



LEAD UP GAME **WHACK-O** (60 min)



SKILLS:

Hitting, fielding, catching, running

EQUIPMENT:

- 1 bat
- 1 whiffle ball or safety ball
- 1 Home plate
- markers

ORGANIZATION:

2 groups of 6: one on offense, one on defense. Mark off playing area with cones so that a safe area is established that roughly follows the baseline from 1B around to 3B. The defensive team has a catcher and the rest of the players are fielders.

ACTIVITY:

- Batter can hit off a T or adult pitch
- Batter hits and runs to safety area. If possible, the player returns Home before a fielder retrieves the ball and tags them or hits them with the ball
- If tagged, the batter is out. If they reach Home without being tagged or hit, the batting team gets a run. If it is not safe to return Home, they can remain in the safety area
- The batter may hit the ball in ANY direction. If the ball is missed 3 times or a hit fly ball is caught, the batter is out. They are also out if the bat is thrown
- As soon as there are 3 in the safety area, the 1st runner there MUST run Home. Others may run or stay. Runners can run only after the ball is hit, but not on a caught fly
- Switch offence and defense after every player has a bat

COACHES NOTES: