**What you need**

- 2 tennis balls or similar per group
- Markers to set out the safe zone
- Kanga cricket bat or other lightweight hitting implement
- Batting tee or alternative

**What to do**

**Batters**

- The batting team has 6 hits.
- The batter hits off a tee and has 2 choices:
  - **Run to safety zone** – if the safety zone is reached before the ball is caught in the hands of a fielder in the safety zone, 2 points are scored. The batter walks back for the next ball.
  - **Run to safety zone and back** – before the ball is placed in the hoop. Score 6 points.

**Scoring**

- Batters score 2 points if they reach the safety zone before the ball does or
- 6 points for running to the safety zone and back before the ball is placed in the hoop.

**Fielders**

- Return the ball to a fielder in the safety zone. If the batter makes the return run, the ball is thrown to a fielder who runs along C–A.
- Rotate fielding positions.

**Learning Intention**

*6 or safe* is an introductory striking and fielding activity. The activity develops batting, fielding and decision-making skills.
**Coaching**

- Use player role models to emphasise effective batting and fielding plays.
- The activity provides an opportunity to talk about ‘risk-taking’ – is it best to run for the ‘safe 2’ or the ‘riskier 6’?

**Game rules**

- **Fielders vary the pass** – allow any pass or vary the pass between fielders. With beginning players an underarm pass is suitable.
- **Bowling** – more experienced players could hit an underarm fed ball from a team-mate. The bowler should be on the opposite side to the hoop – swap over if necessary. Or use a batting tee if required.

**Kicking** – kicking a bigger ball into the field of play is another option. If a player has limited mobility, use a buddy system and share roles, e.g. share kicking and running if necessary.

**Rolling** – use rolling to pass between fielders. This will assist players with less developed throwing and catching skills.

**Equipment**

- **Vary** – the type size and weight of the balls and bats used according to ability.
- Allow player choice.
- **Use a batting tee** – allow player choice.

**Playing area**

- **Safe zone** – increase or decrease the distance to the safe zone.

**Safety**

- Batters must run with the bat and not drop it on the ground.
- Batters should be aware of the position of fielders and the ball being passed around.
- Fielders must not interfere with the batter.
- Fielders should call ‘mine!’ when fielding the ball.
- Fielders are not allowed to run across the path of the batter.

**ASK THE PLAYERS**

**Fielders**

- ‘Where is the best place to stand?’

**Batters**

- ‘Where is the best place to hit the ball?’
- ‘Will you hit for 2 or 6?’
Beat the ball

A batting team, a fielding team and 4 bases. A bowled ball is hit into the field. The batter runs around the bases while the fielders pass the ball around the bases in the opposite direction. Many variations are possible. (Play 5 v 5.)

**What you need**
- 4 softball bases/markers
- Boundary markers and a marker to show bowling distance
- One bat and ball (choose to suit ability level of the group)
- **Option:** batting tee

**What to do**

**BATTERS**
- The batter hits a bowled ball (underarm throw, one bounce).
- All batters attempt to run around the bases as a group to the finish position (1–2–3–4).
- The ball must be hit within the boundary area, otherwise the hit is re-taken.
- The batter is not out if the ball is caught on the full.

**FIELDERS**
- Initially, fielders must stand at least 1m away from a base in the outfield.
- A fielder retrieves the ball. This is the signal for the other fielders to run to a base. The ball is passed in the direction fielder–3–2–1–4.
- The last fielder to receive a pass calls ‘STOP!’.
- A penalty applies if ‘STOP!’ is called too early – the batters receive a point irrespective of position.

The bat is passed to the next batter.

**Scoring**
- One point is scored for the batting team if the batter reaches home before the fielders pass the ball around the bases.
- An extra point is scored if the ball passes through the ‘bonus gate’.

**LEARNING INTENTION**
*Beat the ball* is a striking and fielding game that gets everyone involved. The game encourages teamwork and thoughtful placing of the ball by the batter.
Beat the ball

Coaching

> Use player role models to emphasise effective batting and fielding plays.
> Variations allow adaptation to a wide range of player ability levels.

