

Hit 4 and go

Time: 20 minutes

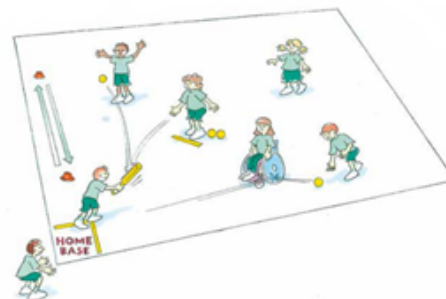
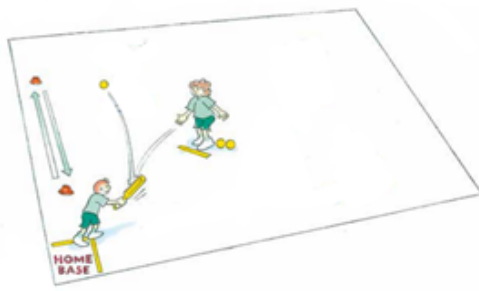
Activity

Individual/partner/group

- Players hits 4 consecutive balls into the field and then runs between marker cones as many times as possible. When the fielder/s have returned all 4 balls they call out 'STOP!'
- From cone to cone = one point.
- The balls can be hit from the ground, or off tees, you can toss the ball and hit it yourself, or have a team mate toss the ball to you.

Safety

- Ensure adequate space for the number of players.
- Fielders should be at a safe minimum distance from the batter.
- All fielders should keep an eye out for balls as well as other running fielders.



Equipment

- Various objects for the bat, such as:
 - tennis rackets
 - cricket bat
 - newspaper rolled up.
- Various objects for balls, such as:
 - tennis balls
 - soft spongy balls
 - socks rolled up.
- If using a small indoor space, use your hand to hit the ball.

Activity variations

- Harder for fielders - fielders cannot move until the last ball is struck - fielders must take the ball to the home base and not throw.
- Harder for batters - batter must hit the ball forward of the batting position.
- Scoring gates – batters gain extra runs if the ball passes through the gates.

