

★ ACTIVITY / HIT THE GAPS

FOCUS:

BATTING, STRIKING, HITTING THE BALL TO GAPS

EQUIPMENT:

1 BAT, 1 RUBBER BALL,
5 CONES PER GROUP



DESCRIPTION:

- ▶ Groups of 3 or 4 children, one adult per group.
- ▶ An adult should feed the ball underarm to the batters.
- ▶ The batters aim to hit the ball through the cones to score runs.
- ▶ 1 run for hitting the ball through the cones.
- ▶ 4 runs for hitting the ball through the cones and getting it past a fielder.
- ▶ After three deliveries, everyone rotates one spot.

MAKE IT EASIER:

- ▶ Use a scorcher ball
- ▶ Roll the ball
- ▶ Increase the distance between cones i.e. bigger target.

MAKE IT HARDER:

- ▶ Decrease distance between cones, or move them further away.
- ▶ Bounce and/or spin the ball to the batter.
- ▶ Add different colored cones – e.g. Hit between red cones for 2 points, blue 4 points, green 6 points etc.

