



KiwiBall Level One Lesson Plans

Introduction to KiwiBall

KiwiBall is an entry level game to the sport of baseball.

The program contains six (6) levels to coincide with the 6 years of Primary School and is also played within baseball clubs around the country. As an entry level to the sport, KiwiBall aims to get all players involved in the game to make sure it is fun and players enjoy their first experience of baseball and want to continue playing the sport.

An all encompassing game, KiwiBall is the ideal beginning to any athletes pathway through the different levels of the sport and gives children the ideal entry into one of New Zealand's fastest growing sports.

The ultimate goal of the KiwiBall program is to increase the number of Kiwi kids playing baseball around the nation.

KiwiBall Health & Safety

With the delivery of this program it is paramount that we ensure that we implement sufficient safety barriers in every session. The most important of these are as follows:

1. Ensure the class teacher is always around to help keep the kids at their best behavior. The familiarity of their teachers can make it far easier to contain large classes.
2. Make sure before each session that you gain the attention of every student when reminding them of the days rules.
3. Ensure that bats and balls remain in the gear bag (zipped up) until they are to be used.
4. Ensure that the safety cones are set at a far enough distance that it is almost over cautious.
5. If the class begins to get out of hand, have everyone stop what they are doing and sit down. Use this time to explain to them that if they do not calm down that the session will have to end early.
6. If you find that there is a student being unsafe and you are unable to get through to them, have them go and sit with their teacher and explain to the teacher why they have to sit out.



KiwiBall Skills

1. Running the bases
2. Using a glove
3. Swinging a bat
4. Throwing a baseball

Structure of a KiwiBall session

- Set up the bases as well as the cones for safety
- Coaches address children
- Skill is taught
- KiwiBall game is played
- Debrief if time permits

Typical KiwiBall game

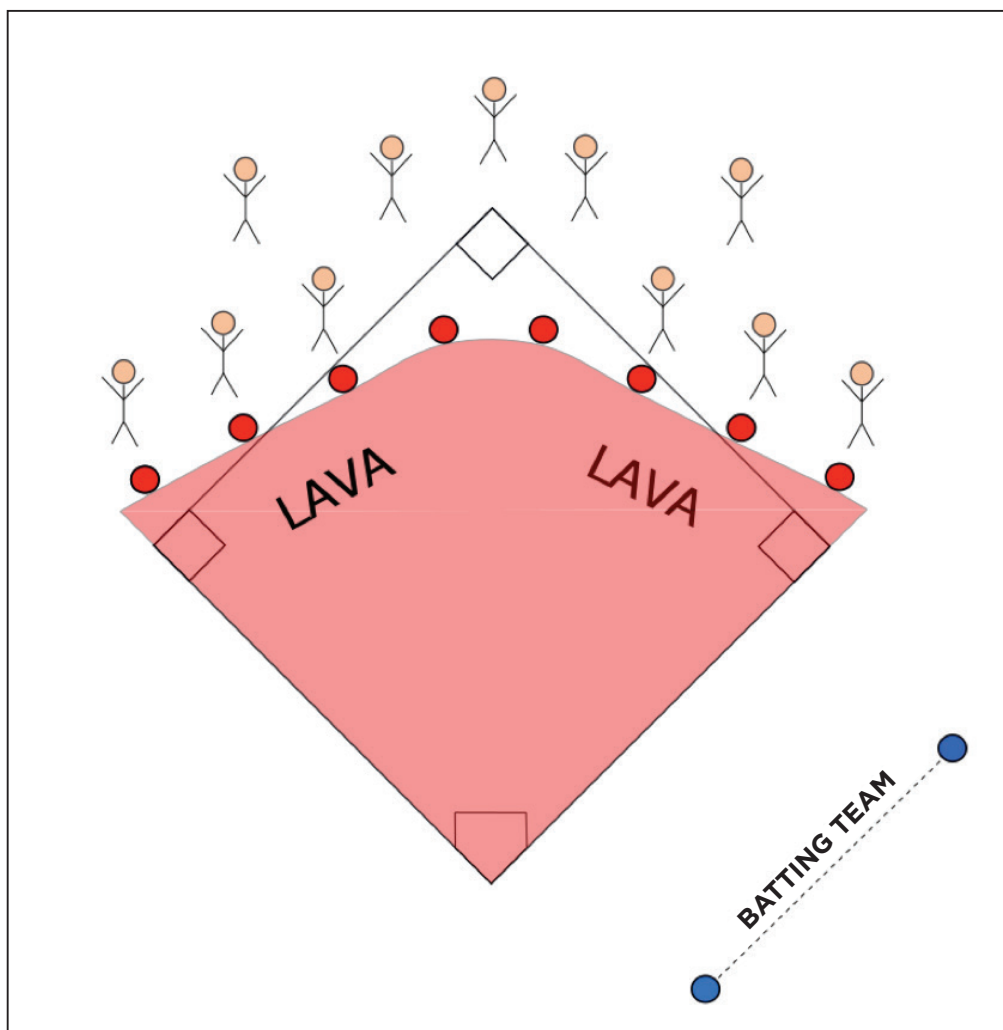
(differs slightly each session depending on the skill)

