



CHALLENGER BASEBALL

AT HOME SESSION RESOURCE!



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WELCOME TO CHALLENGER BASEBALL AT HOME!

OVERVIEW OF CHALLENGER BASEBALL AT HOME:

Jays Care Foundation and Challenger Baseball Canada are committed to creating opportunities for our athletes across Canada to continue participating in Challenger Baseball from the comfort and safety of their homes while most community programs are not running due to COVID-19. Each Challenger Baseball at Home session in this resource uses the same familiar patterns, skills and drills that Challenger Baseball athletes experience in their community programs. Our hope is that this resource will help you and your family bring the joy, physical activity and determination that Challenger Baseball inspires into your homes throughout this pandemic and beyond.

YOUR ROLE IN CHALLENGER BASEBALL AT HOME:

With this resource, parents are expected to play the role of Coach or Assistant Coach. Some of you may already be Challenger Baseball coaches, making the use of this resource feel easy. For others, it may be a bit of a transition to try to lead your child in Challenger Baseball at Home programming when you are usually cheering from the sidelines. Here are a few tips for helping you and your athlete transition to this new coach – athlete relationship:

- 1. Introduce the idea as a special mission.** For example: “Hey Allison, the head coaches for Challenger Baseball at the Toronto Blue Jays have asked all Challenger Baseball athletes to stay in shape and keep up their baseball skills while we are all in isolation. They’ve sent me a special list of practice plans that they want us to work through for the next couple of months. I think we should do it. They are relying on us. What do you think?”
- 2. Create a standard routine.** Include Challenger Baseball in your weekly at-home school schedule so that your athlete sees it as a fixed and reliable part of each week that they can look forward to.
- 3. Encourage your athlete to come to the sessions dressed in their most recent Challenger Baseball uniform.** The more the session feels like a legitimate practice, the more likely your athlete will be motivated to put the time and energy into each drill and skill. **Note:** If you have a Challenger Baseball shirt or a Toronto Blue Jays shirt, wear this during practice as well.
- 4. Keep them motivated using your tried and tested tactics.** If you are looking for additional ways to keep your athlete motivated throughout each session and over several weeks, consider bringing Jays Care and the Toronto Blue Jays into the fold. For example, at the end of each session, take a photo of your athlete holding up a sign that indicates what session they have completed. If you send this photo to Jays Care, we will send back a personalized email to you and your athlete to keep them motivated to keep going.
- 5. Finish each practice with an acknowledgement and a cheer:** most Challenger Baseball practices have a very specific routine that creates comfort and a team-feel. You can do this in your home by finishing every practice by acknowledging a few things you noticed your athlete do really well in the practice, followed by a team cheer (your Challenger Baseball cheer, a Toronto Blue Jays cheer, or a new family cheer).
- 6. After every 3-5 sessions, introduce an “Athlete’s Choice” session:** This is a chance for you and your athlete to review the different drills and skills they have completed throughout their training and work together to build a practice plan filled with the activities that they love the most.

DESIGN OF EACH SESSION:

We have written each Challenger Baseball at Home Session knowing that your athlete and you know best how to modify activities to meet your unique needs. We have also written it knowing that many families will have two athletes at home participating, or an athlete and a Buddy, while some may be working alone with their athlete. We have tried to include instructions and modifications so that each activity makes sense with 1 or 2 athletes participating. We have included a few key features in the write-up of each session to help support you as you lead it:

- **Objective:** Each session includes key objectives that can help you and your athlete focus on the big goals as you work through each part of the session;
- **Time:** Each session is designed to take on average of 45 – 60 minutes to complete fully;
- **Materials:** This section provides baseball equipment required. It often refers to the table below that provides easy-to-find replacement materials that can be found in most homes;
- **Activity Description:** Each session includes instructions for how to lead a warm-up, some drills and skills and a cool-down activity;
- **General modifications:** This section provides examples of ways to modify and adapt each activity to meet a variety of needs. These are meant to inspire a wide range of modifications that can be made to best suit your unique athlete;

WHAT EQUIPMENT IS REQUIRED?


Below are suggested items that you can find in most homes to substitute typical baseball equipment:

Typical Baseball Equipment	Suggested Household Items	
Baseballs and/or different sized balls	<ul style="list-style-type: none">• Rolled up socks• Paper ball(s)• Stuffed toy(s)	<ul style="list-style-type: none">• Small pillow(s)• Balloon(s)
Bat	<ul style="list-style-type: none">• Paper towel roll• Rolled poster and/or Bristol board	<ul style="list-style-type: none">• Broom stick• Snow brush• Outstretched arm
Bases/Pylons	<ul style="list-style-type: none">• Pillows• Shoes• Canned foods• Hats	<ul style="list-style-type: none">• Cards (from a deck of cards)• Construction paper• Toys


WHAT ARE THE CUES FOR THROWING, FIELDING, BATTING?

The cues written below can help you remind your athlete of the key steps involved in each of the most significant skills in baseball. If you are planning to integrate Challenger Baseball at Home sessions into your daily home-school routine, you may want to challenge your athlete to create posters (writing and drawing) during part of their other subjects (i.e. writing, reading, art) that feature these cues, so they can be hung on the walls when you lead your Challenger Baseball at Home sessions:

Throwing

- 
- 1 Surfboard
 - 2 Point to where you want to throw & wave hello
 - 3 Buckle your seatbelt!



OR

- a) Point with both hands
 - b) Pull arrow back
 - c) Buckle your seatbelt!
- 

Batting

- 
- 1 Surfboard
 - 2 Salt shaker
 - 3 Throw over shoulder
 - 4 SWING & squish the bug
- 

Fielding

- 
- 1 Alligator to the snow (or as low as you can go)
 - 2 Belly Button
 - 3 Throw
- 

CHALLENGER BASEBALL AT HOME SESSION #1: THROWING

Objective: To work on throwing technique and accuracy.

Activities: High, Low & Target Toss

Time: 45 min

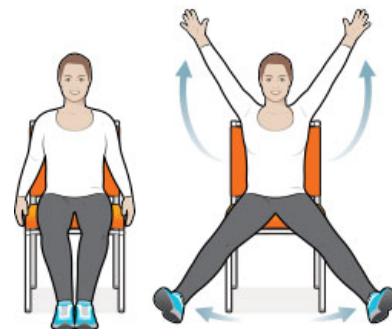
Materials:

- Ball (*or see suggested replacement items on page 4)
- 6 rolls of toilet paper

WARM UP

Colour Game:

The objective of this game is for your athlete move as fast as they can to touch a certain colour. For example, if coach says touch something blue, athletes must find an item in your home that is blue as fast as they can. Repeat with different colours for 3 - 5 minutes. To increase the challenge, call out two colours at a time, or challenge athletes to hop, run with high knees, high kick, or dance to the next colour.



10 Star Jumps:

Start by standing with your legs together and arms by your side. Take a small jump and spread your legs out with your arms above your head. You should look like a star when done. Take another small jump going back into your starting position with your legs together and arms by your side. You can try this sitting down. Start sitting with your arms by your side. Move your arms over your head. Every time you do a star jump you must say "I'm a star". **Modification:** Modify for athletes using wheelchairs, walkers, or other assistive devices as seen in the image to the right.

Arm Circles:

Rotate your arms forward in a circle beginning with 10 small, 10 medium and 10 big circles. Do the same thing rotating them the opposite direction.

DRILLS & SKILLS

High, Low:

Two athletes (or an athlete and coach) are approx. 5-10 feet apart. Pass the ball back and forth between partners. **TIP:** With each throw, challenge your partner to react differently. For example, throw a fly ball, then a grounder to the left, then one to the right. **Modifications:** Give athletes the choice of where the ball will be thrown; place a spot marker on the floor where athlete(s) are to stay, in order to keep them on task.

Tower Toss:

Using 6 rolls of toilet paper, build a tower. Athlete(s) start about 5-10 feet away from the tower. Throw a ball at the tower to try and knock it down. See how many throws it takes to knock over the whole tower. **TIP:** to increase the challenge, athlete(s) can start from farther away. To decrease the challenge, athletes can stand closer. See how far athlete(s) can move back! Repeat this game 5 or more times making it more challenging each time. **Modifications:** Adjust the height of the target to ensure it is at shoulder height to the athlete. To increase physical movement in the drill, challenge your athlete to rebuild the tower as fast as they can each time they knock it down. Time them to see how many toilet rolls they can knock down in 5 minutes.



