Kickball and Soft Ball

Equipment

* Bases
* Rubber Balls
* Softballs
* A baseball field(Cariboo Park)
* Bat

Safety

* Never through or kick a ball at someone when they are not looking
* Make sure you are not in the batter’s/kicker’s way
* When someone is batting or kicking be in the designated waiting area behind the protective fence
* Be aware of the sun rays because this is an outdoor activity

Learning Outcome

* Students will know how to catch a baseball and kick a soccer ball
* Learn how to work as a team
* Be able to accelerate and decelerate quickly to run from base to base
* Have an understanding of the rules of baseball and kickball

Game Plan

Day1

Focus: The basics of kickball

Warm-up:

* Two laps around the field
* Stretching

Drills:

* One person roles the soccer to the other person and they kick it
* Throw the ball down a line of students (two groups)
* Practice running from base to base
* Practice retrieving a ball from the infield and outfield

**We will explain the basics of the rules for a portion of the class and walk them through a game for the majority of the class.**

Day2

Focus: Elaborating on kickball skills and playing a game

Warm-up:

* Two laps around the field
* Stretching

Drills:

* Review everything
* Play a game

Day3

Focus: The basics of baseball

Warm-up:

* Two laps around the field
* Stretching

Drills

* Practice throwing and catching a softball
* Practice swinging a bat
* Practice pitching
* Practice getting a ball in the outfield or infield
* Walk through/ play a game

Day 4

Focus: Elaborating on baseball

Warm-up:

* Two laps around the field
* Stretching

Drills:

* review catching and throwing
* review swinging a bat
* review getting a ball in the outfield or infield
* play a game

Day 5

Focus: Game and test

**The Rules of Kickball and Softball**

 The basics of both kickball and baseball is to win points by running around and touching all four bases in order without getting out, while preventing the other team from gaining points. They are both quite similar and are played on a standard baseball diamond.

Ideally you want to have nine players on each team: one pitcher, one catcher, three players to cover each base (infielders), three out fielders, and one shortstop. A game is tracked by innings which is counted by each time both teams have been up to kick or bat. There are four ways for a player to get out

1. Strike Out: If a player kicks and fails to hit the ball after three pitches
2. Fly Out: If a player kicks the ball in the air and it is caught by a defensive player before it hits the ground
3. Tag Out: If a defensive player tags an offensive player with the ball before they get on the base
4. A Force Out: If a defensive player gets the ball to a base before the offensive player arrives and the offensive player cannot return to the previous base because one of his teammates is on the base.

A “ball” is when the pitcher throws the ball and the batter/kicker decides not to swing at it because it is outside of the strike zone which is directly above the base. If there are four “balls” then the batter/kicker gets a free walk to first base. If the batter/kicker hits the ball out beyond the lines of the baseball diamond then it is considered a foul ball. A foul ball is counted with the score of the strike ball unless it is the third strike. If the batter/kicker completes a good hit then they run to first base without being tagged by the ball which the other team is using to get that player out.

**Differences**

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| --- | --- |
| **Kickball** | **Softball** |
| 6 innings  | 9 innings  |
| The main apparatus is a rubber ball | The main apparatus is a softball |
| The ball is rolled along the ground for a pitch | The ball is thrown underhand to the batter |
| To tag a player out you can throw the ball at them | You must be holding the ball when you tag the player or are on the base at the same time as them to get them out |

**History**

Kickball, also known as soccer-base or soccer-baseball, was invented in America around 1942. Soldiers during the II World War played it as a recreational activity for fun. Eventually, kids started learning the game which eventually leads to the elementary school game we know today.

The earliest known mention of baseball in the United States was in 1791. Originally, it was played with very loose rules for fun until the National League of Professional Baseball Clubs was started and created general guide lines for the sport we now know today.

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