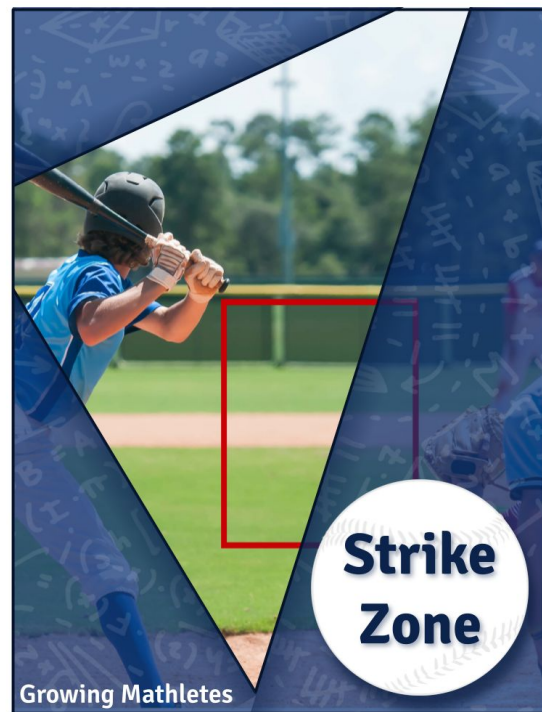


# Strike Zone

Activity	Time	Description
<b>Activity 1</b>	30 minutes	You will learn how to measure your strike zone and calculate the area.
<b>Activity 2</b>	30 minutes	You will practice throwing at your strike zone and calculate the number of balls and strikes thrown. You will also learn how mistakes provide valuable opportunities for learning.



# Strike Zone

“Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is.”

–Bob Feller

What does this quote mean to you?

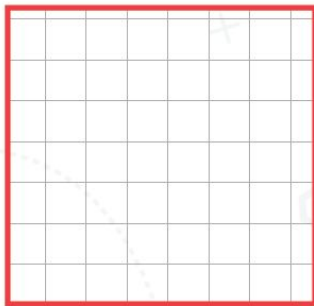
What message is Bob Feller trying to send?



