



Australian Government
Australian Sports Commission

EASY MED HARD



Over the pit

Batters hit a pitched ball from a team-mate and try to direct the ball over a marked area called the 'pit'. Fielders try to catch the ball. (Play 4 v 4.)

What you need

- > Ball suitable for striking with the hand or a paddle bat
- > 8 markers to define a playing area and a 'pit'

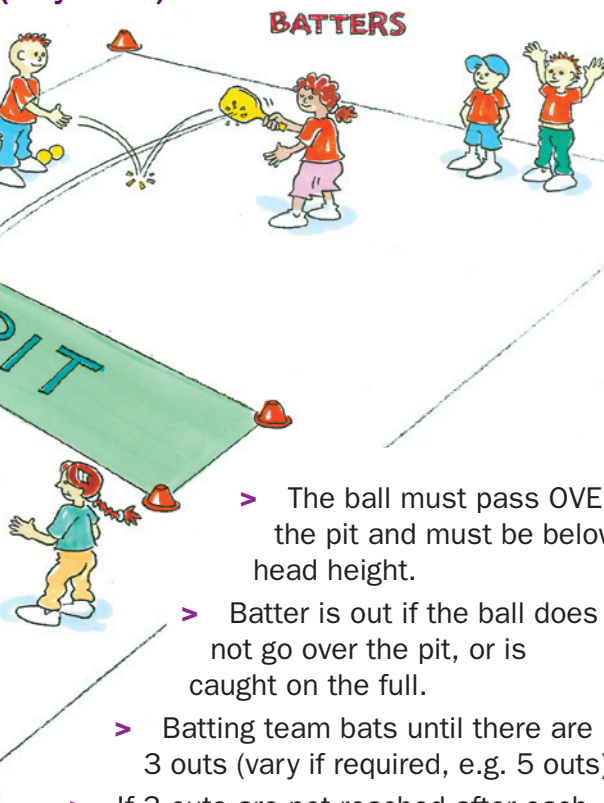
What to do

SETTING UP

- > Batters and fielders move to positions as shown.
- > Fielders stand behind the front line of the pit. A batter and pitcher from the batting team stand in place.

BATTERS

- > One of the batting team lobs a ball to the batter – change pitchers for each new batter. Alternatively, the batter bounces a ball and hits it.
- > The batter hits the ball with a hand or paddle bat – this will depend on the ability of the group. It's easier with a bat.



- > The ball must pass OVER the pit and must be below head height.
- > Batter is out if the ball does not go over the pit, or is caught on the full.
- > Batting team bats until there are 3 outs (vary if required, e.g. 5 outs).
- > If 3 outs are not reached after each batter has 2 hits, the innings automatically stops.

FIELDERS

- > Attempt to catch the ball.
- > A fielded ball is passed back to the pitcher via other fielders. The ball is rolled to the pitcher.

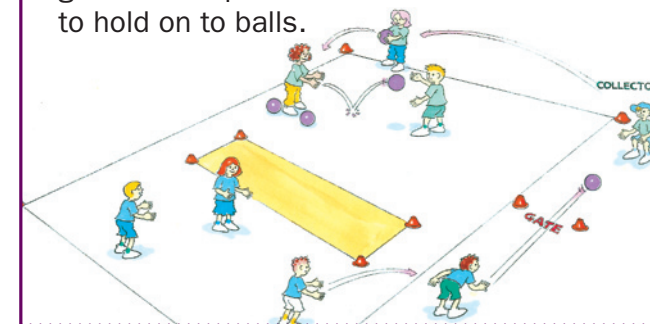
Scoring

- > Batters score a point if the ball goes over the pit and into the playing area without being caught.
- > **Extra point** – the ball crosses the pit and the ball continues to run through or past fielders.
- > Tally points for the innings.

Change it

Rapid fire over the pit – the batters have 5 balls and the batter is fed balls as quickly as can be hit. Fielders return balls by rolling them down one side through a gate to a collector from the batting team.

If the ball misses the gate, the batters get an extra point. Fielders are not allowed to hold on to balls.



