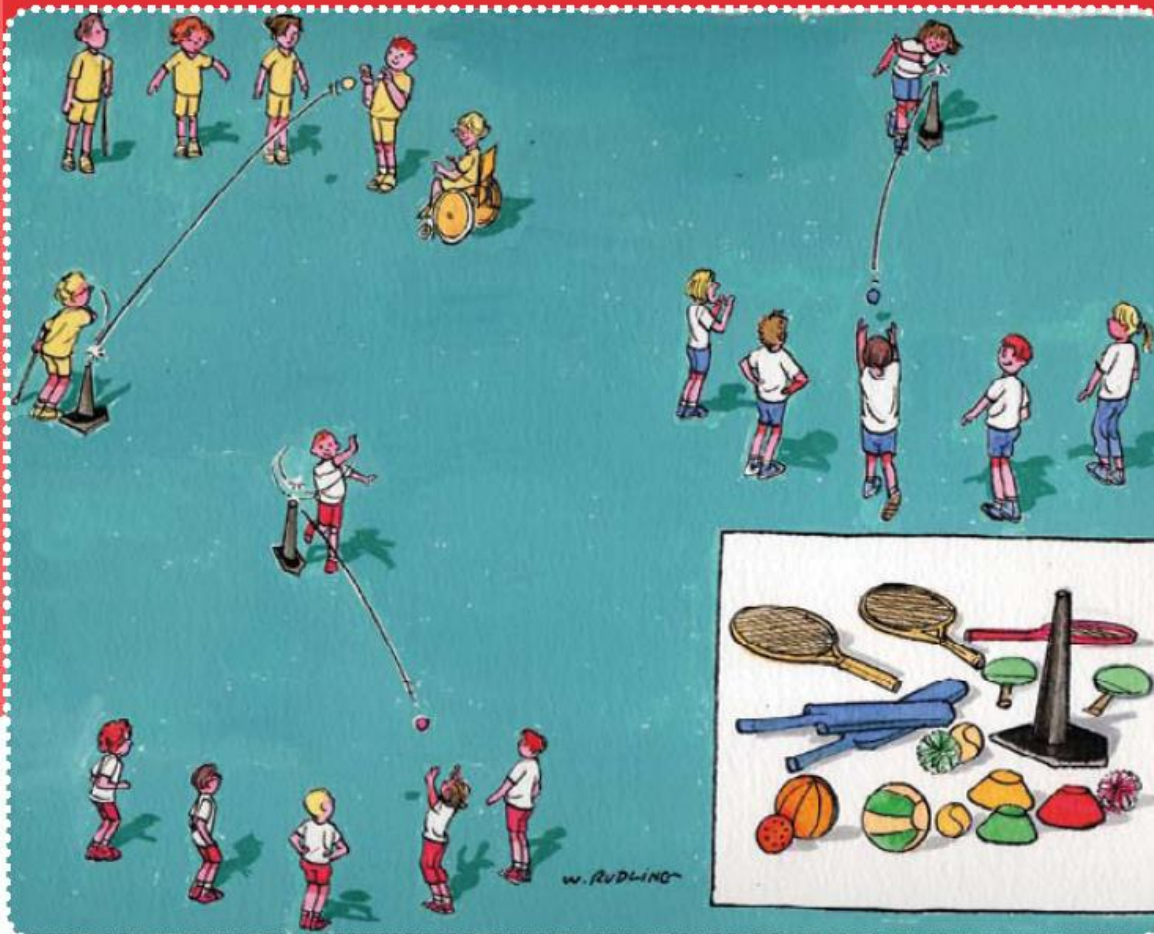


Striking & fielding

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
S	» Decrease the distance between striker and catcher	» Increase the distance between striker and catcher
T	» Already at easiest level	» Replace tee with bounce before each strike
E	» Allow the player striking the ball to wear a glove	» Introduce a racquet, to be used to strike the ball
P	» Striker can hit the ball to anyone	» Catchers dictate where/who the ball is to be hit to
S	» 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