COOL DOWN

Traffic Light:

Two athletes (or an athlete and coach) are approx. 5-10 feet apart. Pass a ball back and forth between partners. Explain that when you say a sentence that is negative the ball needs to stop moving and the athletes need to yell "RED LIGHT or STOP". When you say something positive the ball can keep moving and the athletes need to yell "GREEN LIGHT or GO"

Examples:

Green Light

"Great try!", "Amazing throw!", "Practice makes perfect!", "You really have improved at throwing!"

Red Light

"I can't do this!", "I can't swing the bat!", "I'm not good at baseball!", "I'm too tired to play."

Celebration:

To help wrap your practice up, identify at least three things that your athlete(s) did well during the practice.

Team Cheer:

Finish the practice with a Challenger Baseball or Toronto Blue Jays cheer.

CHALLENGER BASEBALL AT HOME SESSION #2: THROWING

Objective: To enhance fundamental skills in throwing and catching.

Activities: Criss Cross Toss, Knight Catch, Perfect Pass

Time: 60 minutes

Materials:

- 3 pairs of shoes
- Timer
- Ball (*or see suggested replacement items on page 4)
- 20 items from around the home

WARM UP:

Get Funky:

Dance on the spot for 30 seconds. Do 4 repetitions with a break between. **TIP:** let athlete(s) choose which song they would like to warm up to! Take it up a notch by turning it into a game of freeze dance.

Triangle Shuffle:

Place 3 shoes approx. 5 feet apart from each other in the shape of a triangle. Athlete(s) start in the middle. Instruct athletes to move out and touch one of the shoes, returning to the middle after. Continue doing this for two minutes touching a different shoe each time. Count how many times your athlete can touch a shoe in two minutes. **TIP:** choose 3 different colour shoes and identify which shoe your athlete should touch each time (i.e. “touch red, then black, then white, GO!”).

Modification: Move around the shoe, rather than touching them before moving back to the middle. Adjust the size of the triangle.

Big Stretch:

Lead athlete(s) in a big stretch:

- Reach your arms up as high as they can go, hold for 10 seconds. Reach your arms down as low as you can go, hold for 10 seconds. Repeat this routine 3 times.
- Start with your arms to your side. Swing your arms up in front of you, cross them and grab the back of your shoulder. Hold for 1-2 seconds then switch. Complete 10-15 repetitions.
- Add your favorite stretches!

DRILLS & SKILLS

Criss Cross Toss:

Athlete(s) and/or coach(es) are sitting on the floor or in a chair approx. 10-15 feet apart. Athlete(s) choose which ball (or household item) they would like to hold in their throwing hand, with their non-throwing hand supporting the elbow. Throw/flick the ball to your partner. Partners throw the ball back and forth. Do this until you have mastered the sitting throw. Once you have mastered this, try doing it with your non-throwing arm. **Modification:** Reduce or increase the distance between partners

Knighr Catch:

Athlete(s) and/or coach(es) are sitting on one knee or on a chair approx. 10-15 feet apart. Start by tossing the ball to your athlete(s). Athlete(s) start with their hands out in front of them to catch the ball. After making 5 catches, instruct athletes to try starting with their hands by their side, on their waist, behind their back, or one handed. Try use your baseball glove to practice catching with a glove. **Modification:** Reduce or increase the distance between partners.



Perfect Pass:

You will need to clear space for this activity. Place several random household items on the floor throughout the space (ask your athlete(s) to help you “make a BIG mess” in your space!”). At one end of the mess, create a starting line. Ask your athlete(s) to stand behind the start line. If you have two athletes, give the second athlete in line a ball. Explain that when you say “go”, your first athlete will move as fast as they can to stand on or beside one of the items on the ground. Then, the second athlete will throw the ball to the first athlete. Once they pass the ball back and forth once, the first athlete can pick up the item on the ground and bring it back to the start line. Athletes then switch roles and continue collecting items until all items are picked up. The goal is to “clean up the BIG mess as fast as they can!” **NOTE:** If you are only working with one athlete, place a chair or target behind the start line. Challenge your athlete to move to each item holding a ball. When they get to the item, their challenge is to toss the ball and hit the target. Upon hitting the target, they can pick up the item and move back to the start line to return it and start again. **Modification:** Use a bigger or smaller ball to increase or decrease the difficulty. Allow your athlete to choose which ball or household item they would like to throw!

COOL DOWN

Windstorm:

Instruct your athlete(s) to pretend to be a tree in a windstorm and to move their upper body back and forth like the wind is blowing their branches (arms) back and forth. Challenge the athlete(s) to start strong by moving around as if the tree was blowing in heavy winds. Have the athlete(s) progressively move slower and slower as if the wind has calmed down and instruct the athlete(s) to come to a slow stop. **Modification:** Add the cue “TORNADO” and instruct athlete(s) to move their entire body (keeping their feet and/or chair glued to the floor) as if they’re a tree in a tornado for a full-body cool-down movement.

Positive Pass:

Instruct your athlete(s) to stand an appropriate passing distance away from each other with their feet and/or chair glued to the ground. Instruct your athlete(s) to pass the ball to one another, and at the same time, challenge them to say something positive and/or something they like about the other person. Some examples are:

- Your hair colour is beautiful!
- You did amazing practicing throwing today!
- I love your laugh!
- You never give up!
- Your smile lights up the room!
- You’re so smart!
- Practicing baseball with you is FUN!

Modification: start by rolling the ball back and forth, then work up to passing to each other's chest, then pass high in the air like a "pop-fly!"

Mindful Minute:

Instruct your athlete(s) to find a space where they feel most comfortable in their home. This could be their bed, laying out in the grass, or in their favourite spot on the couch. Have them close their eyes and imagine being on a beach. Gently talk them through a scene to help place them in a calm mindset. For example: "Imagine you are laying out on a beach.....You hear the waves crashing in the background.....Feel the wind blowing in your face as you hear the birds chirping in the distance... Feel the sun on your skin and the sand in your hands as you relax and focus on breathing in, and breathing out." The objective of this activity is to encourage your athlete to take a few minutes to relax and refocus. **Modification:** Read them their favourite book instead describing a scene. Do what you feel will help them relax the most!

Celebration and Team Cheer!

CHALLENGER BASEBALL AT HOME SESSION #3: BATTING

Objective: To enhance skills in accuracy and the ability to connect the bat with the ball.

Activities: Baseball Golf (9 holes)

Time: 1 hour

Materials:

- Bat (*or see suggested replacement items on page 4)
- Ball (*or see suggested replacement items on page 4)
- Cup/Bowl

WARM UP:

Lap it Up

Complete 3 laps around the room of your choice! **TIP:** Put on your favorite song and include, hops, skips, jumps, zigzags, or other movements that are accessible to your athlete(s).

Four corners:

Number each of the four corners in a selected room. When a number is called, athlete(s) move to that corner as quick as they can. Play this game for 3-5 minutes. **TIP:** To take it up a notch, include, hops, skips, jumps, zigzags, or other movements that are accessible to your athlete(s).

Stretching Circuit:

Write out a variety of stretching activities on different pieces of paper. Place the paper in different spots of the room and have your athlete(s) make their way through the circuit. Some examples of stretching activities are: spell your name using your body, touch your toes, crab walk, wall sit for 20 seconds, etc. For more inclusive stretch ideas, visit the following link for printable resources: <https://www.yourtherapysource.com/blog1/2019/10/04/kids-exercise-list/>

DRILLS & SKILLS:

Baseball Golf:

Place a cup or bowl in the middle of the room to be used as a target. Athlete(s) start outside the room area. Using a paper towel roll, hit a paper ball towards the target. Count the number of swings it takes to get to the target. Continue to relocate the target and play 9 holes of Baseball Golf. Keep track of your score and try to beat it next time! Challenge your athlete(s) to pick the locations of the target! **TIP:** switch it up! If your family is able, play a few rounds outdoors!

Modification: Adjust the distance of the hole to increase or decrease difficulty.

