



LEAD UP GAME **ROADRUNNER** (20 min)



SKILLS:

Hitting off of a T, throwing, catching, base running, co-operation, teamwork

EQUIPMENT:

- 1 ball
- 4 bases
- Helmet
- batting T

ORGANIZATION:

2 teams of 6: 1 on offence (Roadrunners) and 1 on defense (Coyotes). Coyotes have a catcher at Home plate and the others at appropriate locations. Roadrunners have 1 player to hit the ball off a T from Home plate and others waiting their turn from a safe distance.

ACTIVITY:

- The Roadrunner hits the ball off the T at Home plate and runs around the bases trying to make it Home before the Coyotes get the ball back to the catcher at Home plate
- If the ball is caught, the “batter” is out
- Fielders may NOT run with the ball – it must be thrown home
- The adult may have to help at Home
- Count how many bases each Coyote touches before the ball gets Home

COACHES NOTES: