

What Am I Learning?

I am learning about the necessary skills to play a game of Wiffle Ball such as throwing, catching, and striking.

Why?

Wiffle Baall improves cardiovascular fitness through running around the bases as a hitter and covering distance when fielding.
Also, Wiffle Ball Improves hand-eye coordination.

How will I Demonstrate my learning?

I can demonstrate

how to correctly hit an object with a bat.

how to correctly throw and catch a Wiffle Ball.



History

- Baseball was invented in Cooperstown, New York in 1839.
- The Civil War helped spread the game as soldiers from across the land were exposed to baseball.
- The National League was created in 1876 and the American League in 1900

KEY TERMS

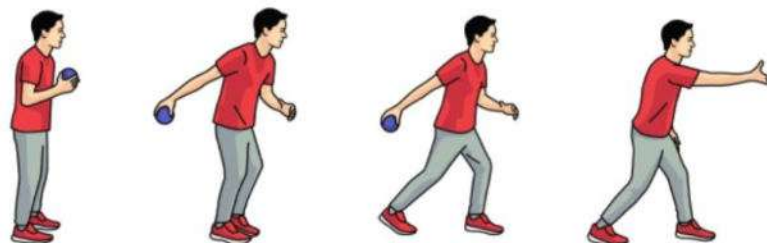
- Foul Ball – a batted ball that: Settles on foul territory between home and first base or between home and third base
- Steal - runner takes the initiative on his own to advance to the next base without benefit of a batted ball or a walk.
- Strike - results when a batter swings at and misses a pitch, does not swing at a pitch in the strike zone
- Bunt - an offensive tactic where a batter will deliberately tap the ball lightly, without swinging.
- Forced Out -when a baserunner is forced to leave his base when the batter becomes a baserunner himself, and a fielder successfully tags the next base before the runner can reach it.
- [Baseball Rules Video](#)
- [Baseball Positions Explained](#)

THROWING AND CATCHING CUES

UNDERHAND THROW

SWING - STEP - THROW

STEP WITH YOUR OPPOSITE FOOT



OVERHAND THROW

SIDE TO TARGET

UPPERCASE "L"

STEP - TWIST - THROW

STEP WITH YOUR OPPOSITE FOOT



CATCHING

READY POSITION - HANDS UP - REACH, GRAB, GIVE

OVER BELLY BUTTON THUMBS TOGETHER

UNDER BELLY BUTTON PINKIES TOGETHER



Gripping the bat

1. Dominant hand on top



- ## Stance and Swinging
1. Feet Shoulder with apart and knees slightly bent.
 2. Back elbow up like a Chicken Wing
 3. Step with front foot
 4. Watch for the ball!
 5. Swing level (clear table)
 6. Follow through

