



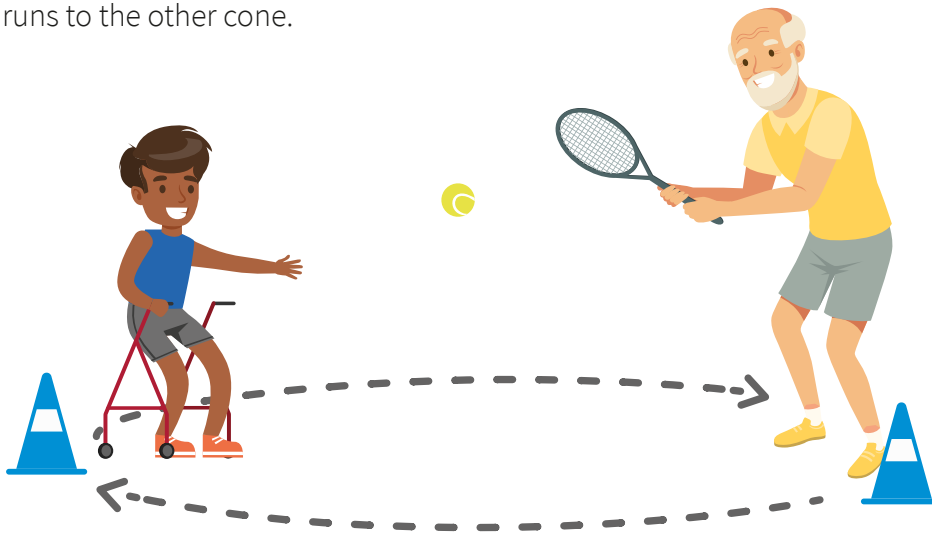
1

Striking and fielding skills






Tip and run

How to play

- Divide your group into pairs with one batter and one fielder. Place two cones on the floor a set distance apart for each pair.
- The batter collects a bat and bean bag, ball, or toy and goes to stand at one of the cones.
- The batter pushes or hits the bean bag into a space and then runs to the other cone.
- The fielder runs to collect the bean bag and return it to the batting spot.
- The batter runs back to the batting spot and has another go.
- After three or four turns the participants swap roles.



Equipment

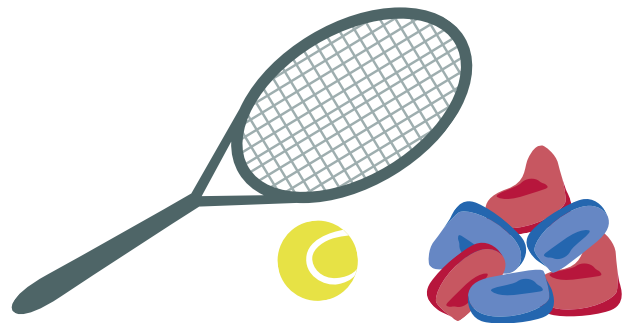
-  Cones or markers
-  Range of different sized racquets or bats
-  Bean bags
-  Balls
-  Soft toys



1. Striking and fielding skills: Tip and run

Using STEP

| | Easier | Harder |
|------------------|--|---|
| Space | <ul style="list-style-type: none"> Reduce the distance between the cones. | <ul style="list-style-type: none"> Increase the distance between the cones. |
| Task | <ul style="list-style-type: none"> Bean bag, ball, or toy can be pushed along the floor. | <ul style="list-style-type: none"> Bean bag, ball, or toy must be hit towards a specific target. |
| Equipment | <ul style="list-style-type: none"> Remove the bat, participants can throw / propel object using their hand. | <ul style="list-style-type: none"> Change the racquet or ball to reduce the size / surface area. |
| People | <ul style="list-style-type: none"> Participants practise hitting bean bag or ball individually. | <ul style="list-style-type: none"> Introduce a bowler to the group. |



Impairment specific considerations

Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.
- Introduce a buddy system.

Participants with a learning disability

- Encourage participants to think about accuracy rather than strength when hitting the bean bag.

Deaf and hearing-impaired participants

- Demonstrate the activity to the group before you start the activity.

Participants with a physical impairment

- Objects to be propelled along a higher surface. E.g. table.
- Use a Velcro mitt or glove to support players with reduced dexterity.



