

# Golden Child (striking)

<b>Age:</b>	5-11 Year olds
<b>Participants:</b>	6-20
<b>Time:</b>	10 Minutes
<b>Equipment:</b>	2 x teeball tees, 2 x teeball bats, 2 x small balls, witches hats, cones

## Skill(s):



Striking



Running

## Set Up:

- Place 4 witches hats in a diamond formation (like a teeball diamond with 1<sup>st</sup> base, 2<sup>nd</sup> base, 3<sup>rd</sup> base and home plate)
- Set-up one teeball tee at home plate
- Divide children into two groups, one fielding, one batting
- All children in batting team not batting must stand behind the cone

**Note:** This activity can be used for cricket, kicking, dribbling, throwing and/or catching depending on what equipment you have, See the Golden Child (throwing) activity plan for further information



## Description:

Before starting, demonstrate how to hit. Practice stepping forward and hitting without balls initially and then add balls in.

Divide into two teams, batting and fielding. Fielding team spread out. First player in batting team hits the ball and then runs around the bases. Fielding team fields the ball and line up behind the fielder in a straight line, then pass the ball over their heads to the back of line and hold the ball above head and call out STOP. Runner then freezes and must kneel down where they are if they didn't reach home base. The last batter is the 'Golden Child' and can unfreeze runners as they run around the diamond. Each runner that gets to home base scores a run.

Switch teams over.

## Variations:

- Use larger soft foam balls for younger children to help them have success in hitting the ball
- For a large group have two batters at a time
- To make it harder for fielders they have to pass it (throw and catch) to each fielder before calling STOP
- Try using cricket tees and bats
- Make the diamond bigger
- Play 'Continuous Golden Child' where you keep going until there is only one batter left (batters who get home can bat again) and they are the Golden Child.

## Teaching Points:

- Hands together
- Ready: stand side on to the ball (use markers to assist)
- Eyes on the ball
- Step & Swing – step with the front foot towards the target (use a marker to step on to)

