



WBSC

Baseball™



WHAT IS IT?



BASEBALL5 IS A NEW FIVE-ON-FIVE, FIVE-INNING, STREET VERSION OF BASEBALL & SOFTBALL THAT CAN BE PLAYED ABSOLUTELY ANYWHERE.

THE FAST-PACED URBAN DISCIPLINE IS HELPING LIFT BASEBALL & SOFTBALL TO NEW HEIGHTS.

BASEBALL5 OVERVIEW

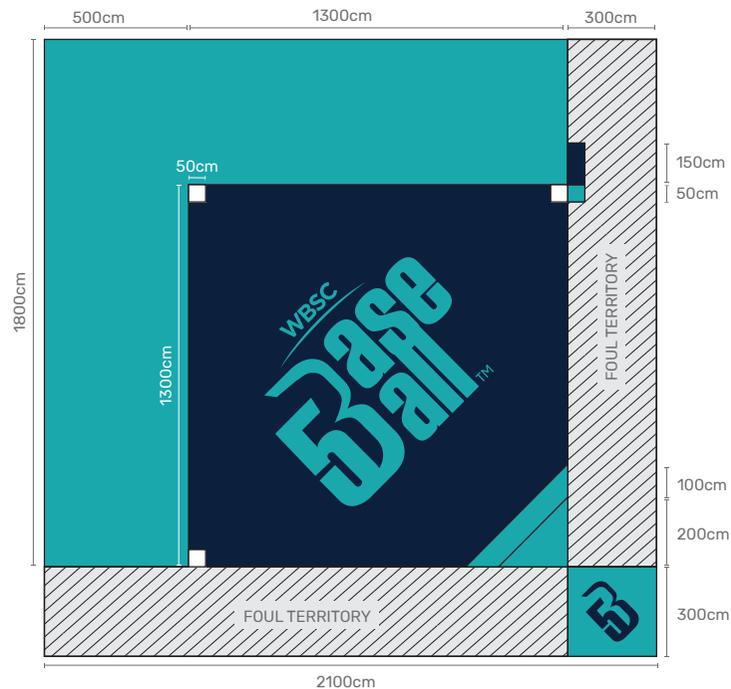


ALL YOU NEED IS A BALL



THE FIELD

Any space can be converted into a Baseball5 playing field. However, the ideal setup is as below:



THE RULES

- Teams are made up of five players on the field and up to three reserves
- The home team starts on defence with the away team hitting. After three outs the teams swap over. A game goes for five innings.
- Outs are made by:
 - touching the base, while in possession of the ball, in which a runner is forced to run to
 - catching a hit ball on the full
 - tagging a runner who is not on a base with the ball
- The team with the most runs wins the game. Runs are scored by working your way around the bases to home plate.

BASEBALL5 4 KEY SKILLS



HITTING



THROWING



CATCHING



RUNNING

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CATCHING MINI GAMES

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TARGET HITTING

PRIMARY SKILL USED



SECONDARY SKILL USED

N/A

EQUIPMENT REQUIRED

- › 1-5 Baseball5 balls per participant
- › Varying objects to be used as targets (boards, hula hoops, marker cones etc.)

CHANGE IT UP

- › Change the target type or size
- › Alter the objective that the ball must stop on the target not pass through or hit it
- › Vary the hitting style
- › Utilise defenders

OBJECTIVE

Players to strike the ball or balls at varying targets in the field.

LEARNING INTENTION

Participants explore different ways they can strike the ball for accuracy and control.



OVER THE LINE

PRIMARY SKILL USED



SECONDARY SKILL USED

Catching

EQUIPMENT REQUIRED

- ▶ 1-3 Baseballs
- ▶ 5 Balls per group
- ▶ 6-10 markers to identify the line to defend

CHANGE IT UP

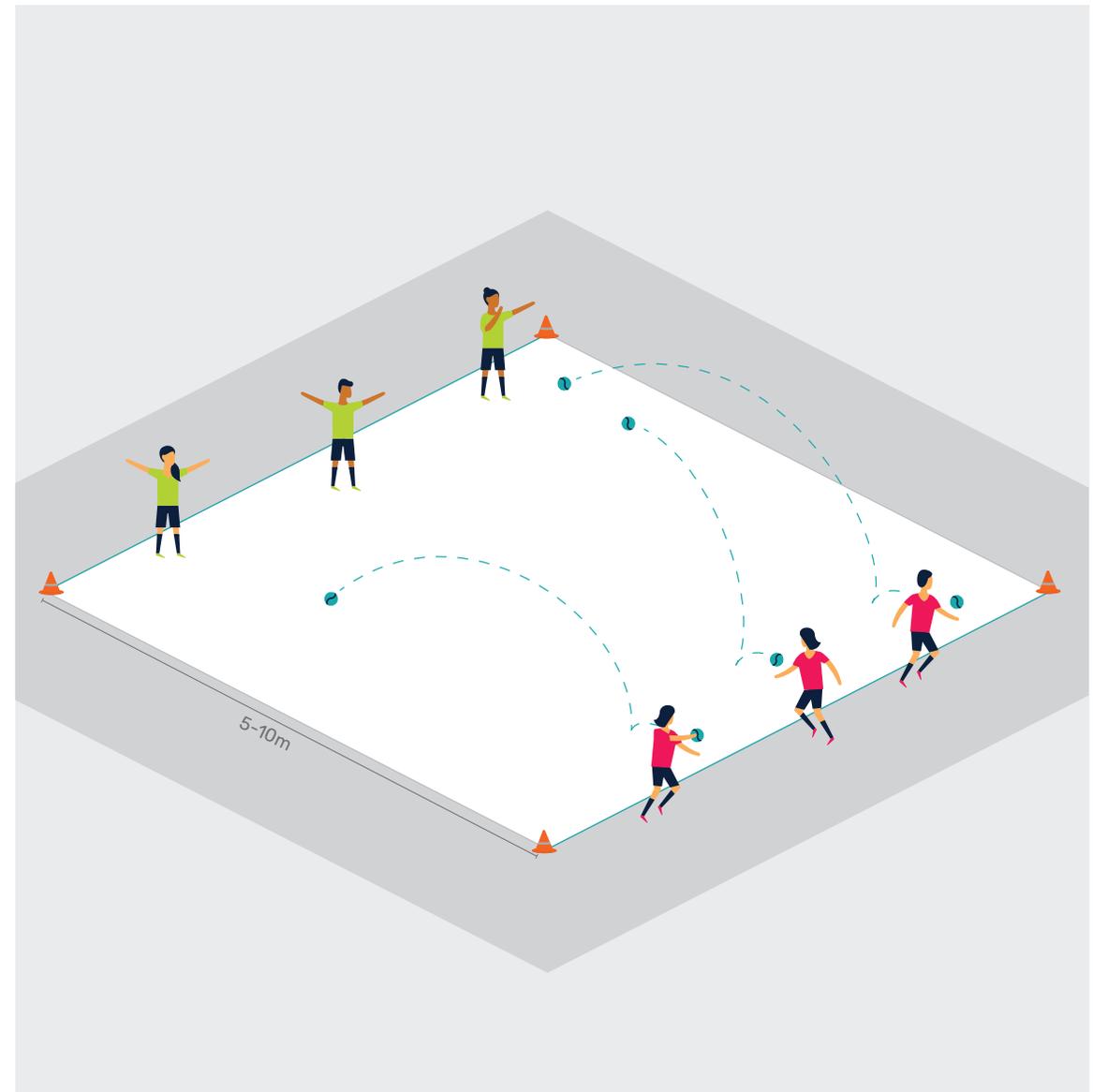
- ▶ Increase or decrease the distance between the lines
- ▶ Increase or decrease the defenders
- ▶ Vary the ball type

OBJECTIVE

Players on opposite sides approximately 5-10m apart must aim to strike the ball over their opponents line.

LEARNING INTENTION

A game which requires accuracy and strategy of Hitting whilst the defence must utilise tactics to best defend their line.



RACE TO THE BASE

PRIMARY SKILL USED



SECONDARY SKILL USED

Catching, Throwing, Running

EQUIPMENT REQUIRED

- ▶ 1 Baseball
- ▶ 5 ball per game
- ▶ A base or marker to define the hitting zone and first base
- ▶ 6-10 markers to define the field boundary

CHANGE IT UP

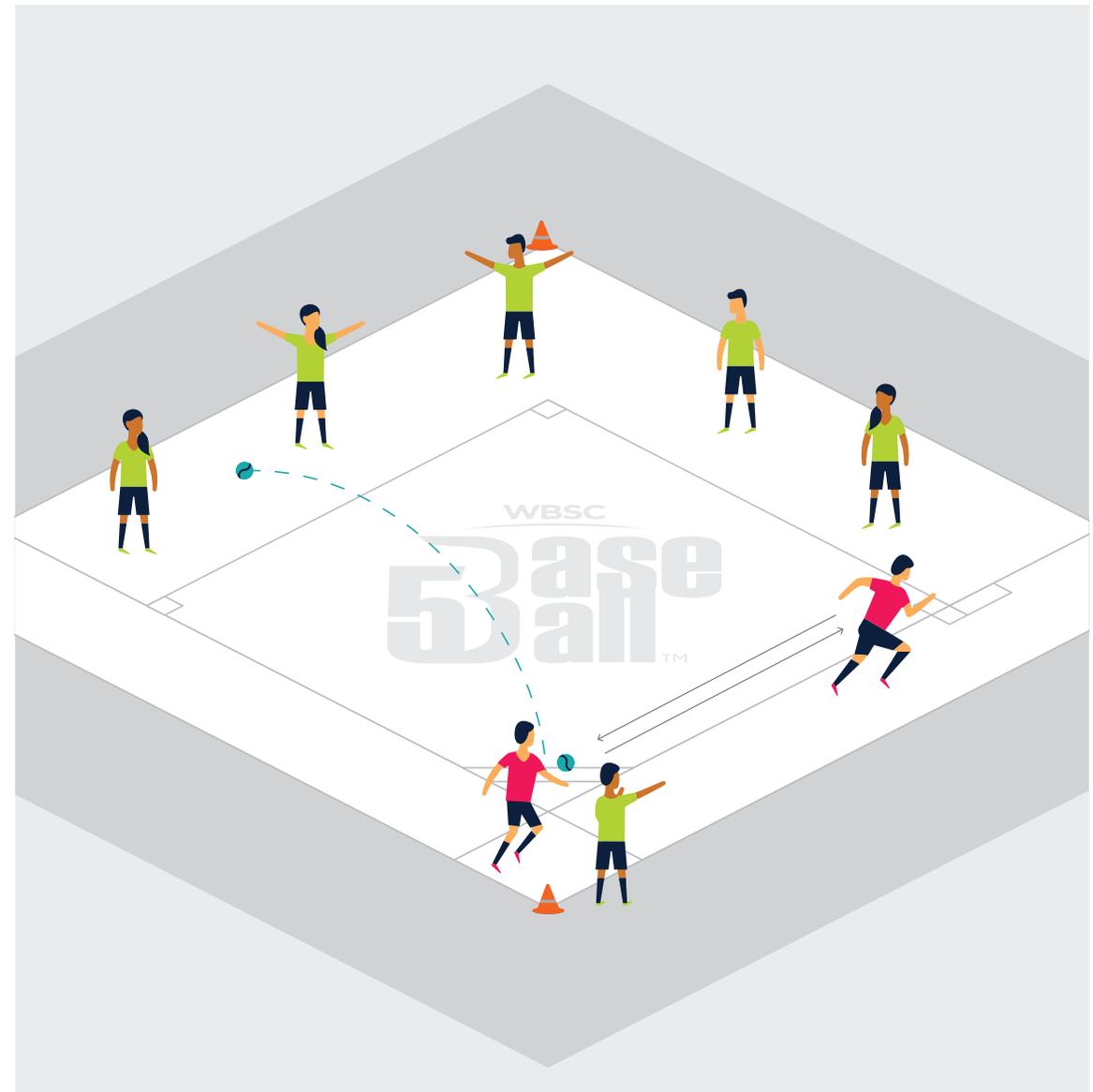
- ▶ Increase or decrease fielders
- ▶ Utilise multiple balls at once
- ▶ Increase or decrease distance between the hitting zone and first base

OBJECTIVE

Hitters strike the ball into the field, and run back and forth between first base and home as many times as possible before the fielding team returns the ball to the hitting zone. Hitters rotate.

