



FUN AT BAT: AT HOME ACTIVITIES

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Fun At Bat is a bat-and-ball skills development program for all children. The overarching goal of this program is to promote fun and active lifestyles for children, while teaching them the fundamental skills of bat-and-ball sports. Together, we can ensure children's experiences with bat-and-ball sports are safe, positive and enjoyable! Fun At Bat At Home was created to bring the components of bat-and-ball activities right to your home!

Program Goals - Fun At Bat aims to:

1. Teach the fundamental skills and rules that are necessary to play bat-and-ball sports.
2. Enable children to learn the health-enhancing benefits that are associated with playing bat-and-ball sports.
3. Create a fun, active, and positive environment in which children can enjoy bat-and-ball sports.
4. Promote high self-esteem and self-confidence by giving all children the opportunity to learn and succeed in bat-and-ball sports.
5. Model and teach the fundamentals of game play, while emphasizing teamwork and good sportsmanship.

DYNAMIC WARMUP WATCH VIDEO ▶

The dynamic warm-up incorporates activities designed to improve and develop basic function that are the building blocks of higher level sports skills and physical fitness. These are exercises that emphasize postural alignment, mobility, balance and coordination. The objective is to stimulate and prepare the brain and body to behave and work together.

1. **March in Place**
2. **Slides**
3. **Single Leg Jump**
4. **Double Leg Jump-Squat/Reach/Toe Raise-Squat Jump**
5. **Cross Crawl**
6. **Bridge and Hip Extension**
7. **Super Slow Motion March**
8. **Stand On One Leg**
9. **Whirly Birds**

ALTERNATIVE EQUIPMENT WATCH VIDEO ▶

There are plenty of ways to play ball! Sometimes you don't have to look too far to find exactly what you need! Use indoor and outdoor friendly items to adjust to your settings! For a makeshift baseball bat, Freedom try using a cardboard box, a paper towel roll, a broom, an umbrella, a car brush, or you can even just use your hands.

As for a makeshift ball, you can use a rolled up piece of paper, a rolled up aluminum foil ball, a balloon, and more. Be creative and have fun!

ACTIVITIES [WATCH VIDEO ▶](#)

These activities are designed to introduce children to bat-and-ball sports in a fun and safe way, all while using common household items. For descriptions or to see each of these demonstrated, click on the “Watch Video” button above.

1. **Fundamentals of Underhand Throwing**
2. **Fundamentals of Overhand Throwing**
3. **Throwing Home Run Derby**
4. **Targets, Targets Everywhere...**
5. **Fundamentals of Catching**
6. **Partner Toss**
7. **Fundamentals of Fielding a Ground Ball & Catching a Fly Ball**
8. **Partner Fielding**
9. **Fundamentals of Hitting**
10. **Hitting Derby**
11. **GET TO THE CHOPPER!**
12. **Defend the House**

CHAMPIONSHIP PRINCIPLES BOOK [WATCH VIDEO ▶](#) [READ ▶](#)

Participating in youth sports not only allows for children to develop physically with strong muscles and bones, but it also provides a platform for emotional development. The social interactions

that children experience playing sports can build a foundation for good character and positive self-esteem. The Fun At Bat skill development program is committed to assisting in the development of positive character building traits. Throughout the curriculum, USA Baseball has incorporated eight Championship Principles that can positively impact children beyond their time in sports, and throughout their life.



**TO SEE THE FULL FUN AT BAT AT HOME CURRICULUM,
COMPLETE WITH ACTIVITY DESCRIPTIONS,
CLICK THE BUTTON BELOW.**

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