



Skill Card 11

Teach kids the Two-Handed Strike

The two-hand strike is a manipulative skill in which force is applied to an object using an implement, in this case a bat. It forms the foundation to more advanced games and sports-specific skills. Because of the variability of ball tosses, performing the two-hand strike from a tee is the focus. Although many sports use the two-hand strike differently, the same mechanical principles apply.

What to look for:

- Stands side-on to target area
- Eyes focused on the ball throughout the strike
- Hands next to each other, bottom hand matches the front foot
- Step towards target area with front foot
- Hips then shoulders rotate forward
- Ball contact made on the front foot with straight arms
- Follows through with bat around body





GAMES CARD

11

Fun Two Handed Striking Games

Airborne (↑/↙•♠) – Use a rolled up newspaper to keep a balloon in the air. Put up a string or broomstick between two chairs if you have an opponent. You can hit it three times on your side before it has to go over the net. First to eleven wins.

Newspaper Baseball (♠/↙•♠) – Spread some sheets of newspaper on the ground in front of the striker. Use a marker to award different points to each of the pieces. Pitcher kneels down about 1 meter from striker and gently throws the balloon up for the striker to hit. Striker gets the points their balloon lands on. Take 10 shots each.

Smash (↑/↙•♠) – hit your balloon with newspaper bat for distance. 5 shots each to see who goes furthest.

Belt the bomber (♠/♠•♠) – throw paper aeroplanes at the striker who bats them away with their rolled up newspaper bat.

Target Ball (♠/♠•) – Use a newspaper bat and newspaper balls. Make three circles (with chalk or hoops) touching each other on the ground at the base of a wall. Allocate points for each of these circles, say 10 for the middle and 5 for each of the outside circles. Pitcher throws the ball underarm for the striker who attempts to hit it to the wall. Striker gets the points that the ball lands in.

Sock Hockey (♠/↙•♠) – Use newspaper bats and a rolled up pair of socks for a ball. Mark out small field and goals with cushions and shoes.

Stocking Ball (↑/↙•) – put a tennis ball in the end of an old stocking and tie other end off to clothesline, pergola etc. How many successive strikes can you get?

Fetch (♠/↙) – partners face each other each with some type of bat and a batting tee (witches hats are good). Attempt to hit the ball to your partner who fields it and hits it back.

KEY: ↑ = can be played by one person, ♠ = needs more than 1 player, ↙ = some equipment needed, • = organisation required, ♠ = can be played inside