

<b>Age: 5 - 7</b>		<b>Sport: Week 5 - T-Ball</b>	
<b>Duration:</b> 55 mins	<b>Physical Skills:</b> Base running, tagging	<b>Social Skill:</b> <b>Sportsmanship</b>	<b>Stickers:</b> Tagging, <b>Sportsmanship</b>

<b>Instructions</b>	<b>Language</b>
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<b>Welcome!</b>	<b>Equipment: N/A</b>
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> <li>1. Introduce the sport - holding out t-ball bat and ball</li> <li>2. Talk about the actions we do in t-ball.</li> <li>3. Introduce the social skill.</li> <li>3. Talk about what <b>Sportsmanship</b> is and how we use it.</li> </ol>	<p>Who can remember what we are playing?</p> <p>Yes, T-Ball!</p> <p>In T-Ball we run and sometimes get tagged.</p> <p>It is important to practice <b>sportsmanship</b> when we work with others!</p> <p>Today we are going to work on <b>sportsmanship</b>. <b>Sportsmanship</b> is a BIG word. But it really just means being a <b>good friend</b> to all GoPlayers! and <b>treating others how you want to be treated</b> when we play sports.</p> <p>It also means we don't only focus on winning, it is our <b>effort and trying that matters!</b></p>
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<p><b>Note:</b></p> <ol style="list-style-type: none"> <li>1. <b>Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li>2. <b>Complete 2-3 warm-up actions.</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol>
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<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	<b>Equipment: Cones</b>
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<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have a movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>- Reach high to the sky</li> <li>- Jumping jacks</li> <li>- Reach low to the ground</li> <li>- Arm circles</li> <li>- Running on the spot</li> <li>- High knees</li> </ul>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
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<b>Cat and Mouse Tag</b>	<b>Equipment: Flat cones, ground markers</b>
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<p>Put the kids in partners.</p> <p>Set up a small circle of cones or ground markers for each group of partners.</p> <p>One kid will start as the cat (tagger) the other will be the mouse (runs away from tagger).</p> <p>They can run either direction around the circle.</p> <p>Once a mouse is tagged, they become the cat and can now chase after the kiddo who just tagged them.</p> <p>If you need to switch their roles because the cat can't catch the mouse, you can do that.</p>	<p>Okay GoPlayers, who wants to keep warming up our bodies?!</p> <p>If there is a cat and a mouse, who do you think runs away from the other one?</p> <p>Yes, the mouse will try to run away from the cat!</p> <p>For this game, in your partners, one person will be the mouse and one person will be the cat!</p> <p>Once you are tagged as a mouse, you will become the cat trying to tag your partner!</p>
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Coach can also decide to change the shape of the kiddo's circles to be harder to run around (such as a triangle or square)

[Example](#)

### **Physical Skills ~ 15 - 20 mins**

#### **Rock Paper Scissors Tag**

**Equipment: Cones/pylons**

Set up a line of cones/pylons in the middle of the play space.

Then set up 2 additional lines running distance away, on each end of the place space.

So, there should be 3 lines of cones/pylons.

Put the kids into partners, they will start facing each other at the middle line.

On coach's go, the partners will play rock, paper, scissors.

Once one person wins, they will turn around and run towards the safe zone (the other line of cones/pylons on their side). The player who lost has to try and chase their friend to tag them before they make it to their safe zone.

Who knows how to play rock paper scissors? Has everyone played before?

Let's review (play with the other coach as a demo)

We are going to work on our tagging while also playing rock, paper, scissors!

If you win the rock, paper, scissors against your partner, you have to run run run to the safe zone before getting tagged!

That means if you are not the winner, you are the tagger and you will have to chase your friend and try to tag them before they make it to the safe zone!

Who thinks they can do that?!

#### **Force Out, Tag Out**

**Equipment: Bases, balls**

Put the kiddos into pairs. One is the runner, one is the fielder, but you don't have to get caught up on this. Have them stand in two lines standing across from/facing their partner. With enough space between each pair.

One of the players in each pair (the fielder) will have a ball.

Coach will call out one of two commands: "tag out" or "force out"

On tag out: the player with the ball must try to tag their partner.

On force out: the fielder is trying to run to a base and tag it with their foot before the runner gets there.

Have them try a few times and then switch positions.

[Example at 7:25](#)

Okay GoPlayers! in your pairs, one person will have a ball and the other will not.

If coach calls out "tag out!" and you have the ball, you need to try to tag your partner!

If coach calls out "force out" and you have the ball, you must run run run to the base before your partner does.

It might be tricky to think about these different ways you can be "out" in t-ball. But let's try to work on it together!