COOL DOWN:

Alligator Chomp:

Choose 5 high items and 5 low items around the home. Athlete(s) will use their alligator chomp to pick up the items. This will resemble you catching the ball up high or fielding a ball down low. Time your athlete(s) to see how long it takes to chomp all 10 items. Try to beat that time next time you do this drill. **TIP:** Don't forget to instruct your athletes to put all the items back! **Modification:** Mark a spot in the middle of the room that athletes need to return to after each chomp.



Draw, Show and Tell:

Ask athletes to draw a picture of their favourite Challenger Baseball memory!

Celebration and Cheer!

CHALLENGER BASEBALL AT HOME SESSION #4: BATTING

Objective: To enhance batting technique and on-base percentage.

Activities: Swing Drop Move, Batting Practice, Driving Range

Time: 1 hour

Materials:

- Chair or something to balance with
- Bat (*or see suggested replacement items on page 4)
- Ball (*or see suggested replacement items on page 4)
- 5 Paper Balls
- Paper towel roll
- 1 Shoe
- 1 Sock
- Large space

WARM UP:

Dance it Out:

Dance/run/jump/move your body on the spot for 30 continuous seconds. Do 3 repetitions with a break in between! Take it up a notch by encouraging athletes to try “high speed dancing”, “slow motion dancing”, “robotic dancing”, etc.

Leg Lifts:

Using a chair or a wall to balance, slowly lift your right foot forward as high as it can go 10 times. Next, slowly lift your right foot outwards as high as it can go 10 times. Try these activities with your left foot! Complete 3 repetitions for each leg. **TIP:** to make this warm-up accessible to all, allow your athlete(s) to choose which body part(s) they move!

Cross Body BOOM BOOM POW:

Start with your arms in a bent position in front of your body. Reach across your body with one of your arms making a punching motion. Once your arm is fully extended bring it back to the bent position. Complete 20 repetitions (10 each arm). **TIP:** model this activity for your athlete(s) first! To make this warm-up activity more accessible, try hand-over-hand with your athlete!

DRILLS & SKILLS:

Swing, Drop, Move:

Place a shoe approx. 10 feet in front a sock. Use the cues “SWING”, “DROP” and “MOVE”. Athlete(s) will start at the sock in a batting stance. Once you say “SWING”, athlete(s) should swing the bat. Once the bat has been swung, you will say “DROP” and athlete(s) will drop their bat at their feet. Once their bat has been dropped, you will say “MOVE” and athlete(s) will move, move, move as



quick as they can around the shoe and back to their starting place. Complete 10 repetitions.

TIP: Model this activity with your athlete(s) first. Challenge them to listen FIRST, THEN do the action. **Modification:** Increase/decrease the distance the athlete has to move. Use a tee (or other household items!) to make contact more successful.

Batting Practice:

Position your athlete facing outward from a wall or fence. Coach will lightly toss a paper ball while the athlete(s) will hit the ball with the paper towel roll. Encourage your athlete(s) to hit 5 in a row before switching roles. Remember each other's scores and try to beat it each time. Complete 3 times each. **Modification:** Add more paper to the ball to make the ball bigger. This will increase the success of hitting!

Driving Range:

Using a paper towel roll and a paper ball, start close to a wall and hit the ball towards the furthest point in the room. Assign points based on the distance of the hit (for example, 5 points to the start of the carpet, 10 points for hitting the couch, 20 points for hitting across the whole room). Keep track of your athlete's score and challenge them to continue to try to beat it! **Modification:** Modify the location of the points to ensure your athlete is most successful in achieving points. **TIP:** allow your athlete(s) to choose the location of the points to increase the element of choice!

COOL DOWN:

Stretch it Out:

- **ARMS:** Put one arm straight across your body. Bend your opposite arm over your straight arm and pull it towards your body. Hold for 30 seconds. Do the same with your other arm. Complete 3 times for each arm.
- **BACK:** In a sitting position, place your right hand on your left knee. Look over your left shoulder and wave as if someone was behind you. You should feel a stretch in your back. Hold that stretch for 10 seconds. Complete 3 times in each direction.
- **BACK:** Place your left hand on your right knee. Rotate your right shoulder back until you feel a stretch in your back. Hold that stretch for 10 seconds. Repeat 3 times.
- High five everyone in your home!

Celebration and Cheer!

CHALLENGER BASEBALL AT HOME SESSION #5: FIELDING

Objective: To enhance reactionary skills and fielding in game-like situations.

Activities: High Low, Speedy Scoop, Goalie Drill

Time: 45 min

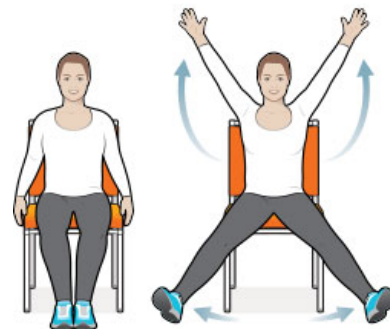
Materials:

- Pair of shoes
- 10 socks
- Ball (*or see suggested replacement items on page 4)
- Partner

WARM UP:

10 Star Jumps:

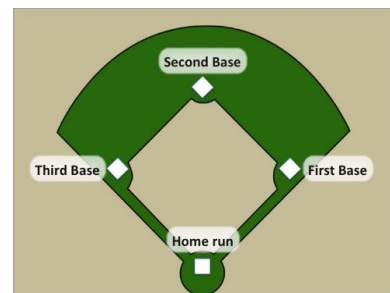
Start by standing with your legs together and arms by your side. Take a small jump and spread your legs out with your arms above our head. You should look like a star when done. Take another small jump going back into your starting position with your legs together and arms by your side. You can try this sitting down. Start sitting with your arms by your side. Move your arms over your head. Every time you do a star jump you must say "I'm a star". **Modification:** Modify for athletes using wheelchairs, walkers, or other assistive devices as seen in the image to the right.



Red Light, Green Light:

Make 4 bases (home plate, 1st base, 2nd base, 3rd base) out of items in your home. Ask your athlete(s) to start at HOME PLATE. When you call one of the following colours, athlete(s) will do the corresponding action as they move from Home Plate to 1st base, 2nd base, 3rd base, and around again and again. Model the actions the first time with your athlete(s):

- **Red Light:** Stop moving (FREEZE!)
- **Yellow Light:** Move in slow motion (SLOOOOOOOW MOTION!)
- **Green Light:** Move at normal speed (GREEN = GO, GO, GO!)
- **Blue Light:** Dance around, or give a high-five to everyone in your household, or do your team Cheer



DRILLS & SKILLS:

High, Low:

Stand 5 - 10 feet apart from your partner with one person holding a ball. Take turns throwing the ball back and forth. If the ball is thrown above the waste, practice catching with your thumbs together and fingers to the sky. If the ball is thrown below your waste, practice catching with your pinkies together and your fingers to the ground.

Speedy Scoop:

Place a sock in the middle of the room and a shoe 10 feet away. The sock will be the starting point and the shoe will be the target. Have the athlete(s) go around the target. The coach will roll or throw a ball for the athlete(s) to field. The athlete will retrieve the ball and move back to the starting point.

TIP: Time the athlete(s) to see how long it takes for them to field 7 balls and challenge them to try and beat their time! **Modification:** To make this activity more accessible, allow your athlete(s) to choose “up high” for a pop-fly -like throw, or “down low” for a grounder-like throw. You can also increase/decrease the distance the athlete has to move.



Goalie Drill:

Set up two shoes about 1-2 metres away from each other. These objects will act as your net. One athlete will be in net and their job is to not let any of the socks get past them by fielding the socks. The second athlete will be throwing the socks as if they were a ground ball, trying to score on the goalie. Play until all 10 socks are thrown. Switch positions and see who can make more saves. **Modification:** To make this activity more accessible, allow your athlete(s) to choose “up high” for a pop-fly -like throw, or “down low” for a grounder-like throw. **TIP:** your athlete(s) can also start sitting on the floor (in the middle of the goalie net) and work their way up to standing, if accessible to them. **TIP #2:** mark a few spaces in between the two “goalie post” shoes to show your athlete where they can move to!

