

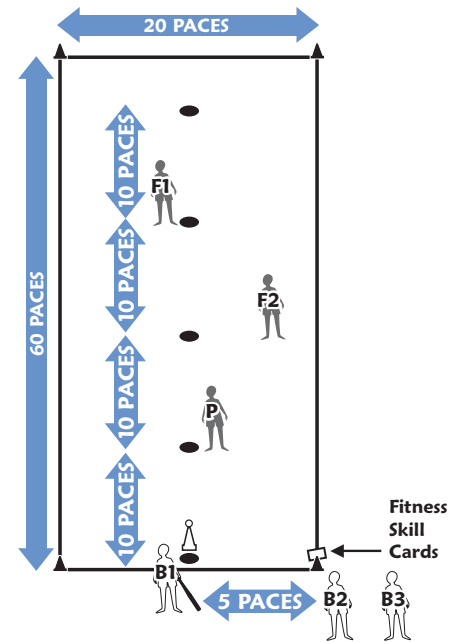


Prep

- 4 cones (for boundaries)
- 5 spot markers per 6 students
- 1 batting tee per 6 students
- 1 bat per 6 students
- 1 Wiffle® ball per 6 students
- *Fitness Skill Cards* with listed equipment (optional – SPARKfamily.org)

Set

- Create large (20X60 paces) rectangular grid per group of 6.
- In each grid, place home plate facing large open area. All grids face the same direction.
- Place 1 ball, 1 bat, and 1 batting tee in each grid.
- One spot marker is home plate, 4 others are 10 paces apart, in line with home plate.
- Form groups of 3, 2 groups in each grid.



Teach

1. In *2-Pitch Stickball* you will practice hitting and fielding balls in a modified softball game. The object is for the Batting team to score runs by hitting the ball past the field spot markers. The Fielding team makes outs by cleanly fielding hit balls.
2. Create Batting and Fielding teams (field with a Pitcher and 2 Fielders).
3. Pitcher throws 2 pitches per Batter. If a fair ball is not hit after 2 pitches, Batter uses tee.
4. Scoring:
 - Balls hit past 1st spot marker and not fielded cleanly = Single
 - Past 2nd spot marker and not fielded cleanly = Double
 - Past 3rd spot marker and not fielded cleanly = Triple
 - Past 4th spot marker and not fielded cleanly = Home Run
 - If ball is fielded cleanly (not dropped) = Out (includes pop flies and grounders)
5. “Ghost-runners” are used and advance only with additional hits. Hits push ghosts the number of bases scored (e.g., if a double was scored, a ghost runner is on 2nd base. If another double is scored, 1st ghost runner scores a run and 2nd runner moves to 2nd.)
6. There are 3 outs per ½ inning. Use a 5 run per inning rule (i.e., if a team scores 5 runs in an inning, they switch to defense). Continue until signal.
7. Complete fitness challenges when waiting (*Fitness Skill Cards*) 5 paces behind batter.
8. **Challenges**
 - How many runs can you score in an inning? How few can you allow?
9. **Think About...**
 - Why do you think it is important to practice fielding grounders cleanly?

2-PITCH STICKBALL

EXTENSIONS

Strike Zone Stickball

(Place a spot marker behind home plate as the slow pitch strike zone.) To get more practice hitting pitched balls let's add a strike zone. Three strikes and you're out. Four balls and you walk.

High Action Stickball

(Replace the Wiffle® ball with a ragball.) Let's increase the ball action in our stickball game by using a ragball. Ragballs come off of the bat faster, harder, and travel farther than Wiffle® balls so be ready before every pitch.



MULTICULTURAL INTEGRATION

Baseball and softball are a part of our nation's history. So is stickball! It originated in New York City as a pick-up game of baseball that required less equipment and could be played almost anywhere. Most early stickball players used broomsticks and rubber balls. Today there are stickball leagues throughout the Northeastern United States. Continue this multicultural heritage and start a stickball game in your neighborhood!



STANDARDS ADDRESSED

NASPE

#1, 2 Batting, pitching, fielding

#3, 4 Aerobic capacity, muscular strength

#5, 6 Cooperation, accepting challenges, encouraging others

Your State (Write in here)



TEACHING TIPS

- Use "soft" hands to field balls.
- Focus on trying to hit to open areas.
- Remember the 80-20 Rule. 80% "get it," after verbal instructions. The other 20% don't. Start anyway, get students moving, then help those in need.

NOTES