- Split into 2 teams (make up “cool” team names - eg scary animals, funny words)
- 1 team fielding
- 1 team batting, lined up behind a cone away from the tee.
- Each player gets to hit the ball and run a homerun.
- As the student hits coaches are to throw more baseballs for the fielding team to get. (It is ideal that there is a ball for every fielding child to prevent fighting)
- Team batting are to cheer the batter on.
- If batter struggles after 3 swings assist their swing!
- After everyone has had a turn side away.
- No score, if they ask 1 million to 1 million!

Lesson One - Running the bases

Prior to children arriving

Set diamond up. (12 strides between each base) Lava cones that circle on the inside of the bases (this is to keep the students back at a safe distance during the game.) Place two cones at a safe distance down the first base line, far enough apart to seat one team.



Once children arrive

Students take knee

Introduce KiwiBall - Ask 'does anyone know what baseball is?', let them know that KiwiBall is baseball for primary school children

Three rules -

1. Always listen to the coaches
2. Have fun and smile!
3. Be loud!

Lesson Aim - Learn the name of the different bases, and the correct way to run them. Bring attention to the fact that every base MUST be touched to score for your team.

Skill - Running the bases

Run to home. Everyone points and yells “home!” three times!

Run to 1st. Everyone points and yells “one!” three times

Run to 2nd. Everyone points and yells “two!” three times

Run to 3rd. Everyone points and yells “three!” three times

Run to home. Everyone points and yells “home!” three times!

Make one line behind home.

In a line, led by a coach, slowly jog round the bases.

At each base jump as high you can and land in the middle.

Yell the number of the base you are jumping on.



Class time trial

In a line, they will run around the bases as fast as they can and you can time them. One coach should run with them to help and when finished tell them their time and High 5 everyone.

Game (Refer to page 1)

(no gloves for the fielding team) – to split teams, go down the line giving students a 1 or a 2.

Debrief

Get students to point and yell at all bases.

Feed forward: Next weeks. Snakes and Crocodiles. Get to use a glove!!

Good sportsmanship: the high 5 was first done in a baseball game! Each student is to turn to the person next to them and give them a high 5 and say “good game!”

Finish

As students leave give them all a high 5!

Lesson Two - Using a glove

Prior to children arriving

Set diamond up. (12 strides between each base) Lava cones that circle on the inside of the bases (this is to keep the students back at a safe distance during the game.)

Once children arrive

Students take knee

Recap - 'does everyone remember the bases?', 'who can give me one of the three rules?'

Reiterate the 3 rules - 1. always listen to the coaches, 2. have fun and smile, 3. be loud

Lesson aim - Learn how to use a glove, bring attention to the fact that the glove hand is opposite to throwing hand. 'So we have to use both hands in KiwiBall!'

Warm up - Running the bases

Make one line behind home

In a line, led by a coach, slowly jog round the bases.

