

★ ACTIVITY / BASIC BAT HANDLING

FOCUS:

BATTING, GRIP, HAND-EYE-COORDINATION

EQUIPMENT:

1 BAT, 1 RUBBER BALL,
1 CONE PER PARTICIPANT



DESCRIPTION:

All children in their own space with a bat & ball trying to follow exactly what the leader does (or instructs them to do). **KEEP IT FAST & FUN.**

- ▶ Hit or dribble the ball up & back around a cone.
- ▶ Hit the ball to self in air, bouncing ball on the bat, and count number of successive hits.
- ▶ Hit ball along ground and try to hit cone.
- ▶ Bounce ball on bat whilst waling up & back around a cone.
- ▶ Try previous activities using reverse grip.

MAKE IT EASIER:



- ▶ Use a bigger ball
- ▶ Use a tennis racket
- ▶ Slow activity down

MAKE IT HARDER:



- ▶ Use a bigger ball
- ▶ Set the cones back further
- ▶ Increase the speed