LEARNING INTENTION

A hitting game requiring the hitting team to utilise accuracy and distance to increase their chances of multiple points.



BATTERS BONANZA

PRIMARY SKILL USED



SECONDARY SKILL USED

Catching

EQUIPMENT REQUIRED

- ▶ 1-3 Baseball5 balls per game
- ▶ Markers or targets for players to strike

CHANGE IT UP

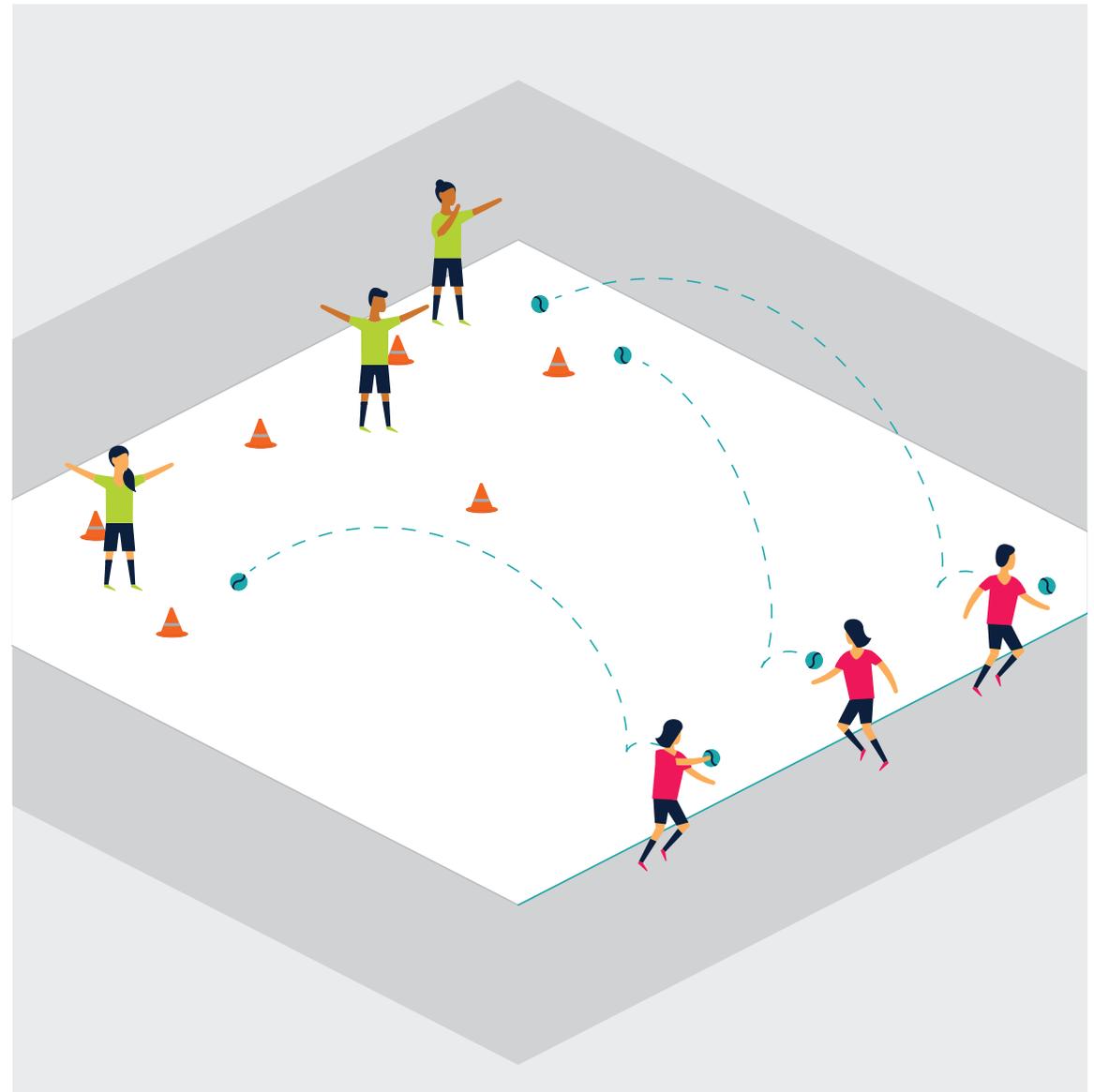
- ▶ Utilise more or less defenders than targets
- ▶ Vary the target types and distances
- ▶ Use multiple balls at once

OBJECTIVE

Hitters strike the ball aiming to hit one of the targets all worth different points, whilst defenders are trying to stop the ball.

LEARNING INTENTION

Requires accuracy and control when hitting.



MULTI-BALL BASEBALL

PRIMARY SKILL USED



SECONDARY SKILL USED

Throwing, Fielding, Running

EQUIPMENT REQUIRED

- › Bases
- › Markers
- › Baseball5 balls

CHANGE IT UP

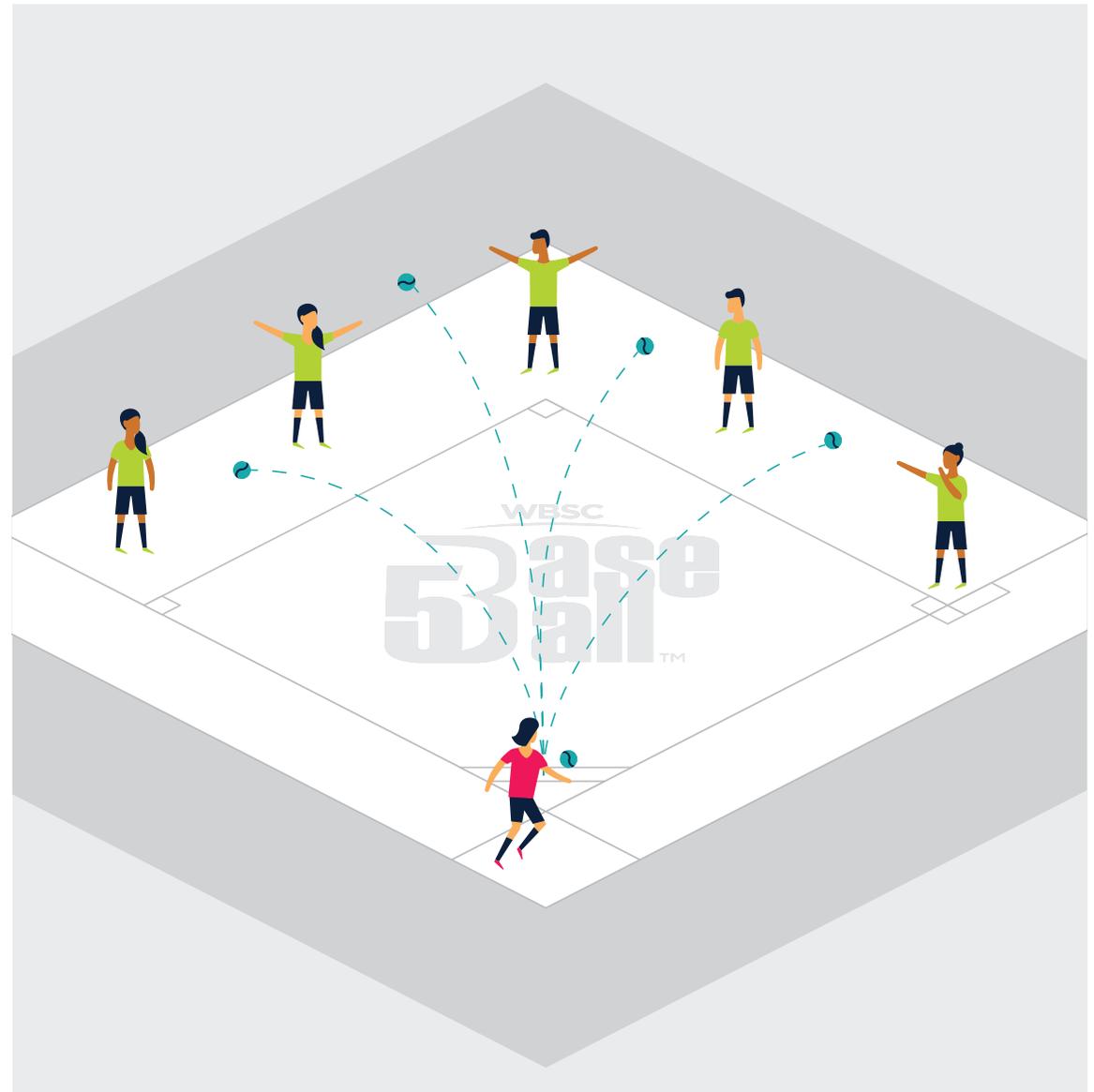
- › Freeze fielders until all the balls are hit
- › More or less fielders
- › More hitters at the same time
- › More or less balls

OBJECTIVE

Player will strike 5 balls into the field and run as many bases as possible before the fielding team returns all balls to home plate.

LEARNING INTENTION

A fielding game that develops teamwork. Participants develop throwing, catching, fielding and Hitting skills with focus on shot placement and positioning.



PRIMARY SKILL USED

THROWING

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- 4 Markers
- 1-3 Baseballs
- 5 balls per participant
- Larger ball as the target (exercise ball, soccer ball etc.)