At each base jump as high you can and land in the middle.

Yell the number of the base you are jumping on (coach lead by example.)

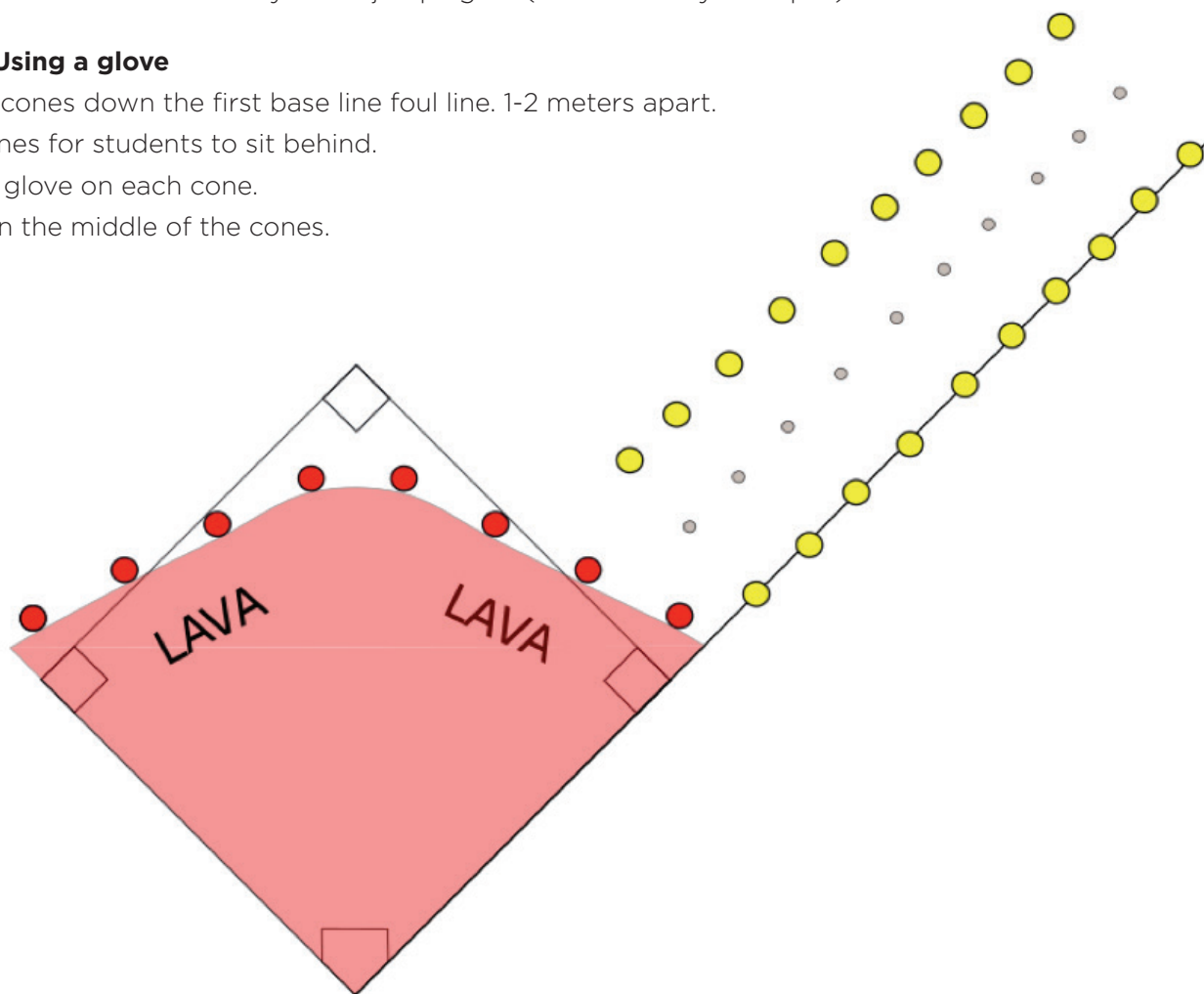
Skill - Using a glove

Set up cones down the first base line foul line. 1-2 meters apart.

