

AT HOME

FUN AT BAT



PHYSICAL EDUCATION
GRADES K-5



SESSION THREE



SESSION THREE // WELCOME

Welcome to session three of the Reds Community Fund and USA Baseball's Fun at Bat program. Today's lesson is the fundamentals of fielding a ground ball and catching a fly ball.

Let's review the skills and championship principle we learned from session two:

- Do you remember how to catch a ball that is above your waist? Below your waist?
- Making sure we position our hand correctly will make it easier to catch the ball
 - Above waist: thumbs to thumbs
 - Below the waist: pinky to pinky
- Using two hands will help you catch the ball!

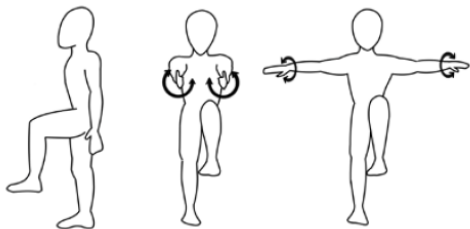
CHAMPIONSHIP PRINCIPLE

What championship principle did we learn last session? _____

How did you work as a team today?

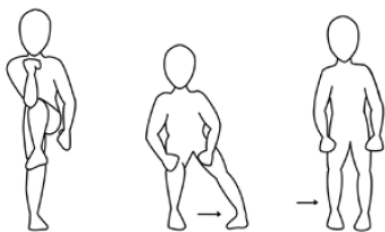
SESSION THREE // WARMUP

The Cincinnati Reds make sure they are stretched and ready to perform on the field. To get you ready USA Baseball has put together 9 warm up exercises for you to do! LET'S GET MOVING!



MARCH IN PLACE

This exercise challenges the eyes and brain to work together regardless of the sight line. This will prepare children to accelerate, decelerate and run whether it's to a base or chasing after a live ball. As an extra challenge, you can add in march in place with arms out to the side, doing arm circles forward/backward, or arms in front with arm circles clockwise/counterclockwise.



SLIDES

This exercise prepares children to quickly change direction whether accelerating, running back to a base or getting to a hit ball. Slide to the right, bringing right knee to left elbow and then slide to the left, bringing left knee to right elbow.

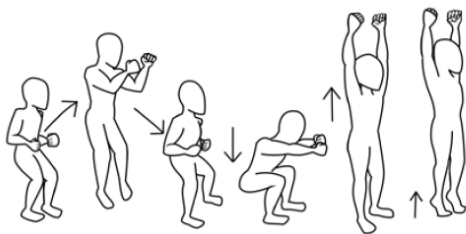


SESSION THREE



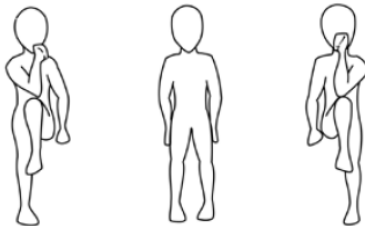
SINGLE LEG JUMPS

This movement prepares the body for all of the energy and power required in jumping, running, accepting landing forces, and observing differences in right and left side abilities. 3 repetitions each leg, alternating in between. Jump forward off of your left leg and then jump forward off of your right leg consecutively.



DOUBLE LEG JUMP-SQUAT/REACH/TOE RAISE-SQUAT JUMP

Baseball is a game requiring full body connection whether throwing, pitching, hitting or fielding. This drill links it all together. Standing on both legs, jump forward, land, and go to a full squat position. Raise up from the squat reaching arms to the sky, then add the toe raise. Lower heels, then jump straight up.



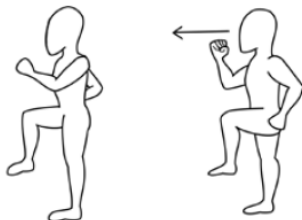
CROSS CRAWL

Baseball requires cross body action in hitting, fielding and running as well as full mental alertness. This exercise accomplishes all of these important functions. While standing, bring your right elbow to left knee then left elbow to right knee and continue alternating.



BRIDGE AND HIP EXTENSION

The bridge is a hip hinge movement done on the ground that is the same athletic stance a fielder would have in preparation on defense and a batter would have as they get in their stance. It works the power muscles of the backside and loosens up the hips. Pulling the knees to the chest assures that we have full range of motion about the hips and knees. Lie down on back and push hips to the sky, hold for 3 seconds. When hips are back on the ground, pull both knees to chest and hold for 5 seconds.