CHANGE IT UP

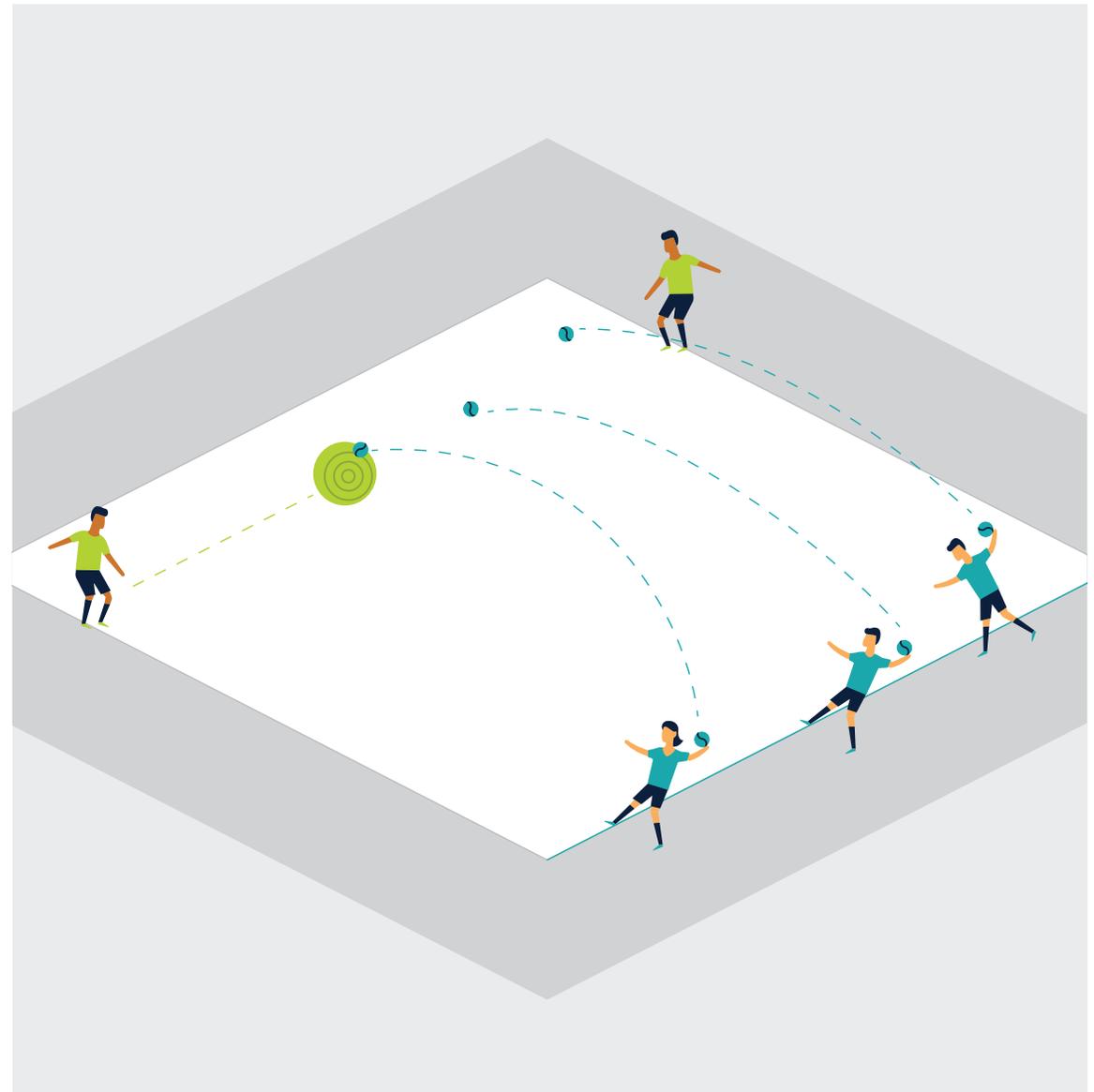
- Vary the size of the target ball
- Roll multiple target balls
- Vary the type of ball the thrower uses
- Vary the speed and distance of the rolled ball
- Bounce the target ball

OBJECTIVE

Teams aim to throw a ball or multiple balls each at a bouncing ball of varying size moving parallel to them.

LEARNING INTENTION

A target activity where the target moves. This requires a combination of throwing skills and anticipation.



PRIMARY SKILL USED

THROWING

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- 4 markers
- 1-3 Baseball5 balls per participant
- Exercise ball

CHANGE IT UP

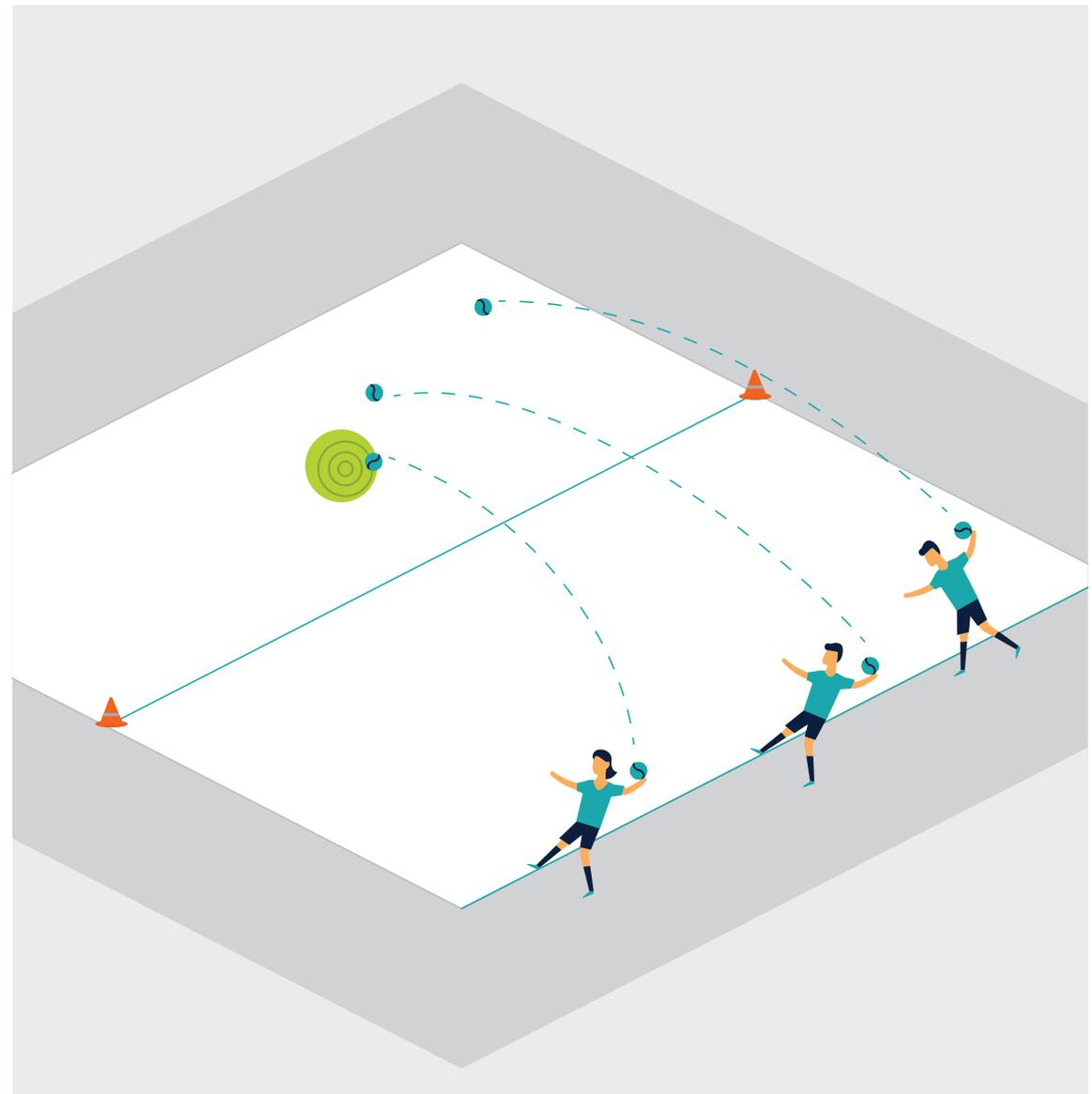
- Vary the balls thrown or the target ball
- Increase or decrease the time or number of throws allowed
- Make it a race

OBJECTIVE

Teams throw balls at an exercise ball from a line to push it as far away as they can in a set time or set amount of throws.

LEARNING INTENTION

A target activity that combines accuracy, tactics and fun.



LONG THROW

PRIMARY SKILL USED

 **THROWING**

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- › 6-10 markers to mark a start line and distances
- › 1-3 Baseball5 balls per participant

CHANGE IT UP

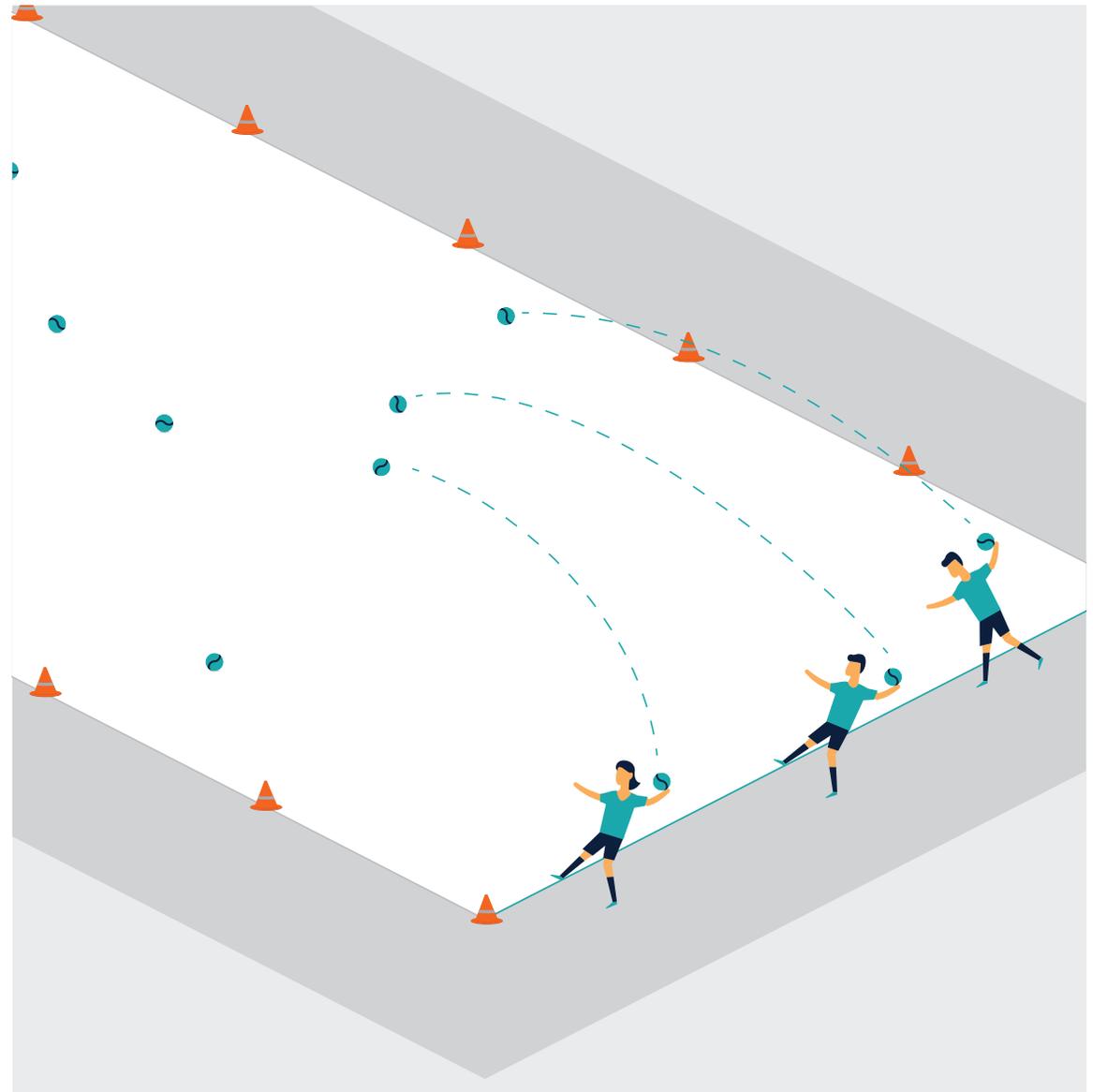
- › Vary the ball type
- › Add in targets at set distances
- › Standing throws and run up throws

OBJECTIVE

Each player throws a ball or multiple balls for distance. Players are encouraged to experiment with different throwing styles.

