

Baseball Games

Growing Mathletes

Baseball Games & Other Activities

Kickball

Suggested Lesson Pairing

- Baseball Positions
- Baseball Field Geometry
- Stadium or Roster Project

Player Positions

Suggested Lesson Pairing

- Baseball Positions (*included in this lesson*)
- Baseball Field Geometry
- Stadium or Roster Project

Fielding Activity

Suggested Lesson Pairing

- Fielding Percentage
- Sports Vision
- Nutrition

Ball Relay

Suggested Lesson Pairing

- Fielding Percentage
- Sports Vision
- Baseball Statistics

Homerun Derby

Suggested Lesson Pairing

- Baseball Positions
- Baseball Field Geometry
- Launch Angle

Dodgeball

Suggested Lesson Pairing

- Throwing Speed & Distance
- Heart Rate
- Wingspan

Numbers Game

Suggested Lesson Pairing

- Baseball Statistics
- Stealing Bases
- Road Trip

and more!

BASEBALL/SOFTBALL ACTIVITIES

10 Best Baseball Drills for 7-8 Year Olds | Fun Youth Baseball Drills from the MOJO App [12:35 mins]

VIDEO:

<https://www.youtube.com/watch?v=nJzDHd9Tc1M>

ICEBREAKER-LIKE GAMES

(for learning names)

Name Game Ball Toss [4:40 mins]

VIDEO:

<https://www.youtube.com/watch?app=desktop&v=CCsLPmS9lQo>

Concentration Ball [2:10 mins]

VIDEO:

<https://www.playworks.org/game-library/concentration-ball/>

Kickball

OVERVIEW:

- Game follows the same rules as baseball and can be played on the same field.
- For an instructional video, see: <https://www.youtube.com/watch?v=vvukFoXudy4>
- For detailed rules, see: <https://kickball.com/rules/>

SET UP & PLAY:

1. Divide into two teams (avoid the practice of having someone choose the teams; we recommend that the facilitator count off or to be even more equitable, you can ask youth to raise their hand if they've ever played before and divide the experienced players first, then divide the new players onto the two teams as equally as possible).
2. Choose a pitcher and catcher for each team, or you, the facilitator, can be the pitcher for both teams.
3. Choose which team will play offence (kickers) and which team will play defence (fielders).
 - a. Kicking team lines up outside the baselines in order of kickers.
 - b. Fielders spread out in the field, ideally having one player near each base and two players in the outfield.
4. The pitcher rolls the ball towards home plate and the kicker attempts to kick it.
 - a. If the kick is in fair territory (within the baseball diamond), the kicker must run to the highest base possible base without getting tagged "out" by someone on the other team. The kicker must run the bases in order (1st, 2nd, 3rd, then home) and if there is/are other player(s) on base they must also run if someone is running the base directly behind them. In short, there cannot be two players from the kicking team on one base at the same time.
 - i. To get tagged "out" someone on the fielding team must tag the player on the kicking team, either by 1) hitting the runner with the ball (below the head) or 2) touching the runner with the ball while holding the ball. *NOTE: if the ball is a heavier, harder ball you may choose to ONLY allow tags by touch and not by a thrown ball.*
 - b. If the kick is not in fair territory, the kicker gets another try.
 - c. If the kicker misses the ball, they get a "strike" and after three strikes they are "out" and their turn for kicking is done. (The strike zone is 1 foot on each side of home plate.)
5. The kicking team kicks until there are three outs (or you can have timed innings instead). Once there are three outs, the teams switch and repeat.
6. You can play a set number of innings, or play until one team gets "x" number points" (you choose).

Materials & Requirements

- Kickball (or soccer ball)
- >10 youth (at least 5 per team)
- A large space
- Bases or base-markers

Suggested Lesson Pairing

- Baseball Positions
- Baseball Field Geometry
- Stadium or Roster Project

Kickball Rules

- Be a team player
- Have a positive attitude
- Each team tries to score a point by getting a player to home base (via 1st, 2nd, 3rd base)
- To tag a player out: hold ball and tag them or throw at them – below the head only!
- Kickers can kick, walk, or strike out
 - Kicked ball must be within bases
 - Walks = four pitches that aren't in strike zone
 - Strike out = three pitches that are not kicked but were pitched within strikezone



Youth Slide: Kickball

Player Positions (1 of 2)

OVERVIEW

- The goal is to help youth learn all the positions played in baseball and where those positions are played on the field.
- When the facilitator calls out the names of positions, youth either point or move to where that position is played on the field.

