

Name/Title: Striking - Toss and Hit

Purpose of Event: To experiment in various ways of hitting a ball with a bat and to practice various levels of difficulty when it comes to striking a ball with a bat.

Activity cues: [Striking with Implements](#)

Suggested Grade Level: 6-8

Materials Needed: Various sized bats (foam, plastic, oversized, etc.) and various types of balls that bounce. These will allow kids to choose equipment that fits their skill level.

Description of Idea

This activity is best done in an outside area. Set the area up so it is safe for all kids participating.

1. Each student needs a partner. Give each pair a bat and a ball. It must be a ball that bounces. Start with a softer foam softball and then kids can choose to move to a tennis ball if successful.
2. One student is the batter and the other is the fielder.
3. The batter tosses the ball into the air. The ball bounces. The batter strikes the ball.
4. The fielder retrieves the ball and throws it back to the batter.
5. Switch every few minutes, so all students get plenty of chances to bat.
6. At some point teach the students that the ball is traveling its slowest when it is at the top (when it is just about to start its downward path). The ball is easiest to hit when it is traveling slowly. The point is that they should experiment with their tosses, so they learn how high they need to toss it for the ball to bounce and be at its slowest speed when it is in a good hitting zone (belt level).
7. After all of the students had many chances to practice this concept, teach them how to increase the level of difficulty.
 - * Toss the ball up and hit it without letting it bounce. This decreases your preparation time.
 - * Toss the ball up higher. The higher the toss, the more difficult it is to hit it. This is due to the momentum caused by gravity.
 - * Shift your body and step towards your target in an attempt to hit the ball in a certain direction.
 - * Make contact with the bat on the lower section of the ball to hit a fly ball.
 - * Make contact with the bat on the middle section of the ball to hit a line drive.
 - * Make contact with the bat on the upper section of the ball to hit a ground ball.
8. Give the students plenty of chances to experiment with each level of difficulty.

Assessment Ideas:

Assess their learning at the end of the class by asking them some questions. These questions can be written or spoken.

- * What factors made it easier to hit the ball and why?
- * What factors made it harder to hit the ball and why?
- * Can these concepts help you while you are playing other sports? Name the sports and describe the skills.

Teaching Suggestions:

To meet all students developmental levels you can use different equipment like lighter bats with larger barrels and larger balls.

You can use batting tees or pop-up machines.

Submitted by **Bob Wright** in Richboro, PA. Thanks for contributing to PE Central! **Posted on PEC: 10/28/2002**

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