Game rules

> Batting action – throw or kick into the field of play.
> Bowling action – self feed, cooperative feeder, hit from a batting tee, an overarm bowl.
> Fielders vary the pass – allow any pass or vary the pass between fielders. Include novelty passes, e.g. under a leg.

> Rolling – use rolling or kicking to pass between fielders.
> Distance between fielders – vary the distance and position, e.g. all fielders along the line.
> Hitting direction – add a bonus gate. The batter receives a bonus point if the ball goes along the ground and through the gate.
> Scoring variations
> – One point for each base before ‘STOP!’ is called.
> – Batter can run around bases more than once.
> – If the ball beats the batter home, the fielders get one point.
> – Batter is out if ball is caught on the full.

Equipment

> Use different bats – allow player choice.
> Use different balls – e.g. size 3–4 soccer ball for kicking option.
> Use a batting tee – if required.

Playing area

> 4 bases – increase or decrease the separation.
> Outer field size – increase or decrease.

Safety

> Batters must drop and not throw the bat.
> Batters should hit below head height.
> Fielders must not interfere with running batters.
> Fielders should call ‘mine!’ when fielding the ball.
> The batter should know where the ball is at all times.

ASK THE PLAYERS

Fielders

> ‘Where is the best place to stand?’
> ‘How can you be ready to back-up if a team-mate misses a ball?’

Batters

> ‘Where is the best place to hit the ball?’
> ‘What do you do if the fielders have your “best place” covered?’
Beat the bucket

A base runner and up to 6 fielders. A base runner throws 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call ‘STOP!’ (6–10 per group).

**What to do**

**SETTING UP**

- Players to their positions as shown; no fielders in the in-field

**BASE RUNNER**

- Throws 3 balls to either the out-field or in-field.
- Runs to first base as soon as the third ball is thrown and continues to the next base until a fielder calls ‘STOP!’
- Changes places with someone in the field when ‘STOP!’ is called. The new runner starts at home base.

**FIELDERS**

- Gather balls and throw them to one of the fielders on the bases.
- Base-fielders run the ball to bucket in the centre of the diamond.
- When all 3 balls have been returned to the bucket, a fielder calls ‘STOP!’

**Scoring**

- Each base = 1 point before a fielder calls ‘STOP!’
- Runners keep track of their own score.
- Player who finishes with the most points wins.

**Change it**

- Place 2 fielders near the bucket and the other fielders in any suitable fielding position.

**Learning Intention**

*Beat the bucket* is a fielding game that develops teamwork. Runners are challenged to place balls tactically and fielders to position themselves effectively and to return the balls in the shortest possible time. The game links to softball and baseball.

**What you need**

- Indoor or outdoor playing area
- 3 small to medium-sized balls depending on the skills of the group
- 4 markers to define a playing diamond
- A plastic bucket in the middle of the diamond (or use a hoop)
- Harder variation: use a bat to hit the ball off a tee
Beat the bucket

Coaching

> Players with less developed throwing/catching/fielding skills can be coached on the side.
> Ask the players how they can ensure everyone is included.

Game rules

> Fielders – allow a player to be positioned in the in-field and require at least one ball to be thrown to the in-field area; require at least one ball to be touched by a player with restricted coordination or mobility, or require all fielders to touch at least one ball.
> 2 players work in tandem, e.g. the ball must be relayed to the bucket using at least 2 players.

Scoring – provide bonus points for 2nd, 3rd and home base. e.g. 2nd base = 2 points, 3rd base = 3 points, home base = 4 points.

Field anywhere – allow fielders to choose their own positions.

Roll return – return the ball by rolling it.

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

Equipment

Use different balls:

> Harder for runner – use a bat to hit the ball off a tee.
> Easier for runner – increase the number of balls thrown into the field.

Playing area

> Harder for runner – increase the distance between bases.
> Harder for fielders – decrease the distance between bases.

Safety

> All fielders should keep an eye out for the balls as well as other running fielders.
> Players should communicate when retrieving a ball or throwing a ball.
> If only one fielder is located at the bucket, consider the alternative of fielders rolling the ball or using an agreed signalling procedure.
> Players should have done space/player awareness activities before playing (see e.g. Start out WC 3a,b).
> Ensure sufficient space between different games.