Use cones for students to sit behind.

Have a glove on each cone.

A ball in the middle of the cones.



Have students on their knees sitting behind cones facing the ball.

Coaches to let students try put them on by themselves.

After a good try go and assist the players.

Demonstrate catching a groundball like a 'crocodile' and yelling "SNAP" when you trap the ball in your glove.

Demonstrate rolling a ball like a snake along the ground. When rolled hiss like a snake "sssssss".

Students to roll 10 balls back and forth.

If time permits, get students on their feet and repeat drill.

Segway into game. One line will go with a coach and line up and get ready to hit.

The other line will go to the outfield.

Using gloves during the game.

Don't throw with your crocodile hand.

Throw with your snake hand.

Game (Refer to page 1)

This week each fielder will have a glove in the field. An easy way to split into two teams is to take one side of the cones into the field, with their gloves still on, and the other side of the cones will drop their gloves and become the hitting team.

Debrief

Get students to put up their snake hand, "what does our snake hand do?" "Rolls/throws".

Get students to put up their crocodile hand, "what do crocodile love doing?" "Eat BASEBALLS!"

Feed forward: Next weeks. Batting! We get to hit BASEBALLS!!!

Finish

As students leave give them all a high 5!

Lesson Three - Swinging a bat

Prior to children arriving

Set diamond up. (12 strides between each base) Lava cones that circle on the inside of the bases (this is to keep the students back at a safe distance during the game.)

Once children arrive

Students take knee.

Reiterate the 3 rules – 1. always listen to the coaches, 2. have fun and smile, 3. be loud

Lesson aim – Learn how to hold and swing a bat correctly.

Warm up – Running the bases

Make one line behind home.

In a line, led by a coach, slowly jog round the bases.

At each base jump as high you can and land in the middle.

Yell the number of the base you are jumping on.

Skill – Swinging a bat

2 batting tees are required.

Students are to line up in 2 lines (1st base “dugout” and 3rd base dugout”).

Coach to stand by home plate and demonstrate hitting.

Tell every student to show you their imaginary baseball bat. Have them standing.

Grip- hands on either end on top of each other or in between. Hands must be touching.

Where to do position the bat? Pointing to the ground? To the sky? IN BETWEEN! Hands are to be around the shoulder level.

Feet- Are they together? Are you to do the splits? IN BETWEEN! Shoulder width apart.

Knees- Are we in a full squat? Are we straight legged? In between, a slight bend in the knees.