SET UP & PLAY

Option 1 (pointing to positions):

- Have youth stand at each of the 9 baseball positions (pitcher, catcher, first base, etc.).
- Call out the name of one position at a time and ask the youth to all point at that position.
 - If youth are not very familiar with the positions, start by calling them out in order for the first round order – [1 (pitcher), 2 (catcher), 3 (first baseman), 4 (second baseman), 5 (third baseman), 6 (shortstop), 7 (left fielder), 8 (center fielder), and 9 (right fielder)] – and then mix it in a second round.
- For example, if the facilitator shouts “second baseperson” everyone must point at the youth standing in that position.

Option 2 (moving to positions):

Examples of movement options: hop on one leg, hop with both legs, skip, high knees, slow-motion run, run, side-shuffle, lunge

- Gather all the youth at home base.
- Choose a type of movement from the list above (or make one up) for the first round of play.
- Next, tell the youth the type of movement to do to the position when you call out the name of the position.
- Then call out the name of one position and say GO!
 - For example, if the facilitator shouts “second” everyone must hop to where the 2nd baseperson would play.
- For the next round of play, choose a different type of movement and call out a different position.
- *Reminder: make sure to call out catcher even though the youth began at home plate!*

NOTE: If youth are not very familiar with the positions, you may want to call the positions out in order [1 (pitcher), 2 (catcher), 3 (first baseman), 4 (second baseman), 5 (third baseman), 6 (shortstop), 7 (left fielder), 8 (center fielder), and 9 (right fielder)].

If the youth are very familiar, you could make it more challenging by only calling out the number of the position instead of the name.

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Player Positions (2 of 2)

Materials & Requirements

- Bases/base-markers (to create a baseball field) or access to a baseball field

Suggested Lesson Pairing

- Baseball Positions
- Baseball Field Geometry
- Stadium or Roster Project

Kickball Rules

- Be a team player
- Have a positive attitude
- Each team tries to score a point by getting a player to home base (via 1st, 2nd, 3rd base)
- To tag a player out: hold ball and tag them or throw at them – below the head only!
- Kickers can kick, walk, or strike out
 - Kicked ball must be within bases
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Youth Slide: Player Positions

Fielding Activity

OVERVIEW

- This activity gives youth an opportunity to field balls in a manner that baseball and softball players do. Adjust the level of play to the experience level of youth and availability of materials (i.e. only use hard balls if youth have gloves; see below for details).
- At any level of experience this activity is a great opportunity to practice the growth mindset principles, especially “learning from mistakes” and “effort and persistence” and “praise the process.”

Reviewing the following video(s) may support your understanding of this activity:

VIDEO: Softball Infield Drills <https://www.youtube.com/watch?v=wmR1rRfUL4g>

(OPTIONAL VIDEO: Beginner softball throwing (watch just a few segments)

<https://www.youtube.com/watch?v=nZpzEo3r9aM>

SET UP & PLAY

1. Divide youth into two groups.
2. Remind them that this is an opportunity to cheer each other on and embody the growth mindsets mentioned above.
3. If youth have gloves, have the youth grab their gloves.
 - a. If youth have gloves and you have lots of space, you can use baseballs or softballs.
 - b. If youth do not have gloves, use softer balls (such as tennis, wiffle balls, or small dodgeballs).
4. Send half the group to first base.
 - a. Have them line up to prepare to take turns catching the balls from the fielders.
 - b. Make sure the youth line up at a distance that is safe from the incoming throws.
5. Choose where the youth will field and catch the balls:
 - a. For beginners or easier play, have the youth field the balls from near second base position and throw to first.
 - b. For experienced baseball/softball players or more challenging play, have the youth field the balls near the shortstop or third base position and throw to first base.
6. After a youth fields the ball, that youth goes to the end of the line at first base.
7. After a youth catches the ball at first base, that youth goes to the end of the line of the fielding group.
8. Play until each youth has had a chance to field and catch the ball (if time permits).
9. Close by celebrating the ways the youth embodied and exemplified the growth mindsets.

