

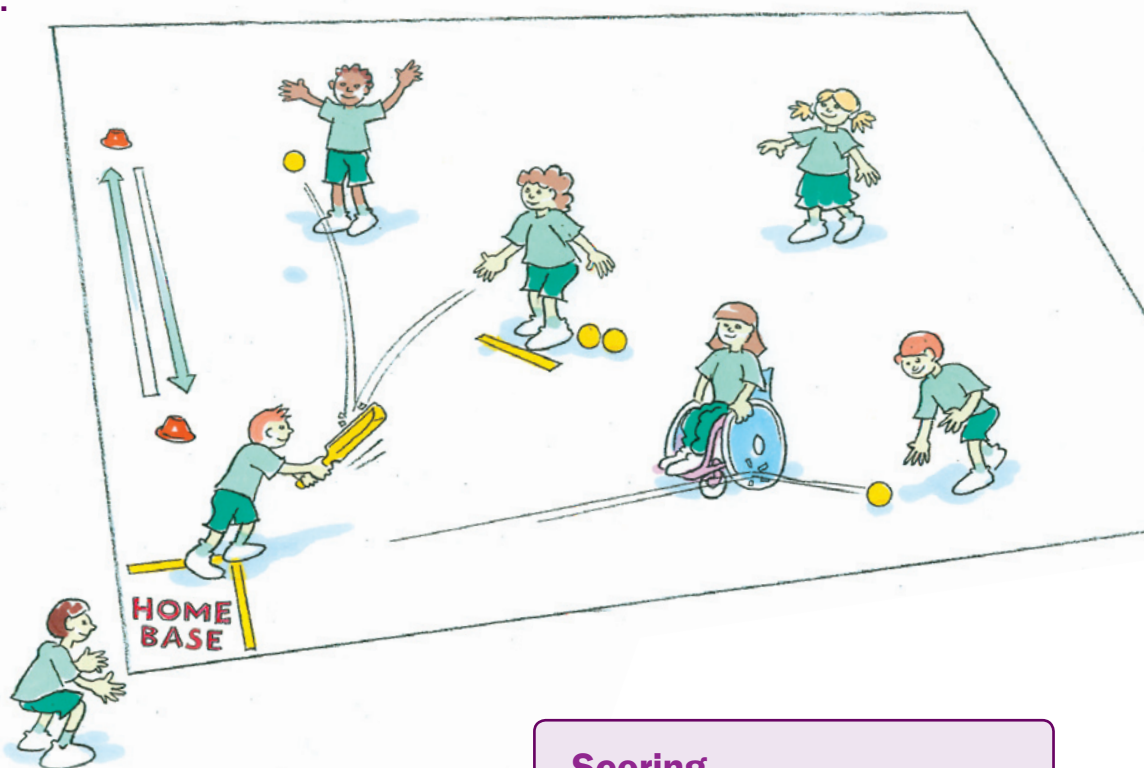


Australian Government
Australian Sports Commission



Hit 4 and go

A batter hits 4 consecutive balls into the field and then runs between marker cones as many times as possible. When the fielders have returned all 4 balls they call out 'STOP!' (4-5 per group).



What you need

- > A suitable indoor or outdoor playing area as shown
- > Range of bats/rackets and balls (sponge balls, softballs or tennis balls)
- > Marker cones (for running and playing area)
- > **Option** – batting tee(s)

Scoring

- > From cone to cone = one point.
- > Points are totalled for the team.

What to do

SETTING UP

- > 2 teams – batters and fielders

Batter

- > Hits 4 balls, one after the other, into the playing space.
- > The balls can be hit from the ground, or off tees, you can toss the ball and hit it yourself, or have a team mate toss the ball to you.
- > When the last ball is hit, the batter runs between the marker cones as many times as possible.

Fielders

- > Fielders return the balls to the home base – balls must be *inside* the hoop to count.
- > Fielders call '**STOP!**' when the last ball reaches home base.

