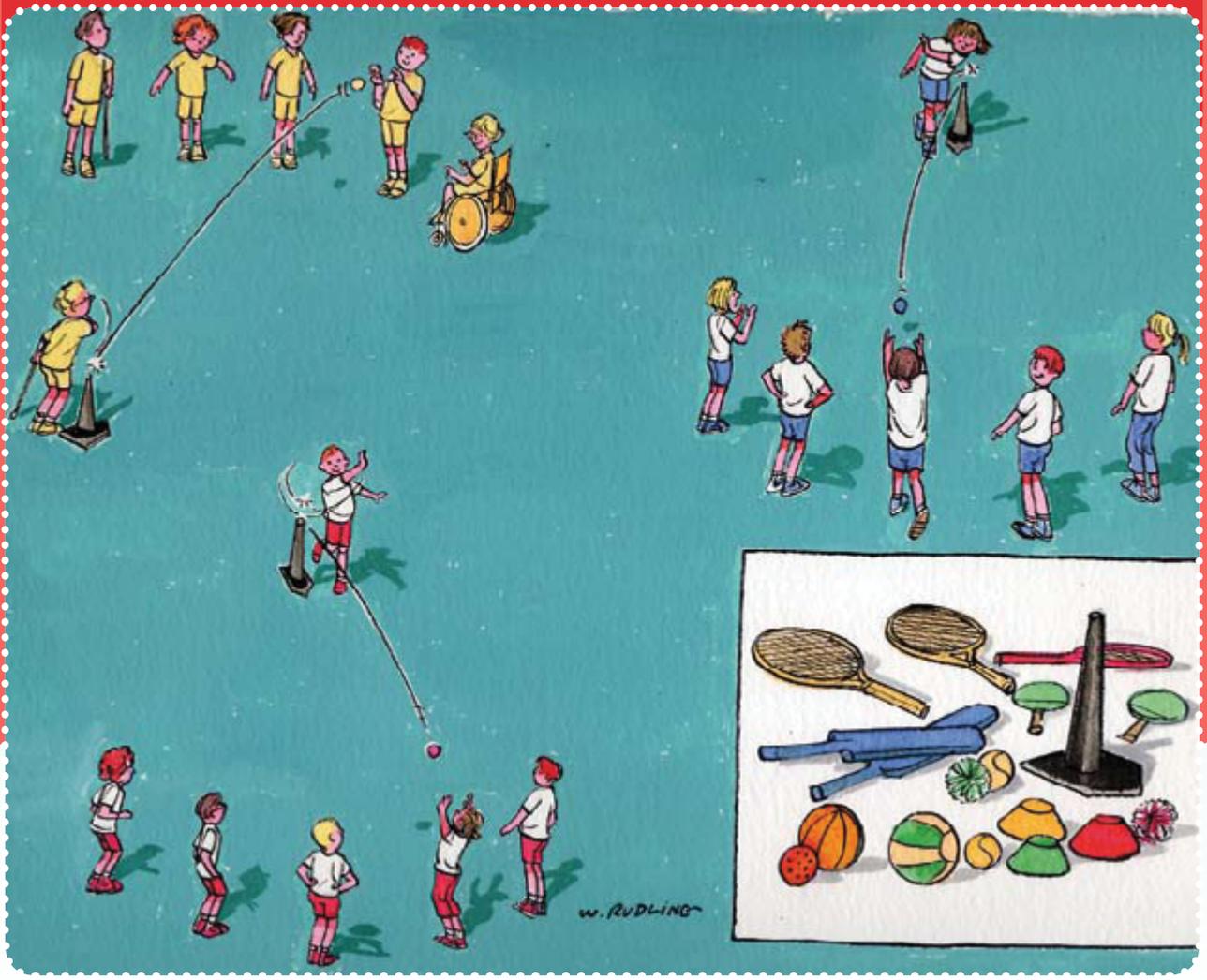


# Striking & fielding

## Tee Strike



### How to play

- » Split the players into couples and give them one striking tee or cone and a large soft ball.
- » Appoint one player as the hitter who stands at the tee or cone with the ball placed on top.
- » The partner places him/herself about 8-10 paces in front of the hitter.
- » With the ball stationary on the tee or cone the hitter strikes the ball with his/her hand directly to partner.
- » After each strike the catcher returns the ball to the tee/cone.
- » Players rotate.