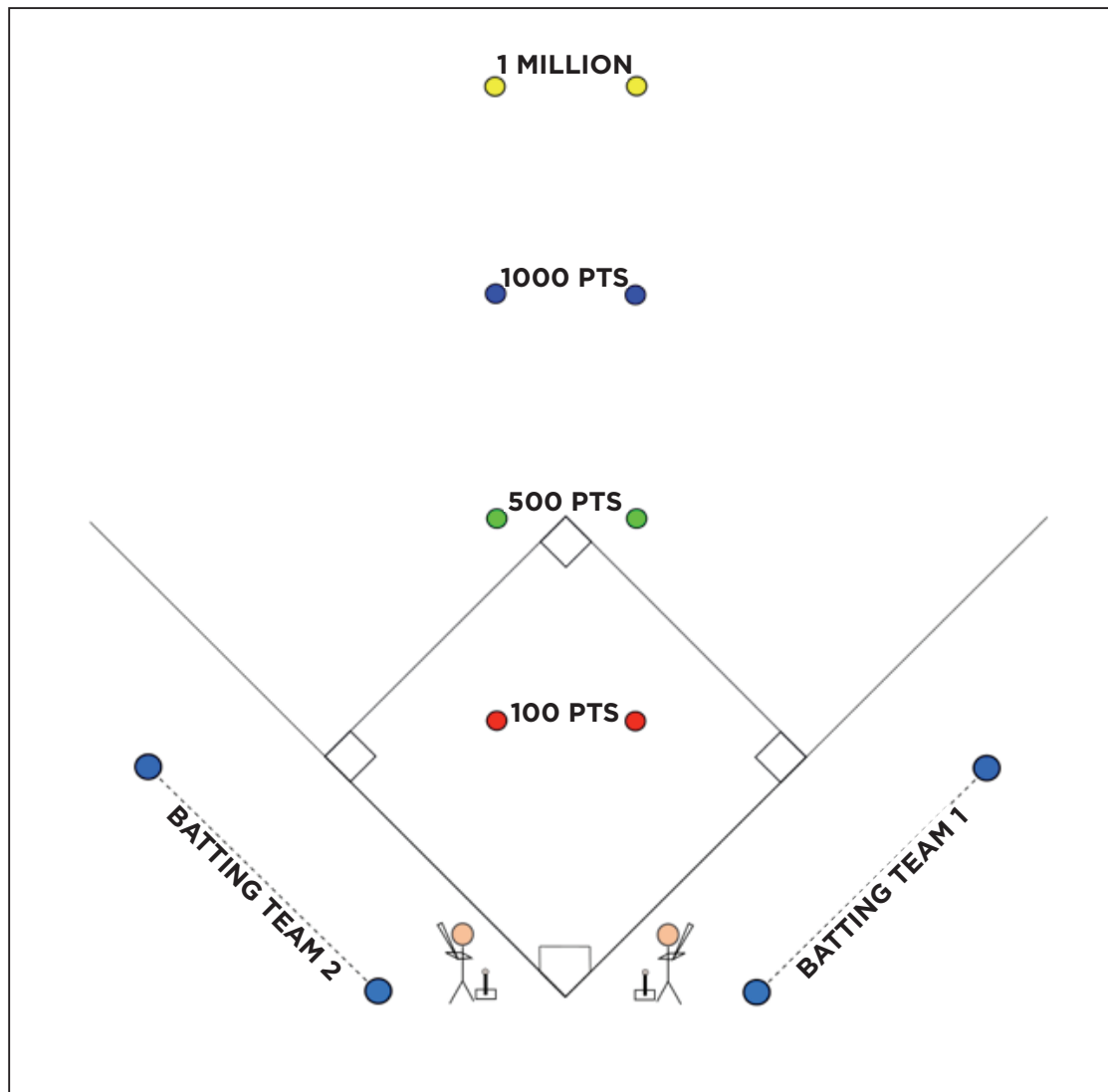
Students will take 5 swings each with their imaginary bats.

In their 2 lines, each student will have an opportunity to hit 3-5 balls off the tee.

There should be a coach at each tee.

Only 2 bats required (No practise swings with a bat).

Set cones out to set points for hit distance (every 5-10 meters) Allocate point value per cone etc. (make the far cones an extraordinarily high value to emphasise hitting it far!



How many points can you get?

After all of the balls have been hit, the entire group will run and collect the balls and put back into the bucket. After everyone hits, choose 1 team to become the fielders and one team will remain the hitters. (depending on time)

Game (Refer to page 1)

Because batting practice day takes the longest, if the session is any shorter than 45 minutes, it is advised to skip the game, to make sure that all the kids get to hit. If every child has hit and there is still a small amount of time left, you can give each child another 1-2 swings

Debrief

Get students to show you how they hold a bat and their stance.

“OK, everybody one last big swing”

Feed forward: Next weeks. Throwing, learn how to throw a baseball.

Finish

As students leave give them all a high 5!

Lesson Four - Throwing a baseball

Prior to children arriving

Set diamond up. (12 strides between each base) Lava cones that circle on the inside of the bases (this is to keep the students back at a safe distance during the game.)

Once children arrive

Students take knee.

Reiterate the 3 rules – 1. always listen to the coaches, 2. have fun and smile, 3. be loud

Go over last weeks hitting – “who remembers how to hold a bat?”

Lesson aim – Learn how hold and throw a baseball correctly.