LESSON LINK

Hit 4 and go is a fielding game that develops teamwork. Batters are challenged to place balls tactically and fielders challenged to effectively position themselves and to return the balls in the shortest time. The game links to softball and baseball.

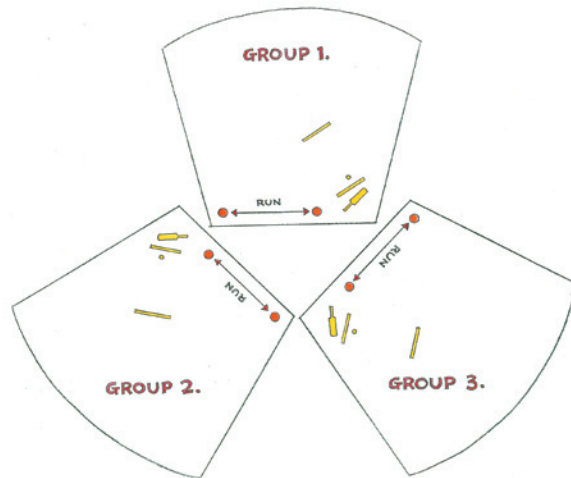
SESSION
PLANS

Combo > Start out CP 07a + Get into it SF 06 + Get into it SF 07
Mixed combo > Get into it INV 11 + Start out TG 04 + Get into it SF 07

change it...

Coaching

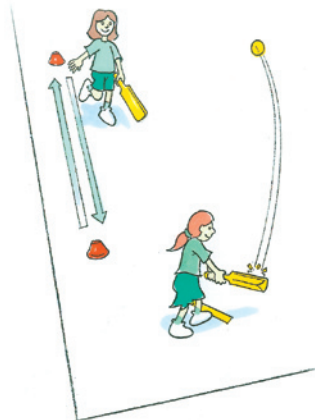
- > To manage large groups, have 2 or more groups playing at the same time using a 'fan' system. Balls must be hit forward.



- > Players with less developed throwing/catching/fielding/batting skills can be assisted on the side.

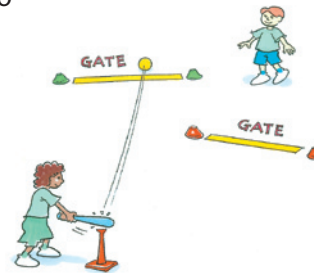
Include all

- > **Batters** – 2 players work in tandem, e.g. one player hits and the other runs.



Game rules

- > **Harder for fielders**
 - fielders cannot move until the last ball is struck
 - fielders must take the ball to the home base and not throw.
- > **Harder for batters**
 - batter must hit the ball forward of the batting position.
- > **Scoring gates** – batters gain extra runs if the ball passes through the gates.
- > **Running alternative** – batters who have limited mobility can score by hitting into these gates, or by using a 'runner'.
- > **Rolling** – use rolling to pass among fielders.
- > **False calls** – provide bonus points to a runner if **'STOP!'** is called too soon.



Equipment

- > Use different bats and balls – allow player choice.
- > Use different heights of tee or alternative.

Playing area

- > **Harder for runner** – increase the distance between cones.
- > **Harder for fielders** – increase the size of the playing area.

Safety

- > Bowlers sending a cooperative feed should be located to one side.
- > Fielders should be at a safe minimum distance from the batter.
- > All fielders should keep an eye out for balls as well as other running fielders.
- > Players should communicate when retrieving a ball or throwing a ball.
- > Ensure the batter's running area is away from fielders.
- > Players should have done space/player awareness activities before playing (see e.g. Start out WC 03a,b).

ASK THE PLAYERS

Fielders

- > 'How can you get the ball back to home base quickly?'

Batters

- > 'Where will you place the balls you hit?'
- > 'Will you scatter them or hit them in one direction?'
- > 'Will you hit them high or low or make them bounce?'