COOL DOWN:

Traffic Light:

Two athletes (or an athlete and coach) are approx. 5-10 feet apart. Pass a ball back and forth between partners. Explain that when you say a sentence that is negative the ball needs to stop moving and the athletes need to yell “RED LIGHT or STOP”. When you say something positive the ball can keep moving and the athletes need to yell ‘GREEN LIGHT or GO”

Examples:

- **Green Light:** “Great try!”, “Amazing throw!”, “Practice makes perfect!”, “You really have improved at throwing!”
- **Red Light:** “I can’t do this!”, “I can’t swing the bat!”, “I’m not good at baseball!”, “I’m too tired to play.”

Celebration and Team Cheer!

CHALLENGER BASEBALL AT HOME SESSION #6: FIELDING

Objective: To enhance abilities to make quick decisions and react to various game situations.

Activities: Baseball Walk, Wall Ball, Bat Drop

Time: 45 min

Materials:

- Soft ball that can bounce. (Ping pong ball, bouncy ball, tennis ball)

WARM UP:

Colour Game:

The objective of this game is for your athlete move as fast as they can to touch a certain colour. For example, if coach says touch something blue, athletes must find an item in your home that is blue as fast as they can. Repeat with different colours for 3-5 min. **TIP:** To increase the challenge, call out two colours at a time, or challenge athletes to hop, run with high knees, high kick, or dance to the next colour.

Mirroring Activity:

Start face to face with your athlete. If you have more than one athlete participating, they can be partners. Select one person to be the leader and the other to be the follower. Instruct the leader to have their arm out with their palm facing their partner. The leader will move their hand in various motions (up, down, to the right, down low) while the follower tries to follow the leader's hand with their hand. Do this for 2 minutes then switch roles. **TIP:** Switch up the body parts that the athlete will use to follow the leader (i.e. head, nose, finger, etc.)

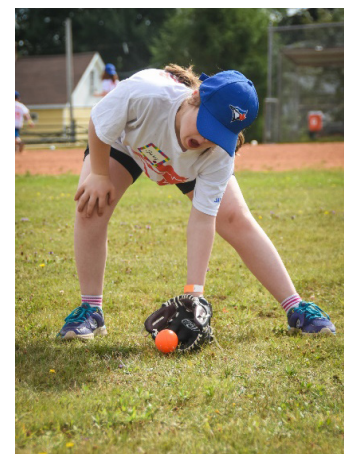
DRILLS & SKILLS:

Baseball Walk:

Challenge athletes to learn the "Baseball Walk". It includes 7 simple moves:

1. Start in the ready position (knees bent, hands in front of your body – or whatever is accessible for your athlete(s)) with arms ready to field a ball.
2. Take a step back with the right foot opening up the body.
3. Alligator chop the ground.
4. Take a step back with the left foot coming back to the centre.
5. Alligator chop the ground.
6. Take five steps opening up the ready position to the right side, and
7. Take five steps opening up the ready position to the left side.

This drill helps get the body in position for ground balls coming from any direction! **TIP:** Start by focusing on the arm movements first, THEN work up to adding the movements backwards and/or forwards!



Wall Ball:

Instruct the athlete(s) to start about 10 feet from the wall. Practice throwing the ball against the wall and catching it. Once they are comfortable, move back allowing the ball to bounce once before they catch it. Be sure to use the alligator chomp when catching the ball. **Modification:** Use a ball that bounces less to increase the difficulty. Try this activity sitting down first, THEN move to standing (if accessible to your athlete(s)). Progressively move further away from the wall to make the throw and fielding more challenging.

Bat Drop:

Hold a broom upside-down, with the top of the broom handle touching the floor. Ask your athlete to stand two steps away from the broom. Explain that when you let go of the broom, their job is to try to catch the broom before it hits the ground. **TIP:** Each time your athlete is successful, challenge them to take a step back and try again. See how far away from the broom they can get before it hits the ground!

COOL DOWN:

Stretch it Out:

- **ARMS:** Put one arm straight across your body. Bend your opposite arm over your straight arm and pull it towards your body. Hold for 30 seconds. Do the same with your other arm. Complete 3 times for each arm.
- **BACK:** In a sitting position, place your right hand on your left knee. Look over your left shoulder and wave as if someone was behind you. You should feel a stretch in your back. Hold that stretch for 10 seconds. Complete 3 times in each direction.
- **BACK:** Place your left hand on your right knee. Rotate your right shoulder back until you feel a stretch in your back. Hold that stretch for 10 seconds. Repeat 3 times.

High five everyone in your home!

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CHALLENGER BASEBALL AT HOME SESSION #7: THROWING & BATTING

Objective: To enhance accuracy in throwing and hitting.

Activities: Bin Toss, Driving Range

Time: 30 min

Materials:

- Numbered Bins
- Ball (*or see suggested replacement items on page 4)
- Paper Ball
- Bat (*or see suggested replacement items on page 4)

WARM UP:

Wall Touch:

Challenge athletes to touch as many walls as they can in 1 minute. Play some great music while they do it to enhance their motivation to move fast.

Dance it Out:

Do the hokey pokey! Follow along here for a fun way to encourage athletes to shake out their arms and legs to prepare the whole body for some fun activities: <https://www.youtube.com/watch?v=iZinb6rVozc>

Around the World:

Start by challenging your athlete to toss a ball from one hand to the other. Once they are comfortable, up the challenge: 1) throw the ball higher, 2) throw the ball behind your back and catch it, 3) make a figure eight around your legs!

DRILLS & SKILLS:

Bin Toss:

Place multiple laundry bins, buckets and/or bowls around the room. Allocate points for each bucket (i.e. the closest bucket is 5 points, the farthest bucket is 20 points). Put a piece of paper (or other flat household item) on the ground as the STARTING POINT. Instruct your athlete(s) to stand at the starting point and try to throw their balls into the buckets. Challenge them to see how many points they can get in 10 throws. Keep track of their points and try to challenge then beat their record throughout the week! **TIP:** Ask your athletes to help you decide where the starting point should be. **Modification:** Move the starting point farther away from the targets to increase the challenge or move them closer to decrease the challenge!



Driving Range:

Using the same bins you used in Bin Toss and the same STARTING POINT, use a paper ball and try to bat the balls into the bins. Athletes can receive points for whichever bin the ball lands closest too. Bat 5 times and see how many points they get! **Modification:** Add more paper to the ball to make the ball larger and easier to hit.

COOL DOWN:

Where the West Wind Blows:

Using two walls opposite each other (or two items across the room from each other), ask your athlete(s) to start at one of the walls. Coach will say “the west wind blows if…” and will fill in the blank of this question. If the athlete’s answer to the question is YES, they will MOVE, MOVE, MOVE as quick as they can to touch the other wall. Coach will ask a different question, and if the athlete’s answer to the question is YES, they will move again. **TIP:** Try using all 4 walls in one room to increase choice!

Here are some common questions for the West Wind Blows cool down activity:

The west wind blows if:

- You had fun playing Challenger Baseball today.
- You worked hard on your aim today.
- You feel proud of your efforts today.
- You are excited to play Challenger Baseball again next week.

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CHALLENGER BASEBALL AT HOME SESSION #8: THROWING

Objective: To enhance hand-eye coordination and accuracy skills

Activities: Throwing Relay, Tic Tac Toe

Time: 1 Hour

Materials:

- 1 dice
- 1 Bin (*or bucket/bowl)
- 4 objects (to use as bases)
- 12 balls (*or see suggested replacement items on page 4)
- Tape

WARM UP:

Four corners:

Number the four corners in the room of your choice. When a number is called, athlete(s) move to that corner as quick as they can. Play this game for 5 minutes. **TIP:** Include, hops, skips, jumps, zigzags, or other movements that are accessible to your athlete(s)!

