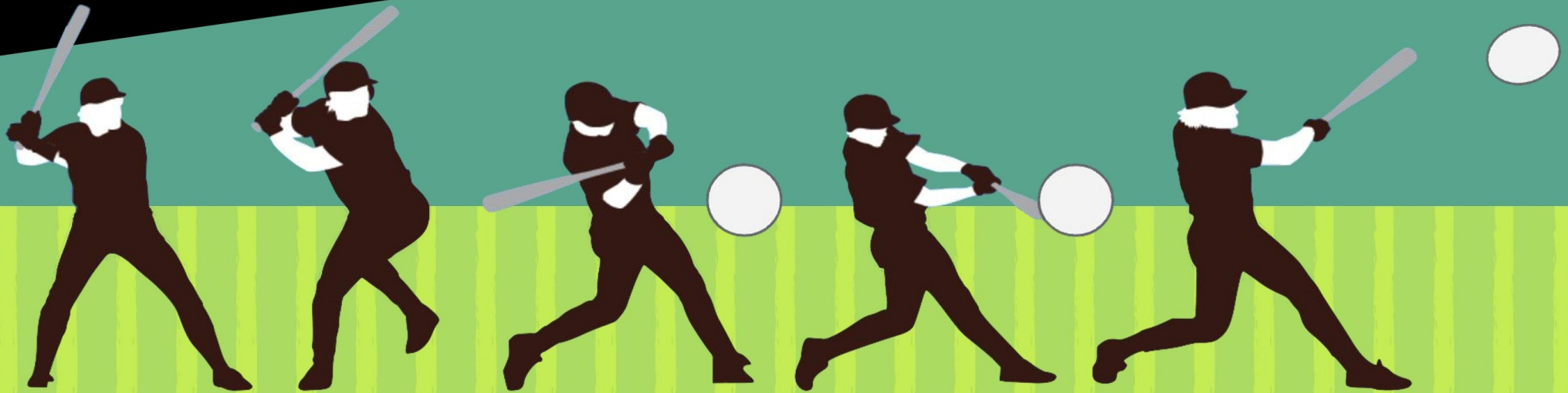


# LONGBALL



**MR. LINDA'S PHYSICAL EDUCATION CLASS**

# What is Longball?



A Bat and Ball sport.

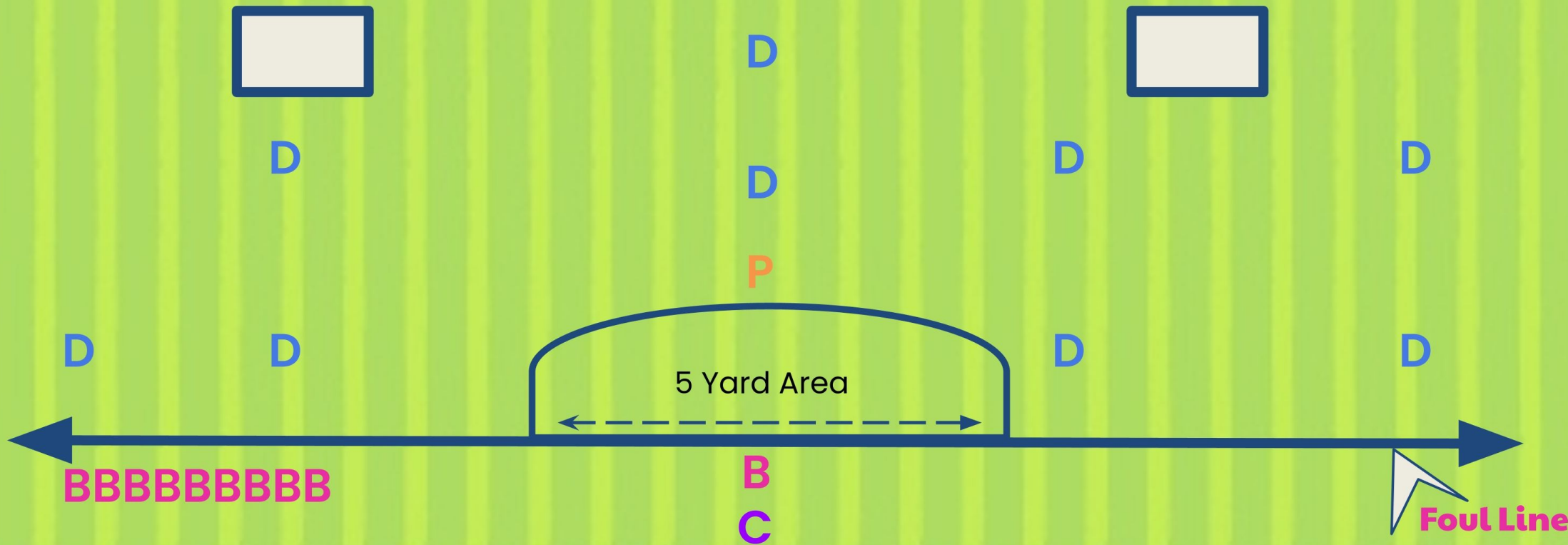


Uses components of cricket and baseball.



Focus skills are catching, throwing, and batting.

# How the Game looks



Key: D = Defensive player, P = Pitcher, B = Batter, C = Catcher

# How The Game is Played



## Offense (Batting team):

- Use their own pitcher with soft toss. Each batter gets 3 pitches. This includes foul balls. Waiting batters line up single file in batting order several yards behind the batters "halo."
- The batter hits the ball anywhere into fair territory. The player will run evasively (to the safety line British Longball), to either base if playing Danish Longball.
- Once at the base (safety line), the runner can remain during the next batters turn or choose to run home if they deem their chance of reaching home base as safe.