### Equipment needed

- » One striking tee or upright cone per group
- » One large soft ball per group
- » Large playing area



## STEPS

# Tee Strike

	Easier	Harder
<b>S</b>	» Decrease the distance between striker and catcher	» Increase the distance between striker and catcher
<b>T</b>	» Already at easiest level	» Replace tee with bounce before each strike
<b>E</b>	» Allow the player striking the ball to wear a glove	» Introduce a racquet, to be used to strike the ball
<b>P</b>	» Striker can hit the ball to anyone	» Catchers dictate where/who the ball is to be hit to
<b>S</b>	» Striker to focus on accuracy rather than speed	» Introduce a time frame in which participants must perform the activity

**Tip:** Use a large cone if self-righting tee is not available

## Impairment specific considerations:

### Blind and partially sighted:

- » Catchers to wear hi-visibility bibs
- » Use a hi-visibility ball and/or jingle ball

### Deaf and hard of hearing:

- » Demonstration to introduce the activity plus a demonstration for each change of instruction

### Physical Disability:

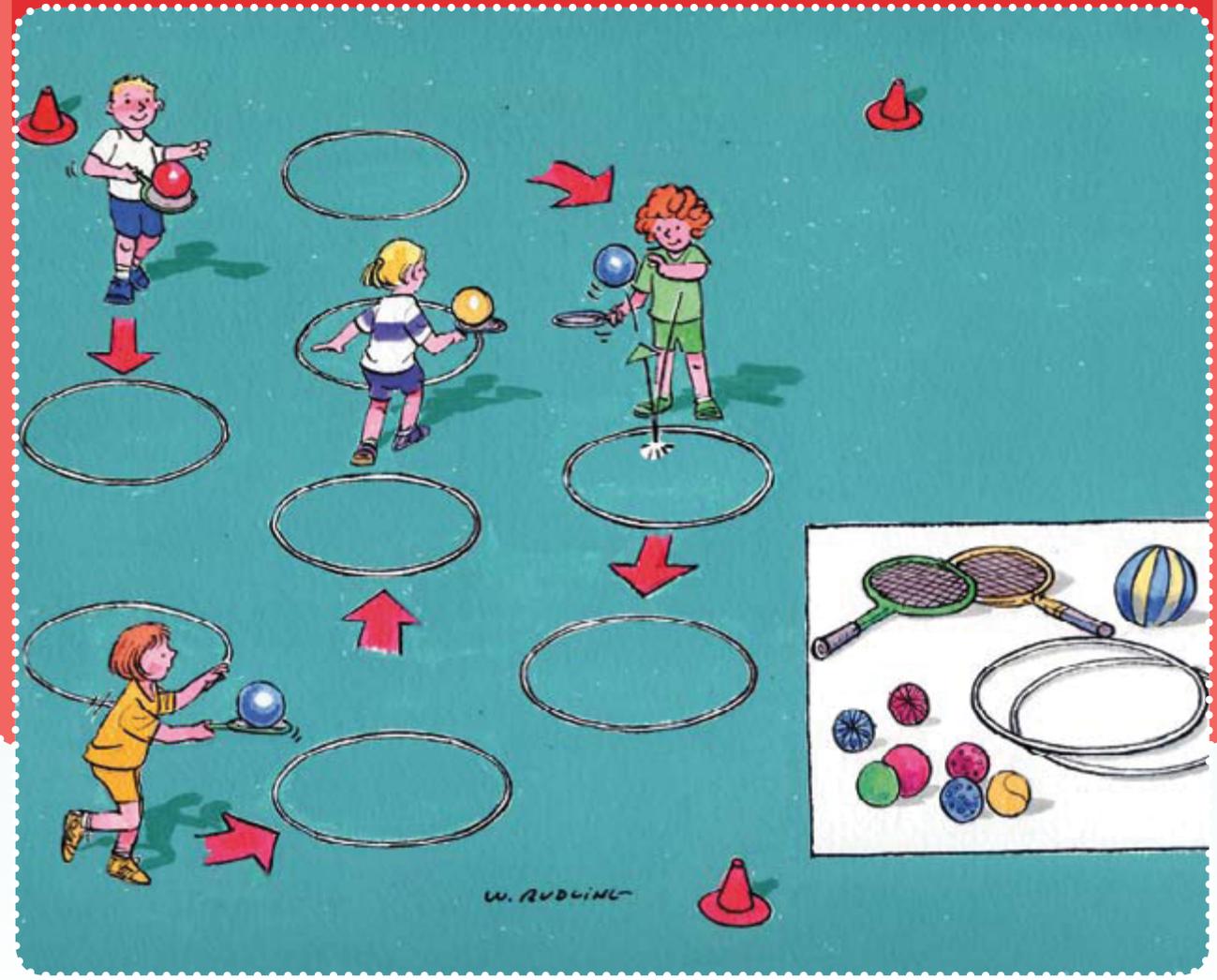
- » Strike/catch can be performed from a seated position
- » For players with reduced dexterity, consider use of Velcro mitt/glove