ASK THE PLAYERS

Runner
> ‘Where is the best place to throw?’

Fielders
> ‘Where will you position yourself?’
> ‘How can you work as a team to return the ball to the base-fielders who will run the balls to the bucket?’
Continuous cricket

A ball is bowled underarm to a batter who hits the ball and runs between 2 wickets. The bowler can bowl at any time. A rolling and kicking alternative may be played. (Play with groups of 6 or more.)

What to do

Bowler
- The ball is bowled underarm from the marker.
- The bowler can bowl whenever the ball is available.

Batters
- The batter must attempt to hit the ball after one bounce and, if successful, must run to the other bin/wicket and back.
- Batters are out if they are caught or bowled out.
- Once the batter is out, players rotate positions until everyone has had a go at bowling, batting and fielding.

Fielders
- Return the ball to the bowler ready for the next delivery.

What you need
- Boundary markers and a marker to show bowling distance
- One bat and ball (choose to suit ability level of the group)
- 2 bins for wickets (or alternatives)
- Options – batting tee, size 3–4 soccer ball.

Scoring
- One point is scored for each run to the bin/wicket and back.

Learning intention

Continuous cricket is an age-old game that keeps players moving. The game develops fielding skills and encourages thoughtful placing of the ball by the batter.
Continuous cricket

Coaching

> Use a player role model to emphasise effective batting and fielding plays.

Game rules

> Batting action – kick into the field of play from a rolled ball.

> Bowling action – allow an overarm bowl.

> Fielders vary the pass – allow any pass, or vary the pass between fielders.

Equipment

> Use different bats – allow player choice.

> Use different balls – allow player choice.

> Use a batting tee – if required.

Playing area

> Wickets – increase or decrease the separation between them.

> Zones – bonus points are scored if the ball reaches a zone.

Safety

> Batters must run with the bat and not drop it on the ground.

> Batters should hit the ball below head height.

> Batters keep to the left when running – use markers if required.

> Fielders must not interfere with running batters.

> Fielders call ‘mine!’ when fielding the ball.

ASK THE PLAYERS

Fielders

> ‘Where is the best place to stand?’

> ‘How can you be ready to back-up if a team-mate misses a ball?’

Batters

> ‘Where is the best place to hit the ball?’

> ‘What do you do if the fielders have your “best place” covered?’
Engage all

A batting team and a fielding team. A ball is hit into the field. The batter runs around team-mates and all fielders run to the ball to touch it at the same time. The batter keeps on running until someone from the fielders calls ‘STOP’! (Play with no more than 5 per team.)

What you need

- One bat
- A suitable soft ball.
- Markers to show boundaries on a playing area free of obstructions.
- A batting tee (if required)

What to do

**Batters**

＞ Choose batting options suitable for the ability of the children.
＞ The batting team feeds the ball to the batter or the batter uses a tee, depending on ability.

**Fielders**

＞ Allowing teams to pitch/bowl to themselves can save time.

Scoring

＞ Once around the batter’s team = one run.

**LEARNING INTENTION**

*Engage all* is a striking and fielding game that gets everyone involved. The game encourages teamwork and thoughtful placing of the ball by the batter.
Engage all

change it…

Coaching

> Match the pitching/bowling method and type of batting to suit the player ability levels.
> Highlight effective ball hitting/placement or effective fielding using player role models.

Game rules

> **Batter weaves and runs** – teamwork is required to keep the group compact while allowing enough space for weaving.

> **Fielders pass the ball** – the ball is passed from player to player until everyone has ‘touched’ it. To ensure everyone touches, players call the catches, ‘1–2–3…STOP’.
> **Fielders vary the pass** – allow any pass, or vary the pass between fielders. Include novelty passes, e.g. under a leg or hand to hand.

> **Rolling** – use rolling or kicking to pass between fielders.
> **Include all** – share roles, e.g. hitting and running, vary the pass used.
> **Through the tunnel** – the ball returns to the bowler via a tunnel.

Equipment

> **Use different bats** – allow player choice.
> **Use different balls** – e.g. size 3–4 soccer ball for kicking option.

