



Baseball 5



In Collaboration with



Baseball5



What is baseball5?

Baseball5 is a new five-on-five sport derived from traditional Baseball. This faster urban discipline can be played anywhere with no bats and no gloves.



Values

- **Inclusion**
- **Fair play**
- **Fun**

Material

- **A ball** that bounces on the ground and can be hit by hand
- **Material that can be used to mark off the playing field**
- An object for **Home Plate**
- 3 objects for the **Bases**
(traditional throw-down bases, a hoop, others)

Optional material

- **Chalk in various colours** to mark off the playing area on the ground
- **Hoops** in different sizes
- **Bins** or containers

Duration

Five innings, each lasting about five minutes
(total time of 25 to 30 minutes)

Age Groups

Multiple age groups

Playing Field

- The game can be played **on any surface** (ex. natural or synthetic grass, concrete, asphalt, gymnasium)
- The dimensions of the playing **surface can be changed** without difficulty; the objective is to have fun with kids in your age group within the available space.

Glossary

- **Inning:** Basic unit of play, completed when all players on offence and defence have played and switched places.
- **Home plate:** The fourth base for runners and the place where the hitter stands.
- **Run:** When a runner crosses the plate after running the bases without being called out.
- **Relay:** Throwing the ball to a teammate.
- **Out:** When a player on offence is eliminated.



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Before beginning a game

We suggest that you set up stations with your kids to allow them to warm up or practice running, hitting, throwing and catching (the basic skills of Baseball5).

When learning a new sport, it is important to start from the ground up, regardless of the age group, as this builds confidence and motivation.

Station 1: Running

Set up the field with home plate and the 3 bases (see field map on P.5). The youngsters must **start at home plate and then run from one base to the other**, as quickly as possible. But be careful, there should never be more than one kid on the same base at any time. Line up the kids so they start running one after the other.

Tips on How-To Run like a PRO

- I lift one knee after the other.
- My feet point forward.
- I land on my toes.
- I swing my arms quickly to each side of my body away from the front leg.

Station 2: Hitting

Facing a wall, kids practice hitting the ball with their hand, fist, wrist or arm.

Tips on How-To Hit like a PRO

- Take a step with the leg on the same side as the arm holding the ball.
- Keep your eyes on the ball.
- The arm holding the ball is extended.
- Hit the ball with the opposite arm.
- Practice hitting the ball and bouncing it off the wall!

Station 3: Pitch & Catch

Two by two the kids are in front of each other and throw the ball.

Tips on How-To Throw like a PRO

- I bring my arm holding the ball backwards.
- I take a step forward with my opposite leg to my throwing arm.
- I swing my arm holding the ball forward.
- I point to the target with my hand after throwing the ball.

Tips on How-To Catch like a PRO

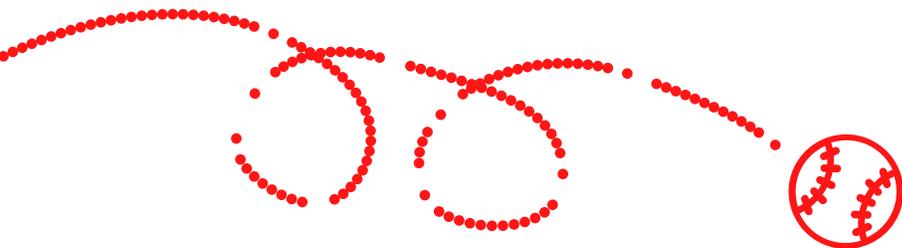
- I look at the ball.
- I extend my arms towards the ball.
- I bring my hands together, my fingers extended.
- I catch the ball and bring it back to my body.

This activity is suitable for all age groups!

For younger kids, it is best to do one station at a time.

For older kids, it is recommended to create multiple stations, set a maximum time at each station and have the players run through the stations.

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Preparation

- 1 Prepare the playing area.
(see Pg.5 to view a plan of the playing area).
- 2 Form two teams of five.
(You can also vary the size of the teams based on the skill level of your players: for example, six against six, or forming three teams of four players and alternating between the teams).
- 3 Position the players on the playing field, based on their roles.
(You can view the plan on Pg.5 to position the players).

How the game is played

A game consists of **FIVE INNINGS**. In each inning, the teams take turns playing on **OFFENCE** and on **DEFENCE**, the roles are switched when the team on defence records three outs, while the team on offence tries to score as many runs as possible before all three outs are made.

Defence	Offence
The players take up their positions on the playing surface. Motor Skills: Running, Catching & Throwing.	The hitters take turns trying to hit the ball. If the hitter puts the ball into play, he or she runs to first base. Motor Skills: Running & Hitting

Description of a play

- 1 A player on the offensive team hits the ball with his or her hand. The hitter can strike the ball with a hand, fist, wrist or arm.
 - a. Once hit, the ball must fall within the playing area to be in play.
 - b. The ball **CANNOT** leave the playing area.
 - c. There are **NO** Pitchers in Baseball5. There are **NO** home runs in Baseball5.
- 2 Once the hitter puts the ball in play, he or she must run to first base.
 - a. During the game, the runners can leave their base only when the ball is put into play (hit) by a teammate.
 - b. There can be no more than one player on a base at any time. If there is, the last player to arrive at the base is called out.
 - c. A run is scored when the runner circles the bases to home plate without being called out.

Tips



To speed up the game, the players on offence are allowed to hit the ball only once per inning. The objective is to have the game played at a fast pace with no down time.

But remember to err on the side of fun and to use your judgment with your group.

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How to record an out

A player is **OUT** in any of the following instances:

- A player on defence catches the ball and touches the base before the runner gets there.
- A player on defence has the ball in hand and touches a player on offence with the ball when the offensive player is not on a base.
- A player on defence catches the ball that is hit before it touches the ground.
- There is more than one player on a base at any time.
- The hitter strikes the ball and it lands outside of the playing area.
- The hitter does not use 100% of his or her power (bunt attempt)
- The hitter fails to make contact with the ball.

Diagram of the playing area