Stretching Dice Baseball:

For this activity, set up a baseball diamond using items from around your home as bases (i.e. four pillows, four pieces of paper, four cards - one for each base). When you yell "GO", athlete(s) move around the bases. Each time your athlete(s) gets to a base, instruct them to: "STOP", roll the die, and then do the stretch/activity that corresponds to the number that was rolled. Continue this game for 3 minutes. **TIP:** to make this game more accessible, make up your own stretches and/or activities for each number on the dice! Have your athlete(s) help choose what the stretches/actions should be! Consider creating a poster with the following listed on it so that athletes can see what each roll of the die results in:

1. 10 Jumping Jacks
2. Cross body arm stretch for 30 seconds per arm
3. 10 Leg lifts
4. 10 Arm Circles
5. 10 Slow neck rolls
6. Athlete's choice

DRILLS & SKILLS:

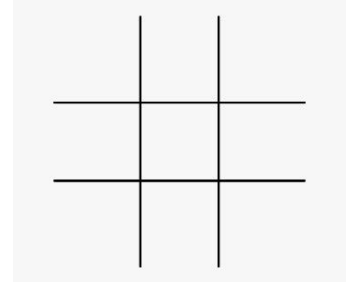
Throwing Relay:

To set up for this drill, use the baseball diamond you created above with items from around your home. Once you have your four bases set up, place a bucket or bowl in the middle of the diamond and place three rolled-up socks at each base. The objective of this activity is to see how long it

takes to get around the diamond three times. In order to proceed to each base, athlete(s) must throw one of the socks into the bucket. If your athlete(s) misses, that's okay! Try again! Time your athlete(s) to see how quick they can move around the bases three times. **Modifications:** As the coach, stand in the middle of the diamond to help catch balls and place them in the bin. Athletes can also start by rolling the ball to the middle and work on progressing towards throwing the ball into the bin.

Baseball Tic Tac Toe:

Using tape, set up a tic tac toe grid on the floor (see picture for example). This activity works best with two people (an athlete and their coach, two athletes, an athlete and their sibling, etc.) Mark a starting point near the board on the ground and gather 10 balls of your athlete's choice with 5 balls being one colour/type, and 5 balls another colour/type. Each athlete gets to take turns trying to throw a ball into one of the squares on the tic-tac-toe board. The object of the game is to get 3 of the same coloured/type of balls in a row before your opponent does. Play 3 rounds of this game! **Modification:** Move the starting point closer or farther to the board to adjust the challenge!



COOL DOWN:

Dance Party:

Play fun dance music. Pause the music every once and a while. When the music is on, demonstrate the most epic dance moves possible! When the music is paused, freeze like a statue!

Stretching Dice:

Use the same die from the warm-up activity and do 3 stretches. Challenge your athlete to come up with new stretches for each of the rolls.

Breathing Exercise:

Take two minutes to sit in silence and focus on your breathing as a team. Breathe in.... breathe out.....! Take deep breaths in and out. If appropriate, place both hands on your stomach and feel it move when you take a breath. This helps to focus the mind on your breathing.

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CHALLENGER BASEBALL AT HOME SESSION #9: THROWING

Objective: To demonstrate that baseball skills can enhance art and literacy skills.

Activities: Baseball Painting, Base-boggle

Time: 1 Hour - 1.5 Hour

Materials:

- Homemade Paint (1/8 cup cornstarch, 1/8 cup bath soap or shampoo, 1 tsp water + food coloring of your choice), containers (muffin/cupcake pan or bowls): Mix all ingredients together in a bowl until food colouring is fully mixed
- Cotton Balls/ Paper Balls
- Sticky notes
- Paper
- Tape
- Balls (*or see suggested replacement items on page 4)

WARM UP:

Wall Touch:

Challenge athletes to touch as many walls as they can in 1 minute. Play some great music while they do it to enhance their motivation to move fast.

Snowball Stretches:

With your athlete, write all of your favourite stretches on small pieces of paper (one stretch per paper). Crunch them into a ball and scatter them around the room. Challenge athletes to use their alligator chomp to pick up the crunched balls off the ground one at a time and to warm their body up by doing the stretch listed on each crumpled page. See how many stretches they can complete in five minutes. Once you complete one stretch, crunch it back up and throw it to a new location.

DRILL & SKILLS:

Baseball Painting:

Tape a large piece of paper on an exterior wall or fence. Ask your athletes to stand about 5 - 10 feet away from the wall. Challenge your athlete to create a beautiful piece of art using their baseball skills. Line up a series of cotton balls or paper balls beside the paint bowls. Demonstrate how to dip a ball into the paint and throw it at the piece of paper. Keep the painting outside until it dries. Once dry, bring it inside and hang it on your fridge for your everyone to see! **TIP:** Use a white t-shirt as the "canvas" that can be worn after to show off the masterpiece! **Modification:** Modify the distance of the throw or the size of the ball!



Base-Boggle:

Write the following letters on individual sticky notes or pieces of paper with tape:

A	A	A	A	A	A	B	B	B	B	B	D
D	D	E	E	E	E	F	F	G	I	I	L
L	L	L	L	L	M	N	N	O	O	S	S
U	V	Y									

Place them on a blank wall. Ask athletes to stand 10 feet away from the wall holding a ball. Challenge them to try to spell the following words by throwing the ball at the appropriate letters:

- Fun
- Base
- Bat
- Baseball
- Ball
- Field
- Glove
- Diamond

Once they hit a letter with the ball, they can take the letter off the wall and spell out the word on the floor! **Modification:** Write larger letters or use bigger pieces of paper to make the targets easier to see and less challenging to hit. Have the words written out beside the athlete to help them see how to correctly spell each word.

COOL DOWN:

Movie Ball:

Pass a ball to one another and say a different movie or tv show each time. Continue until you run out of movies or tv shows. **TIP:** To up the challenge say different baseball-themed movies until you run out!

Stretch it Out:

- **ARMS:** Put one arm straight across your body. Bend your opposite arm over your straight arm and pull it towards your body. Hold for 30 seconds. Do the same with your other arm. Complete 3 times for each arm.
- **BACK:** In a sitting position, place your right hand on your left knee. Look over your left shoulder and wave as if someone was behind you. You should feel a stretch in your back. Hold that stretch for 10 seconds. Complete 3 times in each direction.
- **BACK:** Place your left hand on your right knee. Rotate your right shoulder back until you feel a stretch in your back. Hold that stretch for 10 seconds. Repeat 3 times.
- High five everyone in your home!

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CHALLENGER BASEBALL AT HOME SESSION #10: BATTING

Objective: To enhance skills in all elements of batting.

Activities: Tether Baseball, Target Practice, In-Home Run Derby

Time: 45 min

Materials:

- String
- Beach Ball (or balloon, or other lightweight ball)
- Paper
- Deck of cards

WARM UP:

Card Catch:

Start face to face with your athlete. This activity works best with two people (an athlete and their coach, two athletes, an athlete and their sibling, etc.) Select one athlete to be the thrower, and the other to be the catcher. Instruct the thrower to start by holding 10 cards (from a deck of cards) high in the air. The thrower will let one card loose at a time so that the cards float towards the ground. The catcher must try to catch each card before they hit the ground. Once all 10 cards have been released/caught, switch roles to see who can catch more cards. **Modification:** Replacing the cards with a piece of paper or a tissue will make it easier to catch!

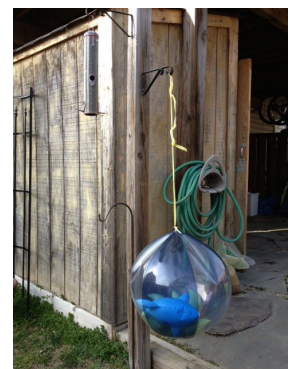
Name Stretching:

Instruct your athlete(s) to spell their name stretching and bending their bodies to make each letter. **TIP:** You may need to write their names out to show what the letter looks like. **Modification:** Try spelling other baseball words, like “BASEBALL”, “OUTFIELD”, “HOME RUN”. Perhaps instead of baseball words, incorporate your athlete(s) interest(s) by spelling out the name of their favorite cartoon character or super hero!

DRILLS & SKILLS:

Tether Ball:

Cut a piece of string around the size of your wingspan. Tie the string to the mouthpiece of a beachball, a balloon, or a pillow. Tie or tape the other side of the string to a high point (like the ceiling or a tree branch) so that the ball hangs down. Using a bat (or other household item), challenge your athlete to practice their swing by connecting with the ball/balloon. See the picture for an example. **TIP:** Start by having the athlete use their arm as the bat and slowly introduce using a bat or other household item. **Modification:** Adjust the height of the tether ball to ensure the ball is sitting around the athlete’s abdominal region. This is where they will be connecting with the ball in a game situation.

