

Objective

By the end of this lesson, Lilli will have a basic understanding of how to play baseball, including the rules, positions, and fundamental skills such as hitting, catching, and throwing. She will also gain confidence in her ability to participate in the game.

Materials and Prep

- No special materials are needed; just a ball and a bat if available.
- Find an open space where Lilli can run around safely, like a backyard or a park.
- Review the basic rules of baseball, including how to score runs and the positions of the players.
- Make sure Lilli is wearing comfortable clothing and shoes suitable for running.

Activities

1. Warm-Up Drills:

Start with some light stretching and jogging to warm up the muscles. Include arm circles, leg swings, and some dynamic stretches to get Lilli ready to move.

2. Throwing Practice:

Practice throwing the ball back and forth. Focus on using the right technique: step forward with the opposite foot and follow through with the arm. This helps improve accuracy and distance.

3. Catching Practice:

Work on catching the ball with both hands. Start with easy throws and gradually increase the distance. Emphasize watching the ball into the glove and using two hands to catch it.

4. Hitting Practice:

If a bat and ball are available, practice hitting the ball off a tee or from a soft toss. Focus on stance, grip, and swing technique. Encourage her to follow through and watch the ball.

5. Base Running:

Set up bases (or markers) and practice running from one base to the next. Explain the concept of running the bases and how to touch each base to score a run.

Talking Points

- "Baseball is a team sport, and it's all about working together!"
- "When throwing, remember to step with your opposite foot to add power to your throw!"
- "Catching is easier when you use both hands. Always keep your eyes on the ball!"
- "Hitting is all about timing. Make sure to watch the ball and swing when it's in the right spot!"
- "Running the bases is like a race! You have to touch each base to score a run!"
- "The more you practice, the better you'll get. Don't worry if it's not perfect right away!"