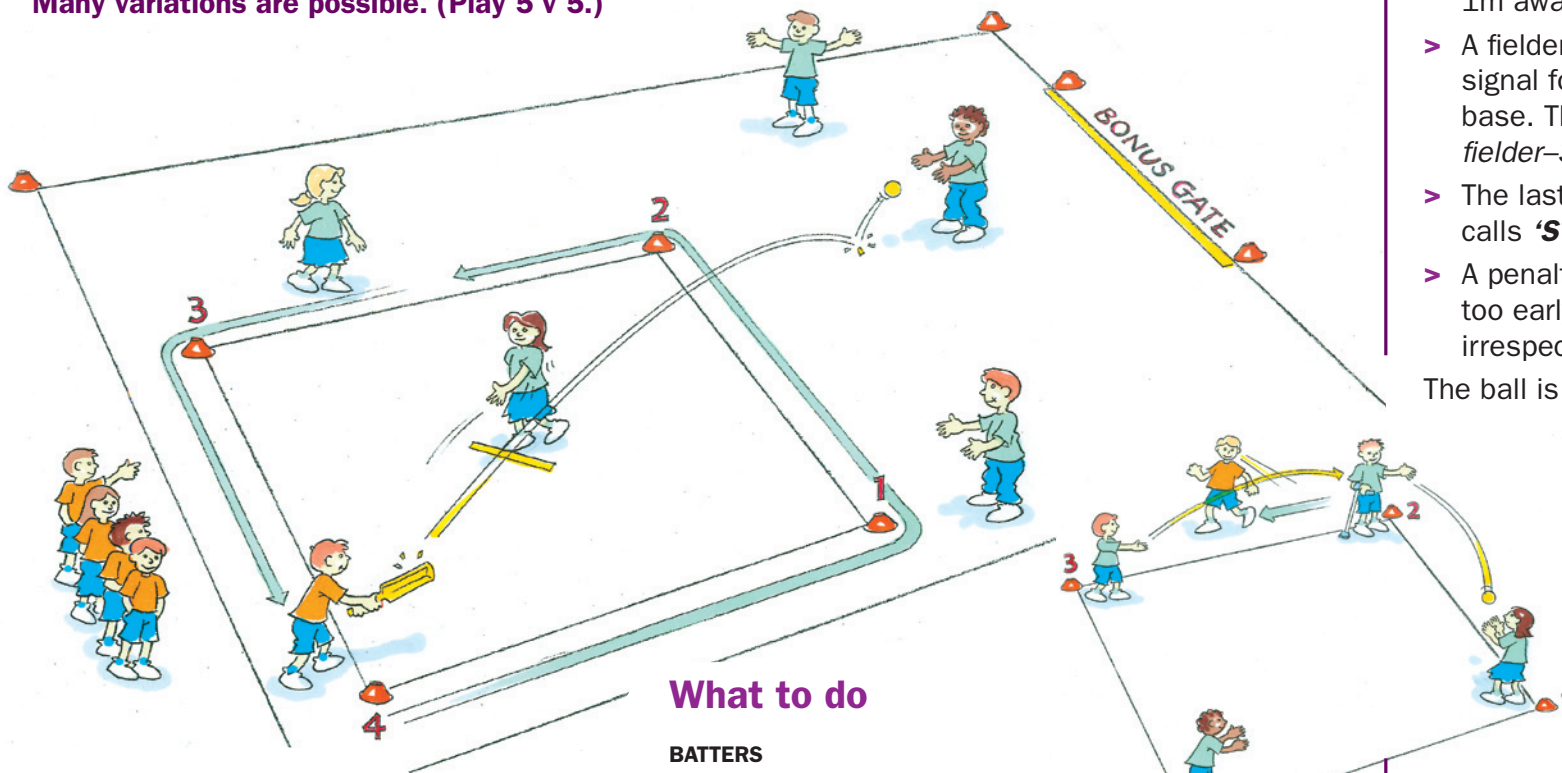Australian Government
Australian Sports Commission

EASY   MED   HARD

Beat the ball

A batting team, a fielding team and 4 bases. A bowled ball is hit into the field. The batter runs around the bases while the fielders pass the ball around the bases in the opposite direction. Many variations are possible. (Play 5 v 5.)