Warm up - Running the bases

Make one line behind home.

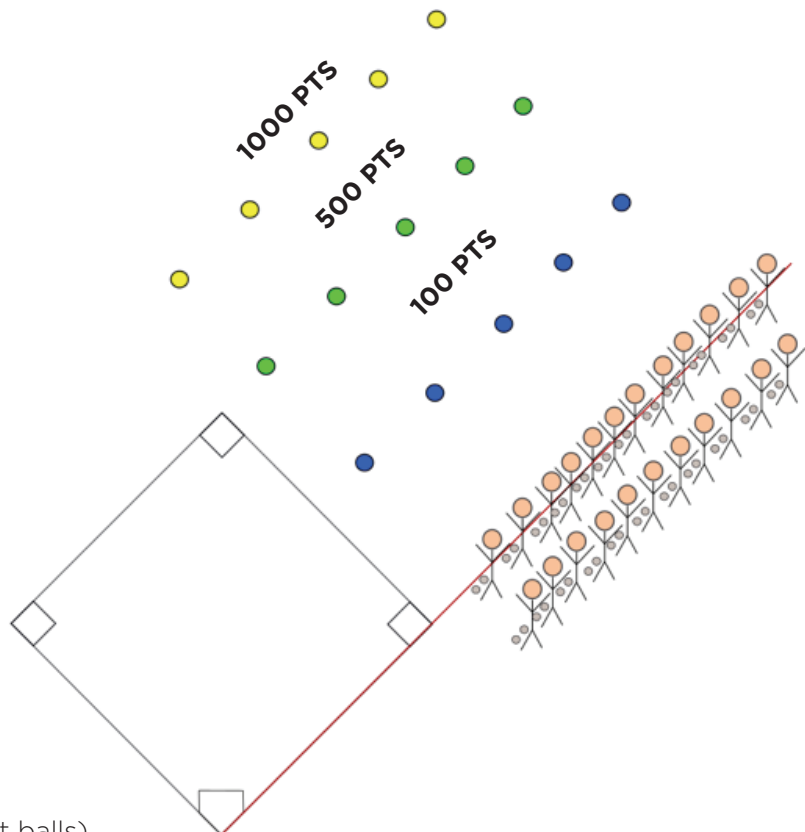
In a line, led by a coach, slowly jog round the bases.

At each base jump as high you can and land in the middle.

Yell the number of the base you are jumping on.

Skill - Throwing a baseball

Line the class down the foul ball line (often the classes will be too large to all go at once, if so split the class in two and have them alternate turns, like an old day firing line.



Give each student 2 balls

Put the balls by their feet

Give throwing instruction (without balls)

- Hands together and in front
- Like a bow and arrow, pull back your “snake” hand to your ear
- To make sure your hand is back far enough ring the phone (coach yells loudly “RING RING”).
The students will yell “HELLOOOOOOOO”
- FIRE! (students throw the ball as far as they can.)

With both balls on the ground. Ask the students what hand they hold a pencil with.

Students are to pick up the ball with this hand.

As a class go over instructions "A to D".

Set cones up every 5 meters and allocate points for throwing past the cones.

Everyone throws their ball together (twice, on coaches count) then everyone runs and collects the balls and return to their spots.

After 3 turns for distance, add the swiss ball for target practise.

Roll the ball from one end of the line to the next about 5 meters in front of the students.

Each student will fire one ball at a time trying to hit the swiss ball. 1000 points per shot.

Class combined score (repeat twice)

Game (Refer to page 1)

On throwing days, you can add throwing as part of the game:

After each ball is hit, a coach will throw enough balls for one each for the fielding team

Those on the fielding team will retrieve one ball each, then they run up to the 'lava cones' and attempt to throw their ball into the baseball bucket. A coach will stand behind the bucket to assist.

Debrief

Get students to show you their throwing action.

"OK, RIIING RIIING" students should all yell "HELLOOO".

Feed forward: Next weeks. Next week we will be playing a game of KiwiBall all lesson long!

As students leave give them all a high 5!