Playing area

> Bigger or smaller.

Safety

> The batting team must be well clear of the batter until the ball is hit.
> **Batters** – must drop the bat, not throw it.
> **Fielders** – must not interfere with running batters.
> **Fielders** – take care when reaching down for a ball to avoid collisions.

ASK THE PLAYERS

Batters

> ‘Where is the best place to hit or kick the ball?’
> ‘How can you complete your run as quickly as possible?’

Fielders

> ‘Where is the best place to stand?’
> ‘How can you pass the ball to a team-mate as quickly as possible?’
Four bowler cricket

Batters attempt to score points by running around a marker. Bowlers attempt to get batters out by bowling or catching them out. (Play in 2 teams of 6.)

What you need

- 1 ball, 4 marker cones, 3 bats and 3 sets of stumps per game

What to do

SETTING UP:
- Divide players into 2 teams of 6.
- Position the 3 sets of stumps to face the 4 directions of bowling.
- The fielding team has 4 bowlers (1 placed on each marker) and 2 fielders.

PLAYING:
- The batting team bats one at a time.
- A bowler bowls the ball to the batter.
- When the batter hits the ball, they must run around the marker from where the ball was bowled and return to the batting position.
- The ball is returned by a fielder to any of the bowlers, where they can bowl immediately — even if the batter has not returned.
- The batter may be out by being bowled or caught only.
- Rotate the bowlers and fielders regularly.
- Teams change over when all batters have been dismissed.

Scoring

- 1 run is scored each time a batter successfully runs around a marker and back to the stumps.

Change it

- Vary the type of ball and bat according to players' ability.
- Allow players to bat from a tee.
- Use either an underarm or overarm bowling action or roll the ball when bowling.

Safety

- If using a hard cricket ball, protective padding must be worn by the batter i.e. helmet, leg pads and gloves.

Ask the players

- When batting where can you hit the ball to score the most points?
- Where should you bowl to try and get the batter out?
- Where is the best place to stand when fielding?
- How can you work together to get batters out/stop batters scoring?

LEARNING INTENTION

Four bowler cricket is an energetic game that keeps players moving. The game develops fielding, bowling, batting and teamwork skills.
The batter stands with feet together and holds the bat in front of the legs. Fielders throw the ball underarm and the batter hits in any direction. The batter is out if the ball is caught on the full or they are hit on the legs.

**What to do**

**SETTING UP**
- One bat and a soft ball per group
- An area free of obstructions

**PLAYING**
- Establish a fielder-free zone in front of the batter.

**Scoring**
- How many hits before being caught or hit on the legs?
- Not scoring is an option.

**Variation**
- Use 2 balls.

**Safety**
- Adjust the size of the fielder-free zone to suit the standard of the players.
- Start with slow underarm bowling and only build up speed as the players demonstrate mastery.
- Encourage players to call ‘mine’.

**Change it**

**Batter**
- Use a larger bat such as a paddle bat.
- Require the bowler to bounce the ball once.
- Increase the size of the fielder-free zone.
- Allow the bowler to move in or out and bowl from any suitable distance to ensure a hittable ball.

**Fielder/bowler**
- Take it in turns to bowl, e.g. a set number of balls per over.
- More mobile players pass the ball to a less mobile player so everyone has a ‘touch’ of the ball over the course of the game.

**LEARNING INTENTION**

French cricket combines hand–eye coordination, accurate underarm throwing and hitting to ‘find space’.
**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 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)

**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.

**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?’
A ball is bowled underarm to a batter who attempts to hit the ball into a zone that will maximise points.

What you need

- One paddle bat and sponge ball for each group of 6
- Sufficient cones to mark out a playing area as shown

What to do

- Players take positions – one batter, one bowler and 4 fielders.
- The bowler bounces the ball or throws underarm to the batter.
- Fielders return the ball to the bowler each time.
- 5 hits are allowed before the players rotate.

Scoring

- The batter hits the ball, aiming for a zone that will maximise points as shown in the illustration (left).
- No points if the ball is caught on the full.

