Hit 4 and go

A batter hits 4 consecutive balls into the field and then runs between marker cones as many times as possible. When the fielders have returned all 4 balls they call out ‘STOP!’ (4–5 per group).

What to do

SETTING UP

> 2 teams – batters and fielders

Batter

> Hits 4 balls, one after the other, into the playing space.
> The balls can be hit from the ground, or off tees, you can toss the ball and hit it yourself, or have a team mate toss the ball to you.
> When the last ball is hit, the batter runs between the marker cones as many times as possible.

Fielders

> Fielders return the balls to the home base – balls must be inside the hoop to count.
> Fielders call ‘STOP!’ when the last ball reaches home base.

What you need

> A suitable indoor or outdoor playing area as shown
> Range of bats/rackets and balls (sponge balls, softballs or tennis balls)
> Marker cones (for running and playing area)
> Option – batting tee(s)

Scoring

> From cone to cone = one point.
> Points are totalled for the team.

LEARNING INTENTION

Hit 4 and go is a fielding game that develops teamwork. Students develop throwing, catching, fielding and striking skills with focus on shot placement and positioning.
**Coaching**

- To manage large groups, have 2 or more groups playing at the same time using a ‘fan’ system. Balls must be hit forward.

- Players with less developed throwing/catching/fielding/batting skills can be assisted on the side.

**Include all**

- Batters – 2 players work in tandem, e.g. one player hits and the other runs.

**Game rules**

- **Harder for fielders**
  - fielders cannot move until the last ball is struck
  - fielders must take the ball to the home base and not throw.

- **Harder for batters**
  - batter must hit the ball forward of the batting position.

- **Scoring gates** – batters gain extra runs if the ball passes through the gates.

- **Running alternative** – batters who have limited mobility can score by hitting into these gates, or by using a ‘runner’.

- **Rolling** – use rolling to pass among fielders.

- **False calls** – provide bonus points to a runner if ‘STOP!’ is called too soon.

**Equipment**

- Use different bats and balls – allow player choice.

- Use different heights of tee or alternative.

**Playing area**

- **Harder for runner** – increase the distance between cones.

- **Harder for fielders** – increase the size of the playing area.

**Safety**

- Bowlers sending a cooperative feed should be located to one side.

- Fielders should be at a safe minimum distance from the batter.

- All fielders should keep an eye out for balls as well as other running fielders.

- Players should communicate when retrieving a ball or throwing a ball.

- Ensure the batter’s running area is away from fielders.

- Players should have done space/player awareness activities before playing.

**ASK THE PLAYERS**

**Fielders**

- ‘How can you get the ball back to home base quickly?’

**Batters**

- ‘Where will you place the balls you hit?’

- ‘Will you scatter them or hit them in one direction?’

- ‘Will you hit them high or low or make them bounce?’

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*Hit 4 and go*