### **Social Skill ~ 10 - 15 mins**

#### **Pickle!**

**Equipment: Ground markers, cones/pylons, balls**

For this game the players should be in groups of 3.

For as many groups of 3 that there is, set up 2 cones/pylons/ground markers as "bases". Give each group enough space that they can run between the "bases" and not be too close to a group beside them.

This game will continue to work on their tagging skills. In t-ball players may get into a "pickle" or "rundown" where a runner is stuck between two bases trying not to get tagged.

This is the idea of this game. There will be a player starting on each base. The third player will start in the middle of the bases. One of the kiddos on a base will start with the ball.

On coach's go, the fielders (kiddos on the bases) are trying to tag the baserunner with the ball before they make it to one of the bases.

This is a quick moving game, the kiddos should be running

GoPlayers! If coach is stuck between two bases and does not want to be tagged they would be in a pickle! Oh no!

This is also called a rundown in t-ball.

Can I hear everyone say rundown pickle?!

For this game, we want to work on our tagging, like we were in the last activity.

We can't forget to be **good sports** when we play this game!

Remember, we want to be a **good friend** to all GoPlayers! and **treat others how you want to be treated** when we play.

Everyone will get to be in each of the positions and we are all trying to have fun!

<p>around. But, if you need to slow it down to start so they can understand the roles. You can do that.</p> <p>Once a base runner is tagged, change the roles.</p> <p>Since it is quick moving, it is more likely that the fielders will tag the baserunner before they are safe so make sure to incorporate <b>sportsmanship</b>.</p> <p><a href="#">Example</a></p>	
<p><b>Game/Fun Activity ~ 10 - 15 mins</b>  <b>Race to First</b> <span style="float: right;"><b>Equipment: Ground markers/bases, balls, tee, bat</b></span></p>	
<p>Have the ground markers/bases set up the way a regular game would be.</p> <p>Set up the tee at home and a cone/pylon a few steps back for the kiddos to line up at.</p> <p>1 kid will start in the outfield.</p> <p>The first kid in line will step up to the tee and hit the ball.</p> <p>Once the ball is hit, the fielder will pick up the ball and try to beat the hitter to first.</p> <p>After batting, the kiddo becomes the person in the outfield.</p> <p>If you have a large group, you could set up two of these games so that there is less waiting in line.</p>	<p>Before we play a T-Ball game, let's do a race to first!</p> <p>Everyone will get to try, so let's all practice our <b>sportsmanship!</b></p>
<p><b>T-Ball Game</b> <span style="float: right;"><b>Equipment: Bat, tee, ball, ground markers/bases</b></span></p>	
<p>Remind the group of the bat safety talk!</p> <p>This is going to be a simplified and organized game of T-Ball to introduce the kiddos to some of the ways a real game works.</p> <p>Have the ground markers/bases set up the way a regular game would be.</p> <p>Put one tee at home.</p> <p>Try to mimic a real game, working on some of the skills that the kiddos have been practicing.</p> <p>You can slow it down as much as needed to have the game flow smoothly.</p>	<p>Who wants to try putting all of the skills we have learned so far together into one game??</p> <p>Let's do it! We can expand on the game we played at the end of last class!</p> <p>Okay GoPlayers, let's all work together to make this game run smoothly.</p> <p>All positions are important in T-Ball and we will ALL get a turn at both!</p> <p>Remember to practice <b>sportsmanship</b> so that everyone can have fun!</p>
<p><b>Clean-Up</b> <span style="float: right;"><b>Equipment: N/A</b></span></p>	
<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the balls to me!</p> <p>Now let's do it again for ____!</p>
<p><b>Review!</b> <span style="float: right;"><b>Equipment: Bat and ball</b></span></p>	
<p>Hold out the bat and ball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, T-Ball!</p> <p>Can I hear everyone say "t-ball"?</p>

	<p>Who remembers what skill we worked on?</p> <p>Yes, tagging!!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced <b>sportsmanship!</b></p> <p>I know it is a big word, but can I hear everyone say <b>"I practiced sportsmanship"</b>!</p>
<p><b>Cheer!</b> <span style="float: right;"><b>Equipment: N/A</b></span></p>	
<p>GO! PLAY! GO! PLAY! Have the coach yell 'GO' and the kids yell 'PLAY'</p>	<p>Be as LOUD as you can!</p> <p>I can't hear you!</p> <p>Again, louder!!</p>
<p><b>Stickers</b> <span style="float: right;"><b>Equipment: Sticker boxes</b></span></p>	
<p>Hand out Tagging and <b>Sportsmanship</b> stickers</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>