Materials & Requirements

- Balls (baseball, softball, tennis, wiffle balls, or small dodgeballs)
- A large space
- Bases or base-markers

Suggested Lesson Pairing

- Fielding Percentage
- Sports Vision
- Nutrition

Fielding Activity

- Do your best & learn from your mistakes
- When fielding, catch the ball and throw it to the person at 1st base waiting to catch the ball
 - Once you throw the ball, go to the end of the line near 1st base
- When catching, start with with one foot touching first base.
 - If needed, move to catch the ball then return to the base with the ball and touch the base with your foot again
 - Once you touch the base, drop the ball in the pile by the coach/teacher
 - Then go to the back of the line and wait to field the ball



Youth Slide: Fielding Activity

Ball Relay Activity (1 of 2)

OVERVIEW

- The objective is to pass/throw the ball from youth to youth from one end of the line to the other as quickly as possible (and back again, if you choose).
 - This can be done with larger balls such as basketballs, kickballs which can be bounce-passed or smaller balls such as tennis balls or whiffle balls which can be bounce-passed or thrown.
 - If youth have gloves, baseballs or softballs can be thrown.
- You need a large space (at least 30ft) for this activity to be done in lines. If your space is smaller, you can modify the activity and use a circle instead of lines.
 - For example, if you are confined to a classroom, you can have youth circle up around the edge of the room and work as one team, timing them to see how quickly they can pass/toss the ball around the entire circle. See “Small Space Modification below.”

SET UP & PLAY

1. Show youth the rules of play on the Relay Fielding Activity Youth Slide.
2. Divide the youth into teams of at least 6 youth per team.

NOTE: If you have less than 6 youth, keep all youth on one team and instead of competing with another team they will compete with themselves to see if they can do the relay faster each time.
3. Each team forms a line, with youth spaced about with 5-20 feet apart, based on these recommendations:
 - 10-20 ft for more experienced youth and/or a more challenging activity.
 - 5-10 ft for less experienced youth and/or an easier activity.
4. Give the youth at one end of each line a ball.
 - If timing the group(s), get the timer ready.
5. Count down or whistle to signify when they can begin.
6. When it's time to begin, the youth with the ball will pass/throw the ball to the next youth, who will turn and pass/throw to the next and so on until the youth at the far end of the line has the ball.
 - The line that gets the ball to the end first wins. You can end here or do more rounds, with or without the optional growth mindset addition below.
 - Optional growth mindset addition:
 - Ask both teams to quickly huddle up and answer these questions:
 - a. What worked well? Why did it work well?
 - b. How can we improve on what didn't work well?
 - Once they've discussed for 2 minutes, have them share one answer to each question and then give them a chance to put their ideas on how to approve into action and start the relay again.
7. To close, celebrate their teamwork and their use of growth mindsets!

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Ball Relay Activity (2 of 2)

Small Space Modification

- Instead of breaking the group into teams, tell the youth that they will work together as a team to see how quickly they can pass/throw the ball in a circle.
- Circle up the youth around the edge of your space; include yourself in the circle.
- Get the timer ready.
- Start by holding the ball and telling the youth which way you will pass it.
 - When the ball has returned to you, you will stop the timer.
- Count down or whistle to signify when they can begin.
- When it's time to begin, pass the ball to one of the youth next to you. That youth will pass/throw the ball to the next youth, who will turn and pass/throw to the next and so on until the youth the ball returns to you.
- Ask a few youth to answer these questions outloud to the group:
 - What worked well?
 - How can we improve on what didn't work well?
- After discussing for 2 minutes or so, give them a chance to put their ideas on how to approve into action and start the relay again.
- Repeat the above at least three times to see if the group can improve the time.
- To close, celebrate their teamwork!

Materials & Requirements

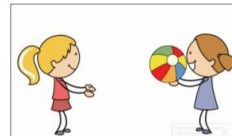
- Timer
- Gloves (optional)
- Balls (baseball, softball, tennis, and/or wiffle balls)

Suggested Lesson Pairing

- Fielding Percentage
- Sports Vision
- Baseball Statistics

Ball Relay

- Be a team player
- Have a positive attitude & learn from your mistakes
- Each team forms a line facing each other
- The goal is to pass/throw the ball from one end of the line to the other as quickly as possible
- Do not start before the count down/whistle
- Everyone in the line needs to hold the ball - no skipping!
- The line that gets the ball to the end first wins!



