

# AT HOME

# FUN AT BAT



PHYSICAL EDUCATION  
**GRADES K-5**



# SESSION TWO



## SESSION TWO // WELCOME

Welcome to session two of the Reds Community Fund and USA Baseball's Fun at Bat program. Today's lesson is the fundamentals of catching.

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

- Which hand is you're your dominant hand, or the one you are most comfortable using?  
This is the hand that you use to throw the ball.
- When throwing, to help get the ball to the target we step with our opposite leg.
- We can throw the ball underhand or overhand.

Throwing the ball underhand, we swing the ball backward behind ourselves without twisting our body. As we step with our opposite foot we swing the ball forward past the hip and release/ toss ball so that it travels upward toward the target.

Throwing the ball overhand, we bring our throwing arm back into an "L" shape (arm bent at the elbow, hand held in the air with the ball and back of hand facing you), and then step with our opposite foot as we turn our hips and begin throwing the ball toward the target.

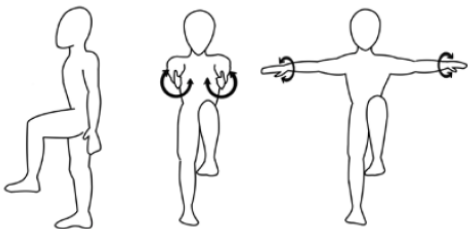
## CHAMPIONSHIP PRINCIPLE

What championship principle did we learn last session? \_\_\_\_\_

How were you responsible during Fun at Bat?  
\_\_\_\_\_  
\_\_\_\_\_

## SESSION TWO // 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!

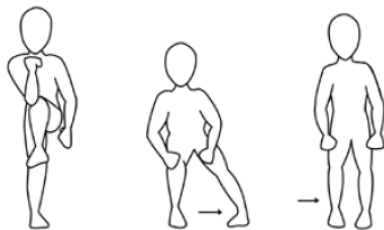


### MARCH IN PLACE

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.



# SESSION TWO



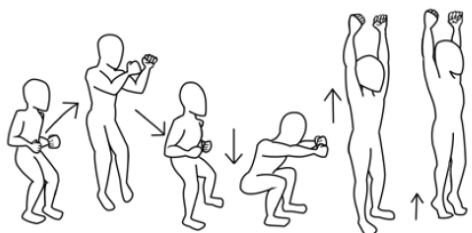
## SLIDES

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.



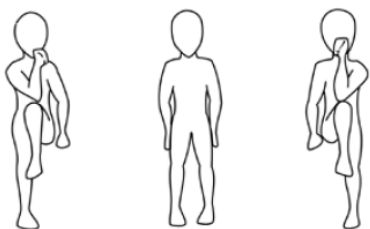
## SINGLE LEG JUMPS

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.



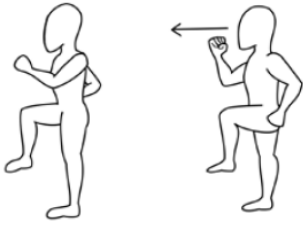
## BRIDGE AND HIP EXTENSION

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.





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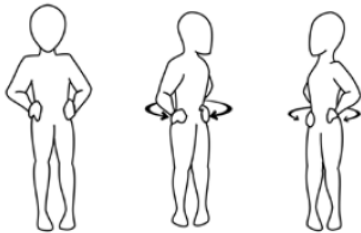
## SUPER SLOW MOTION MARCH

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.



# SESSION TWO



## SESSION TWO // TARGETS, TARGETS EVERYWHERE

Now that we are all warmed up let's put what we learned from session one to the test! Can you hit more targets than last time you played targets, targets everywhere?

The child will have a ball that is friendly to their surroundings. They will try to locate and throw overhand or underhand at as many targets as possible within the activity area. These targets can be large items like doors or posters, or small items like cracks on the wall, pillows, paper taped on to the wall, etc. If outdoors, targets can be attached to the backstop or other fences with zip ties or similar fasteners. Targets should be hung at varying levels, both low and high.