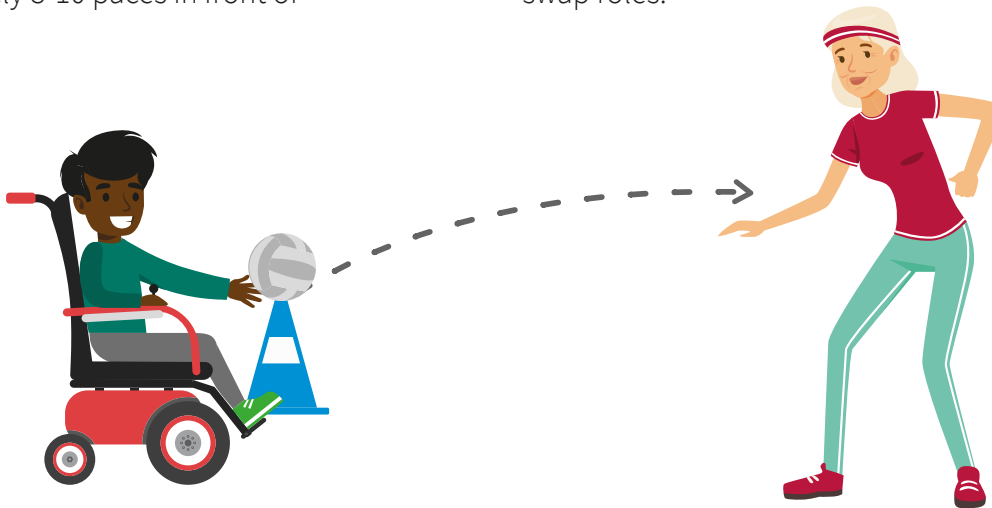
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Striking and fielding skills

Tee strike

How to play

- Divide your group into pairs and give each pair one striking tee or large cone and a large soft ball.
- Participant one is the striker. They stand at the tee or cone with the ball placed on top.
- Participant two is the catcher. They stand approximately 8-10 paces in front of the striker.
- With the ball stationary on top of the tee or cone, the striker hits the ball with their hand towards the catcher.
- After each strike, the catcher returns the ball to the tee / cone.
- After a few turns the participants swap roles.



Equipment



Large playing area



One striking tee or upright cone per pair



One large soft ball per pair

Participant corner - Challenge your peers to:

1. Aim for more targets.
2. Create a game like Tee strike and include counting.
3. Use other parts of the body to hit the ball.



2. Striking and fielding skills: Tee strike

Using STEP

| | Easier | Harder |
|------------------|---|---|
| Space | <ul style="list-style-type: none"> Reduce the distance between the striker and the catcher. | <ul style="list-style-type: none"> Increase the distance between the striker and the catcher. |
| Task | <ul style="list-style-type: none"> Participants simply practise hitting the ball off the tee rather than aiming it at the catcher. | <ul style="list-style-type: none"> Remove the striking tee and replace it with bouncing the ball before each strike. |
| Equipment | <ul style="list-style-type: none"> Allow participants striking the ball to wear a glove. | <ul style="list-style-type: none"> Participants to use a racquet or bat to strike the ball. |
| People | <ul style="list-style-type: none"> Striker can hit the ball to anyone. | <ul style="list-style-type: none"> Catchers decide where the striker should hit the ball. |



Impairment specific considerations

Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.
- Catchers to wear high visibility / colourful bibs.

Participants with a learning disability

- Encourage participants to think about accuracy rather than strength when hitting the ball.

Deaf and hearing-impaired participants

- Demonstrate the activity to the group before you start the activity.

Participants with a physical impairment

- Striking and catching can be done from a seated position or using a different body part.
- Use a Velcro mitt or glove to support players with reduced dexterity.



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Striking and fielding skills

Wall target rounders

How to play

- Divide your group into two teams.
- Position the two teams back-to-back.
- Give each participant three balls.
- Set up several targets on the edge of the playing area using cones, markers, and hoops.
- Participants hit their balls towards the targets in front of them. If their balls hit or land in the target, they win points for their team.
- The team with the highest points total wins the game.



Equipment



Large playing area



A range of bats and racquets



Cones, markers, and hoops



A range of different sized balls

Challenge yourself - can you:

1. Try using a different bat or racquet.
2. Create new rules or targets.
3. Set yourself a target score to reach.



3. Striking and fielding skills: Wall target rounders

Using STEP

| | Easier | Harder |
|------------------|--|--|
| Space | <ul style="list-style-type: none"> Reduce the distance between participants and the targets. | <ul style="list-style-type: none"> Increase the distance between participants and the targets. |
| Task | <ul style="list-style-type: none"> Participants can use different body parts to propel the balls. E.g. hands or feet. | <ul style="list-style-type: none"> Balls are not allowed to bounce before reaching the target. Balls must stay within or touching the target. |
| Equipment | <ul style="list-style-type: none"> Increase the size of the target or use a larger ball. | <ul style="list-style-type: none"> Participants can use smaller bats, racquets, and balls. |
| People | <ul style="list-style-type: none"> Reduce the number of participants in each area. | <ul style="list-style-type: none"> Participants must use their non-dominant hand to propel the balls. |



Impairment specific considerations

Blind and visually impaired participants

- Use high visibility / colourful equipment.
- Use audible balls where possible.
- Buddy or guide to provide feedback to participant on how close or far away the target is.
- Use sound to support visually impaired participants to locate the target.