LEARNING INTENTION

A distance throwing game that requires self-exploration for the best methods.



TEAM DISTANCE

PRIMARY SKILL USED

 **THROWING**

SECONDARY SKILL USED

Running, Catching

EQUIPMENT REQUIRED

- ▶ 1 Baseball
5 ball per team

OBJECTIVE

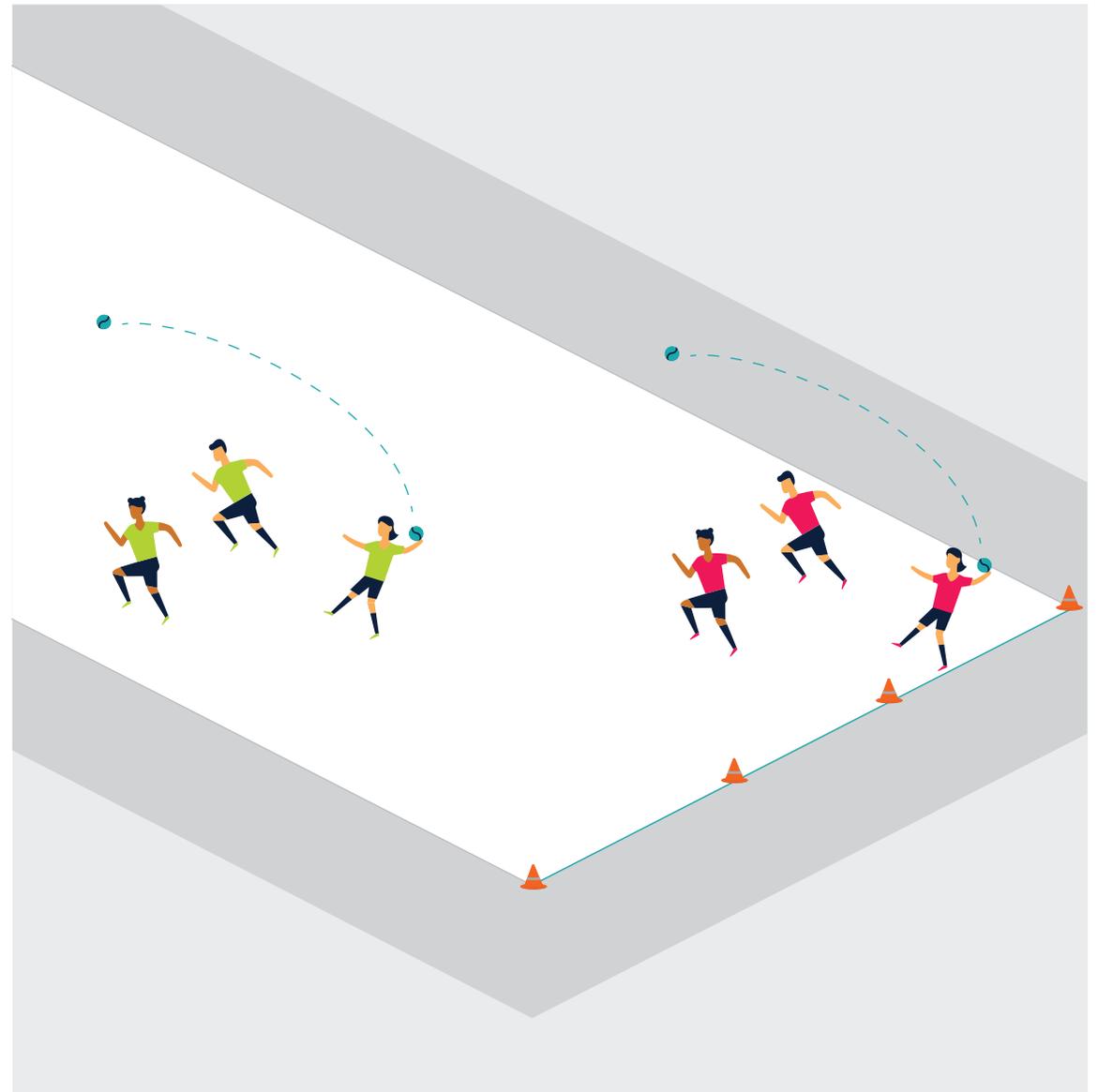
5-10 throws as a team to throw the ball as far as possible. Teams throw the ball, run to it and then the next person throws and so forth until everyone has thrown the ball.

CHANGE IT UP

- ▶ Vary the throwing style (standing vs. run up, overhand vs. underhand)
- ▶ Make teams have to catch the ball on the full or one bounce before making their next throw

LEARNING INTENTION

A distance throwing game that requires self-exploration for the best methods.



FORCE 'EM' BACKS

PRIMARY SKILL USED

 **THROWING**

SECONDARY SKILL USED

Catching

EQUIPMENT REQUIRED

- ▶ 6-10 Markers to mark the goal lines and boundaries
- ▶ 1 Baseball 5 ball per game

CHANGE IT UP

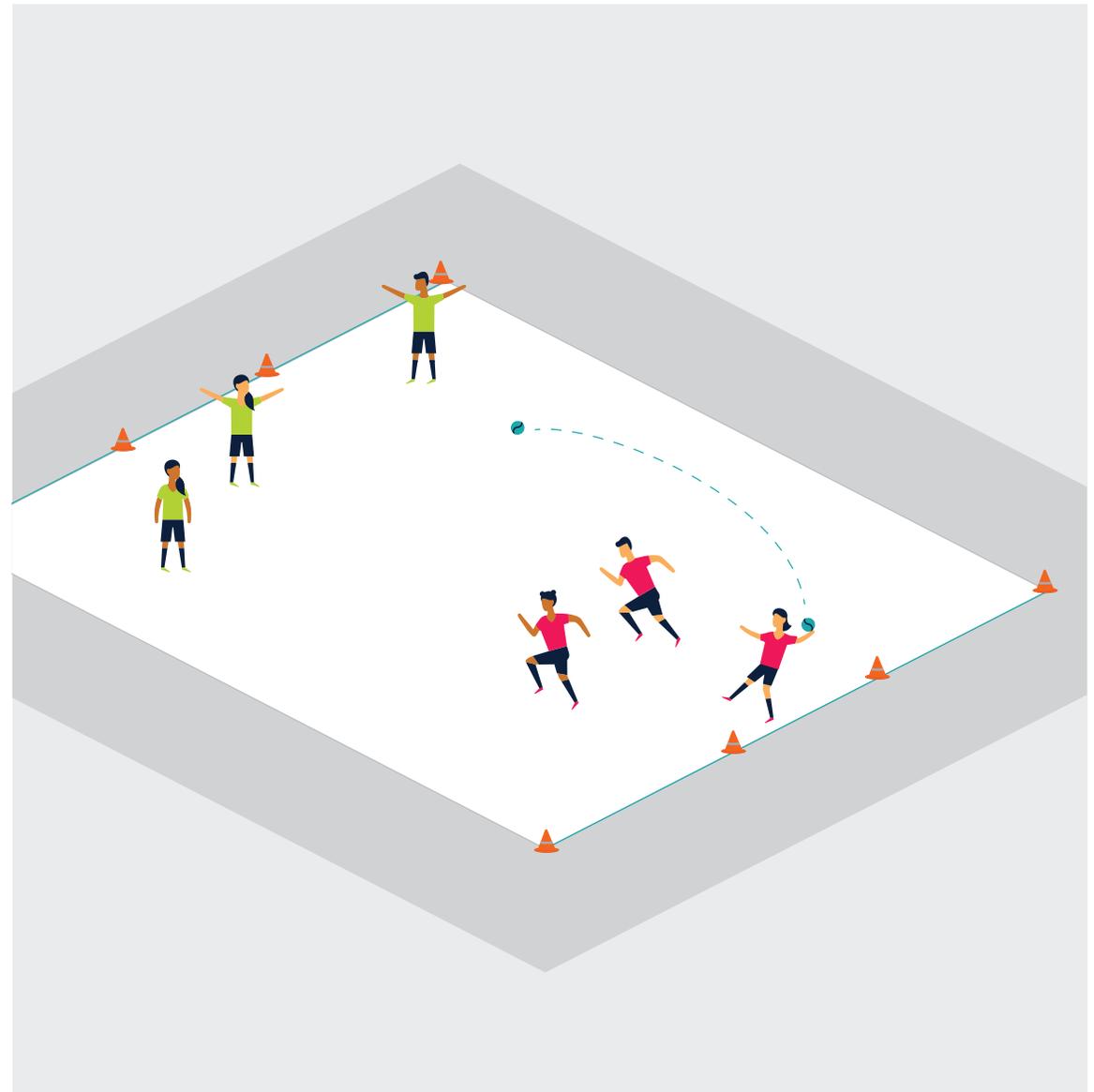
- ▶ Increase or decrease the distance between goal lines
- ▶ Allow for balls to be caught on one bounce
- ▶ Have a timer for a player to throw the ball
- ▶ Increase or decrease the team sizes

OBJECTIVE

Teams vs. each other aiming to force their team back into their own goal line. They do so by throwing the ball for distance or strategically to gain ground on their opponent. If their opponent catches the ball on the full, they may take 3-5 running steps forward before having their return throw. Ensure players rotate through turns in throwing.

LEARNING INTENTION

This is a throwing and catching game challenging the teams strategy and usage of space and time.



