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Using Innovative Equipment to Learn Striking/Fielding Games

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Using the Teaching Games for Understanding model, come and engage in innovative games that build skills and concepts of Striking/Fielding games. Come prepared to actively participate.

Skills and Concepts

A complete list of skills and concepts is below. Assessment of most of these skills could be completed with most of these games:

1. Stability: balance, bend, land, roll, stretch, transfer weight, turn, and twist
2. Locomotion: dodge, chase, hop, jump, run, skip, and walk
3. Manipulation: catch, dribble, forearm pass, kick, overhead pass, set, strike, throw, trap, and volley
4. Body Awareness: effort, relationships, spatial awareness, motion, and force

These specific learnings are further addressed in: <http://www.edu.gov.on.ca/eng/curriculum/elementary/healthcurr18.pdf> pp. 23-29.

Strategies and Tactics

These connect all striking and fielding games. These are transferable ideas that form the backbone of players' understandings of the purpose and goal of net and wall games. These include:

1. Determine force and trajectory required to toss or hit an object over a net or against a wall.
2. Look for open spaces on offence and reduce open spaces on defense.
3. Put the object where the opponent is not likely to be on offence (using positioning and deception), and be in a position to cover as much of the space as possible on defense (using positioning and deception).
4. Communicate well when playing with teammates.

Equipment Adjustments

Often a smaller ball is more difficult than a larger one, but sometimes the opposite is true. The faster the ball moves, the more difficult the game becomes.

Adjust Learning Environment

1. If the game has an elimination component, keep everyone involved by having several games so that eliminated players join another court.
2. At times you might also want to designate courts as "just for fun" and as "competitive" and then allow players to choose the level of competition that is best for them.

Questions for Understanding

1. Effective questions help to guide your players' learning and encourage them to communicate their key learnings from the game.
2. As players work through these questions, they develop understandings that help them as they engage in other net wall games.

From CIRA Ontario's *Bats and Balls* (<https://www.ciraontario.com/striking>)

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- Warm up
 - Jog through space
 - Aware of each other's space
 - Follow someone from about five (5) paces
 - High knees
 - Lunges

1 Cricket bowling	2 Ramped up	3 Caterpillar Big Hitter
4 Caterpillar Cricket	5 Ramped up With Defense	6 Diamond Dash
7 Caterpillar Baseball to Pitcher	8 Double Time Ramped Up With Defense	9 American Ping Pong

(5 minutes per game)

For more striking/fielding games go to: <https://www.ciraontario.com/strikingfieldinggamestgfu>

For a great book on striking/fielding games go to: <https://www.ciraontario.com/striking>

To get a fuller description of these games go to:

- <https://www.canadago4sport.com/strike-index>
- <https://www.canadago4sport.com/train4strike>

Twitter => @JOHNBYL2

Youtube => https://www.youtube.com/channel/UCEf174Yxb013QMRUEg_3j_Q/videos?view_as=subscriber

LinkedIn => John Byl

Also:

- JOHNBYL50@gmail.com
- www.gophersport.com

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Need Help?
1-855-899-9560

Item	Details	Quantity	Subtotal
ACTION! RampedUp Set - ACTION! RampedUp Set Item No: 58-283 Availability: In Stock	Price: C\$499.00 Unit: Set	1	C\$499.00
Soft-Stix™ Cricket Set - Soft-Stix™ Cricket Set Item No: 58-146 Availability: In Stock	Price: C\$149.00 Unit: Set	2	C\$298.00
Rainbow® Soft-Stix™ Bats - Individual, Blue Item No: 42-106 Availability: In Stock	Price: C\$30.00 Unit: Ea	1	C\$30.00
Rainbow® Protect-R™ Paddle - Paddles Item No: 56-042 Availability: In Stock	Price: C\$65.00 Unit: Set of 6	1	C\$65.00
Gopher Oversized Foam Tennis Balls - Gopher Oversized Foam Tennis Balls Item No: 41-718 Availability: In Stock	Price: C\$18.00 Unit: Set of 3	2	C\$36.00
DiamondDash™ Set - DiamondDash™ Set Item No: 42-196 Availability: In Stock Soon	Price: C\$575.00 Unit: Set	1	C\$575.00
BIGHitter™ Game Pack - BIGHitter™ Game Pack Item No: 42-475 Availability: In Stock	Price: C\$359.00 Unit: Pack	1	C\$359.00

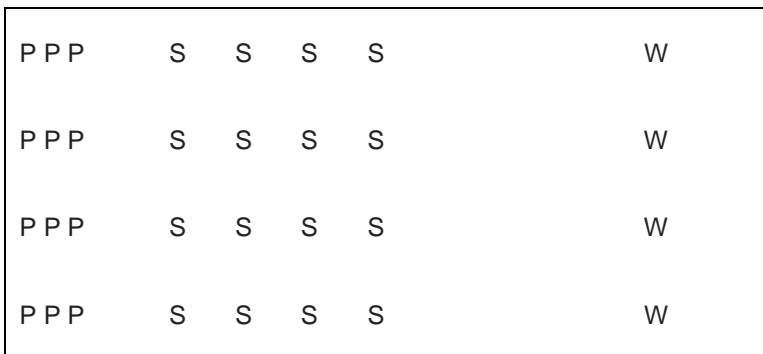


Cricket Bowling

www.gophersport.com/pe/activities/soft-stix-cricket-set

By John Byl

- Objective: To be able to hit the wicket with a proper bowl from increasingly further distances.
- Equipment:
 - Four sets of wickets.
 - Four balls.
 - 16 poly spots
- Setup:
 - Place the wicket sets at equal distances apart at one side of the room.
 - Set up the poly spots, 10, 14, 18, and 22 paces (22 yards official distance) from the wickets.
 - Give four players a ball.



- Instructions:
 - Players take turns executing a proper cricket throw.
 - When they are successful they fix the wicket and pick up their ball and return the ball to the next thrower and then go to the back of the line.
 - When they are unsuccessful they pick up their ball and return it to the next thrower and then go to the back of the line.
 - The next time it is the player's turn to throw they try again from the same spot if they missed the previous time and try from one spot further back if they were successful the previous time.
 - Legal bowling includes:
 - Only the rotation of the shoulder can be used to impart velocity to the ball
 - Limit of 15 degrees of permissible straightening of the elbow joint.
 - Throwing is not allowed
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- Questions for understanding:
 - What technique is most effective?

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Caterpillar Cricket

- Objective: To be able to score more runs than the other team.

