



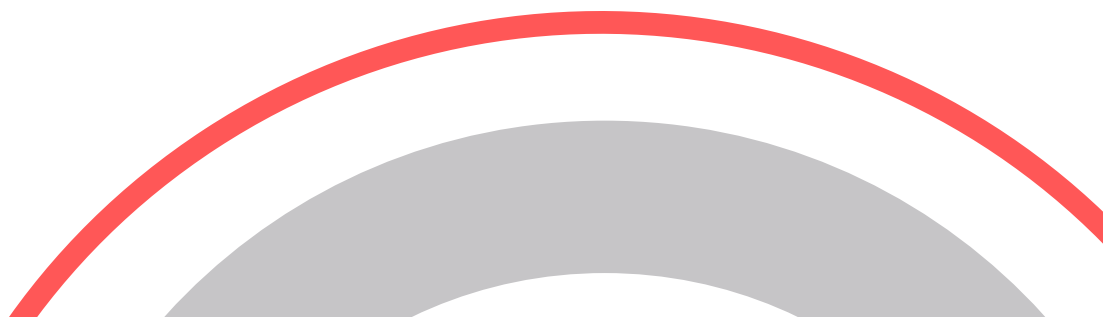
Baseball 5

Handbook

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Baseball5



A new 5-on-5 sport derived from traditional baseball. This fast, fun and inclusive discipline can be played anywhere, by any age, and with no bats or gloves!



MATERIAL

- A ball that is soft and bounces
- Objects for all four bases (first, second, third and home plate)

GLOSSARY

Inning: Basic unit of play like a period or quarter.

A run: When the runner crosses home plate after touring the bases one by one.

An out: When an offensive player is eliminated, (the ball is caught, defensive player tags them or steps on the plate first with ball in hand).

RULES*

While holding the ball, the player on the offensive team hits the ball with their hand, fist or wrist. The ball must fall within the playing area.

There are NO pitchers and NO home runs.

The runner can leave their base when the ball is hit/put in play by their teammate.

There is no bunting allowed (the hitter does not use 100% of their strength).

A run is scored once a runner circles every base without being called out.

If there is more than one player on base, the last player to arrive is called out.

HOW TO PLAY

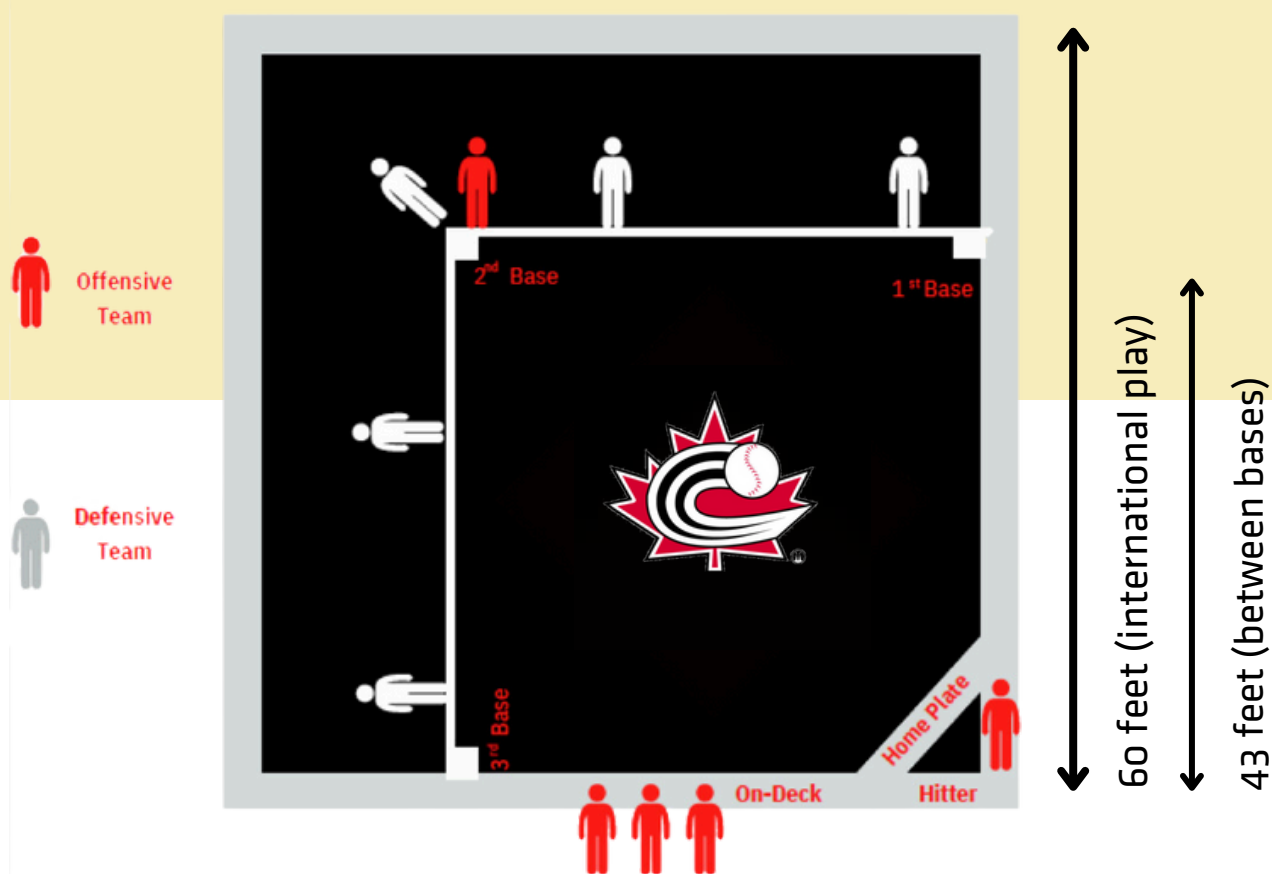
There are five innings in a game, each lasting about five minutes. Each inning, the teams take turns on offence and defence. The roles are switched once a team records three outs or when every player gets a chance to hit.