DEFEND THE LINE

PRIMARY SKILL USED

 **CATCHING**

SECONDARY SKILL USED

Throwing

EQUIPMENT REQUIRED

- ▶ 1-3 Baseball5 Balls per group
- ▶ 6-10 markers to identify the line to defend

CHANGE IT UP

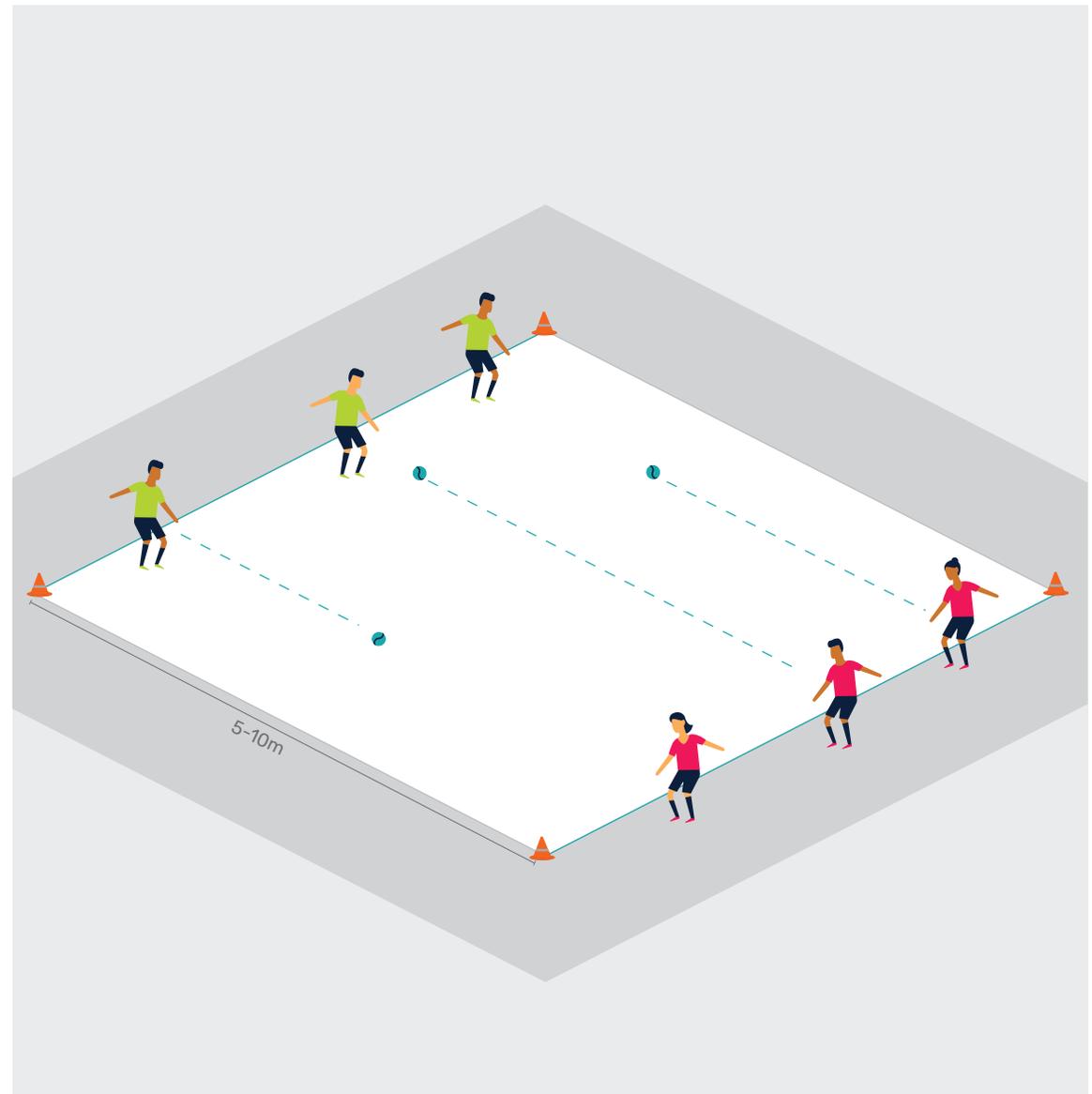
- ▶ Increase or decrease the distance between the lines
- ▶ Increase or decrease the defenders
- ▶ Vary the ball type

OBJECTIVE

Players on opposite sides approximately 5-10m apart must aim to roll the ball over their opponents line.

LEARNING INTENTION

A game which requires accuracy and strategy of Hitting whilst the defence must utilise tactics to best defend their line.



ROLL A GOAL

PRIMARY SKILL USED

 **CATCHING**

SECONDARY SKILL USED

Running

EQUIPMENT REQUIRED

- ▶ 1 Baseball
- ▶ 5 ball per game
- ▶ 6-10 markers to mark the field of play and the goals

CHANGE IT UP

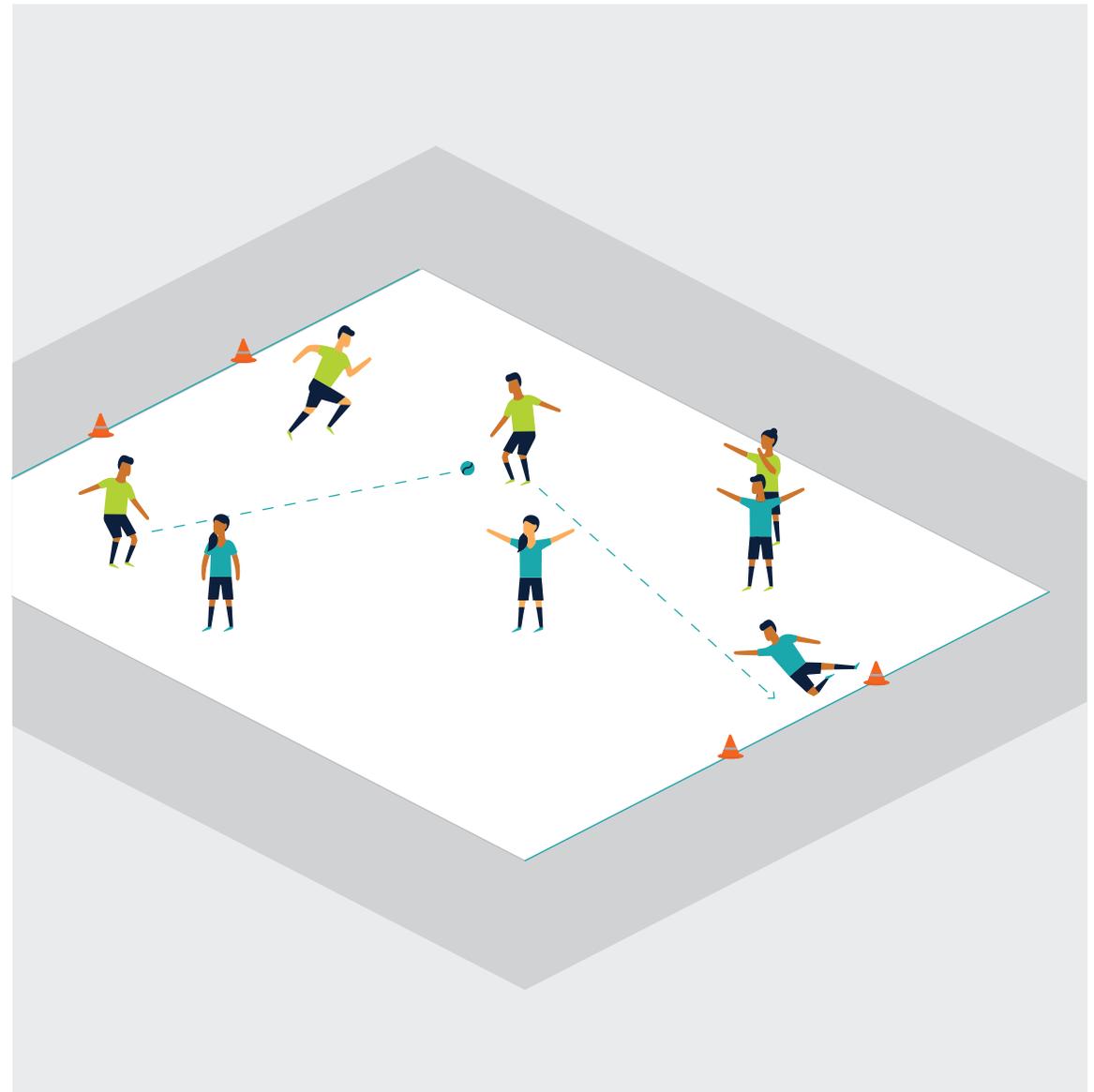
- ▶ Alter the passing style from rolling to Hitting
- ▶ Increase or decrease team or field sizes
- ▶ Vary the number of touches allowed per team or team member
- ▶ Play for a set period of time before changing possession.

OBJECTIVE

Players roll the ball to one another to roll the ball through the goals. The opposition can intercept to gain possession of the ball.

LEARNING INTENTION

Fast moving invasion game requiring a high level of cooperation between team members and calls on good timing, effective space finding and tactical risk taking.



REACTION BALL

PRIMARY SKILL USED

 **CATCHING**

SECONDARY SKILL USED

Throwing

EQUIPMENT REQUIRED

- ▶ 1 Baseball
- ▶ 5 ball per group
- ▶ Wall to rebound off

OBJECTIVE

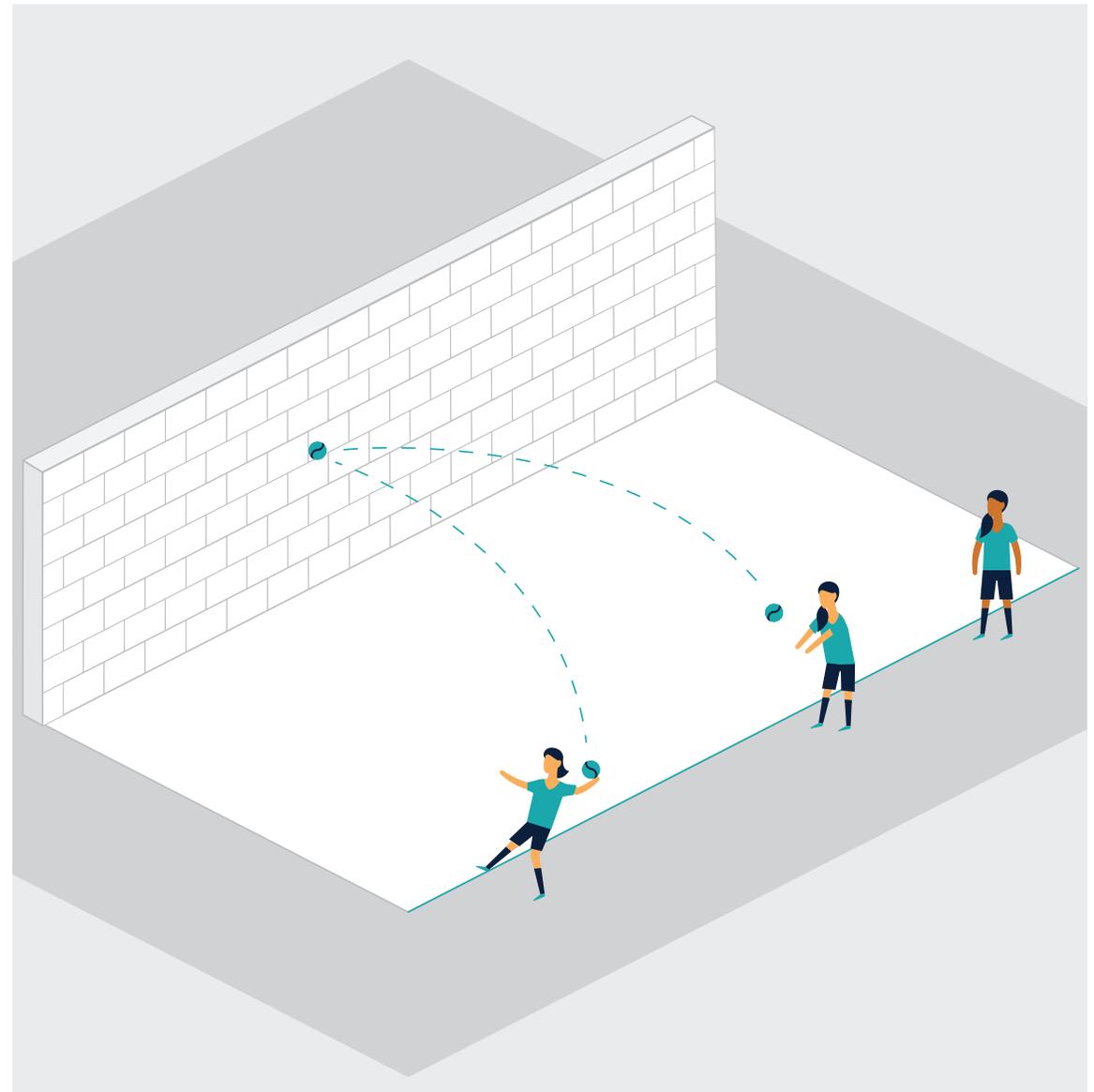
A player throws a ball at a wall and stands back for a second player to catch the ball and repeat down the line.