Change it

1. After each hit, allow the batter to score bonus points by running to a marker as shown.
2. Arrange players into 2 teams (e.g. 4 v 4) – add runs to obtain a team score.
3. Allow cooperative bowling from a team-mate.

Learning Intention

In the zone supports students to develop fielding and shot placement skills.
In the zone

Coaching

> Batting skills may vary within the group – conduct one-on-one batting skills ‘clinics’ off to the side as required.
> ‘Freeze-frame’ good examples of play – use players as role models to repeat an activity or tell the group what they were thinking.
> Ask the group how they can ensure all players are included.

Game rules

Easier for batter – ball is bowled with a bounce.

> Identify specific target areas where points are scored, or count double.
> Work in pairs – one player hits and the other runs.
> For a visually impaired runner, use a guide runner or caller.

Equipment

> A selection of bats of different sizes helps to tailor the game to individual needs.
> **Harder for fielders** – use a faster ball.
> Use different striking implements, e.g. bat, teeball bat or tee.

Playing area

> **Run to a set point** to earn a bonus point – one point is awarded if the batter reaches the cone before the ball is thrown to a fielder at the cone.
> **Use different target zones.**

Safety

> Position the bowler a safe distance from the batter – out of hitting direction is a good option.
> 2 or more players fielding a ball need to be aware of each other and to call ‘mine’.
> Restricting players to a fielding zone is a way to restrict movement on the field.
> Ensure sufficient space between groups.

Ask the players

**Batters**

> ‘What type of shot will help you score high points – along the ground, in the air, a hard hit well timed?’
> ‘Where is the best space to place the ball to score most points?’

**Fielders**

> ‘What are the consequences of fielding in the 2-point zone?’
> ‘If the batter is scoring freely, what options do you have for reducing the score?’
> ‘How can fielders help each other to get the ball to the fielder at the cone?’
Mini golf

Players play a course set out like a real course. Scoring is in Ambrose format. (Play in teams of 3 or 4.)

What you need

- Marker cones for the teeing area
- Hoops, ropes or similar to act as greens, and stakes/flags
- A boundary line at the edge of the playing area to mark out-of-bounds
- Roped areas or mats to act as hazards
- Obstructions e.g. milk crates, bins, chairs
- 1 hitting implement per team
- 1 ball per player
- Optional: 1 frisbee per player

What to do

- Set up a course outside, with around 5–9 holes (depending on the time available).
- Each hole should be the length of around 2–3 shots to reach the green, based on the ability of the players and the hitting implement used. Vary this between holes.
- For each hole, set up a tee (marker cones), hazards (ropes or mats), obstructions (chairs or bins) and a green (hoops or a roped area).
- Each team starts at a different tee.

Ambrose

- All players hit their first shot.
- Players then pick the best shot and all hit their second shot from that spot.
- This continues until the ball is on the green.

Ambrose scoring

- The number of ‘selected’ (best) shots count (individual shots do not).
- A ball is considered ‘holed out’ when it lands on the green.
- One penalty stroke is scored if the ‘selected’ shot is in a hazard area.

LEARNING INTENTION

Mini golf builds on introductory target and striking and fielding activities. The game develops hitting accuracy and shot selection. It is a great introduction to golf.
**Mini golf**

**Playing area**
- Vary the length and design of holes according to ability.
- Include more or fewer obstacles or hazards — around trees, garden beds, areas marked as out-of-bounds.
- If space is restricted, set up shorter holes that only require chipping or short game shots.

**Safety**
- Make sure the 'holes' are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.
- If a ball strays onto another hole, it must be dropped back in play.

**Game rules**
- Vary the scoring format e.g. players score individually.

**Equipment**
- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
- Use a frisbee or allow players to roll, throw or kick a ball.

**Coaching**
- Use role models to highlight good technique.
- Players can be coached on the side to develop their skills.

**ASK THE PLAYERS**
- What strategy will give you the best score as a team?
- How can you work together to achieve the best score?

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**Mini golf**

**Playing area**
- Vary the length and design of holes according to ability.
- Include more or fewer obstacles or hazards — around trees, garden beds, areas marked as out-of-bounds.
- If space is restricted, set up shorter holes that only require chipping or short game shots.

