

Shuttle Ball

Michael Meyer, Dr. Elizabeth Sharp and Colorado Mesa University Students

Description

Baseball and Softball incorporate coordination, gross and fine motor skills, agility, teamwork and strategy skills. However, if you choose to have your class play the game itself there is a great amount of standing and waiting. In order to create more activity and still work on these skills we developed Shuttle Ball. Shuttle Ball is designed to improve students throwing and catching skills as well as allow students to improve their batting skills through multiple repetitions in an active game. Need to develop communication and teamwork? Shuttle Ball is a game of defensive communication and strategy. Unlike games like kickball, baseball, and cricket students will not spend time standing and waiting to field or hit, instead the rules of the game make for an inclusive and active environment.

Equipment Needed:

5 Wiffle balls
2 wiffle bats
cones to mark the field
1 bucket.

Set-up:

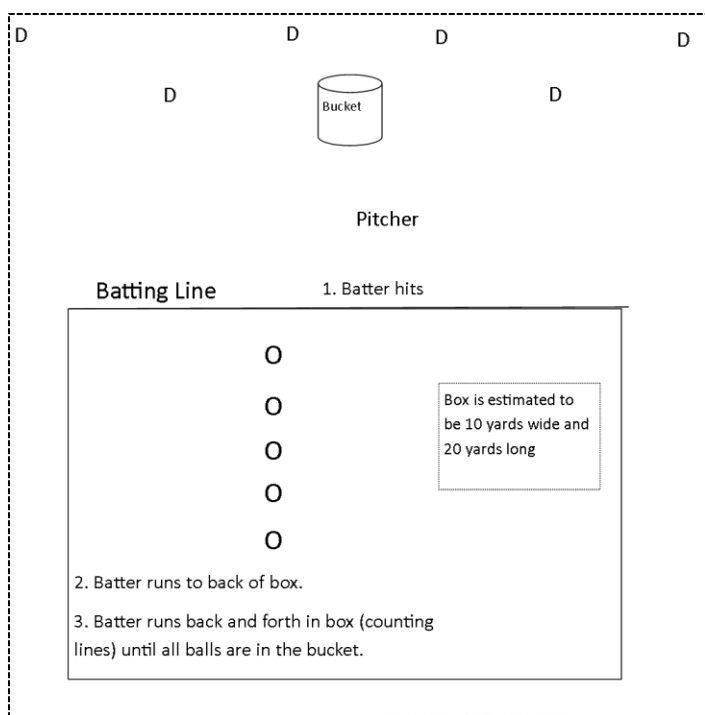
- Teams of 6 players.
- Bucket in the middle of the outfield.
- Shuttle run area behind batting line. (suggested 20yd x 10yd)

Offense:

Five members of the offensive team will line up single file behind the batters line.

The remaining member of the offensive team will be the pitcher; the team will rotate to a different pitcher every inning making sure that all team members pitch. The pitcher will be kneeling 6-8 feet away from the batting area soft tossing the ball to the batter.

Each inning will begin with the pitcher having all 5 balls in their possession or on the ground near them. The offensive team will begin the inning with one batter up and the rest of the team lined up a safe distance behind them behind the batters line. The pitcher will toss the ball to the batter; after the batter hits the ball they will then go to the back of the batter's box and begin running side to side performing a shuttle in the runner's area. Every time a runner touches a shuttle line a run is counted for their team. The next batter in line will step up and follow in the same process, this will continue until all batters have hit.



If a batter misses a swing the teacher/ official will yell “freeze”. All runners will then hold their position until a ball is successfully batted forward by the hitter. Once the last ball is in the bucket the offensive team will quickly huddle and add their runs up and call out their score as they transition to defense.

Defense:

The defensive team’s objective is to field the balls and place them in the bucket. Players may not move with the ball in order to place it in the bucket, instead a defense must throw and catch the ball in order to get it in the bucket. At least 2 throws are required before a ball can go in the bucket, unless a fly ball is caught then only one throw is required. Defensive players must rotate positions every defensive inning. The offense will stop running when the last ball is in the bucket, the defense will yell “stop” to indicate to the offense that all balls are in the bucket.

Modifications:

- Using pedometers and steps during the game to count a final score.
- Moving the bucket around to where bases are located to give the defense a “real game” practices opportunity.
- Hitting off of a tee
- Setting up a base path in the runner’s area
- Modify for kickball
- Stuck inside? Use the free throw line as you batters line and lane as the runner’s box

Sample Week

Day 1: Refresh throwing, partner ground balls, partner fly balls

Day 2: Hitting (start on tee, graduating to soft toss)

Day 3: ½ class defensive work, ½ class basic Shuttle Ball

Day 4: ½ class soft toss and hitting, ½ class basic Shuttle Ball

Day 5: Full game, majority of class in MVPA

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