BONUS GATE

What you need

> 4 softball bases/markers
> Boundary markers and a marker to show bowling distance
> One bat and ball (choose to suit ability level of the group)
> **Option:** batting tee

What to do

BATTERS

> The batter hits a bowled ball (underarm throw, one bounce).
> All batters attempt to run around the bases as a group to the finish position (1–2–3–4).
> The ball must be hit within the boundary area, otherwise the hit is re-taken.
> The batter is not out if the ball is caught on the full.

FIELDERS

> Initially, fielders must stand at least 1m away from a base in the outfield.
> A fielder retrieves the ball. This is the signal for the other fielders to run to a base. The ball is passed in the direction *fielder–3–2–1–4*.
> The last fielder to receive a pass calls *'STOP!'*.
> A penalty applies if *'STOP!'* is called too early – the batters receive a point irrespective of position.

The ball is passed to the next batter.

Scoring

> One point is scored for the batting team if the batter reaches home before the fielders pass the ball around the bases.
> An extra point is scored if the ball passes through the 'bonus gate'.

LESSON LINK

Beat the ball is a striking and fielding game that gets everyone involved. The game encourages teamwork and thoughtful placing of the ball by the batter.

Beat the ball

Skills > Throwing, catching, batting · Finding 'space' · Best fielding positions, teamwork · Running with an eye on the ball

change it...

Coaching

> Use player role models to emphasise effective batting and fielding plays.
> Variations allow adaptation to a wide range of player ability levels.

Game rules

> **Batting action** – throw or kick into the field of play.
> **Bowling action** – self feed, cooperative feeder, hit from a batting tee, an overarm bowl.
> **Fielders vary the pass** – allow any pass or vary the pass between fielders. Include novelty passes, e.g. under a leg.
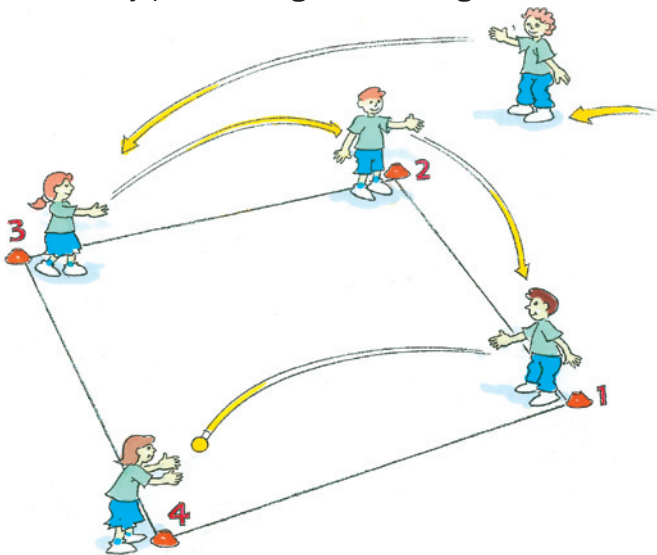
> **Rolling** – use rolling or kicking to pass between fielders.
> **Distance between fielders** – vary the distance and position, e.g. all fielders along the line.
> **Hitting direction** – add a bonus gate. The batter receives a bonus point if the ball goes along the ground and through the gate.
> **Scoring variations**
>   – One point for each base before *'STOP!'* is called.
>   – Batter can run around bases more than once.
>   – If the ball beats the batter home, the fielders get one point.
>   – Batter is out if ball is caught on the full.

Equipment

> **Use different bats** – allow player choice.
> **Use different balls** – e.g. size 3–4 soccer ball for kicking option.
> **Use a batting tee** – if required.

Playing area

> **4 bases** – increase or decrease the separation.
> **Outer field size** – increase or decrease.

Safety

> Batters must drop and not throw the bat.
> Batters should hit below head height.
> Fielders must not interfere with running batters.
> Fielders should call 'mine!' when fielding the ball.
> The batter should know where the ball is at all times.

ASK THE PLAYERS

Fielders
> 'Where is the best place to stand?'
> 'How can you be ready to back-up if a team-mate misses a ball?'

Batters
> 'Where is the best place to hit the ball?'
> 'What do you do if the fielders have your "best place" covered?'