball. You can also allow more people at one base at a time. One inning is going through the batting order once.

Play ball!

Variation: By: Judi Hayes

We use the high jump landing mats as bases. When a runner goes towards a base they must tag it. The fun comes when they stop at that base, and must lay down to be safe. You can also add an element of dodge ball by allowing the "field" team to throw at the runner. If the throw misses, everyone on any base gets up and off they go. Lots of fun!

Variation: Indoor Soccer Baseball By: John Byl

Place the four bases (four hula hoops) a good distance apart. Give the batter two balls (gator balls or bladders of old soccer balls). The batter kicks one ball in the outfield and then dribbles to first base. The fielders can put the batter out by catching the ball in the air (including bounces off the ceiling and walls), or by kicking the ball to one of the bases where it is trapped while a runner is not on base. The fielders ball is returned to the next batter. If the runner is first on first base she must wait till the batter kicks his ball. When the batter kicks his ball the runner on first must move to the next base unless there is a fly ball caught —she must then get back to the base she started from before the fielders can kick the ball to one of their fielders on any of the bases.



Star Baseball Pass

By: John Byl

In baseball you get groups of people (5, 7, 9..) in a circle. One person has a ball and passes it to the person two people to her right, the next person does the same... until the ball is back by the first person. Once players have the hang of this add a ball till everyone has a ball, and all throw their ball at the same time.

Passes should be rolled along the ground and players are far apart (so nobody gets hurt). This is great for fielding practice.

As we start playing outside there are lots of great indoor games and warm-ups that will work equally well (with some modification) outside.

Have fun in the sun but be sure to wear a hat.

This can also work for basketball.



SocBask Baseball

By: Andie Urquhart

I have yet a different baseball variation called socbask. This game is a combination of soccer and basketball.

First set up the gym with first base and a basketball placed on 1st, 2nd base is the actual basketball hoop, third base is a regular base and then home plate is another basketball hoop. The pitcher has an indoor soccer ball.

The pitcher pitches the ball just beside the home plate.

The team that is up to bat will make a line underhand behind the home plate (basketball rim). The pitcher, rolls the soccer ball and the person up to bat kicks it, then runs to 1st base where they retrieve the basketball, they then dribble to 2nd (the basketball net) and must make a basket to move on to third base where they just touch it and move on, they then go to home base (the basketball net) and attempt to make a basket before the fielding team does.....meanwhile the fielding team must field the soccer ball and pass to a team member that must wait on 1st base. They then race against the person up to bat and follow along as above. If the fielding team gets the home base basket before the up to bat team then it is an out, but if the up to bat or kicking team gets a home base basket before the fielding team then it is a run.

Players rotate around the outfield and infield so that all players have a chance to pitch and play first (shoot baskets).

This game works best for grades 4 and up (I have even played it with 10th grade students and they LOVE it).



Indoor Baseball with a Towel

By: John Byl

Regular sort of baseball rules except we added an additional base and used a gator ball. The bat was a towel we folded into a conical shape and taped into that shape with a couple pieces of tape. For added fun we had runners run clockwise instead of counter-clockwise.

I had not played baseball with a towel before, so before you throw-in the towel you might try this game in your indoor baseball Spring Season.



Indoor Soccer Baseball

By: John Byl

Place the four bases (four hula hoops) a good distance apart. Give the batter two balls (gator balls or bladders of old soccer balls). The batter kicks one ball in the outfield and then dribbles to first base. The fielders can put the batter out by catching the ball in the air (including bounces off the ceiling and walls), or by kicking the ball to one of the bases where it is trapped while a runner is not on base. The fielders ball is returned to the next batter. If the runner is first on first base she must wait till the batter kicks his ball. When the batter kicks his ball the runner on first must move to the next base unless there is a fly ball caught she must then get back to the base she started from before the fielders can kick the ball to one of their fielders on any of the bases.

Just for kicks and lots of good laughs and soccer skills.



Goof Ball Baseball

By: John Byl

Purpose of this activity is to score as many runs as possible.

Divide the group into two teams. Played in a gym.

Each team establishes a batting order for when it is their teams turn to bat.

The teacher is the pitcher who tosses a soft (sponge ball or bladder of an old ball) underhand to the batter.

The team that is up puts one batter at the plate (in the middle of end of a basketball court the ball must travel across this line otherwise it is a foul ball). The batter hits the ball with her hand and runs to first base (the only base that can any number of people safely behind it line at the other end of the gym (make sure the line is a safe distance from the wall). A player is out if the ball is batted and hits the ceiling, or if a runner is off their base and is hit with the ball, or if the ball is caught by the fielding team.

The fielding team spreads out around the gym.

As soon as there is one out (here comes the goofy part) the teacher yells switch and once the entire new batting team is behind the foul line and the right batter is up, the teacher pitches the ball and the bedlam continues.

A run is scored if a player is able to get back across the home line from first base (make sure the home line is also a safe distance from the wall).