SUPER SLOW MOTION MARCH

This challenges the ability to balance and stand on one leg while teaching the body how to best handle an unbalanced situation. March in place, in super slow motion, looking straight ahead.

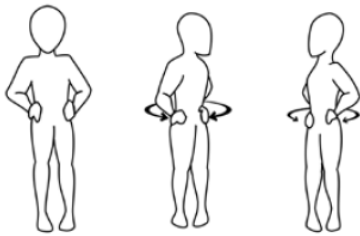


SESSION THREE



STAND ON ONE LEG

While standing on one leg, perform a hip hinge on one leg while the other goes behind, creating a T. This is an excellent single leg balance, stabilizer and strength drill that challenges the ability to bend and balance on one leg. 2 repetitions, alternating right and left leg. Attempt to hold each pose for 5 seconds.



WHIRLY BIRDS

This exercise simply opens up the hips and trunk allowing for more free movement when running, fielding and hitting. 1 set rotating hips clockwise, then 1 set rotating hips counterclockwise. 10 seconds each direction. Standing on both legs with feet close together and hands on the hips, rotating hips in different directions.



SESSION THREE



SESSION THREE // FUNDAMENTALS OF FIELDING A GROUND BALL/CATCHING A FLY BALL

Fielding a ground ball involves sitting in a chair position, knees bent and arms ready, feet shoulder width apart and flat back as if you are sitting in an imaginary chair. A ground ball indicates that the ball is traveling on the ground (or below the player's waist) which requires the child to adjust their hands so that their fingers are pointing toward the ground in front of them, making a triangle with their feet and hands. A fly ball indicates that the ball is traveling toward them above their head (waist) which requires the child to present both hands with their fingers pointing up.



EQUIPMENT NEEDED: Any size ball

ALTERNATIVE EQUIPMENT: Ball of paper, aluminum foil, or rolled up socks

FIELDING A GROUND BALL/CATCHING A FLY BALL

Now that you know the fundamentals of fielding a ground ball/catching a fly ball, let's practice both fielding and catching together with partner fielding!



PARTNER FIELDING

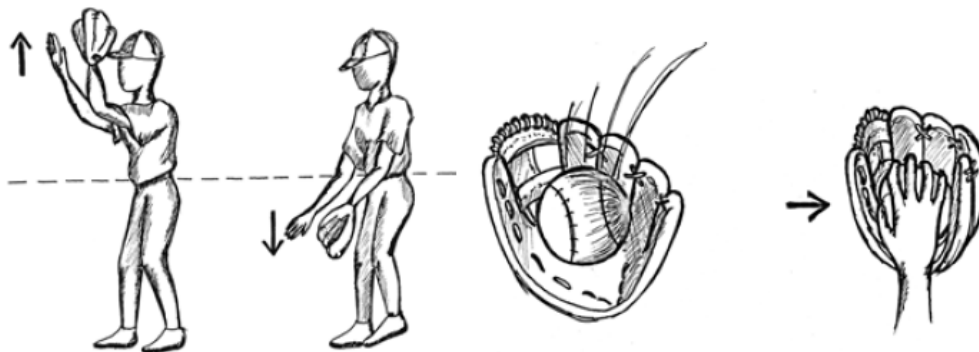
With a partner, children will either underhand toss the ball to their partner or roll the ball to their partner (children can decide how to toss). The receiving partner will present their hands in the proper way to catch the ball.

VARIATIONS

Partners can work only on underhand fielding first and then proceed to work on above the waist catching.

Groups of three or four could be used to practice taking turns and attempt to catch from different people.

Groups can count how many in a row they successfully caught using the correct hand placement.



Don't forget to share your Fun at Bat at Home activities on social media using the hashtag **#FABAtHome** and **#Reds**.



SESSION THREE



SESSION THREE // CHAMPIONSHIP PRINCIPLE

TODAY'S CHAMPIONSHIP PRINCIPLE // HELPING OTHERS

- Helping others is great way to reach a goal. We can help each other in the classroom, at home and even on the baseball field when we play a game. Sometimes, when you are really good at a game, you can help a friend learn the rules or practice different skills to become better.

Can you think of something you are really good at that you could help a friend learn?

Thanks for participating in session three of the Fun at Bat program. Join us for session four: the fundamentals of hitting.



DON'T FORGET TO SHARE YOUR FUN AT BAT AT HOME ACTIVITIES ON SOCIAL MEDIA USING THE HASHTAG #FABATHOME AND #REDS.