



Play Ball Try-It

Many thanks to Leslie Hartzheim and Nik Zanotto for developing the Play Ball Try-It (2/2007)

Requirements: Must complete at least 4 of the following activities including the one starred.

* Learn the basic safety rules of baseball and/or softball.

Learn the importance of properly fitted helmets and gloves; use of face guards; and establishing a safety zone when swinging a bat.

Talk about the importance of working with a Coach when learning to play baseball and/or softball.

Learn the correct way to handle a bat: to carry it, to hold it using proper hand positioning, and to swing it. Also learn the correct way to throw a baseball to avoid injury.

Talk about where your eyes should be looking while on the baseball field. (i.e., eyes on the ball)

Talk about the importance of **PAYING ATTENTION** when playing baseball and/or softball. Also talk about why you never turn your back on the action.

Talk about good versus bad sportsmanship.

Baseball and softball players take care of their bodies. Discuss the following:

Learn a few warm up and cool down exercises you should do before and after practices and games.

What other kind of exercises would help you get into shape?

What should you eat and drink?

How much rest is important?

Explain the following terms to someone: strike, ball, strikeout, bases loaded, home run and grand slam.

Learn the basic rules of baseball and/or softball. Explain two rules to someone else.

Learn basic scoring for a baseball or softball game. Work with someone to score a game.

Learn the names of positions that make-up a baseball and/or softball team. Try playing at least two different positions in a game or practice. Which is your favorite position?

Being part of team is fun! Knowing how a team works is important! Define the following:

Teamwork

Team Effort

Team Player

With your Troop/Group and your Leader (plus other qualified adults), play a baseball and/or softball game.

Observe in person, or on television, a baseball and/or softball game. Draw a picture of what you enjoyed most while watching the game.

Resources:

http://mlb.mlb.com/mlb/official_info/official_rules/objectives_1.jsp link to baseball official rules

http://www.mlb.com/mlb/official_info/baseball_basics/keeping_score.jsp link to how to score a baseball game

Troop Leader _____ Troop# _____

Date _____

Phone Number _____ Number of girls participating in program _____

Thank you for participating in this exciting patch program. Part of the process of evaluation is to determine if we met the program goals, as well as your needs as a troop leader. By completing the following evaluation, you will assist us in improving the program for future participants. Discuss the following questions with your troop and record their responses.

Completed form must be presented to the Girl Scout office in order to purchase your patches.

1. Which activities did your troop do to complete this patch? (You may list by section and number)

2. List 3 or more things that your troop learned by participating in this patch program:

3. Which activities was your troop's most favorite? Why?

4. Which activity was your troop's least favorite? Why?

5. If you could add to any of the activities, what would you add?

6. If you could change any activities you wanted, what would you change?

Would you recommend this patch program to other troop leaders? _____ Yes _____ No

Any additional comments:
