

Variations on Strike/Run/Field games

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3-Person zone kickball – Kicking accuracy

Equipment: One playground ball and two poly spots per 3 players.

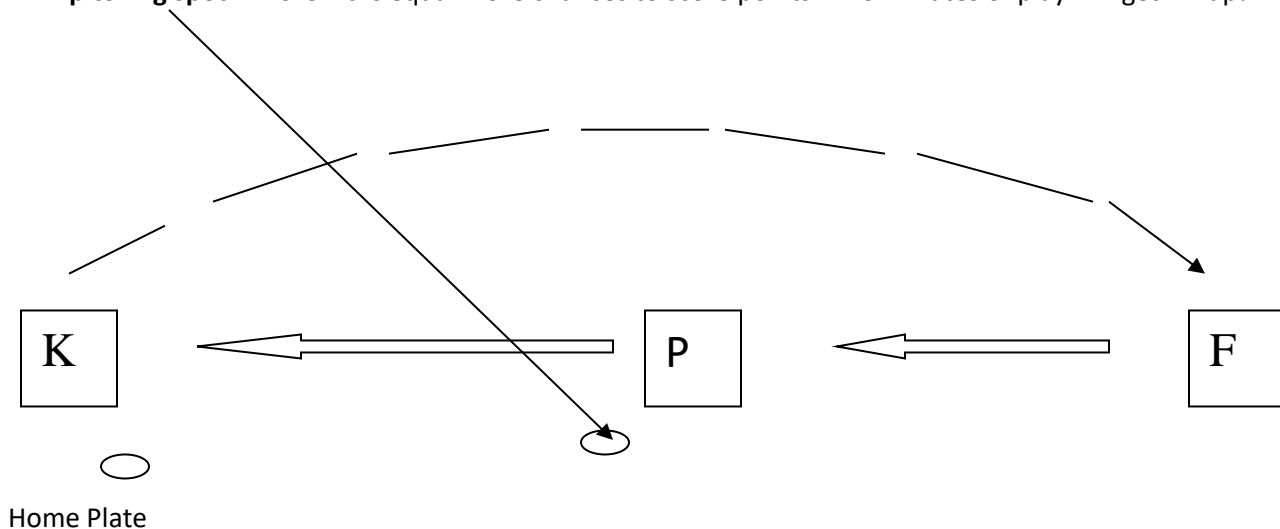
Why? This game is cooperative (within each team) and competitive (between teams) at the same time. Works on kicking for accuracy, catching, moving quickly to an object, and cardiovascular conditioning.

Players: 3 working as one team. One kicker, one pitcher, one fielder. Several 'alleys' can be set up side-by-side with one team in each alley (width determined by skill level of students).

Equipment: one playground ball and 2 poly spots per team.

Game play: Poly spots designate a 'pitching spot' and a 'home plate'. Pitcher rolls the ball to the kicker, who tries to kick it directly TO the fielder. If the fielder catches it on the fly, the team scores 5 points. If they catch it after only one bounce, score three points. If they stop it before it gets by them after 2 or more bounces, score 1 point. The ball MUST be played by the fielder and NOT the pitcher. Play for one minute, then change roles (Pitcher becomes Kicker, Kicker become fielder, fielder becomes pitcher). Play three rounds and add up points.

Aerobic version: After the pitcher rolls the ball, they move to home plate to become the kicker. When the kicker kicks the ball, they run to become the fielder. The fielder retrieves the ball and moves to become the pitcher. Players are in constant motion while focusing on rolling the ball accurately, kicking it accurately, and moving quickly to catch it. Accurate kicks allow the fielder to move quickly to the **pitching spot** – more kicks equal more chances to score points. Two minutes of play will get HR up!



2-Ball Rounders – Kicking and base-running skills, defensive tactics

Players: 2 teams

Equipment: (4) hula hoops or taped 4x4' squares for bases and a defensive "STOP" zone, (2) 10" balls, one polyspot for the kicking spot, 2 small cones for the scoring gate.

Game Set-up: Set up the "field" similar to a softball diamond with the "kicking spot" in place of the home plate. The defensive "STOP zone" is placed 15' to the right of the kicking spot, and the scoring gate is set up 15' left. One player from the fielding team stands in the "STOP zone".

Game play: The first two players on the kicking team each start with a ball. The first kicker places the ball on the kicking spot, sends it into the field of play, and starts running the bases. The second kicker then places their ball onto the kicking spot and waits to hear the word "STOP". The fielding team retrieves the ball and sends it to their teammate in the "STOP zone" as quickly as possible. When a defensive player and the ball are in the Stop zone they yell "STOP". If any runner is caught off a base when STOP is yelled they are out. Upon hearing the word "Stop" the second kicker will immediately kick their ball into the field. The fielder in the stop zone rolls the first ball to the next kicker who sets it onto the kicking spot and waits to hear "stop". Each team will kick twice through their order.

- a. Any runner may choose to leave a base or not.
- b. Any runner may pass another runner.
- c. There can be multiple people on any base.
- d. A point is scored if a runner makes it around all three bases and back through the scoring gate.
- e. The ONLY way a player can be "out" is if they are not on a base when the word "Stop" is yelled.

Aerobic Tee Ball - Striking aerobic fitness, throwing and catching

Players: Each player is an individual playing against all others.

Equipment: (1) whiffle-ball bat, 1 whiffle-ball, (1) tee or large cone, (1) small cone per field.

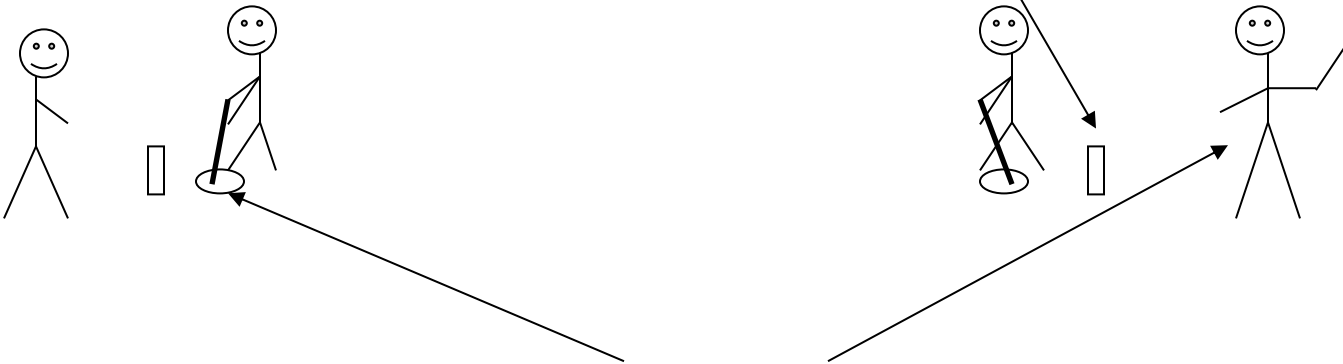
Game play: Set the Tee in a "home base" position, and set the second cone about 15' away in the field of play. One player starts as a batter and places the ball onto the tee. The batter sends the ball into the field and starts running laps around the small cone and the tee. Each cone/tee that is passed earns one point. The fielding team retrieves the ball, MUST pass it to each fielder and place it back onto the tee. When the ball is placed on the tee the runner stops. The batter becomes a fielder and a new batter from the field begins play.

Peggy ball - Striking and fielding concepts (baseball, softball, cricket)

Players: 2 teams of 2 players. You can add another team of two players as additional fielders who will rotate into the hitting area.

Equipment: 3 poly spots, 2 whiffle-ball bats, 1 whiffle-ball, 2 “wickets” (I have used empty tennis ball cans, 2-liter bottles, 2-3 soda cans stacked up, etc) for each 4 students.

Game play: One team begins as ‘batters’ – each with their own bat. One team is bowler/fielders.



Batters begin with their bats touching a **poly spot**. Fielder ‘A’ pitches the ball trying to hit the wicket at the opposite end. The pitch can arrive in any manner (on-the-fly or bounced). The batter may choose to swing at the pitch or not. It can be hit in ANY direction – including backwards. If the ball is hit, the batting team can choose to switch ends to score a run (they do not HAVE to run). Each batter must carry their bat with them as they travel. The batting team can elect to try for as many runs as possible with each hit (depending how far the ball travels). The batting team continues batting until they make one ‘out’. ‘Outs’ can be made in the following ways:

1. A fly ball hit by a batter is caught on-the-fly.
2. The wicket is hit by a pitched ball in any way (does not have to be knocked over)
3. The wicket is knocked over:
 - a. by the batting team (accidentally kicking or hitting it with their bat)
 - b. by a fielder with a ball (thrown or in hand) if a batter does not have their bat touching their poly spot as the wicket is hit (for example - this can happen when a batting team gets greedy trying for more runs).

If an ‘out’ is made, the teams switch roles (batters become fielders, and vice versa). If the pitch is not swung at, Fielder ‘B’ pitches toward the opposite batter.

The third poly spot is used as a ‘bonus run’ base, and set farther away from the hitting zone. After a hit, the batters can choose to run to the opposite end (1 run each time they change ends), or BOTH run to the ‘bonus base’ and then to the opposite batting end to score three runs. This is a decision that the batters need to make as a team after a hit. Until the both batters have their bats touching poly spots, the fielders can get them out by knocking over either wicket with the ball.