## How to Measure Your Strike Zone



**HEIGHT**

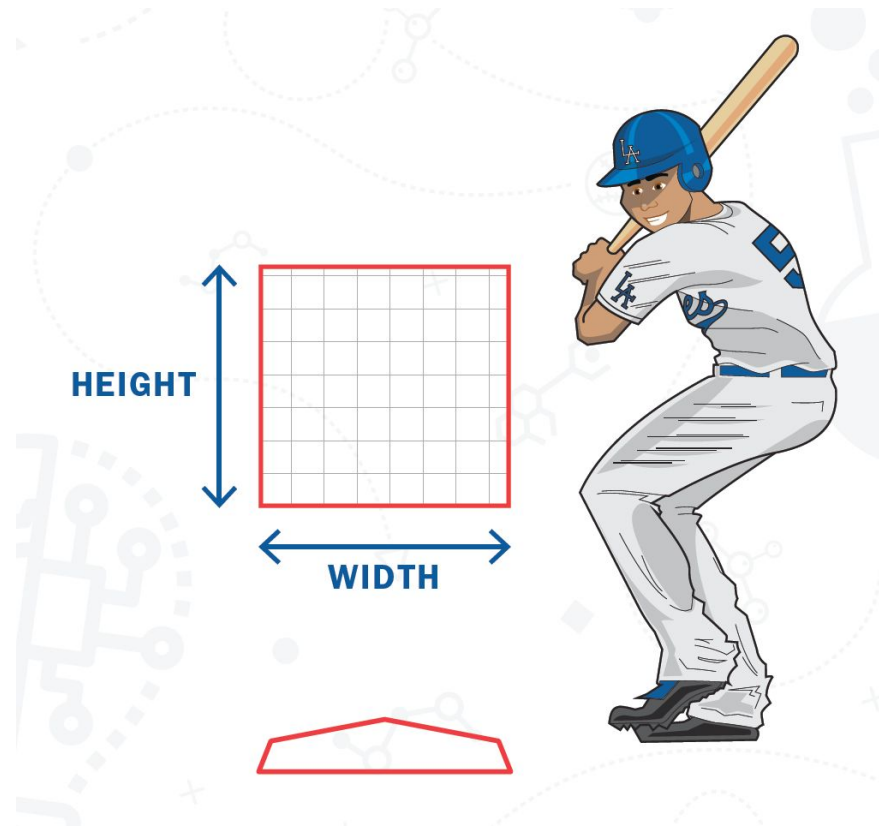


**WIDTH**

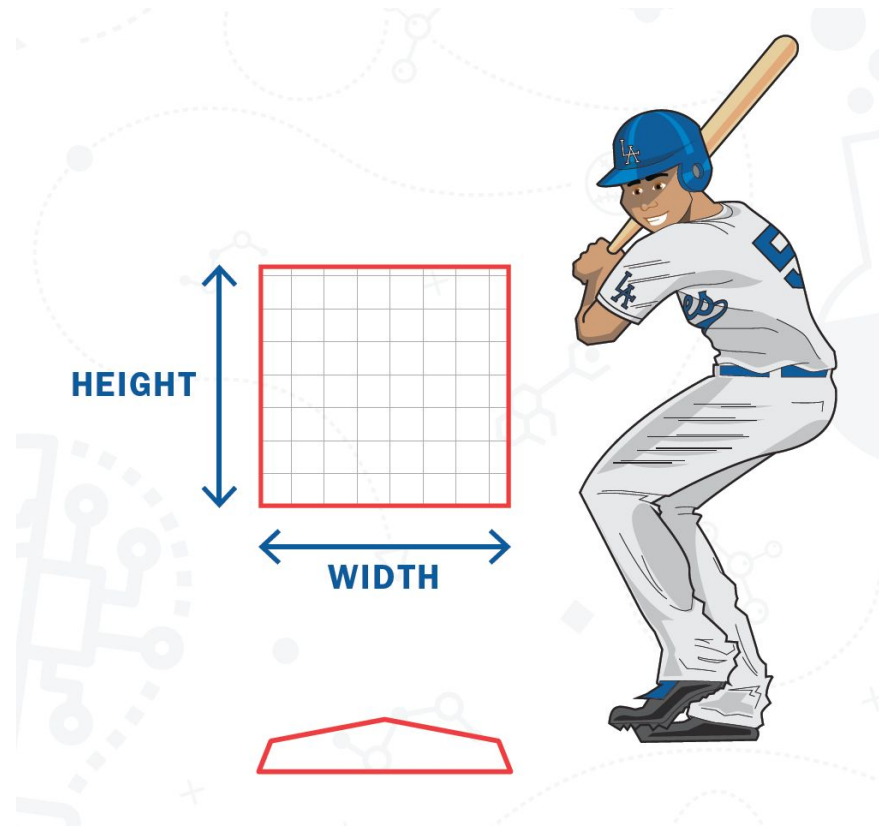


## Practice Calculating your Strike Zone

- The **width of your strike zone** is 17 inches (same as home plate)
- The **height of your strike zone** is measured from your knees to your chest



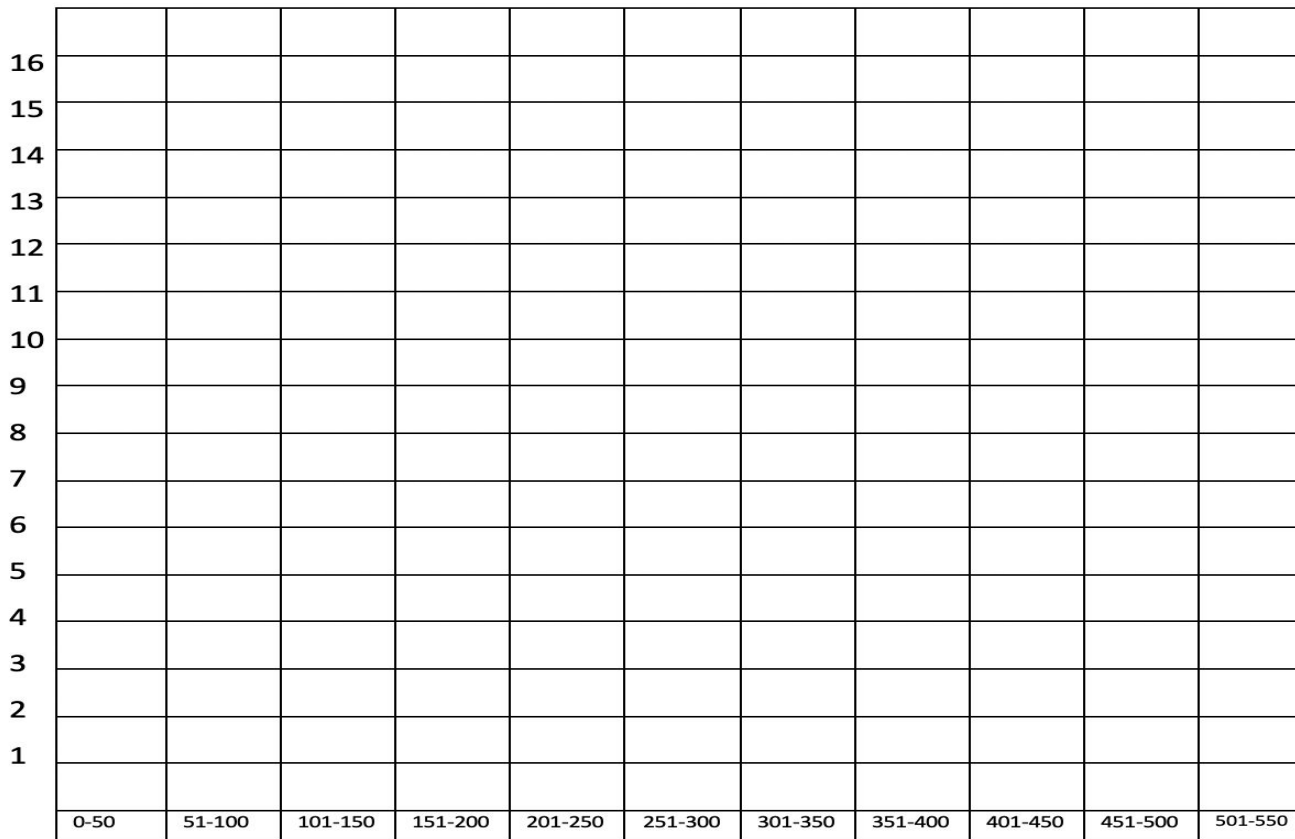
- Work with a partner to measure the **height of your strike zone** and record on Worksheet 1
- The **width of your strike zone** is 17 inches (same as home plate)
- **Draw your strike zone** on chart paper using the measurements
- **Calculate the area** of your strike zone. You can count the squares, or use the dimensions.





- What did you notice about your strike zone and your partner's strike zone?
- How were they similar and different?
- How can we describe and measure a strike zone?

## Histogram of our Strike Zone Area Data

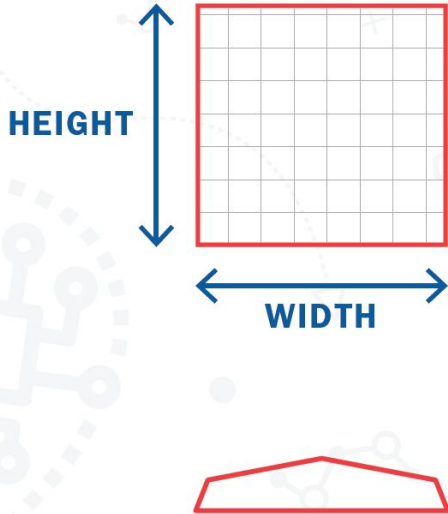




- What do you notice about the distribution of the data?
- What is the range?
- How is the data clustered?
- What is the shape of the data?
- Which interval shows the center of the data distribution?

- How can we describe and measure a strike zone?
- What does a histogram tell us about the area of our strike zones?

Throwing in our  
strike zone!



- Tape your strike zone on a wall. Make sure to stand next to it so you can tape it at the right height.
- Stand away from the wall and try to throw a ball inside your strike zone.
- Take 10 throws.
- Count the number of strikes and the number of balls.



- Reflecting on your strikes and hits, did it get easier over time?
- What adjustments did you make? How did you learn from throwing multiple times?
- Did you improve?

For pitchers, it is challenging to always throw a pitch into the strike zone and this can be frustrating for them.



Now think of a challenging skill you are trying to learn, like making baskets, or doing a trick on a skateboard, or shooting a goal, or trying to draw a person.

How does it feel when you make mistakes as you are trying to learn the new skill? What do you do when you make a mistake?



# Cal Ripken Jr.: 'Baseball Is A Game Of Frustration & Failure' | How I Made It | CNBC Make It.





- What did Cal Ripken Jr. do to learn from mistakes?
- Think of a time when you learned from mistakes in your own life.
- What was challenging at first?
- What helped you get through it?
- Share your example with a partner.