### Learning Disability:

- » Reinforce need for accuracy rather than strength

## Striking & fielding

# Hoop Bounce



## How to play

- » Provide each player with a racquet and soft bouncy ball.
- » Place one hoop per person around the playing area.
- » Players move around the area balancing the ball on their racquet, continuously moving space and changing direction.
- » When a player comes to a hoop they let the ball bounce inside the hoop and catch it on his/her racquet.
- » Players only move on when they have successfully caught and controlled the ball.

## Equipment needed

- » One hoop per person
- » One large racquet and large soft ball per person



## STEP

# Hoop Bounce

	Easier	Harder
<b>S</b>	» Increase the size of the playing area	» Reduce the size of the playing area
<b>T</b>	» Remove the hoops, players move around the area balancing the ball on their racquets » Focus on technique rather than speed	» Players bounce the ball twice in each hoop before moving on » How many hoops can players complete in a given time frame
<b>E</b>	» Reduce the number of hoops	» Increase the number of hoops
<b>P</b>	» Split the players into 2 groups » Put players into pairs, one retrieves the ball while the other performs the activity	» Increase the number of players in the playing area

## Impairment specific considerations:

### Blind and partially sighted:

- » All players to use hi-visibility bibs
- » Replace hoops with colour contrasting tape

### Deaf and hard of hearing:

- » Give demonstration to introduce the activity plus a demonstration for each change of instruction
- » Use flags/bibs to indicate start/finish of the activity