**EQUIPMENT NEEDED:** Any size ball

**ALTERNATIVE EQUIPMENT:** Ball of paper, aluminum foil, or rolled up socks  
Target Poster or any other appropriate targets



### VARIATIONS

After the child releases the ball and hits the target, they instantly become the fielder and attempt to catch the ball using the “thumbs out, thumbs together” method, depending on how the ball comes off the target. Students continue throwing at various targets, with the reminder that they can only throw at available targets.

Have children perform different locomotor skills (slides, crawls, etc.) while traveling to the different targets and they can perform an exercise (jumping jacks, squat, etc.) each time they arrive at a new target.

Target poster is attached on the next page. Print this off and use it as a target.

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



# SESSION TWO



## SESSION TWO // TARGET POSTER

Print this off and use it as a target. Don't forget to share your Fun at Bat at Home activities on social media using the hashtag **#FABAtHome** and **#Reds**.





# SESSION TWO



## SESSION TWO // FUNDAMENTALS OF CATCHING

It's time to learn our first skill in session two, the fundamentals of catching.

As the ball approaches, children should have their eyes on the ball and their arms reached out. If the ball is below the waist, then their thumbs should be out; if the ball is above the waist, then their thumbs should be together. As the ball enters their hands, they should grasp it and bring it in toward their body.

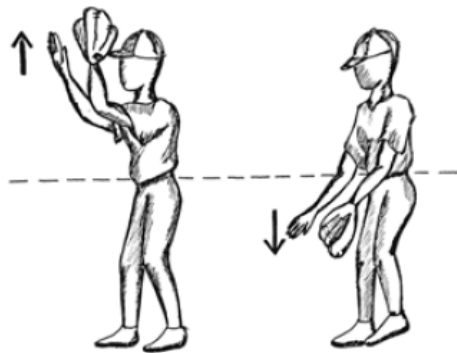


**EQUIPMENT NEEDED:** Any size ball

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

## CATCHING

Now that you know the fundamentals of throwing and catching, let's practice both throwing and catching together with partner toss!

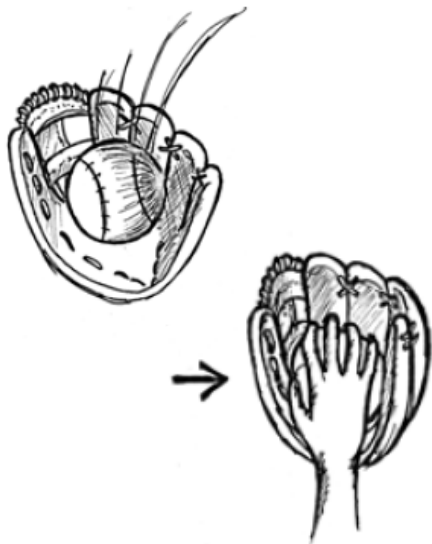


### PARTNER TOSS

With a partner, or utilizing a wall, practice throwing overhand/underhand and catching a ball. Partners can start off approximately five feet apart from each other. Partners can count how many continuous, successful catches they make. If throwing against a wall, once the throw is made, get in a fielding position to field the ball off of the bounce back.

### VARIATIONS

Some variations may include increasing or decreasing the distance between partners and/or the wall, or participants can travel (skip, slide, and jog) with their partner and freeze when the music stops and begin throwing back and forth wherever they end up.



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# SESSION TWO



## SESSION TWO // CHAMPIONSHIP PRINCIPLE

### TODAY'S CHAMPIONSHIP PRINCIPLE // TEAMWORK

- Teamwork is important in many areas of life. When we work as a team, we can all reach a goal together. In our team, we are good at many different things, and all of our talents help make us one big, successful team!

How can you work as a team with your family at home?

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Thanks for participating in session two of the Fun at Bat program. Join us for session three: the fundamentals of fielding a ground ball and catching a fly ball.



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