



Baseball With True North (Ages 8-14)

Activity: Clap Ball

Equipment: A baseball, tennis ball or Hacky sack

Description: Stand in a circle facing each other and give one person a small soft ball (like a foam ball or hacky sack) to start. The first person throws the ball up in the air and must clap once before catching the ball. They then pass the ball to the next person who must do the same. The ball continues around the circle until it gets back to the first person, who then must clap twice before catching the ball and passing it. Continue to increase the challenge by adding claps in between catches.

To further increase the difficulty, add extra movements before catching (e.g. spin before catching, clap under your leg, clap behind your back, high five the ground).

Activity: Warzone

Equipment: A deck of cards, a strike zone and a ball (baseball, tennis ball, etc.)

Description: Start by creating your own strike zone; you can use painter's tape or chalk on a wall or fence outdoors. Strike zone sizes can vary based on the height of a batter; for a guide on strike zone dimensions click [here](#). Once the strike zone is established choose a distance for your child to throw from. If you are playing indoors you can create a strike zone and play with a pair of rolled up socks. Below we've included different rules based on the number of participants:

One participant: Have your child start by flipping the first card in the deck over, the value of the card is the score they get if they are able to throw a strike. If they throw a ball (the ball doesn't land within the strike zone) they get zero points. Aces are low and all face cards are worth 10 points (you can modify the score of each card as you see fit.) Have your child pitch their way through the deck of cards totalling their score along the way

Two or more participants: Standard rules of the card game war apply, you can review the rules [here](#). Start off by having the players play rock paper scissors to determine who goes first and second each round. Players will flip their card over, a player's card value only counts when they throw a strike, if both players throw a strike the higher card value wins, if both players throw a ball the higher card value wins. If one player throws a strike and the other player throws a ball the player who threw a strike wins regardless of the card value. The game continues until one player has all of the cards

To encourage arm care players should not be throwing at full velocity, the objective of the game is accuracy and not speed. Make sure players take a break between games or based on the length of the game limit players to one game a day.

Activity: Home Run Derby

Equipment: Cones or markers and a few balls (wiffle balls or tennis balls or baseballs) and a baseball bat

Description: Set up an imaginary wall with pylons or markers. The hitter tries to hit wiffle balls over the wall. The scoring works as follows: 2 points if it goes over on the fly and 1 point if it rolls over. Everyone who is not hitting is in the field trying to stop the balls from going over.

Blitzball can be another fun variation of a wiffle ball derby, order a set online [here](#)