Participants with a learning disability

- Provide a demonstration of the activity.
- Encourage participants to think about accuracy rather than strength when hitting the ball.

Deaf and hearing-impaired participants

- Demonstrate the instructions visually.
- Use visual cues. E.g. picture cards or a flag to indicate the start and end of the activity.

Participants with a physical impairment

- Participants can propel, throw, or hit balls or objects from a seated position.
- May need to use lighter objects. E.g. fluff balls or paper balls.
- Use a ramp or chute to assist participants to propel the balls or objects.



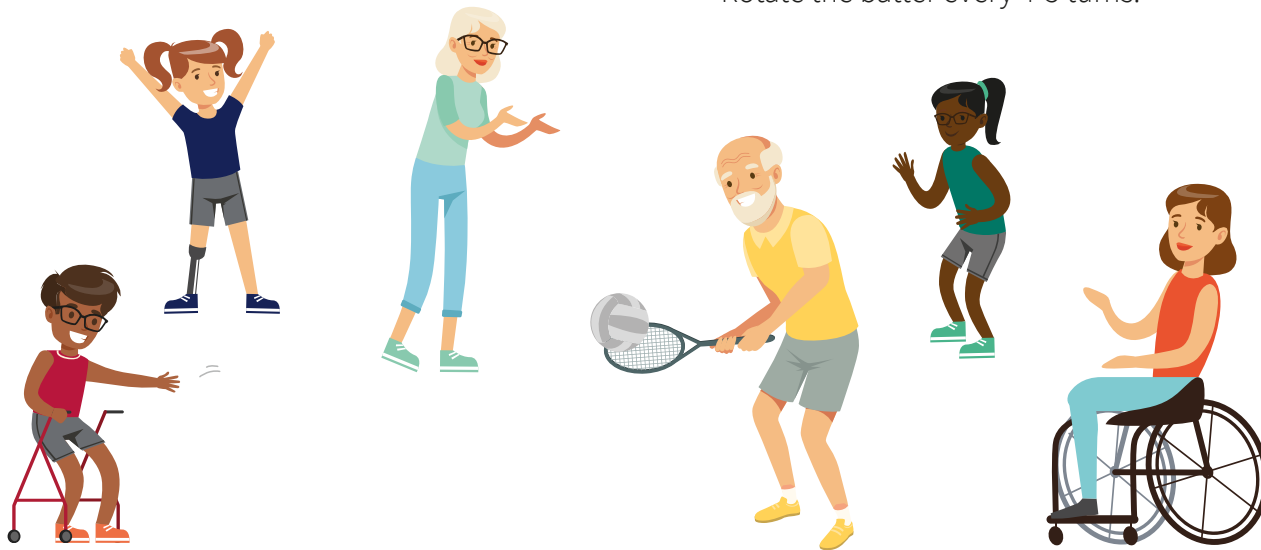
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Striking and fielding skills



Target rounders

How to play

- Divide your group into teams. Each team has six participants with one batter and five fielders.
- Position the fielders in a semi-circle shape around the batter.
- One fielder bowls a ball or object to the batter, the batter then hits the object back to a fielder.
- The batter can decide which fielder to hit the ball or object to, or a name can be called out as the fielder bowls.
- Rotate the batter every 4-5 turns.



Equipment

-  A range of different sized bats and racquets
-  A range of balls or objects to hit. E.g. tennis ball, foam ball, or football

Challenge yourself - can you:

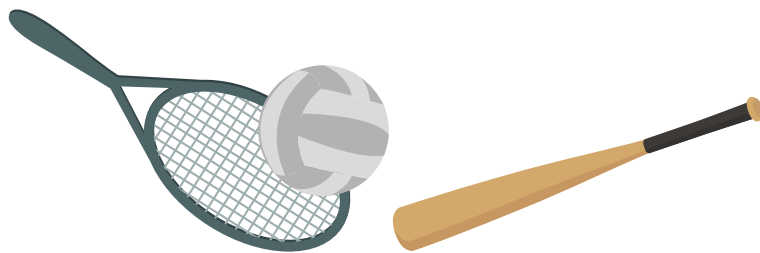
1. Change this activity to make it more active?
2. Create a way to record scores whilst taking part in this activity?
3. Work as a group to improve each other's skill level.



4. Striking and fielding skills: Target rounders

Using STEP

| | Easier | Harder |
|------------------|--|---|
| Space | <ul style="list-style-type: none"> Reduce the distance between the batter and fielders. | <ul style="list-style-type: none"> Increase the distance between the batters and fielders. |
| Task | <ul style="list-style-type: none"> Batter can strike the ball or object off a striking tee. | <ul style="list-style-type: none"> Introduce two bowlers and the batter must react to whoever bowls. |
| Equipment | <ul style="list-style-type: none"> Use a bat or racquet with a large surface area. | <ul style="list-style-type: none"> Use a bat or racquet with a small surface area. |
| People | <ul style="list-style-type: none"> Reduce the number of participants in each team. | <ul style="list-style-type: none"> Increase the number of participants in each team. |



Impairment specific considerations

Blind and visually impaired participants

- Use of a high visibility ball and / or audible ball.
- Fielders can say their names loudly so the batter can gauge where each fielder is positioned.

Participants with a learning disability

- Give clear instructions and use practical demonstrations.
- Clearly signal who participants should bowl the ball or object to.

Deaf and hearing-impaired participants

- Demonstrate instructions visually.
- Use picture cards to communicate instructions.
- Fielders signal to the batter who to hit the ball to.

Participants with a physical impairment

- Participants can take part in this activity from a seated position.
- Participants can propel, throw, or hit the ball by using another method or body part. E.g. kick, roll, or use their wheelchair.



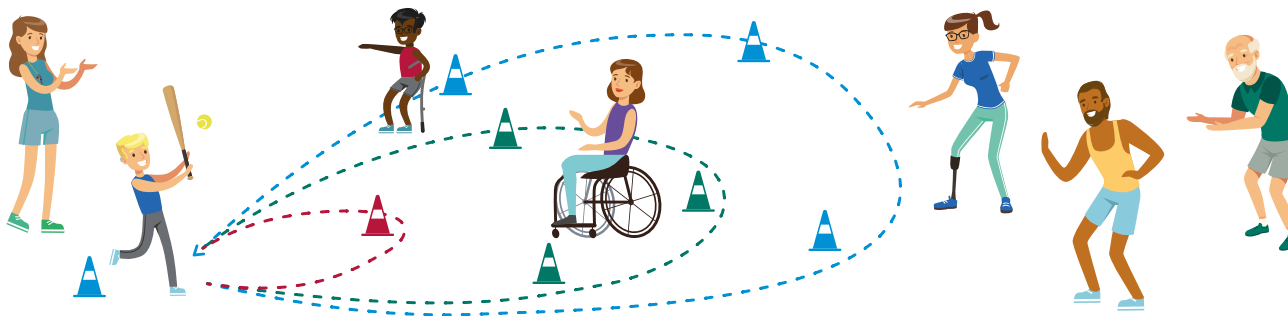
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Striking and fielding skills




Random rounders

How to play

- Place two cones a set distance apart, one for the batter and one for the bowler.
- From the batting cone mark out three different sized running routes.
- Divide your group into two teams, one batting and one fielding.
- The batting team can choose what type of ball and bat / racquet to use.
- One participant on the fielding team is the bowler and bowls the ball to the batter.
- Once the batter hits the ball, they can decide which running route to take. Each route has different points associated with it.
- The fielding team retrieve the ball and return it to the bowler. The batter must stop running when the bowler has the ball.
- If a fielder catches the ball before it bounces, the batter loses their points and re-joins the end of the batting line.



Equipment

-  Cones or markers
-  A range of different sized bats and racquets
-  A range of different sized balls. E.g. tennis ball, foam ball, or football

Challenge yourself - have a go at:

- Adapting the activity and roles so everyone in your group is included.
- Creating new rules to challenge players with different abilities.



5. Striking and fielding skills: Random rounders

Using STEP

| | Easier | Harder |
|------------------|---|--|
| Space | <ul style="list-style-type: none"> Reduce the length of the running routes. | <ul style="list-style-type: none"> Increase the length / complexity of the running routes. |
| Task | <ul style="list-style-type: none"> Participants can use a striking tee. Participants can propel the ball using another method. E.g. kick, push, or roll off a ramp. | <ul style="list-style-type: none"> Participants must hold the bat in their non-dominant hand to hit the ball. |
| Equipment | <ul style="list-style-type: none"> Use a bat with a large surface area. Use a larger ball. | <ul style="list-style-type: none"> Use a bat with a small surface area. Use a smaller ball. |
| People | <ul style="list-style-type: none"> Limit the number of fielders. Participants can have three attempts to hit the ball and choose which one they decide to run on. | <ul style="list-style-type: none"> Increase the number of fielders taking part. |

Impairment specific considerations

Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.
- Encourage verbal communication from teammates.
- Introduce a buddy or guide to support a participant to run around the rounders route.

Participants with a learning disability

- Break down the game into step-by-step instructions.
- Place floor arrows or cards along the running routes to direct participants.

Deaf and hearing-impaired participants

- Give a visual demonstration before starting the game.
- Bowler to use a visual signal to show they are about to bowl the ball.

Participants with a physical impairment

- Batter can strike the ball from a seated position.
- A ramp can be used to assist participants to propel the ball.
- Offer an alternative route or another teammate to run for the batter.