*These rules can be easily changed based on age and skill level.

Baseball 5

PREPARATION

- 1 Prepare the playing field (see below).
- 2 Form two teams of five. You can also vary the team size based on the skill of your players. For example, six against six, or three teams of four and alternate the teams.
- 3 Position the athletes on the playing surface based on their positions (see below).



PLAYING AREA

- Can be played on any surface (natural/synthetic grass, concrete, gymnasium, etc.)
- Dimensions can be changed without difficulty; the objective is to have fun within your available space!

Visit our website for more information!



For the Teachers

03



Watch the short [Baseball5 introduction video](#) before heading into the gym to gain an understanding of how to set-up and play the game.

Phys Ed. Class Route

If you are looking to incorporate Baseball5 into your yearly curriculum:

1. Print the Program sheet from page 5 in this handbook.
2. Determine the period you will play baseball for. If you will be playing for one week straight, you can follow the program sheet exactly. If you simply want to do one baseball day each week, you can use one of these days each week. You can also do game play every day of the week, whatever you feel is best!
3. Pull the instructional sheet out of your kit provided by Baseball Canada to get an understanding of how to set up and play the game.
4. Set up the bases.
5. Separate your group into teams, do a quick walk-through and play ball!!!

Intramural Route:

If you are looking to incorporate Baseball5 into your intramural programming (more common with older age groups)

1. Determine when Baseball5 will be played (lunchtime, after school, etc.)
2. Determine who will supervise the game(s)
3. Advertise that Baseball5 will be played by creating a sign-up sheet or by word of mouth. Some schools even had an info session during class or lunch to share details.
4. Depending on the number of participants, you can group your students by grade level and play multiple games, or separate them to create one cohesive game.
5. Because they are typically older, these students may benefit from watching the video attached above,

Baseball5 Warm-Up Ideas



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.3). The players 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 runner on the same base at any time. Line up the participants 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.
- 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.

WEEKLY OVERVIEW

Below is a proposed Baseball outline. This can be done in one week or spread out between 5 weeks (1 skill per week).

MONDAY

Day 1: Throwing and catching
Warm up by practicing throwing back and forth – put them into pairs and have them throw to each other from one metre away. Once they catch five in a row, they can take one step back. Do this until they feel comfortable and confident with these fundamental movement skills.

Drill #1 - Catch, Throw & Run

Drill #6 - Throw & Follow

TUESDAY

Similar to the the Day 1 warm up, pair them together and have them practice their hitting/swing to each other. Assure that the arm remains lower than the shoulders to avoid a volleyball swing.

Drill #2 - Batting Relay

Drill #4 - "Squash"

WEDNESDAY

Warm up by playing "Simon Says run to first". This is as easy as it sounds - have the students start at home base and play Simon Says, while including terms like "Simon Says run to second" or "Simon Says stay on first".

Drill #3 - Baserunning

Relay Drill #7 - Hit & Run

THURSDAY

Day 4 will be an advanced throwing and catching to improve the skills prior to game play. You can use the same warm-up as day 1.

Drill #9 - The Bridge Drill

#5 - Five Passes

FRIDAY

GAME PLAY

BASEBALL5 RESOURCES

INTRO

[What is Baseball5?](#)

[Baseball5 - How to Play](#)

[WBSC video - Baseball5](#)

DRILLS

[Catch, Throw & Run](#)

["Squash"](#)

[Hit & Run](#)

[Batting Relay](#)

[Five Passes](#)

[The Square](#)

[Baserunning Relay](#)

[Throw & Follow](#)

[The Bridge](#)

MODULES

[Module 1](#)

[Module 4](#)

[Module 6](#)

[Module 2](#)

[Module 5](#)

[Module 7](#)

[Module 3](#)

Important Contacts

(National)

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