

ACTIVITY SHEETS

EZY HIT FOAM HAND BATS

EZY HIT

The following activities are devised in such a way that your students can progress from one to the next as their skill level progresses.

BODY ROLLS

Using either one or two EZY HITS roll a ball over different parts of your body.

EZY HIT ADVENTURE COURSE

Using one EZY HIT and a soft lightweight ball, roll the ball maintaining contact with it at all times.

Teacher outlines a course to follow e.g. across the playground equipment, along the fence line, along the bench seats etc. Try to make the course varied and interesting.

Variation: with more advanced students, get them to pat bounce the ball whilst walking the course, or even running.

EZY HIT JUGGLING

Using both hands and two EZY HITS keep the ball in the air for as long as possible.

PAT BOUNCING

Using your EZY HIT try to bounce the ball as many times as possible without losing control. When starting, allow the ball to bounce in between the pat bounces until finally students can bounce continuously.

HITTING IN THE AIR

As for Pat Bouncing, but this time hitting the ball up into the air with the EZY HIT. Variation: Walking around an obstacle course or witches hats while pat bouncing or hitting in the air. Suggested balls for use with EZY HIT are Roo Ball, Gatorskin tennis ball, Gatorskin softball, Foam tennis ball.

PARTNER ACTIVITIES

Roll & Hit. Place the ball on the ground and using your EZY HIT, push or hit the ball to your partner who stops / traps the ball using their EZY HIT.

Bounce and hit the ball to your partner using backhand and forehand actions.

Practice preferred and non-preferred hand strike.

Two handed strike - EZY HITS can be placed on the back of one hand and on the front of the other.

The ball is then hit with a double-handed motion as you would do for a straight bat cricket action or a softball hit.

EXTENSION MODIFIED GAMES

- EZY HIT ROUNDERS
- EZY HIT CONTINUOUS CRICKET
- EZY HIT BAT TENNIS - two EZY HITS can be placed on one hand so the fore hand and backhand shots can be played.
- EZY HIT T BALL.
- EZY HIT DOWN BALL.
- EZY HIT BADMINTON - a feathered hand shuttle can be used to hit over a badminton net.