



## Striking: T-ball With Medium Ball

### Equipment:

T-ball set, medium ball, medium bat.

### Set-up:

Set t-ball stand at entrance to hitting bay. Place medium ball on top of t-ball stand. Provide student with medium-sized bat.

### Description:

The aim of the activity is for the student to make a solid connection between bat and ball using the desired technique. The technique will involve shifting weight from back foot to front foot and rotating body with correct sequence. This will help develop hand-eye coordination.

### Instructions:

Student will line up next to t-ball stand and will be required to swing bat and hit ball off the t-ball stand. The student is asked to use their body in the swing with the intention to generate the power in the swing from the body, rather than from the arms. The sequencing should resemble that of a golf swing, where the hips and the torso turn through at impact.

### Scoring:

Students that demonstrate solid connection with ball and sound technique will be awarded a score of 3. Students with sound technique but poor ball striking will be awarded a score of 4. Students with poor technique and poor ball striking will be awarded a score of 5.

