

Paddle Bat Activities

A. Using Beanbags

Individual Skill Work

1. Walk with beanbag on bat.
2. Stand — move bat with beanbag on it all around you; i.e., high, low, behind, to the side, change hands, under legs, around back.
3. Walk with beanbag on bat, weaving around hoops (hoops scattered around gym). On signal go to a hoop and drop beanbag in it.
4. Throw beanbag in the air, catch it by trapping it with hand and bat or catch with bat only.
5. Flip beanbag up in air and catch with free hand.
6. Flip beanbag up in air and trap between free hand and bat.
7. Flip beanbag and catch on bat.
8. Flip beanbag – change hands with bat after each flip. Catch beanbag in free hand or on bat.
9. Flip beanbag and catch on bat – alternate sides of bat each time; i.e. forehand and backhand.
10. Flip beanbag into a hoop lying on the floor.
11. Flip beanbag and then hit it with the bat.

Partner Games

1. Back up – flip beanbag to partner who traps it with hand and bat. If successful, both players move back one step. If they miss, they start over again from the original position.
2. Follow your Partner – must copy everything your partner does.
3. Flip Against Wall – one person flips the beanbag against the wall, second person must trap it on bat before it falls to the floor. If the second person is successful in catching the beanbag, he/she then flips it against the wall for the other person but if he/she misses the beanbag, the first person flips it again.
4. Target Flip – compete against partner by flipping beanbag at a target.
5. Flip and Catch – first person flips beanbag into the air and then catches it on the bat. First person continues until he/she misses. Second person then tries to beat first person's score. Set a minimum height the beanbag must be flipped.

Variations:

- 1) Alternate forehand and backhand.
- 2) Alternate hands.

Paddle Bat Activities

B. Using Balls

Individual Skill Work

1. Walk with ball on bat.
2. Stand – move bat with ball on it all around you.
3. Flip ball in the air and catch it with free hand.
4. Flip ball in the air and trap between free hand and bat.
5. Drop ball on the floor and catch with bat.
6. Drop ball on the floor, pat bounce the rebound, catch.
7. Continuous pat bounces standing still.
8. Continuous pat bounces moving about gym.
9. Drop ball on floor, hit rebound into the air, catch.
10. Hit ball into the air after each rebound on the floor.
11. Hit directly into the air from hand, catch.
12. Continuous hits in the air (pop-ups).
13. Pat bounce, pop-up, catch.
14. Pat bounce, pop-up, let it bounce on the floor and then repeat the sequence.
15. Pat bounce or pop-up standing in a hoop.
16. Pat bounce or pop-up moving around hoops scattered on the floor.
17. Pop-ups alternating sides of bat; i.e., forehand and backhand.
18. Pat bounces alternating sides of bat.
19. Pat bounces or pop-ups changing hands with the bat after each hit.
20. Pat bounce, hit rebound to the ceiling.
21. See how high you can make a ball rebound by pat bouncing only.
22. Shoot ball along floor using bat like a hockey stick.
23. Stickhandle ball around the floor.
24. Shoot ball against wall, retrieve using bat only.
25. Shoot ball against wall, retrieve, stickhandle to a different wall, repeat.
26. Pop-up, let ball bounce on floor and then hit rebound against wall.
27. Pat bounce, hit rebound against wall.
28. Hit against wall so rebounds land close to the wall, far away from the wall.
29. Hit high against the wall, low against the wall.

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30. Hit against wall, have rebound land in a hoop.
31. Hit so ball lands first in a hoop and then rebounds to wall.
32. Continuous hits against wall.

Partner Drills

1. Hit back and forth to each other. Ball must bounce once on the floor each time.
2. Hit back and forth with ball landing in a hoop placed between the partners.
3. Continuous hits back and forth over a specified line and within a designated area.
4. Alternate hits against the wall.
5. Serve to partner who is an appropriate distance away. Catch the serve.
6. One person holds hoop against wall and partner tries to serve into it.
7. One person hits a pop-up; partner must then hit it against the wall after the pop-up rebounds off the floor or before it hits the floor.

Partner Games

1. Follow your Partner -- you must copy everything your partner does.
2. Continuous Pop-ups -- first person tries for as many pop-ups as possible. After he/she misses, second person tries to beat that score. Set a minimum height the ball must go.

Variations:

1. Alternate forehand and backhand.
2. Alternate hands.
3. Partner Relays – each player uses pat bounces or pop-ups to race partner a specified distance or teams of two playing against everyone else.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	