Hit to a zone

Time: 20 minutes

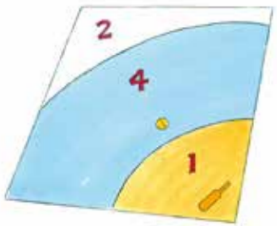
Activity

Partner/group

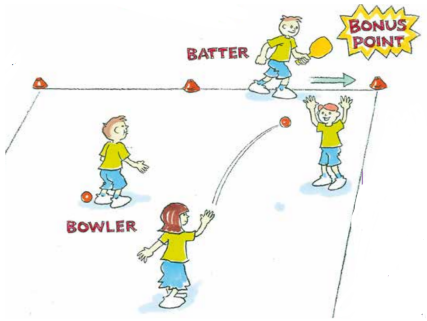
- A ball is bowled underarm to a batter who attempts to hit the ball into a zone to gain maximum points.
- Players take positions – one batter, one bowler and fielders (optional).
- The bowler bounces the ball or throws underarm to the batter.
- The bowler gathers the ball or any fielders return the ball to the bowler after each throw.
- Each player has 5 hits before the players rotate.

Scoring

- The batter hits the ball, aiming for a zone with the most point value. The winner is the person with the most points after all batters have had a turn.
- No points if the ball is caught on the full by the bowler/fielder.
- Zones can be set up according to the examples below. Size and distances can vary depending on the skill and ability of players.







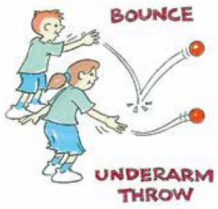
Equipment

- A bat - options include a cricket bat, paddle bat, softball bat, tennis racquet or even your hand.
- A ball to hit - tennis ball, foam ball, softball, wiffle ball.
- Tee - optional, as required. Could use a cone, shoe, drink bottle with no lid, t-ball stand.



Activity variations

- Change the ball being hit.
- Use a different bat for striking the ball.
- Strike left-handed or right-handed instead.
- Modify the size/distance of zones.
- Deliver the ball in different ways.
- Run to a set location to earn a bonus point – one point is awarded if the batter reaches the cone before the ball is collected.



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Adapted from Sport Australia, 2019, Playing for life *In the zone*