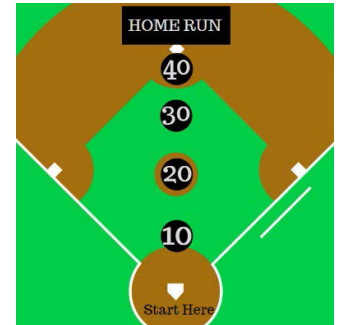


Target Practice:

Hang 5 targets outdoors using pieces of paper, string and tape. The objective of the game is for athletes to find the targets, and then using a bat, swing and knock the paper down. See how many targets your athlete(s) can knock down in 2 minutes! **TIP:** Start by having the athlete use their arm as the bat and slowly introduce using a bat or other household item. **Modification:** Rather than using pieces of paper and string, place various balls (or other household items) in various places outdoors such as on a swing, on the fence, on a chair, in a tree, etc.... The goal of the activity would be for the athletes to focus on hitting the ball accurately instead of swinging for a home run!

In-Home Run Derby:

Write out "10", "20", "30", "40", "HOME RUN" as scores on separate pieces of paper. Place the scores in a line on the floor with a reasonable amount of space in-between each score with the homerun being the furthest target. The athlete(s) will receive points if they hit or land close to a score. Each athlete gets 5 at-bats to try and see what score they get! Keep playing to see who will become the In-Home Run Derby Champion! **TIP:** try playing this game outdoors! **Modification:** Modify the distance of the scores to increase or decrease the challenge!



COOL DOWN:

Yoga:

Instruct athlete(s) to do the following yoga poses, however that looks like for each unique athlete:

Mountain Pose



Extended Side Angle Pose



Warrior 1 Pose



Warrior 2 Pose



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CHALLENGER BASEBALL AT HOME SESSION #11: FIELDING

Objective: To enhance body positioning and reaction timing while fielding the ball.

Activities: Noodle Grab, Cone Up Cone Down, Grab and Go

Time: 1 Hour

Materials:

- 12 household items
- 4 pillows/pieces of paper/cards (to act as bases) - create a baseball diamond
- 1 dice
- 2 plastic bags (garbage or grocery bags)

WARM UP:

Huckle Buckle:

Use a household item as a starting point and place it about 15 feet from a wall. Ask your athlete(s) to stand at the starting point and face the wall. Call out "Huckle Buckle....." and name a body part. For example: Huckle Buckle....hand! Athlete(s) then:

1. move to the wall as quickly (and safely!) as possible;
2. place their hand on the wall; and
3. move back to their starting place as fast as they can.

Choose a variety of different body parts for them to place on the wall. Play for 5 minutes! **TIP:** Challenge your athlete(s) to move progressively faster each time! **Modification:** Use visuals to help show the chosen body parts.

Grab the Bag:

Start side by side with your athlete(s). This activity works best with two people (an athlete and their coach, two athletes, an athlete and their sibling, etc.) Instruct both people to have a plastic bag in their hands. When you say "GO" they must throw the bag in the air and switch spots to catch their partner's bag. Start by going slow and progressively move faster. See how many times you can throw the bags up and catch them, without the bags touching the ground!

DRILLS & SKILLS:

Noodle Grab:

Set up a baseball diamond in an open space in your home. Place 3 items at each base (i.e. socks, articles of clothing, pillows, toys etc.) Instruct the athlete(s) to START at home plate. When you say "GO", the athlete(s) will advance around the bases by using their alligator chomp to collect ONE ITEM at a time, at each base. The objective of the game is to see how many items the athlete can carry at one time, from base to base, without dropping them. For example, the athlete will pick up the first item at home

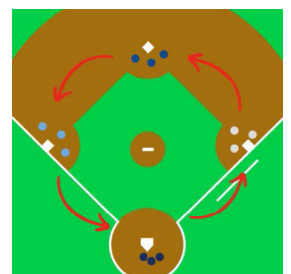


plate and carry the item with them to first base where they will try to pick up their second item. If successful, the athlete will then carry both items to second base to try and retrieve a third item, etc. The challenge is trying to keep all of the items in the athlete's arms without dropping them while attempting to pick up another item. **TIP:** Time the athlete(s) to see how quickly they can pick up all of the objects!

Modifications: Use larger or smaller items to increase or decrease the challenge. You can challenge the athlete by including items with different shapes (i.e. a pool noodle, a basketball, a bucket etc.)

Cone up, Cone down:

This activity requires two people (so pick someone for your athlete to challenge). Place 10 - 20 items on a reachable surface (or floor) with some facing upwards and some facing downwards. Explain to your athlete(s) that the objective of this activity is to try and get all the objects facing the same direction (either Up or Down). Start by deciding which direction your athlete(s) want the objects to face, and which direction the opponent (i.e. you, or another athlete) wants them to face. Put 1 minute and 30 seconds on a timer. In that time, try and make as many objects as you can face the same way based on what direction you chose. This activity is meant to be played with athlete(s) working against coach OR a sibling! **Modification:** If individuals are using assistive devices, place the items at an appropriate height for them to reach. Modify the distance between bases to increase or decrease difficulty. Try placing items on a table or couch to make them easier to grab.

Grab and Go:

This activity requires two people (so pick someone for your athlete to challenge). Place an item in the middle of the two competitors. Both should be standing in their ready positions. Next, roll a die. If an even number is rolled, 2, 4, or 6, competitors must race to grab the item in front of them before their partner. If an odd number is rolled, nothing happens. Play 5 rounds and see who can grab the object first! **Modification:** If individuals are using assistive devices, place the items at an appropriate height for them to reach. Have the person rolling the dice verbally say or show the number. Athletes cannot go until the number is said verbally.

COOL DOWN:

30 Second Tidy-up:

Inform your athlete(s) that when you say "GO" they have 30 seconds - 1 minute to grab as many items as they can from this session and pile them in the middle of the room.

Speedy Put Away:

Time your athlete(s) to see how long it takes them to pull of the belongings from the pile back in their proper spot in the house. Make sure to inform them that they need to focus on speed as well as making sure everything goes back in the proper spots.

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CHALLENGER BASEBALL AT HOME SESSION #12: THROWING

Objective: To enhance skills in moving and catching flyballs and groundballs.

Activities: Launch, Messy Backyard, Obstacle Course

Time: 1 Hour

Materials:

- A partner
- Ball (*or see suggested replacement items on page 4)
- 15-20 Household items (should be able to throw them!)
- Shoe
- Sock
- Materials for obstacle course

WARM UP:

Move it Out:

Go for a short walk around your block or community for 5-10 minutes. If it's raining (or snowing!) outside or your athlete doesn't want to leave the house, that is okay too! Complete 2 laps around each room in your home – don't forget to count how many laps you do in total! Encourage the athlete(s) to try their best to get outside for some fresh air to get them ready for their Challenger Baseball session. **TIP:** In advance, try counting how many laps in total you and your athlete(s) will complete around your home. If you have 4 rooms in your home, you will do 8 laps in total. Tell your athlete, "we have 8 laps to do! Let's see how quick we can finish our laps to warm up. Can you help me count?". This will help more clearly structure the "end goal" of this warm-up activity!

Wiggle Battle:

Athletes start back to back with a partner. When someone says "GO", both people must turn around and wiggle/dance/be as silly as they can without smiling. First person to smile or laugh loses. Play until someone wins 3 times!

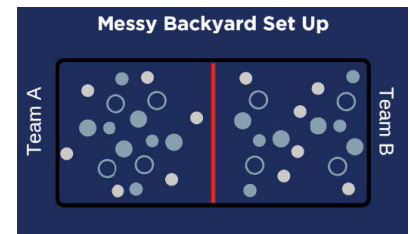
DRILLS & SKILLS:

Launch:

To set up for this drill, use a sock as a starting point and a shoe as the target. This activity requires two people (so pick someone for your athlete to challenge). Instruct the athletes to start in a line at the starting point, one behind the other. The first person in the line will be Athlete A. The second person in line will be Athlete B and they will start with a ball in their hand. Athlete A will start by moving forward until they reach the target. When Athlete A gets to the target, Athlete B will say, "TURN" and will throw the ball as a fly ball or grounder to Athlete A. Once Athlete A has the ball, they will switch spots and it will become Athlete B's turn to field the ball. **TIP:** Have the athlete fielding the ball choose whether they receive a fly ball or grounder.