**Safety**
- Make sure the 'holes' are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.
- If a ball strays onto another hole, it must be dropped back in play.

**Game rules**
- Vary the scoring format e.g. players score individually.

**Equipment**
- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
- Use a frisbee or allow players to roll, throw or kick a ball.

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- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
- Use a frisbee or allow players to roll, throw or kick a ball.

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**Mini golf**

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- Vary the length and design of holes according to ability.
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- If space is restricted, set up shorter holes that only require chipping or short game shots.

**Safety**
- Make sure the 'holes' are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.
- If a ball strays onto another hole, it must be dropped back in play.

**Game rules**
- Vary the scoring format e.g. players score individually.

**Equipment**
- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
- Use a frisbee or allow players to roll, throw or kick a ball.

**Coaching**
- Use role models to highlight good technique.
- Players can be coached on the side to develop their skills.

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**Mini golf**

**Playing area**
- Vary the length and design of holes according to ability.
- Include more or fewer obstacles or hazards — around trees, garden beds, areas marked as out-of-bounds.
- If space is restricted, set up shorter holes that only require chipping or short game shots.

**Safety**
- Make sure the 'holes' are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.
- If a ball strays onto another hole, it must be dropped back in play.

**Game rules**
- Vary the scoring format e.g. players score individually.

**Equipment**
- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
- Use a frisbee or allow players to roll, throw or kick a ball.

**Coaching**
- Use role models to highlight good technique.
- Players can be coached on the side to develop their skills.

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**Mini golf**

**Playing area**
- Vary the length and design of holes according to ability.
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**Safety**
- Make sure the 'holes' are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.
- If a ball strays onto another hole, it must be dropped back in play.

**Game rules**
- Vary the scoring format e.g. players score individually.

**Equipment**
- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
- Use a frisbee or allow players to roll, throw or kick a ball.

**Coaching**
- Use role models to highlight good technique.
- Players can be coached on the side to develop their skills.

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**Mini golf**

**Playing area**
- Vary the length and design of holes according to ability.
- Include more or fewer obstacles or hazards — around trees, garden beds, areas marked as out-of-bounds.
- If space is restricted, set up shorter holes that only require chipping or short game shots.

**Safety**
- Make sure the 'holes' are not too close to each other.
- Players waiting to hit must be at least 3 metres from the hitter.
- If a ball strays onto another hole, it must be dropped back in play.

**Game rules**
- Vary the scoring format e.g. players score individually.

**Equipment**
- Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)
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**Coaching**
- Use role models to highlight good technique.
- Players can be coached on the side to develop their skills.
Mini tee-ball

Play with a batting team, a fielding team and 4 bases. Each batter hits the ball into the field from a batting tee, then tries to run around the bases while the fielders field the ball. (Play in teams of 4.)

What you need

▷ An area approximately 50m x 50m per group of 8
▷ 4 bases
▷ Boundary markers
▷ 1 bat and ball
▷ 1 batting tee
▷ 1 glove per player
▷ Batting helmets
▷ Optional: a fun base (a base with a horn inside, used at 1st base)

What to do

BATTERS

▷ The goal is to run around all 3 bases to the home-plate to score a run.
▷ Using a tee, hit the ball into the playing area.
▷ Batters have 3 attempts at hitting the ball off the tee.
▷ The ball must be hit into the fair area i.e. inside the extended boundaries of 1st and 3rd base.

FIELDERS

▷ The teacher fields at the home-plate and batters cannot get ‘out’ at home.
▷ Players in the field rotate positions after each batter.
▷ Play stops after the ball is fielded and thrown to a base (the player does not have to catch the ball properly).
▷ The ‘3 out, all out’ rule does not apply.
▷ Each team will bat for 5 minutes, then swap over.

A batter is out when

▷ a fielder catches a batted ball on the full
▷ a batted ball is fielded and thrown to the 1st base player, who touches the base before the batter arrives
▷ a fielder with the ball touches a base before a runner reaches the base, or
▷ a fielder tags a runner with the ball (whether the ball is held in the tag play or dropped).

Scoring

▷ Batting teams score 1 point for each base touched.
▷ Fielding teams score 1 point for each person they get out.

