

AT HOME

FUN AT BAT



PHYSICAL EDUCATION
GRADES K-5



SESSION SIX



SESSION SIX // WELCOME

Welcome to session six of the Reds Community Fund and USA Baseball’s Fun at Bat program. Today’s lesson is fielding.

Let’s review the skills and championship principle we learned from session five:

- Swinging the bat – Students start at the ready position and move their arms together across the front of the body at chest height, passing the “V” position, finishing toward the opposite ear (right-handed batter swings right ear to left ear; left-handed batter swings left ear to right ear).
- **Key 1:** Make a roof of a house with your arms.
- **Key 2:** Spread feet outside shoulders. Keep your eyes on the ball.

CHAMPIONSHIP PRINCIPLE

What championship principle did we learn last session? _____

When could it have been easy to give up today?

What could happen if you give up in different activities/sports?



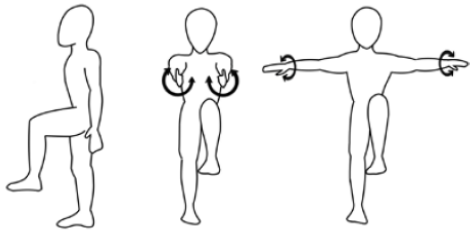


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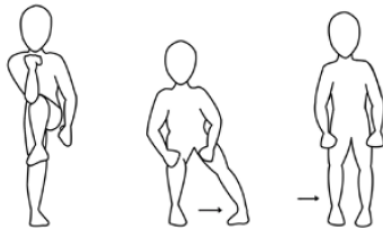
SESSION SIX // WARMUP

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.



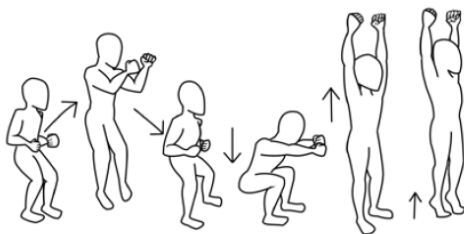
SLIDES

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.



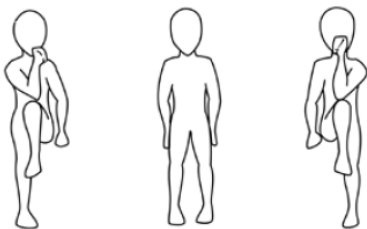
SINGLE LEG JUMPS

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.

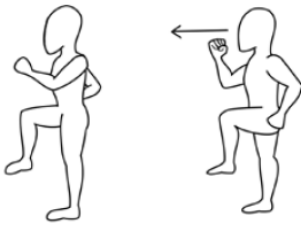


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BRIDGE AND HIP EXTENSION

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. When hips are back on the ground, pull both knees to chest and hold for 5 seconds.



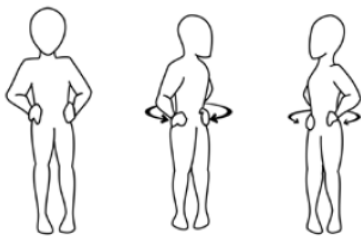
SUPER SLOW MOTION MARCH

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.



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.



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SESSION SIX // FIELDING

GET TO THE CHOPPER!

As available, a partner will roll or bounce a ball in front of a child, simulating a ground ball being hit to a defender. The child will run toward the ball while using their momentum to field the ball cleanly and gently flip it back to their partner. Repeat this as many times as you please. Utilize the space around you to roll the ball toward different spots and at different speeds.

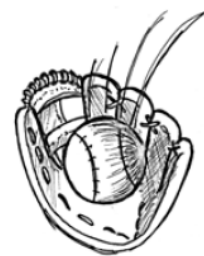


EQUIPMENT NEEDED: Any size ball

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



Partner



DEFEND THE HOUSE

Designate a wall or backstop to act as the “goal.” As available, a partner will stand or take a knee 10 feet from the goal. A child will attempt to field, catch or block any ball that is thrown, rolled or bounced at the goal. For purposes of this exercise, make sure the child is in a proper fielding position/athletic stance, utilizing the slide technique to move around. Defend your house and enjoy the competition!



EQUIPMENT NEEDED: Any size ball, cones/goal markers

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



Partner



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



SESSION SIX



SESSION SIX // CHAMPIONSHIP PRINCIPLE

TODAY'S CHAMPIONSHIP PRINCIPLE // BEING SUPPORTIVE

- Sometimes when we play games, we might miss a fly ball, not run fast enough to first base or strike out. It's important to remember that everyone makes mistakes, and we need our teammates to encourage us to try again.

If you have a friend who missed a catch during a game, what would you say to make your friend feel better?

Who has been supportive to you?



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