Messy Backyard:

This activity requires two people (so pick someone for your athlete to challenge). Split the room in half and disperse several items around the space - the more items, the better! The objective of this activity is to have the least number of items on your side (or the “cleanest backyard”.) Using your alligator chomp, the athlete(s) must field each item and roll or throw the item back onto their opponents’ side. Play for 5 minutes and see who has the least amount of items on their side (or the “cleanest backyard!”). **Tip:** If you feel comfortable, play this game outside in an area that has fences or barriers to keep the items in one space! **Modifications:** If your athlete has difficulty reaching the ground, try playing the game on a higher level. For example, you could play with socks on a tabletop.



Obstacle Course:

It’s time for athlete(s) to be the coach now! Instruct athletes to create an obstacle course or a series of silly activities for someone in their home to do. See how they do in the challenge and try to beat their score! For example:

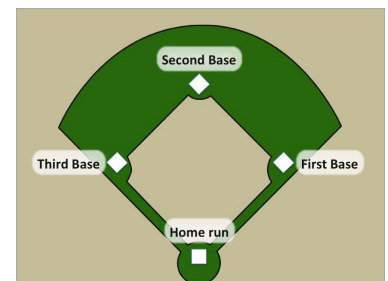
- FIRST, run and touch the front door,
- THEN, grab a blanket and use it as a superhero cape,
- THEN, make a tower out of pillows,
- THEN knock over the pillow tower,
- THEN yell “I’M THE CHAMPION!”

See how silly and creative you can get!

COOL DOWN

Red Light, Green Light:

Make 4 bases (home plate, 1st base, 2nd base, 3rd base) out of items in your home. Ask your athlete(s) to start at HOME PLATE. When coach calls one of the following colours, athlete(s) will do the corresponding action as they move from Home Plate to 1st base, 2nd base, 3rd base, and around again and again. Model the actions the first time with your athlete(s):



- **Red Light:** Stop moving (FREEZE!)
- **Yellow Light:** Move in slow motion (SLOOOOOOOW MOTION!)
- **Green Light:** Move at normal speed (GREEN = GO, GO, GO!)
- **Blue Light:** Dance around
- High-five everyone in your household

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CHALLENGER BASEBALL AT HOME SESSION #13: THROWING

Objective: To enhance throwing and accuracy skills.

Activities: Scavenger Hunt, Tower Builder, Tower Throw

Time: 45 minutes

Materials:

- Ball (*or see suggested replacement items on page 4)
- Toilet Paper Roll
- Book
- Water Bottle
- Shoe
- Tissue Box
- Paper Towel Roll

WARM UP:

Triangle Shuffle:

Place 3 shoes approx. 5 feet apart from each other in the shape of a triangle. Athlete(s) start in the middle. Instruct athletes to move out and touch one of the shoes, returning to the middle after. Continue doing this for two minutes touching a different shoe each time. Count how many times your athlete can touch a shoe in two minutes. **TIP:** choose 3 different colour shoes and identify which shoe your athlete should touch each time (i.e. “touch red, then black, then white, GO!”). **Modification:** Move around the shoe, rather than touching them before moving back to the middle. Adjust the size of the triangle.

Team Stretch: Lead athlete(s) in a team stretch:

- Reach your arms up as high as they can go, hold for 10 seconds. Reach your arms down as low as you can go, hold for 10 seconds. Repeat this routine 3 times.
- Start with your arms to your side. Swing your arms up in front of you, cross them and grab the back of your shoulders. Hold for 5-10 seconds then switch. Complete 10-15 repetitions.
- Add your favorite stretches! Can you stretch your legs? Your neck? Your back? Your wrists? Your ankles?

TIP: Ask your athlete(s) to create their own stretches!

DRILLS & SKILLS:

Scavenger Hunt:

Instruct your athlete(s) to search your house for the following items as quick as they can. Once they are all collected, bring them to an open space within your house that is designated as the HOME BASE.

- Toilet Paper Roll
- Book
- Water Bottle
- One Shoe
- Paper Towel Roll
- Tissue Box
- Hat
- Spray Bottle
- Shampoo Bottle
- Ball

TIP: Announce each item your athlete(s) have to find one item at a time. Once they bring the item back, announce the next item. Try adding an action your athlete(s) have to do while finding the item, such as “find a book while walking/moving backwards!” or “next, find a shampoo bottle while moving like the incredible Hulk!”.

Tower Builder:

Using the items found in the scavenger hunt, instruct your athlete(s) to build a tower or structure with all 10 items. **TIP:** As coach, help your athlete(s) by holding up the tower so it does not fall.

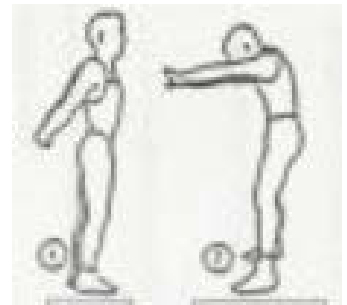
Tower Throw:

Mark a starting point an appropriate throwing distance from the tower for your athlete(s) to start. Instruct your athlete(s) to throw a ball at the tower and try to knock it down. Count how many throws it takes to break down the tower completely. Once the tower has fallen, encourage your athlete(s) to get creative by rebuilding the tower in a different way than the first time. Challenge your athlete(s) to try and beat their score from the first time. **TIP:** After the tower has been knocked down the first time, instruct your athlete(s) to use the same items to build two separate towers this time! **Modification:** Stand beside the tower for your athlete(s) to throw to you. Every time you catch the ball, remove an object from the tower. Have the athlete(s) choose what items are removed each time!

COOL DOWN:

Touch A Colour:

Time your athlete(s) to see how many BLUE items they can touch around the house in 2 minutes. Try again for another colour! **TIP:** For more structure, instruct your athletes to “touch as many BLUE items as you can in the kitchen (or other place in your home!).”



Chest Stretch:

Instruct athlete(s) to start with their arms behind their back and their fingers interlocked. Have them slowly push their chest out while keeping their back straight. As athlete(s) are pushing their chest out, instruct them to lift their arms slightly. They should feel this stretch across their chest. **TIP:** If the athlete(s) needs assistance lifting their arms, slightly lift their hand upwards while having them maintain a straight back. Modify this stretch for your athlete(s) as necessary!

Reaching Stretch:

Instruct your athlete(s) to start with their arms in front of their bodies with their palms facing the floor. Have them slowly lift their arms until they reach their shoulders. Once they have reached this position, instruct them to stretch their arms out as far as they can go. The athlete(s) should hold this position for 30 seconds. **Modification:** Hold a toy or object in front of the athlete for them to reach towards. This will deepen their stretch and give them something to aim for when stretching. Modify this stretch for your athlete(s) as necessary!

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CHALLENGER BASEBALL AT HOME SESSION #14: BASE RUNNING

Objective: To enhance movement and increase your athlete's heart rate.

Activities: Rock, Paper, Scissors Baseball; Base Sprint; Round the Base Relay

Time: 30 minutes

Materials:

- 4 Bases (or 4 household items)
- 12 pieces of paper
- Ball (*or see suggested replacement items on page 4)

WARM UP:

Hot Potato:

Start face to face with your athlete(s). Using a ball, pass the ball back and forth between partners while singing the tune of Hot Potato (see hot potato song below). Play for three rounds to see who the Hot Potato CHAMPION is! **TIP:** To increase the challenge, add another ball or take one step back each time you pass the ball to your partner.

“Hot potato, pass it on,

Pass it on, pass it on,

Hot potato, pass it on,

You... are... OUT!”

Keep Up:

Using a tissue, the athlete(s) must try and complete all levels of this challenge. To complete the challenge, the athlete(s) will throw the tissue up in the air and catch it before it touches the ground. Level 1: 5 times in a row Level 2: 10 times in a row Level 3: 15 times in a row Final Level: As many times in a row as they can!

