

BIG SWING WIFFLEBALL

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This program isn't baseball – its better! Everyone gets hits and no one strikes out in this version of our nation's favorite pastime. The fundamentals of throwing, catching and hitting are taught through games like Soft Toss, Base Runners, Home Run Derby and 500. We've injected some new energy into this old favorite by speeding up the game with fast paced rules and our Coaches enthusiastic encouragement. No real baseball equipment is used to ensure a safe playing environment. Sign up today before it's going, going, GONE!

Skills to focus on: Catching, throwing, hitting, and fielding.

Facilities: outdoor- baseball field or open space, indoor- gym space

Safety: Be very careful about the direction players are throwing and catching. There should never be any 'cross-fire'. Explain clear directions and rules about where and when a bat can be swung. No fielder should ever be in front of the 'pitching mound/area'. You can also place a line of cones from first to third to represent a no standing zone during play. Instead of using bases, create large coned squares for the bases. This is to avoid collisions between fielders and base runners. When a team is at-bat, be sure to designate a safe area for the non-hitting players to wait till it's their turn.

Tips: Keep the games moving. Make sure as the pitcher you have several balls ready to pitch to have a rapid fire effect. Allow fielders to also throw to the pitcher's mound to get an out before a runner reaches base. This program should utilize stations to teach skills as much as possible.

Skills/Drills

1. Throwing and Fielding Grounders
2. Catching and Fielding Fly Balls
3. Hitting
4. Base Running
5. Sliding
6. Pitching

Games

1. Ground Ball Eliminator
2. Race Track
3. Numbers Game
4. Down Down Down
5. 500
6. Cut Off
7. Go Long
8. Squeeze Play
9. Home Run Derby
10. Infield/Outfield
11. Around the Corner and Headed for Home
12. Tag-Ball
13. Big Play
14. Mine-Mine
15. Rounders Race
16. BP (batting practice)
17. Merry Go Round
18. Around the Wheel
19. Long Run
20. Cricket
21. Race to First Base
22. Game Play/Scrimmage