# How The Game is Played Cont.

## Offense Cont:

- In Danish Long Ball the runners can score 1 run for reaching either outfield base.
- They can not score by changing which outfield base they occupy during subsequent batters hits. The runners can score a second run by reaching home base safely. This will alter the offensive teams base running strategy.
- When the offense gets three outs they will then take the outfield. During this transition the offense must sprint to their defensive positions as the next batting team can bat as soon as they hustle into their "dugout." (single file line several yards behind the batters Halo)
- If the bat leaves the Halo then it is an automatic out



# How The Game is Played Cont.

## Defense:

- Making outs on defense.
  - Tag Player with dodgeball
  - Catch Fly Ball
  - "Beaned" with a Thrown Ball
- Making a double play (Hitting more than one player during an at bat when players are running)
- No need to tag up on a fly ball being caught (You can run when the ball is hit, defense must tag the runner)
- No force outs
- \*Throwing the ball to the base ahead of the runner does not get the runner out. Must be tagged, or beaned with ball.
- \*No Standing and talking on defense or removed from unit.



## Critical Elements

# Overhand Throw

- Grip the ball
- Elbow up
- Step with opposition
- Follow through



## Critical Elements

### **Catching (Over the shoulder / Below the waist)**

- Pinkies together
- Bring the ball into the body

### **Catching (Above the waist)**

- Thumbs and index fingers together creating a diamond
- Slow the ball into the body

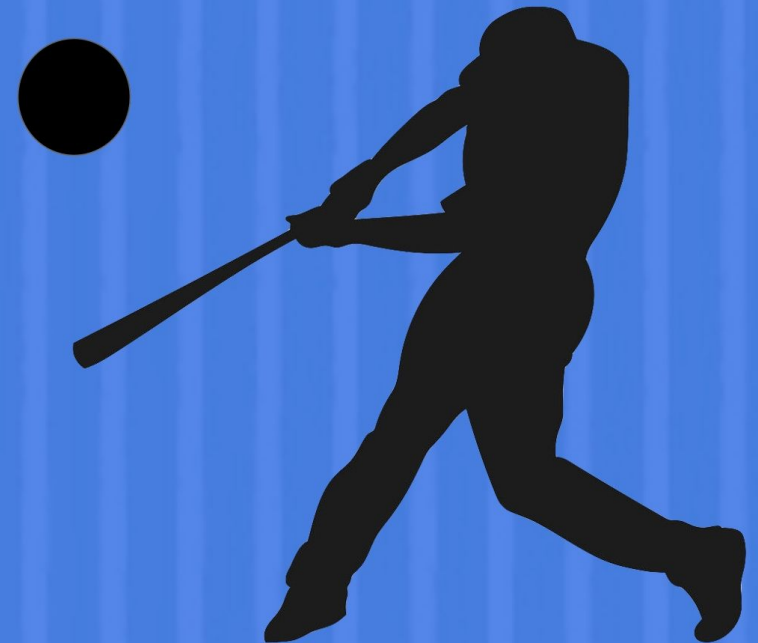


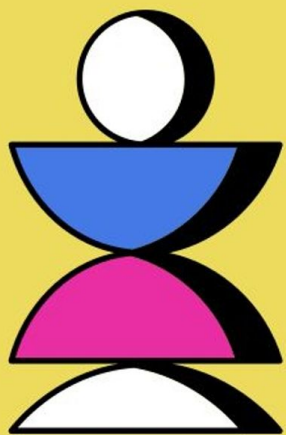


## Critical Elements

### Batting

- **Grip** (line knuckles up)
- **Athletic stance** (slight bent knee position)
- **Squish the bug** (Pivoting on back foot)
- **Wrist snap** (extend arms and wrists as you follow through)





## Critical Elements for Batting





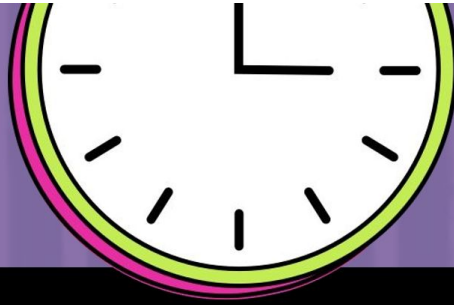
# Areas of Fitness

- Baseball/softball games by their nature create a lot of standing around. Runners will discover that there is an emphasis on acceleration and speed. Anaerobic running can be demanding.
- At the completion of a ½ inning when there is a transition between offense and defense both teams are REQUIRED to sprint. The defense will be sprinting over to bat while the offense will be sprinting out to their defensive positions.
- In order to get buy-in to hustling between ½ innings it is important to reward teams who are meeting expectation, while also providing teams who are not with extra opportunities to gain fitness. These teams can either work on their aerobic base with some continuous running or by working on their anaerobic fitness with some interval running.



# Safety

- The most dangerous aspect of any bat and ball sport is swinging the bat. There is very little skill development necessary, but catching, throwing, and swinging a bat are our priorities.
- Batters, Pitchers and remaining teammates need to understand the concept of the “halo” surrounding the batter.
- Teammates waiting their turn to bat and/or pitch must remain behind the restraining line the teacher chooses to use.



# Example Of Gameplay