CHANGE IT UP

- ▶ Practice individually
- ▶ Shorter or longer throws
- ▶ Softer or harder throws

LEARNING INTENTION

Practice and refine the fundamental movement skills of throwing and catching and develops teamwork skills.



CATERPILLAR CATCH

PRIMARY SKILL USED

CATCHING

SECONDARY SKILL USED

Throwing, Running

EQUIPMENT REQUIRED

- › 6-10 Markers
- › 1 Baseball per group

CHANGE IT UP

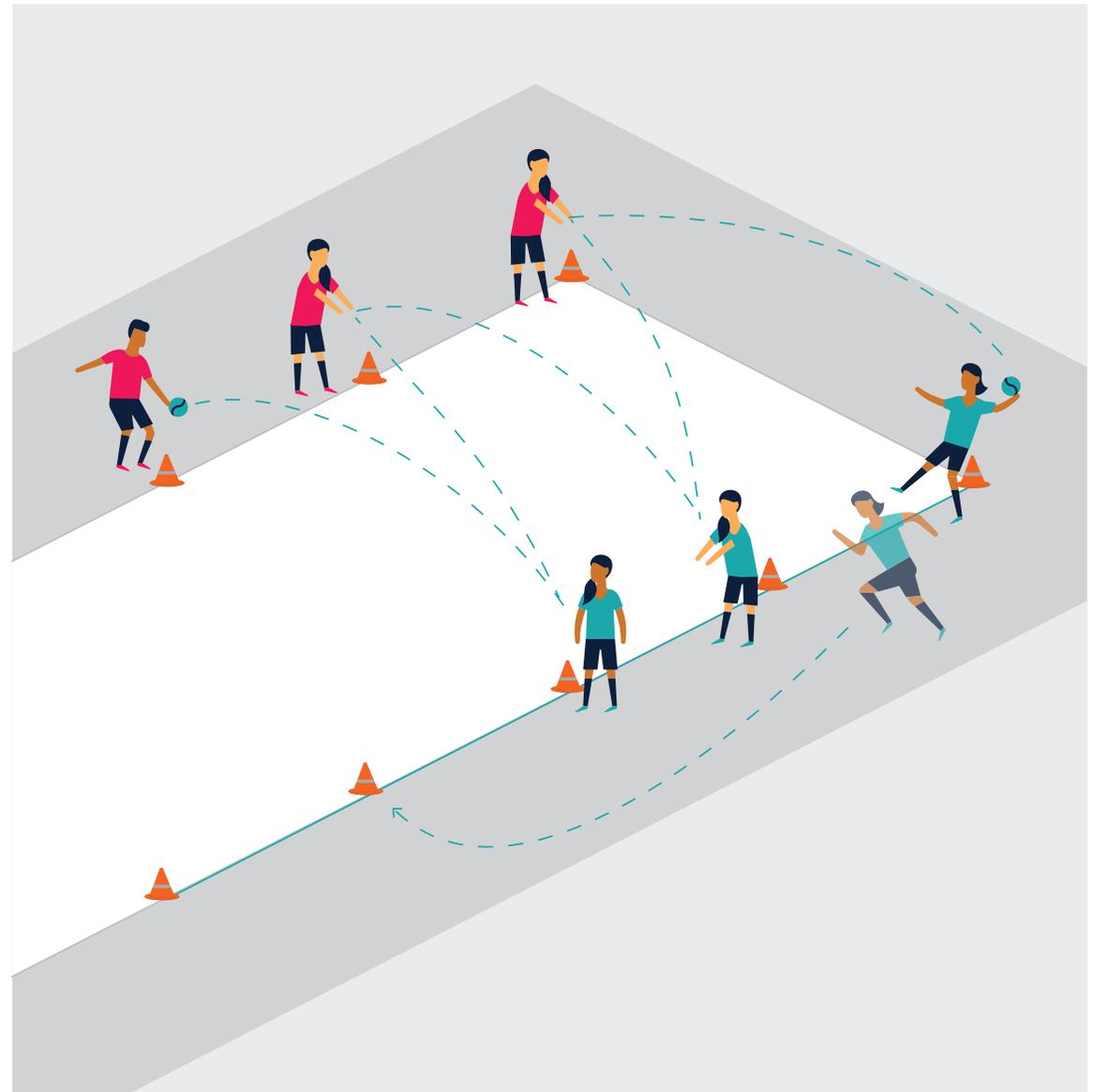
- › Increased distance to travel
- › Increase or decrease the distance between the team to alter the throwing distance
- › Add a time component or number of throws.

OBJECTIVE

Players work in teams of 5-6 to pass the ball down the field back and forth, but can not move when they have the ball. Distance travelled is greater than the team can spread forcing them to move like a caterpillar down the field.

LEARNING INTENTION

Throwing and catching whilst moving efficiently through space.



CO-OPERATIVE ROLLS

PRIMARY SKILL USED

 **CATCHING**

SECONDARY SKILL USED

Throwing, Running

EQUIPMENT REQUIRED

▶ 1 Baseball
5 ball per couple

OBJECTIVE

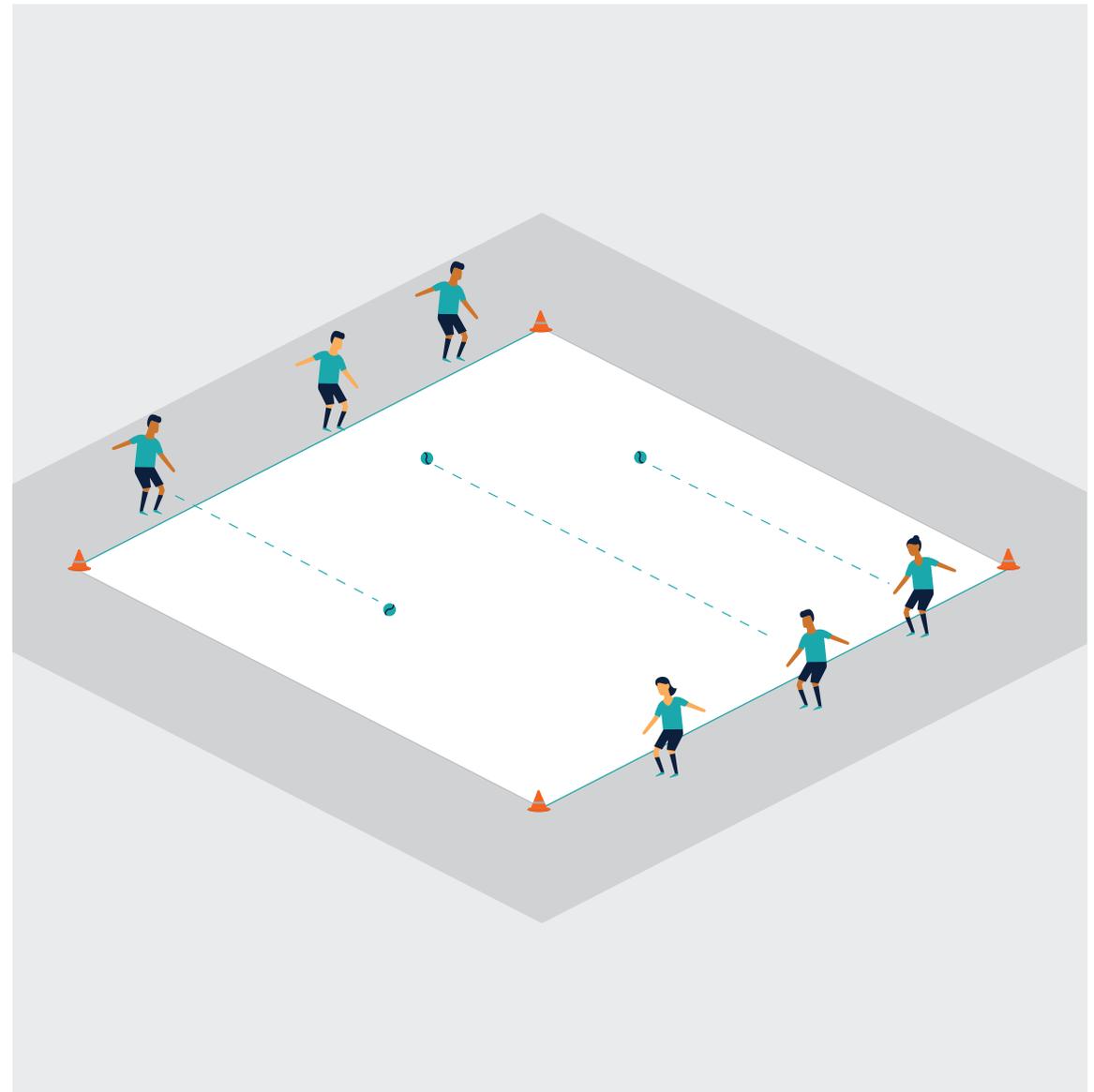
To roll the ball back and forth as many times as possible with your partner. The ball is aimed to be fielded cleanly.

CHANGE IT UP

Increase or decrease the distance between partners, Limit the number of times the ball can bounce, alter the rolling style (overhand, underarm).

LEARNING INTENTION

To work cooperatively with your partner to achieve the maximum number of rolls between the pairing.