Youth Slide: Ball Relay

Homerun Derby

OVERVIEW

- The objective of the game is:
 - to give youth a chance to hit the ball as far as possible (i.e., hitting a homerun).
 - for youth to orient themselves properly in the correct positions on the baseball field.
- This activity can be done indoors (with wiffle balls and bat) or outdoors (with aluminum bats and tennis/baseballs).

SET UP & PLAY

1. Show youth the rules of play on the Homerun Derby Youth Slide
2. Create a line up for the youth so that they know who is batting and who is supposed to be on the field. Youth will rotate to the next available position; batter becomes the first baseman, etc. This helps the youth know where they are supposed to be with each rotation of the pitcher.
 - The pitcher can either be a facilitator or youth, whoever is more consistent and accurate.
3. Place fielders in the outfield (at least three, more if available) so that they can practice catching.
4. Pitcher should throw the ball towards the batter as softly as necessary to give the batter the best opportunity to hit the ball.
5. Youth who are not in the outfield should wait in line to bat.
6. Assign a catcher in case the batter misses so that the balls can be returned to the pitcher to keep the game moving along quickly.
7. If the batter hits the ball and an outfielder catches it, the outfielder should throw it back to the pitcher.
8. Each batter should get 5-6 pitches depending on how many batters are in line and how much time is allocated to the activity.
9. Once a batter completes their turn, they rotate to the outfield.
10. At the same time, an outfielder rotates to the back of the batter line and wait for their turn.
11. Play until every youth has had a chance to bat.
12. Close with a huddle or a team cheer to celebrate everyone!

Materials & Requirements

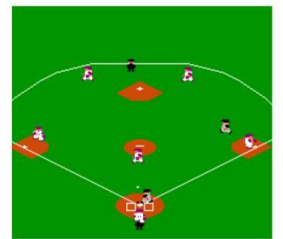
- Bats
- Gloves (optional, but necessary if using hard balls)
- Balls (baseball, softball, tennis, and/or wiffle balls)
- A large space
- Bases or base-markers

Suggested Lesson Pairing

- Baseball Positions
- Baseball Field Geometry
- Launch Angle

Homerun Derby

- Be a team player and celebrate everyone's effort!
- Have a positive attitude & learn from your mistakes
- The goal is to hit the ball as far as possible and to be in the correct positions on the baseball field
- If the batter hits the ball and an outfielder catches it, the outfielder should throw it back to the pitcher
- Each batter should get 5-6 pitches depending on how many batters are in line and how much time is allocated to the activity
- Once a batter completes their turn, they rotate to the outfield



Youth Slide: Homerun Derby

Dodgeball

OVERVIEW

- The objective of the game is to get all the players on the other team out by hitting them with a ball.
- The typical Dodgeball court is about the size of a small Volleyball court, with a centerline and 2 sidelines, but can be played in any open space that has a middle line (marked with cones, tape, etc.)
- Player can get “out” by 1) stepping over the centerline, 2) when a ball hits the player’s body, or 3) when a live ball is thrown and caught by an opponent.

Note: Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls, and are ineligible to get a player out. A thrown live ball can only hit out 1 youth.

How to play dodgeball: OFFICIAL RULES [4:09 mins]

VIDEO: <https://www.youtube.com/watch?v=rpnZvh8ginY>

SET UP & PLAY

1. Show youth the rules of play on the Dodgeball Youth Slide
2. Place 6 balls, split into 2 even groups, near the ends of the centerline.
3. Divide players into two teams and have all players line up equal distance from the center line.
4. Players may block a thrown ball with a held ball. However, if a player drops the blocking ball during the act of blocking, or if a player fails to make a clean block (as in, the thrown ball still ends up hitting or grazing your body afterwards), then that player is “out”.
5. When a player gets “out”, they line up on the side in the order you got out (think of it as being in an “resurrection” line).
6. If a teammate catches a ball, then one player at the start of that team’s “resurrection” line comes back into play after touching the wall (the teammate must be in the line at the time of the catch to be eligible to be brought back in).
7. Play until one team has only one player left*.
 - According to the International Dodgeball Association, “If the game comes down to 1 player per side, they have 10 seconds to hit each other out; if not, “Showdown” comes into effect. The game is paused, each player gets two balls, two balls are lined up at the ends of the centerline, and the centerline is dissolved. The first player to get the other player out wins.”
<http://playdodgeball.org/easy-dodgeball-rules>