### Physical Disability:

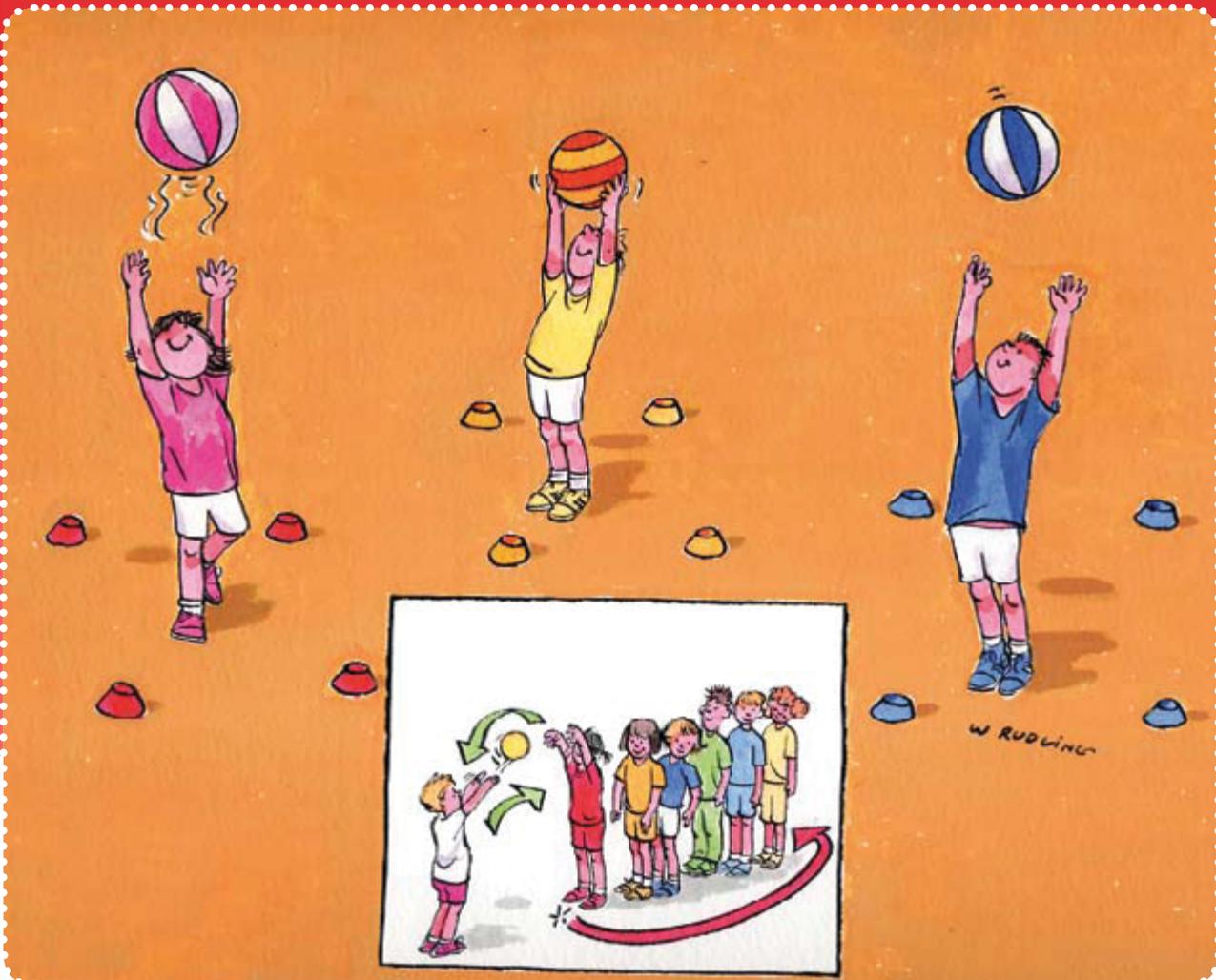
- » For players with reduced dexterity, consider use of Velcro mitt/glove

### Learning Disability:

- » Ensure that players have reached a certain level of competency before introducing new rules/instructions

Striking & fielding

# Ball Familiarisation



## How to play

- » Each player is given a large soft ball and asked to find a free space inside the playing area.
- » On the leader's instruction players throw the ball up and catch it while standing on the spot.
- » Players begin by keeping the ball low and on the leader's instruction increase the height of the throw continuing to catch the ball with two hands.

## Equipment needed

- » One large soft ball per person
- » Beach ball/sponge ball



## STEPS

# Ball Familiarisation

	Easier	Harder
<b>S</b>	» Increase individual playing area	» Reduce individual playing area
<b>T</b>	» Advise players to limit the height they throw the ball	» Move around the playing area while throwing and catching the ball
<b>E</b>	» Use a balloon	» Use a smaller ball e.g. tennis ball
<b>P</b>	» Activity already at easiest level	» Put players into pairs, passing 1 ball between each other
<b>S</b>	» Encourage the players to perform the task slowly, concentrating on technique	» Encourage the players to throw and catch the ball as many times as possible within a given time frame

## Impairment specific considerations:

### Blind and partially sighted:

- » If using a balloon, use rice in a 'covered' balloon
- » Use a hi-visibility ball and/or jingle ball

### Deaf and hard of hearing:

- » Stop activity and bring group in to give further instructions

### Physical Disability:

- » For those with higher levels of impairment, use a balloon with string attached or a ball with a suitable attachment

### Learning Disability:

- » Introduce one rule/instruction at a time