SHARKS AND SARDINES

PRIMARY SKILL USED

 **RUNNING**

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- ▶ 6-10 markers to outline the field of play

CHANGE IT UP

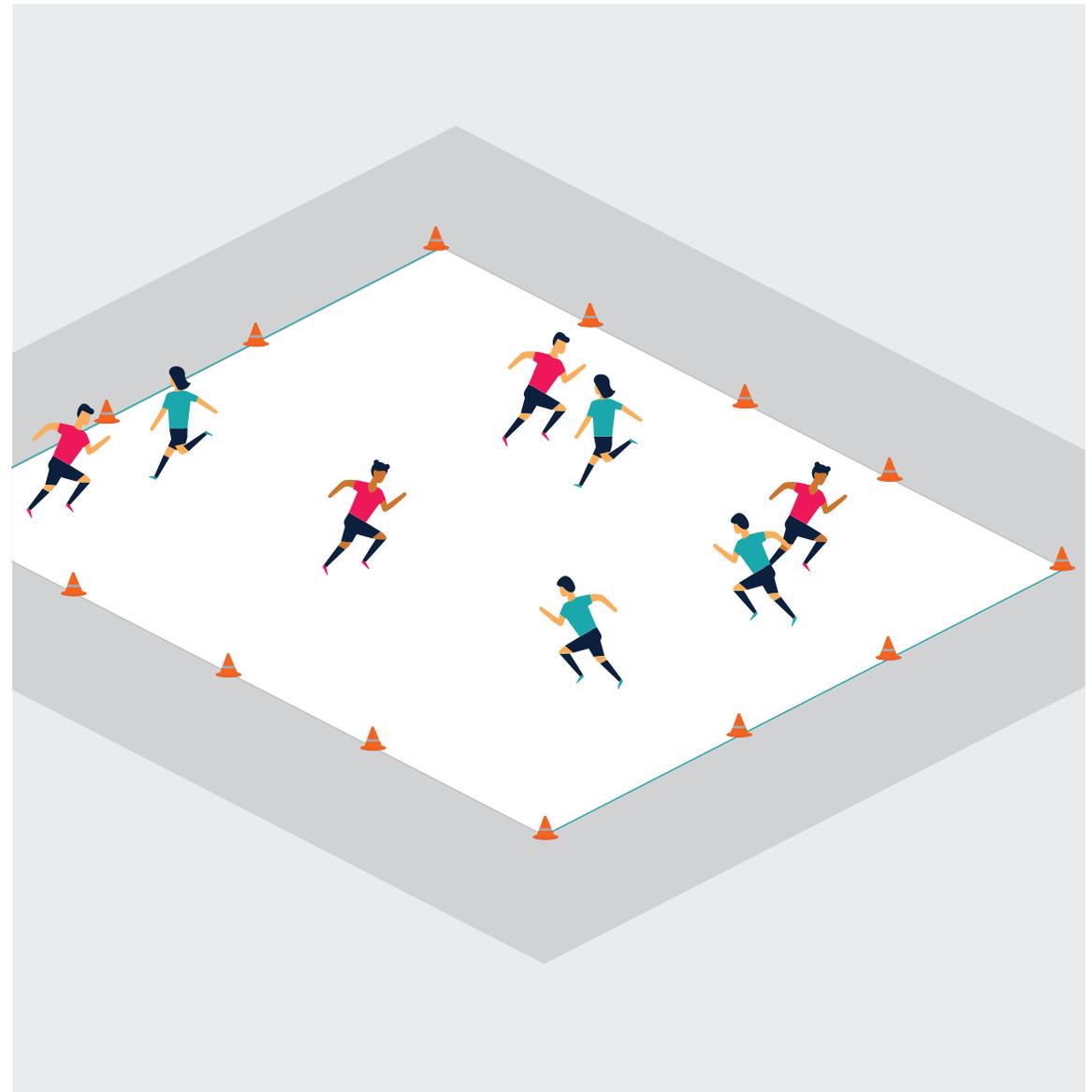
- ▶ Utilise a ball to tag players
- ▶ Multiple persons tagging
- ▶ Increase or decrease the field of play

OBJECTIVE

Players aim to get from one side of the field to the other without being tagged. Initially one person is tagging but when a player gets tagged they also begin tagging other players.

LEARNING INTENTION

Requires anticipation and evasion skills.



BASE RELAY

PRIMARY SKILL USED

 **RUNNING**

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- ▶ 4 Bases to mark the field of play

OBJECTIVE

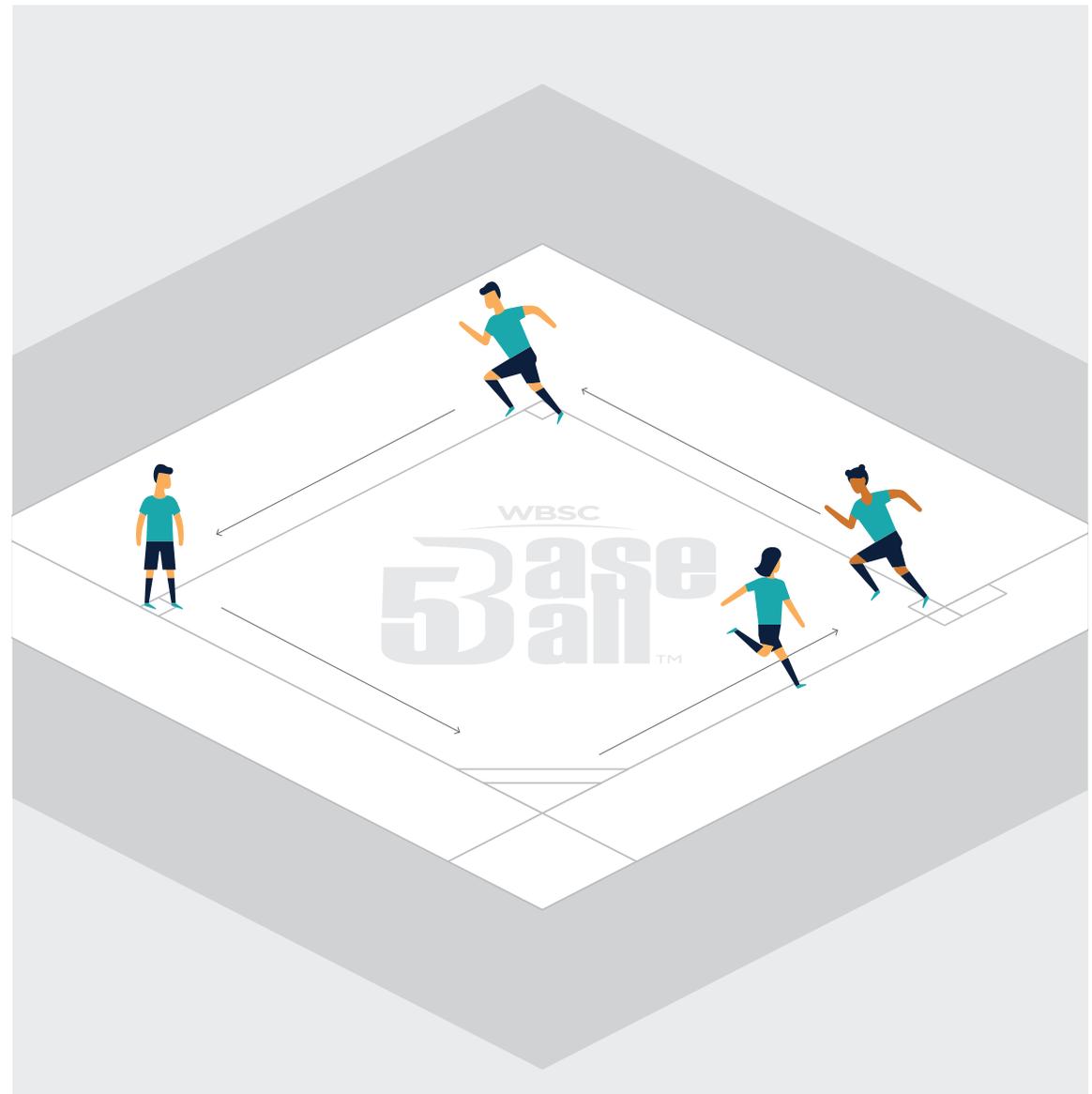
Teams start at each base and relay race around all 4 bases.

CHANGE IT UP

- ▶ Mix the teams
- ▶ Vary styles of movement (running, crawling etc..)
- ▶ Change the distance between bases

LEARNING INTENTION

Efficient running patterns and team strategy.



RATS AND RABBITS

PRIMARY SKILL USED

 **RUNNING**

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- › 6-10 markers to mark the field of play

OBJECTIVE

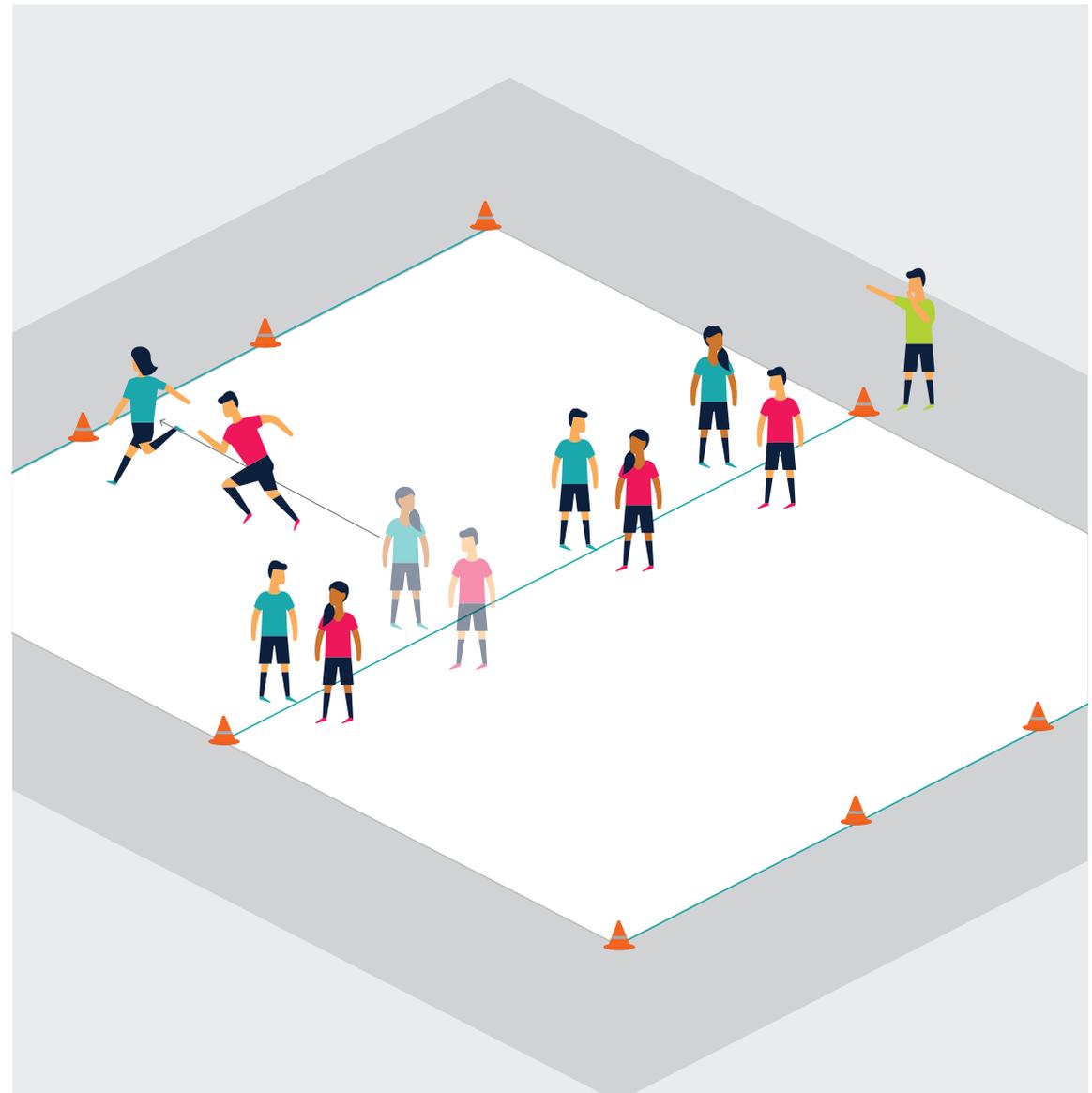
Players line up parallel to each other in pairs, one group is the rats, the other rabbits. The deliverer will signal either rats or rabbits and at this point the group called must run away to a safe zone without being tagged by their opponent.