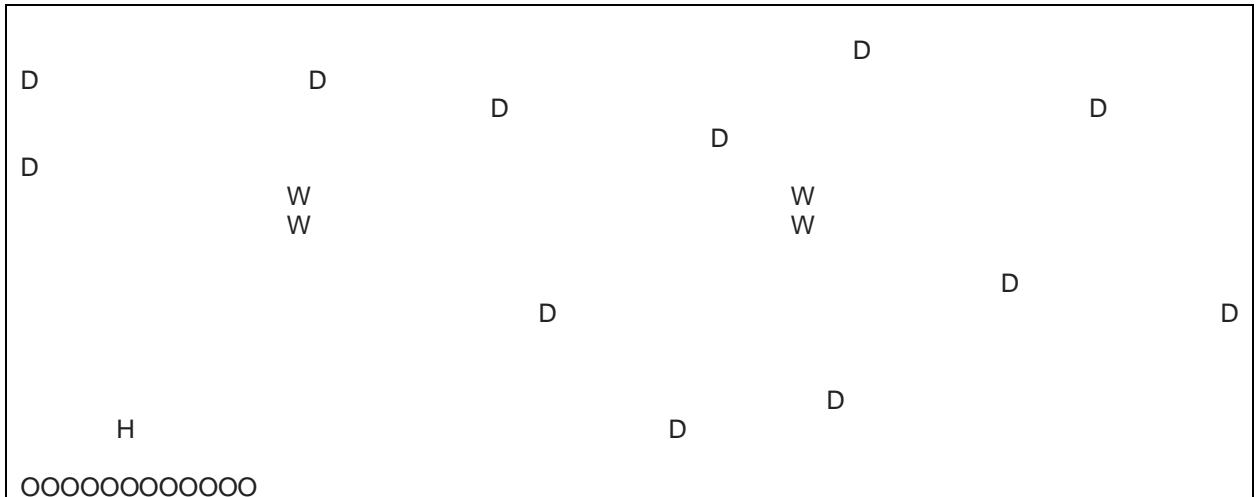
- Equipment

- 2 bats (30"L)
- 4 balls
- 2 wickets
- 4 bails
- www.gophersport.com/pe/activities/soft-stix-cricket-set



- Set Up:

- Divide players into two teams.
- One team plays defense and is in a scattered position around the playing area.
- The other team is the offensive team and they line up to one corner of the field by the hitting spot.
- Place the two wickets in the middle of the playing area.
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- Instructions:

- A batter tosses the ball to self and hits it into the playing area.
 - Two players follow the batter to the first Wicket (could make it more challenging and make the second wicket the first one to reach).
 - If they feel they can reach another Wicket they can try—each Wicket they reach scores one point.
- Then the next threesome goes up and does the same, and then the next threesome.... Until there are no more batters at which point we switch sides.
- A batter is out if:
 - The ball is caught.
 - One of the three players is not at their wicket when a bail is knocked off either wicket.

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- Questions for Understanding:
 - Offensively where is the best place to hit/kick the ball?
 - Defensively how is best to position all players on the playing area? And how is it most effective to get the ball to the wicket the quickest?



Caterpillar Baseball to Pitcher

- Objective: For the offensive team to score as many runs as possible.
- View:
 - Video 1 <https://www.youtube.com/watch?v=C3LRxOoVyMU&feature=youtu.be>
 - Video 2 <https://www.youtube.com/watch?v=LVVYZMPAf5E&feature=youtu.be>
- Equipment:
 - Five bases
 - 1 foam ball
 - 1 paddle
- Set Up:
 - Place the four bases as in regular baseball
 - Place a fifth base for the pitcher position.
 - Divide into two teams:
 - One team lines up behind home plate
 - The other team disperses around the field with one defensive player standing in the pitcher area in the middle of the infield.
- Instructions:
 - The batter tosses the ball to self and strikes the ball with a paddle into the field of play and then runs to first base followed by two other teammates (they run as a unit).
 - There can be more than one player on a base at a time--runners do not need to run on a hit.
 - The defensive team retrieves the ball and gets it to their pitcher. If a runner(unit) is not on a base when the pitcher holds the ball, the runner(s) is out.
 - If a hit ball is caught in the air the batter is out and so are any runners not on base (the whole running unit of 3 players is out)—or one can forego the catching rule and say that the ball is live but needs to get to the pitcher.
 - When there are three out or no batters (because everyone is on base), switch sides.
- Variations:
 - Kicking to Pitcher: Same as above but the "batter" kicks a ball.

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- Batting To Pitcher: Same as above but the "batter" uses a regular baseball ball and a bat (self-tosses or use a pitcher from their own team) and the defensive players have baseball gloves.
- Questions for Understanding:
 - Offensively where is the best place to hit/kick the ball?
 - Defensively how is best to position all players on the field? And how is it most effective to get the ball to the pitcher the quickest?

