

ROUND THE TRICERATOPS HORN

Time
🕒 10 minutes

Equipment

-  4x Bases
-  2x Foam Balls
-  6x Disc Markers
-  5x Hula Hoops
-  1x Bat

1x Tee



SET UP

- Set out four bases in a diamond shape.
- Lay out four hula hoops for the batting team to sit in and a 5th hula hoop next to home plate for the bat to be placed in.
- Lay out disc markers around the field as starting positions for fielders, two either side of home plate and then others scattered round the infield (see image)

SKILLS

Hitting • Baserunning • Fielding
• Teamwork •



HOW IT RUNS

- Split the children into two teams, the batting team should sit in the hula hoops whilst the fielding team goes and stands on the disc markers in the field.
- The first hitter steps up to the plate and hits the ball when the coach says GO! The hitter then drops the bat into the hula hoop and starts running round the bases.
- The first player to field the ball, passes or throws it to a teammate. And they then pass or throw to a different team mate. Once everyone on the fielding team has caught the ball, the last person then throws the ball back to the coach.
- The batter stops running once the ball is with the coach and waits at the base they are closest to.
- When the next hitter hits the ball, the any member of the batting team on a base can start running again.
- Once every player has had a hit, the team swap sides.

SCORING

- Award a point every time a member of the hitting team completes the circuit and steps on home plate.

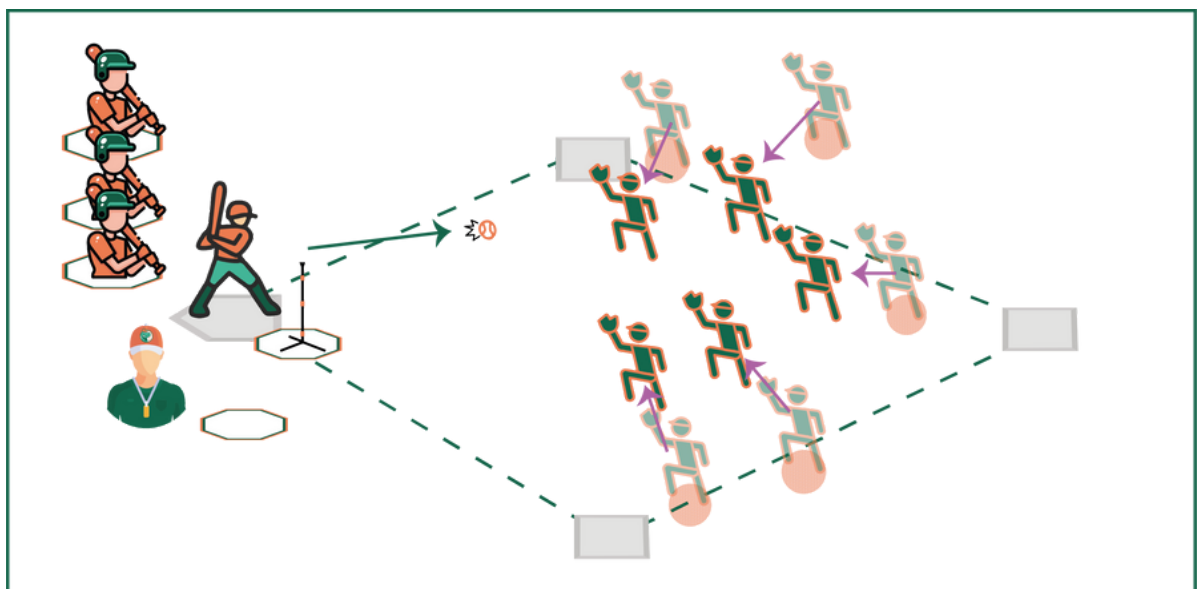
STEP PROGRESSION

EASIER

Space - make the distance between bases (and fielders) smaller
Task - award a point for every base a hitter steps on before the ball is returned to the coach
Equipment - use a bigger ball that is easier to catch or field
People - reduce the number of people playing

HARDER

Space - increase the space distance between bases
Task - fielders must throw to a target / 1st Base and hitters try to hit a pitched ball
Equipment - all fielders must wear gloves
People - fielders play in different positions and rotate around



COACHING TIPS

- Stand like a T-Rex and Hit it Hard
- Strong overhand throws to get to back to coach
- What do you do after you hit the ball? - Put the bat in the hula hoop and run to first base

REFLECTIVE QUESTIONS

- How can the fielding team work together?
- How can we remember to step on all the bases?