LEARNING INTENTION

Mini tee-ball is a modified softball game that builds on striking and fielding skills and encourages teamwork and thoughtful ball placement. It provides a good introduction to softball and baseball.
Mini tee-ball

Safety
> Make sure there is a safe distance between groups.

Batters must drop the bat, not throw it.
Batters must wear helmets.
No fielder can stand in front of the pitching plate/marker at the start of each play.
Make sure there is a safe distance (at least 10 metres) between the batter and other batters and fielders.

Coaching
> Use role models to demonstrate good technique. Follow up with individual coaching to one side if necessary.

Game rules
> Vary the innings length according to player ability and time constraints.
> Allow batters to have a runner if needed or vary the method of travel according to ability.
> The coach could pitch to the batters, rather than hitting off a tee.

Playing area
> Vary the playing area size or surface according to player ability/mobility. A smaller playing area makes the activity easier, and a hard surface is easier for wheelchair users.

Equipment
> Vary the bat and ball used according to player ability/mobility. Sponge balls, softcore balls and foam bats are easier at the beginning.
> Use a fun base instead of a marker at first.

ASK THE PLAYERS

BATTERS:
> Where do you need to hit the ball to give yourself the best chance of making first base? How can you make sure you do not get out running between bases?

FIELDERS:
> How can you limit the number of runs the batters get? Where should you all stand?
Batters hit a pitched ball from a team-mate and try to direct the ball over a marked area called the ‘pit’. Fielders try to catch the ball. (Play 4 v 4.)

**What you need**

- Ball suitable for striking with the hand or a paddle bat
- 8 markers to define a playing area and a ‘pit’

**What to do**

**SETTING UP**

- Batters and fielders move to positions as shown.
- Fielders stand behind the front line of the pit. A batter and pitcher from the batting team stand in place.

**BATTERS**

- One of the batting team lobs a ball to the batter – change pitchers for each new batter. Alternatively, the batter bounces a ball and hits it.
- The batter hits the ball with a hand or paddle bat – this will depend on the ability of the group. It’s easier with a bat.

**FIELDERS**

- Attempt to catch the ball.
- A fielded ball is passed back to the pitcher via other fielders. The ball is rolled to the pitcher.

**Scoring**

- Batters score a point if the ball goes over the pit and into the playing area without being caught.
- **Extra point** – the ball crosses the pit and the ball continues to run through or past fielders.
- Tally points for the innings.

**Change it**

**Rapid fire over the pit** – the batters have 5 balls and the batter is fed balls as quickly as can be hit. Fielders return balls by rolling them down one side through a gate to a collector from the batting team.

If the ball misses the gate, the batters get an extra point. Fielders are not allowed to hold on to balls.

**LEARNING INTENTION**

*Over the pit* is a striking and fielding game that emphasises accurate ball placement. A variation provides a rolling challenge for fielders.
**Coaching**
- After some initial play use role models to highlight effective striking actions, e.g. swing of arm and what part of hand is used to hit the ball.
- Conduct remedial batting practice on the side if required.

**Game rules**
- Change the number of fielders, e.g. more fielders than strikers.
- **Fielders** – all fielders must touch the ball before it goes back to the batters.
- **Fielders** – in the rapid fire variation, a fielder might be placed close to the gate.

**Equipment**
Use a variety of balls:
- **Easier for fielders** – slower ball
- **Harder for fielders** – strikers use a paddle bat and tennis ball to hit a lobbed ball
- **Use a tee and softball bat/ball.**

**Playing area**
- **Strikers** – a second special pit close to the batter may be set out.
- Establish a variety of pits with different scoring values.
- Make the playing area bigger/smaller.

**Safety**
- Select appropriate balls and bat (if used) to match the ability of the players.
- Ensure that the fielder who sends the ball back to the hitting area rolls the ball.
- Give fielders space awareness reminders. Fielders should call out ‘mine!’ when fielding a ball.
- Ensure sufficient space between groups.

**ASK THE PLAYERS**

**Fielders**
- ‘How can you cover the most area/stop the batters scoring points?’

**Batters**
- ‘How can you score the most points?’