DRILLS & SKILLS:

Rock, Paper, Scissors (RPS) Baseball:

Make 4 bases (home plate, 1st base, 2nd base, 3rd base) out of items in your home. This activity works best with multiple participants. Instruct all athletes to start at home plate. When you say “GO”, the athletes will challenge someone else at home plate to play Rock, Paper, Scissors (RPS) with them. The partner that wins the RPS round advances to first base and the partner who was unsuccessful stays at home plate to find someone else to play. Athletes need to WIN the RPS round in order to advance one base. Once at first base, participants find a new partner to play RPS with to see who advances, while the other partner stays at first etc. The goal of the game is to see how many times athletes can make it around the bases in 2 minutes. **TIP:** you can put a time limit of 60 seconds to speed up their decision-making when playing RPS. **Modification:** Increase/decrease the challenge by allowing your athlete(s) as much time as they need to move around the bases. If your

athlete is learning to make the symbols with their hands, write or draw ROCK, PAPER and SCISSORS on 3 separate cards and have them choose which one they would like to play each turn!

ADDITIONAL TIP: this activity is written as if you have (4) people playing the game. If your session includes 1 athlete and 1 coach/participant – that’s okay too! Put 3 pieces of paper at each base and write ROCK, PAPER, SCISSORS on each separate piece. Put the pieces of paper WORD DOWN near the base. When you say “GO”, the athlete will FIRST choose the symbol they’d like to play with their hand (rock, paper or scissors), and THEN choose a piece of paper to flip over. If they WIN, they advance to 2nd base to play again. If they LOSE, they start over at home plate.

Base Sprint:

This game helps to test the athlete’s knowledge of identifying bases! Make 4 bases (home plate, 1st base, 2nd base, and 3rd base) out of items in your home. Athlete’s will begin at home plate. Once the coach says the name of a base (i.e. home plate, 1st base, 2nd base, 3rd base), the athlete(s) will move to that base as quickly as possible. **TIP:** to challenge the athlete, add in other items they will have to move to as quickly as possible. For example, “touch the coffee table!” or “find something green”!

Round the Base Relay (or Home Run Derby):

Divide athlete(s)/coach(es) into two equal teams. One team will line up at HOME PLATE (facing 1st base) and the other team will line up at 2ND BASE (facing 3rd base). When you say “GO”, the FIRST ATHLETE on both teams start to move around the bases as quickly as they can. When they get back to where they started, they high five the next person in line and the next person takes their turn running around the bases! The first team to get all of their athletes around the base path wins! **Modification:** Increase or decrease the challenge by instructing athletes to move in different ways such as walk, speed walk, run, hop, skip, walk backwards, or move in partners, etc. Play safe by choosing bases that will not be slippery when stepped on.

TIP: this activity is written as if you have (4) people playing the game. If your session includes 1 athlete and 1 coach – that’s okay too! One athlete will start at home plate (facing 1st base) and the coach will start at 2nd base (facing 3rd base). When you say “GO”, both participants move around the bases as quickly as they can to see how many HOME RUNS they can get in 1 minute. Ask your athlete to say the number as they pass home “ONE! TWO! THREE!”

COOL DOWN:

Bacon Base:

Make 4 bases (home plate, 1st base, 2nd base, 3rd base) out of items in your home and assign a question to each base.

For example:

HOME PLATE: What is your favorite food?

1st BASE: What is your favorite colour?

2nd BASE: What is your favorite cartoon character?

3rd BASE: What is your favorite flavor if ice cream?

The athlete(s) will begin at home plate. When the coach says “GO”, the athlete(s) moves around the bases and yell their answer to the question as loud as they can! For example, BACON! BLUE! BUZZ LIGHTYEAR! STRAWBERRY! See how many times your athlete(s) can move around the bases in 1

minute! **Modification:** Create visuals by writing the questions on paper and holding them up while the athlete is rounding each base. If your athlete has difficulty remembering what to say, leave a piece of paper at each base that has the athlete's answer on it. Have the athlete write or draw their answer to help them remember!

Where the West Wind Blows:

Using two walls opposite each other (or two items across the room from each other), ask your athlete(s) to start at one of the walls. Coach will say "the west wind blows if..." and will fill in the blank of this question. If the athlete's answer to the question is YES, they will MOVE, MOVE, MOVE as quick as they can to touch the other wall. Coach will ask a different question, and if the athlete's answer to the question is YES, they will move again. **TIP:** Try using all 4 walls in one room to increase choice! Here are some common questions for the West Wind Blows cool down activity: The west wind blows if...

... You had fun playing Challenger Baseball today?

... You worked hard on baserunning today?

... You moved SLOW/FAST around the bases?

... You are excited to play Challenger Baseball again next week?

CHALLENGER BASEBALL AT HOME SESSION #15: BASE RUNNING

Objective: To enhance movement and to review the fundamentals of base running

Activities: Race to the Base; Musical Bases; Cat and Mouse

Time: 30 minutes

Materials:

- 4 bases (any household items)
- Ball (*or see suggested replacement items on page 4)
- Music Player (phone, radio, etc...)

WARM UP:

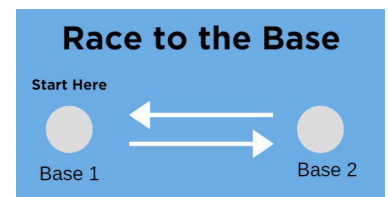
Story Book:

Create a story for your athlete(s) to follow. This story should be active with actions that get your athlete(s) moving. Here is an example of how a story may sound:

“We are going to go for a walk along the beach. Ouch! The sand is hot. High knees, high knees! Try not to touch the sand for too long with your feet! Let’s move towards the water to cool down! Phew... our feet are nice and cool now, but the water is too cold to jump right in. Let’s start to ease our way into the water. Bend and tip our bums into the water (much like a squat) etc...” Continue the story using actions for different parts of your story until you feel your athlete(s) is/are warmed up and ready to participate! **TIP:** Model the actions as you go and instruct your athlete(s) to copy you!

Race to the Base:

Set up two household items 10-15 steps apart from each other. These will be your two bases. Instruct your athlete(s) to start at the base of their choice. Have them throw a ball anywhere in the room. Once the ball is thrown, they will continuously move BACK AND FORTH between the two bases until they’re forced to stop. Each time they touch a base they will receive a point. Meanwhile, the coach will retrieve the ball as quick as they can. Once the ball is collected, they must tag the runner to stop them from moving. Switch roles and see who can get more points! **TIP:** In order to add a challenge, increase the distance between the bases and have the athlete touch each base with a body part (i.e. hand, finger, toe etc.) **Modification:** Rather than throwing the ball, have the athlete(s) hit the ball with their hand or a bat to work on their batting skills!



Musical Bases:

Play music while instructing your athlete(s) to move around the bases as fast as they can. Pause the music every few seconds. If your athlete(s) are on a base when the music is paused, they are safe. If they are between two bases when the music is paused, they must do a silly action. For example, “Do a silly dance move”, “Make the silliest face you know”, “Smell your arm pits! Continue this game for 2-3 minutes.

Cat and Mouse:

Create a baseball diamond using four household items. This activity requires two participants. Instruct one athlete to start at home plate, as the “cat”. Have the other athlete (or coach) start at first base as the “mouse”. When coach says “GO”, the “cat” will chase the “mouse” as they make their way around the bases. Once the mouse is caught, both participants move the opposite way and switch roles.

COOL DOWN:

Stretch and Spell:

Instruct your athlete(s) to spell their name by moving different body parts. Encourage your athlete(s) to start with their head and work down their body until they have spelt their name with every major body part (i.e. head, arms, hands, hips, legs, feet). For example, if they start with their head, they will move their neck to draw out each letter. If they use their arms, they will wave their arms around to draw each letter. **Modification:** If athletes have difficulty moving parts of their body, challenge them to use smaller body parts such as toes, fingers, their eyes or tongue!

Slow Motion Dance:

Play the theme song to your athlete(s) favourite TV show. Have a slow motion dance party to help wind down. **TIP:** Steadily decrease the volume to help the athlete move into a calm mindset.

Celebration and Team Cheer!

CHALLENGER BASEBALL AT HOME SESSION: CREATE YOUR OWN SESSION TEMPLATE

Objective: To give athletes and/or coaches autonomy over the session.

Encourage the athlete(s) to pick their favorite warmups, drills & skills and cool downs from the previous 15 sessions to build their own Challenger Baseball at Home Session. Use the guide below to help!

Time:

Materials:

WARM UP:

Warm Up 1:

Warm Up 2:

DRILLS & SKILLS:

Drills & Skills 1:

Drills & Skills 2:

Drills & Skills 3:

COOL DOWN:

Cool Down 1:

Cool Down 2:

Celebration and Team Cheer: