

Power Skills



Great Games

Moving skillfully and thinking strategically

CORNER BASEBALL

Ready

Learn The Skills

- Warm-up by doing some walking type activities then some light stretching.

Get ready for the pitch:

- Stand sideways to the pitcher.
- Hold the bat off your shoulder.
- Keep your elbows at chest height.
- Bend your knees.
- Feet shoulder width apart.

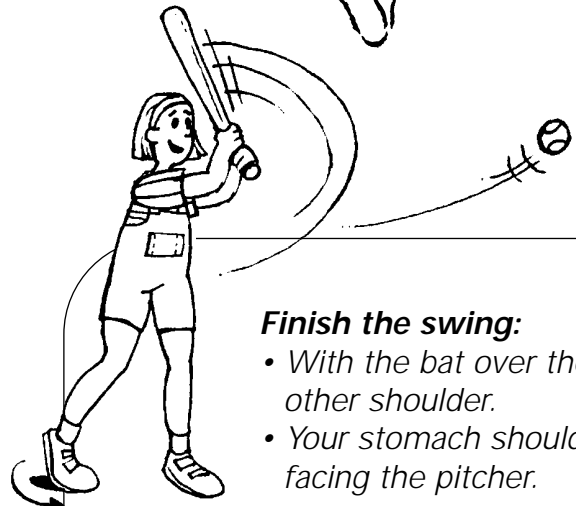
Hint: stay close enough to home plate that you can easily touch it with your bat.

As you swing:

- Eyes on the ball.
- Step towards the pitcher with your front foot.
- Pretend you are squishing a bug under the toe of your back foot.
- Turn your hips and shoulders towards the ball.
- The swing of the bat is level.

I Can...

- Step towards the pitcher with my front foot.
- Turn my hips and shoulders towards the ball.
- Keep the bat level as I swing.

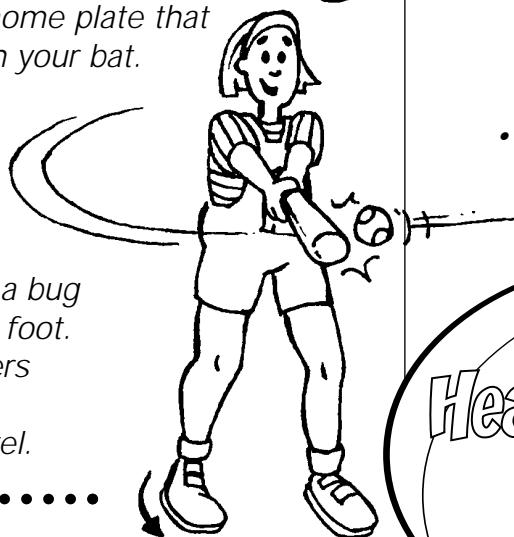
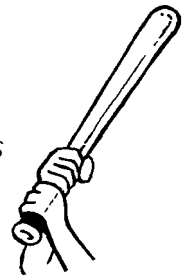


Finish the swing:

- With the bat over the other shoulder.
- Your stomach should be facing the pitcher.

Get a Grip!

- Grasp the bat at the base of the bat.
- Line up the knuckles of your upper hand with the middle knuckles of your lower hand.
- Ensure that your grasp is firm but comfortable.



Heart Leaders!

Invite a younger family member or neighbour to join you. Teach them what you know!



Power Skills

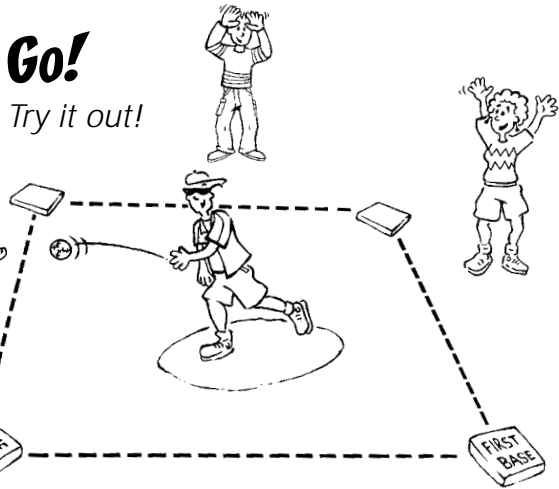
Set!

- Invite 2 - 4 friends to join you.
- Find an area to play that has 2 walls that make a corner.
- Decide on boundaries.
- Decide how many bases you want (hint - start with one and add more later) and where they are located.



Go!

Try it out!



Learn the Game

- Set home plate away from the corner so that the batter is hitting into the walls.
- Monica hits the pitch then tries to run the bases and back to home before the fielders get the ball and throw it back to the pitcher.
- If Monica makes it to home plate first, then she gets to bat again. If not then the next person bats and she becomes a fielder.



Think Success

Many people feel nervous when they are up to bat because of spectators. A trick good batters use before they go up to bat is to picture themselves successfully hitting the ball. Try rehearsing in your mind the proper form. Try to picture and feel the swing and making contact with the ball. By focussing on the successful actions, your mind will help your body make it happen!

Create Variations

- Play the game with 2 batters who exchange places when the ball is hit.
- Increase the number of bases and point value of the bases.
- Stay up to bat for 3 hits and add the number of runs scored.
- Change the size of the field area.

To make batting easier, try some of these ideas:

- Hit a ball that is on a tee (fill a flower pot with sand, then put a long wrapping paper roll in it).
- Pitch using a larger ball (e.g. beach ball).
- The pitcher can start closer to you and gradually move back.
- Remember to work on your swing first and then add power later.
- Don't get discouraged, batting is a difficult skill to learn!