Materials & Requirements

- Six balls that are soft / squishy
- Tape, cones, rope, or something to create a middle line

Suggested Lesson Pairing

- Throwing Speed & Distance
- Heart Rate
- Wingspan

Dodgeball

- Be a team player
- Have a positive attitude & learn from your mistakes
- You are out if: 1) you step on or over a sideline or centerline; 2) a thrown live ball hits your body; and 3) you throw a live ball and it is caught by an opponent
- A thrown live ball can only hit out 1 player. Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls, and are ineligible to hit players out
- You can be “resurrected” if a teammate catches a ball (one player resurrects)
- You can only hold a ball for 10 seconds, afterwards, it will be considered dead. Dead balls need to be rolled over immediately to the other team



Youth Slide: Dodgeball

Numbers Game

OVERVIEW

- The numbers game is ideally played with 20 youths.
- This is a test of both speed and accuracy since only the youth holding the number with the correct answer is eligible to run towards the baseball and throw it.
- Facilitators can decide whether to keep score and have the teams compete or just play for fun and have the competition be simply between the two players each time they run to the balls.

SET UP & PLAY

1. Set up a vertical target for the youth to throw a ball into/towards. This can be as simple as a piece of paper with a circle drawn on it taped to a wall or can be a net that is designed to catch thrown balls (or other creative solutions to making a target).
2. Set up two balls in front of the target at a distance that seems reasonable for the ability and age of the youth. Also use a type of ball that is appropriate for the setting and target-type.
3. Create two teams of 10 youth.
4. Have each team line up shoulder to shoulder facing the facilitator in parallel lines near the target.
5. Give each youth one of the 0-9 cards to hold. The number on their card becomes their number for this game, unless using the modification below:
 - a. If there are more than 10 youth the youth can either: a) share numbers and work in pairs or b) when one youth has a chance to throw the ball that youth passes their number to a youth who does not have one in hand.
6. The facilitator will yell out a math problem such as “what is 2 plus 2?”
 - a. Since the answer is 4, the youth on each team holding the number 4 run towards the baseballs, throw them, and attempt to hit the target before the other team does.

Tip: *only math problems with single-digit answers make sense for lower grade levels.*

Tip: *To increase difficulty, provide math problems that result in two-digit answers (although digits must be different from each other since there is only one of each number in each team). In these cases, both youth holding the numbers that make up the correct answer must run and throw the baseball towards the target.*

Example: $7 + 10 = 17$ (the youth holding the numbers 1 and 7 must both run to throw the baseball).

Other Examples:

$$2 + 2 = 4$$

$$3 + 5 = 8$$

$$9 / 3 = 3$$

$$50 / 10 = 5$$

$$1,000 / 1,000 = 1$$

$$2,000,000 / 1,000,000 = 2$$

$$6 / 1 = 6$$

$$10 - 3 = 7$$

(Continued on next page)

Numbers Game (2 of 2)

Materials & Requirements

- Two balls (baseball, softball, tennis, wiffle balls, basketball, dodgeball)
- Tape, cones, rope, or something to create a middle line

Suggested Lesson Pairing

- Baseball Statistics
- Stealing Bases
- Road Trip

Numbers Game

- Be a team player
- The goal is to work together to solve a math problem with your team
- You will get a card with a number on it, which is your number for the game
- After being given a math problem, help your group solve the math problem
- Then hold up the card(s) that with the correct number to answer the math problem
- Whoever has the card with the correct number on it then runs and throws the baseball towards the target



Youth Slide: Dodgeball

More Activity Ideas [Videos]

NOTE: Some of these videos are meant for facilitators to watch in order to then lead the activity/game and are not ideal for showing youth.

BASEBALL/SOFTBALL ACTIVITIES

10 Best Baseball Drills for 7-8 Year Olds |

Fun Youth Baseball Drills from the MOJO App [12:35 mins]

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ICEBREAKER-LIKE GAMES (for learning names)

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