



Activities for PHE MB

Baseball 5

Equipment: A rubber ball, bases

Description: A fast paced team sport where individual skills and hand-eye coordination are highlighted. Teams are made up of 5 players each, splitting into offense and defense. The field of play consists of 4 bases (home, 1st, 2nd, and 3rd) with the defensive players spread out in the infield. The offense sends one player up to bat at a time. The player hits the ball using their hand (as opposed to swinging a bat off a pitch thrown by the pitcher) then runs to first base. The ball must bounce in the infield otherwise the batter is out. Balls that make it past the infield in the air result in an out. All other normal baseball rules apply.

Modifications: Add more players per team. All hitters bat per inning (not 3 outs). Add a 3rd team, rotating between offense, defense, and skill-work.

Website (includes full description and videos): <https://baseball.com.au/baseball5/>

Drills

Using softer balls, kids can practice ground balls by throwing against the wall and fielding it. No gloves are needed, and each kid can have their own ball. Fly balls can be practiced as well through self toss. Kids toss the ball (underhand) straight up in the air and practice their fly ball technique.

Hitting is a tough skill to practice as gyms likely will not have enough bats for everyone, forcing kids to share. If frequent hand washing is available during classes, kids can be split into small groups and hit off tees.

Baserunning can be turned into a relay race. Split the kids up into equal groups on each base. Each kid does a full lap (around the bases). Once they return to their base, the next kid runs. The first group to have everyone finish wins. This is a great game to end a class, as the kids love it, and it teaches them basic baserunning skills.

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