CHANGE IT UP

- › Increase or decrease the distance between pairings
- › Increase or decrease the distance to the safe zone
- › Vary pairings each turn

LEARNING INTENTION

Reactionary game.



CAT AND MOUSE

PRIMARY SKILL USED

 **RUNNING**

SECONDARY SKILL USED

NA

EQUIPMENT REQUIRED

- 4 bases per field used

OBJECTIVE

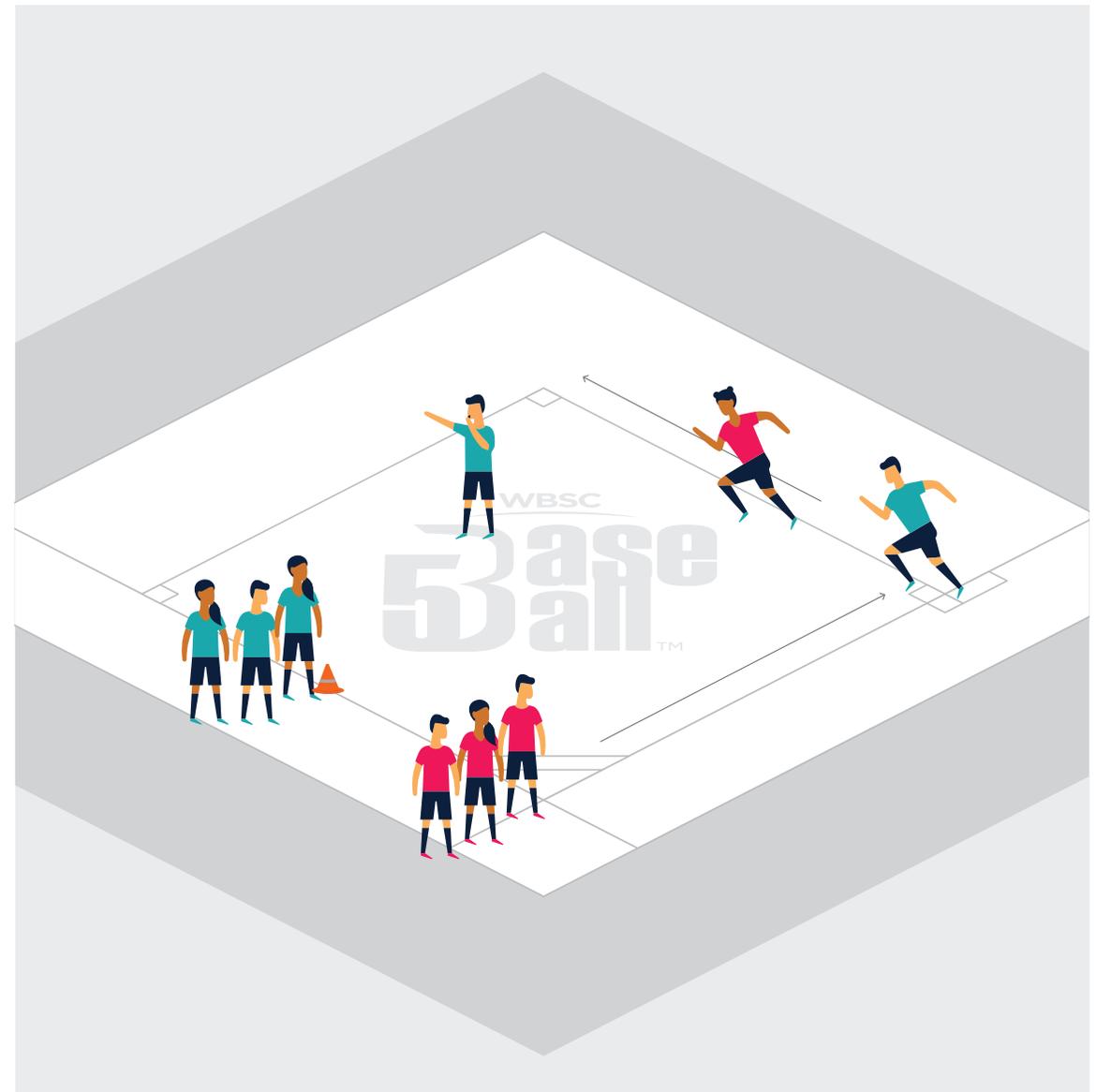
Two teams to race each other around the bases of a baseball5 diamond without being tagged by their opponent.

CHANGE IT UP

- Increase or decrease the distance between bases
- Increase or decrease the distance before the 'cat' is allowed to chase
- Vary teams

LEARNING INTENTION

Participants learn to run efficiently whilst being chased.



PRIMARY SKILL USED

 **RUNNING**

SECONDARY SKILL USED

Hitting, Catching, Throwing

EQUIPMENT REQUIRED

- Bases for a field set up
- 1 Baseball5 ball per field
- 6-10 Marker cones to outline the boundary

CHANGE IT UP

- Increase or decrease fielders
- Utilise multiple balls at once
- Add targets for additional points

OBJECTIVE

Play Baseball5 however the ball is returned back to the hitting zone to the deliverer or nominated 'catcher.' If players are in between bases when this person catches the ball they are out. Each base = 1 point.

LEARNING INTENTION

Game play strategy and decision making for runners if they will advance a base or not whilst the defence throws the ball in.



SESSION 1 & 2

FOCUS



HITTING

+GAME PLAY
REINFORCEMENT

SESSION 1 PLAN:

- | | |
|-------------------|--|
| 2 mins | <ul style="list-style-type: none">• Outline of session and brief• Key skill= Hitting and/or hitting• Game play introduction |
| 3 mins | <ul style="list-style-type: none">• Quick warm up and/or move body• Brief introduction of Hitting with demonstration• Encourage participants to explore the skill themselves |
| 15 mins | <ul style="list-style-type: none">• Select 3 mini games to play which highlight the skill of Hitting as identified below |
| 2 mins | <ul style="list-style-type: none">• Drink and/or rest and split into teams• Highlight basic rules of the game |
| 20–30 mins | <ul style="list-style-type: none">• Game play• Teacher observes and encourages modifications on level of play observed |
| 3 mins | <ul style="list-style-type: none">• Pack up and evaluate session with participants |

FOCUS



CATCHING

+GAME PLAY
REINFORCEMENT

SESSION 2 PLAN:

- | | |
|-------------------|--|
| 2 mins | <ul style="list-style-type: none">• Outline of session and brief• Key skill= Catching and/or fielding• Game play introduction |
| 3 mins | <ul style="list-style-type: none">• Quick warm up and/or move body• Brief introduction of Hitting with demonstration• Encourage participants to explore the skill themselves |
| 15 mins | <ul style="list-style-type: none">• Select 3 mini games to play which highlight the skill of Hitting as identified below |
| 2 mins | <ul style="list-style-type: none">• Drink and/or rest and split into teams• Highlight basic rules of the game |
| 20–30 mins | <ul style="list-style-type: none">• Game play• Teacher observes and encourages modifications on level of play observed |
| 3 mins | <ul style="list-style-type: none">• Pack up and evaluate session with participants |

SESSION 3 & 4

FOCUS

THROWING + GAME PLAY REINFORCEMENT

SESSION 3 PLAN:

- | | |
|-------------------|--|
| 2 mins | <ul style="list-style-type: none">• Outline of session and brief• Key skill= Throwing• Game play introduction |
| 3 mins | <ul style="list-style-type: none">• Quick warm up and/or move the body• Brief introduction of Hitting with demonstration• Encourage participants to explore the skill themselves |
| 15 mins | <ul style="list-style-type: none">• Select 3 mini games to play which highlight the skill of Hitting as identified below |
| 2 mins | <ul style="list-style-type: none">• Drink and/or rest and split into teams• Highlight basic rules of the game |
| 20–30 mins | <ul style="list-style-type: none">• Game play• Teacher observes and encourages modifications on level of play observed |
| 3 mins | <ul style="list-style-type: none">• Pack up and evaluate session with participants |

FOCUS

RUNNING + GAME PLAY REINFORCEMENT

SESSION 4 PLAN:

- | | |
|-------------------|--|
| 2 mins | <ul style="list-style-type: none">• Outline of session and brief• Key skill= Fielding• Game play introduction |
| 3 mins | <ul style="list-style-type: none">• Quick warm up and/or move body• Brief introduction of Hitting with demonstration• Encourage participants to explore the skill themselves |
| 15 mins | <ul style="list-style-type: none">• Select 3 mini games to play which highlight the skill of Hitting as identified below |
| 2 mins | <ul style="list-style-type: none">• Drink and/or rest and split into teams• Highlight basic rules of the game |
| 20–30 mins | <ul style="list-style-type: none">• Game play• Teacher observes and encourages modifications on level of play observed |
| 3 mins | <ul style="list-style-type: none">• Pack up and evaluate session with participants |

SESSION 5

PRIMARY SKILL USED

GAME PLAY

SESSION 5 PLAN:

- | | |
|-------------------|--|
| 2 mins | <ul style="list-style-type: none">• Outline of session and brief• Highlight key points in game play observed during program |
| 3 mins | <ul style="list-style-type: none">• Quick warm up and/or move the body• Split teams for game play |
| 15 mins | <ul style="list-style-type: none">• Game 1 of Baseball5 |
| 2 mins | <ul style="list-style-type: none">• Drink and/or rest and re-assign teams as needed |
| 20–30 mins | <ul style="list-style-type: none">• Game 2 of Baseball5 |
| 3 mins | <ul style="list-style-type: none">• Pack up and evaluate program as a whole• Encourage ongoing active participation and community club link |