LESSON LINK

Over the pit is a fielding and striking game that emphasises accurate ball placement. A variation provides a rolling challenge for fielders.

SESSION PLANS

Combo > Start out INV 02 + Get into it SF 08 + Get into it SF 04
Mixed combo > Start out CP 03 + Get into it NC 05 + Get into it SF 08

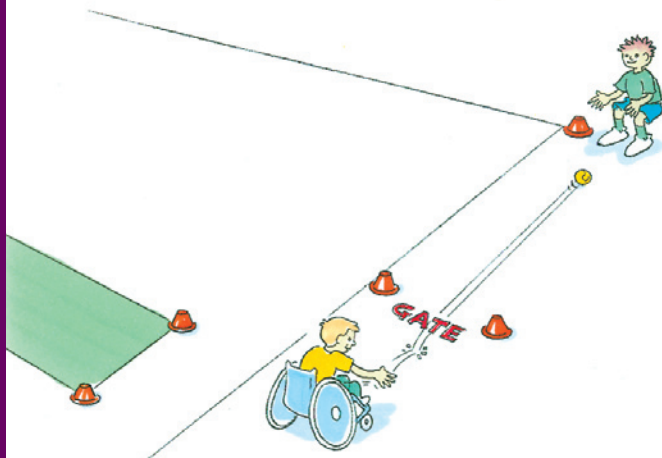
change it...

Coaching

- > After some initial play use role models to highlight effective striking actions, e.g. swing of arm and what part of hand is used to hit the ball.
- > Conduct remedial batting practice on the side if required.

Game rules

- > Change the number of fielders, e.g. more fielders than strikers.
- > **Fielders** – all fielders must touch the ball before it goes back to the batters.
- > **Fielders** – in the rapid fire variation, a fielder might be placed close to the gate.

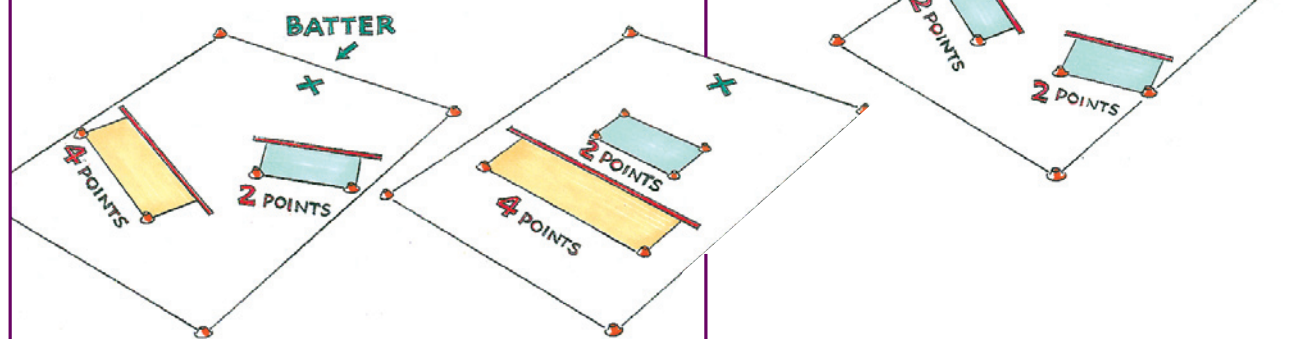
**Equipment**

Use a variety of balls:

- > **Easier for fielders** – slower ball
- > **Harder for fielders** – strikers use a paddle bat and tennis ball to hit a lobbed ball
- > **Use a tee and softball bat/ball.**

Playing area

- > **Strikers** – a second special pit close to the batter may be set out.
- > Establish a variety of pits with different scoring values.



- > Make the playing area bigger/smaller.

Safety

- > Select appropriate balls and bat (if used) to match the ability of the players.
- > Ensure that the fielder who sends the ball back to the hitting area rolls the ball.
- > Give fielders space awareness reminders. Fielders should call out 'mine!' when fielding a ball.
- > Ensure sufficient space between groups.

ASK THE PLAYERS**Fielders**

- > 'How can you cover the most area/stop the batters scoring points?'

Batters

- > 'How can you score the most points?'