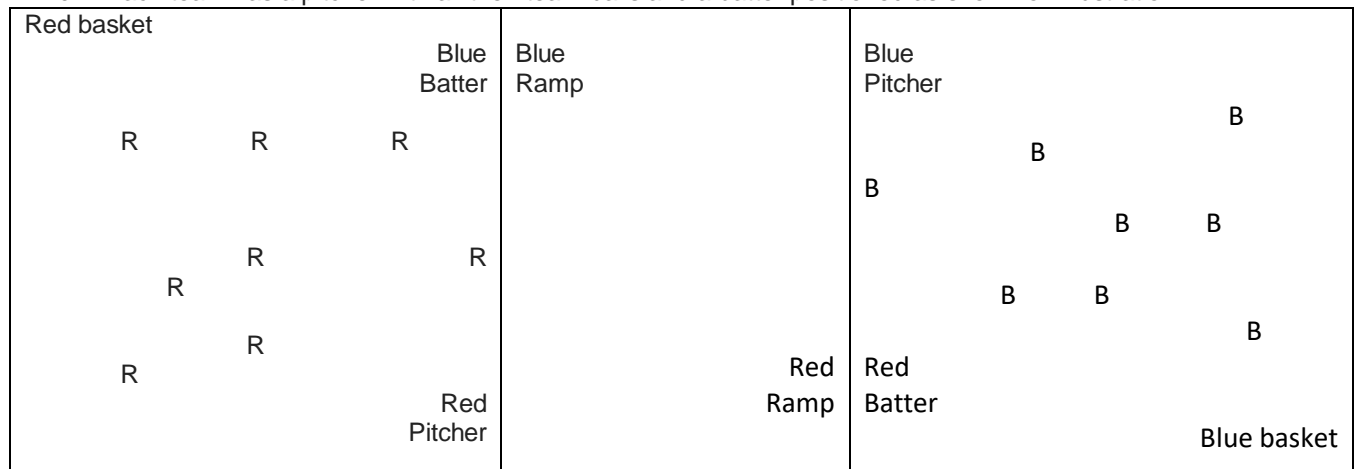
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Ramped Up Catch Your Own

www.gophersport.com/pe/activities/action-ramp-game

By John Byl

- Objective: Be the first team to catch all nine of your balls.
- Equipment:
 - Two ramps
 - Eighteen balls
 - Two bats
- Setup:
 - Define two lines about four paces apart and place the ramps as shown on illustration.
 - Each team has a pitcher with all their team balls and a batter positioned as shown on illustration.



- Instructions:
 - The pitchers from each team rolls the ball towards the ramp.
 - When the balls roll up and off the ramp the batters hit the ball to their own team mates.
 - A caught ball is placed in their team's basket.
 - A non-caught ball is placed by the pitcher.
 - The first team to collect all their balls, or the team that caught the most balls in a certain time limit, is the winner.
- Questions for understanding:
 - What makes the roll the easiest to hit?
 - What makes a hit the easiest to catch?
- Note: If the bat is too difficult to hit a ball with then use a paddle.
 - www.gophersport.com/sports/pickleball/rainbow-protect-r-paddle

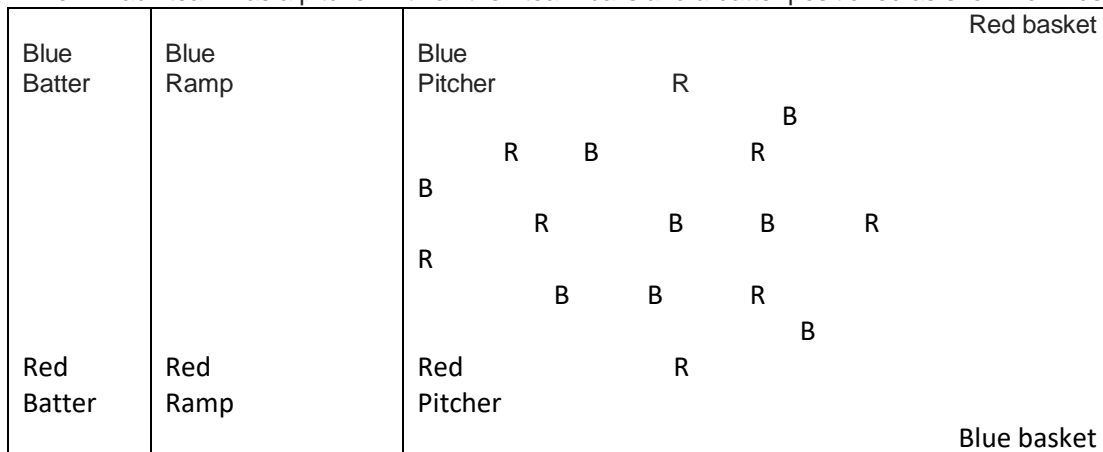
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Ramped Up Catch Your Own with Defense

www.gophersport.com/pe/activities/action-ramp-game

By John Byl

- Objective: Be the first team to catch all nine of your balls.
- Equipment:
 - Two ramps
 - Eighteen balls
 - Two bats
- Setup:
 - Define two lines about four paces apart and place the ramps as shown on illustration.
 - Each team has a pitcher with all their team balls and a batter positioned as shown on illustration.



- Instructions:
 - The pitchers from each team rolls the ball towards the ramp.
 - Players try to catch their own balls and knock away balls from the other team.
 - When the balls roll up and off the ramp the batters hit the ball to their own team mates.
 - A caught ball is placed in their team's basket.
 - A non-caught ball is placed by the pitcher.
 - The first team to collect all their balls, or the team that caught the most balls in a certain time limit, is the winner.
- Questions for understanding:
 - What makes the roll the easiest to hit?
 - What makes a hit the easiest to catch?
 - In this game what are strategies to best succeed at catching the most balls?
 - In this game what are strategies to best succeed at limiting the success of the other team?
- Note: If the bat is too difficult to hit a ball with then use a paddle.
 - www.gophersport.com/sports/pickleball/rainbow-protect-r-paddle

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Caterpillar Big Hitter

- Objective: Teams attempt to score more runs than the other team.
- Equipment:
 - 1 set of bases
 - 2 bats
 - 1 tee
 - 6 balls (18" diameter)
 - <https://www.gophersport.com/sports/baseball/big-hitter-game-pack>
- Setup:
 - Set up the bases like in baseball with the tee on home plate.
 - One batter stands at home plate with two other players behind the batter.
 - The defensive team stand throughout the playing area.
- Instructions:
 - Rules are like regular T-ball, except:
 - Bases are closer.
 - The ball is larger.
 - And when the batter hits a ball, two other runners run with the batter to base.
 - Play stops when the ball is placed on the tee or when there is an out:
 - A fly ball caught in the air.
 - A runner is tagged off base.
 - A base is touched ahead of runners in a force play.
- Questions for Understanding:
 - Which offensive tactics are most useful for the teams?
 - Which defensive tactics are most useful for the teams?



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Diamond Dash

- Objective: To not get out and score more runs than the other teams.
- Equipment and Video at: <https://www.gophersport.com/sports/baseball/diamond-dash-set>
- Equipment
 - Rainbow® Premiere Bases, Set of 36
 - DurabiliTee™ Batting Tees, Set of 6
 - Rainbow® Phenom™ Bats (Mid-Size), Set of 6
 - Indestructo-Ball™ Softballs, Set of 6
- Set up:
 - Set up two overlapping diamonds.
 - Divide players into three teams.
 - One team is up to bat.
 - The other team is in the field.
 - The third team waits to trade with a team that has three outs.
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- Instructions:
 - Rules are like regular T-ball, except:
 - Bases are closer.
 - The ball is larger.
 - Play stops when the ball is placed on the other team's tee (on second base) or when there is an out:
 - A fly ball caught in the air.
 - A runner is tagged off base.
 - A base is touched ahead of runners in a force play.
 - Runners who are on a base can play defense but must stay with one foot always tagging their base.
 - Just count runs scored; no need to count outs.
- Variation:
 - If there are a lot of players use Caterpillar Diamond Dash, in which case another player (or two) runs along with the batter to the bases.
- Questions for Understanding:
 - Which offensive tactics are most useful for the teams?
 - Which defensive tactics are most useful for the teams?



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- In a subsequent hit, players can only be moved up one base. For example, if someone is on first base and the next hit is a double, then imaginary players are on second and third.
- Players are out if:
 - Any air ball is caught.
 - A player gets three strikes in a row.
- Questions for Understanding:
 - Which offensive tactics are most useful for the teams?
 - Which defensive tactics are most useful for the teams?