

2 Ball Bop

Summary

Students will practice quick reactionary skills as they develop striking, tossing and fielding techniques.

Time Frame

1 class periods of 30 minutes each

Group Size

Small Groups

Materials

Baseball bats, tennis rackets, wiffle balls, tennis balls or baseballs.

Intended Learning Outcomes

Students will enhance their baseball, softball or hitting skills in an engaging manner.

Instructional Procedures

Students should be grouped into 4-6 students.

Each group should have enough room to perform this activity without worrying about the proximity of others.

The batter faces the outfield in a batting stance.

The thrower or tosser kneels to the side of the batter out of the swing area and gently tosses two of the balls at the same time to the batter.

The tosser calls out "top" or "bottom" while the balls are still in the air, and the batter has to quickly determine which object to strike.

The rest of the group is in the outfield retrieving the objects.

Rotate after a specified time allowance.

Strategies for Diverse Learners

Use different sized objects.

Use the tennis rackets for increased success chances.

Call out the one to strike earlier or later in the toss to vary the difficulty.

Authors

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