



PLAY FACILITATOR HANDBOOK

CONTENTS



▶ WELCOME	03
▶ CHECKLIST	04
▶ FAQ'S	06
▶ DUTY OF CARE	06
▶ GAME SENSE	07
▶ LESSON PLAN	08
▶ SKILLS	09
▶ RULES	10
▶ SESSION 1 & 2	12
▶ SESSION 3 & 4	13
▶ FIELDING	14
▶ THROWING	19
▶ RUNNING	24
▶ HITTING	28
▶ IN-CLASS ACTIVITIES / TAKE HOME WORK / ACTIVITY WORK SHEETS	31
▶ EXTERNAL RESOURCES	32
▶ CONTACTS	33



WELCOME



As CEO of Baseball Australia, I want to welcome you to baseball and thank you for your efforts in guiding the future generation of our great game. The Play Facilitator Handbook, is a guide that will help you deliver baseball programs and assist in the delivery of activities that promote physical fitness, mental stimulation and an encouraging, enjoyable experience for young people.

Introducing young people to the game of baseball is something we are very passionate about. These programs have been developed by Baseball Australia in collaboration with our State and Territory Association partners. They are aimed to introduce new players to the game and create the future of our sports players, coaches, umpires, scorers and volunteers. Your role in this recruitment is critical and we are appreciative of your commitment to helping us reach more young people.

We want your experience as a coach to be enjoyable. Your primary responsibility will be to make sure you provide a fun and encouraging atmosphere for the children. The Baseball Australia game sense activities and game rules are set out for you on the following pages of this manual to guide you through the steps required to create an enjoyable experience. For many participants, their initial experience with baseball through Aussie T-Ball and Baseball5 will determine their future involvement. Your role as a coach is important to make the children's first experience a good one.

Baseball is an exciting, challenging, fun, enjoyable and rewarding game in whatever role you partake in. As a coach, delivering a fun and enjoyable environment for young people can be as enjoyable as playing the game. As someone delivering the activities and game to young people across the country, we hope that this handbook will help you deliver programs for the young people you coach that they will love being involved in.

As someone who has enjoyed a lifetime in baseball, I know first-hand how great a game it is. My earliest memories of playing baseball are some of the fondest I have. As a baseball lifer, I thank you for the work you are doing in creating a new generation of baseball lifers.

Yours in Sport

Glenn Williams

TICK BOX CHECKLIST FOR PLAY FACILITATORS TO TAKE WITH THEM

CHECKLIST

- Received assigned Sporting Schools program details and contact information from SSO
 - School contact (as soon as possible) to check information and enquire/confirm
 - Numbers per class, per session
 - Playing space available (playground, field, hall)
 - Confirm that a teacher will be required at the session to provide active supervision and maybe required to assist
 - Ask about available equipment if needed
 - Remind them of the program they have selected and what it is, Aussie T-Ball or Baseball5
 - Develop appropriate session plan(s) for proposed program (email copy to school contact)
 - Ask if there are any students with special needs. Will there be a support? Confirm if a teacher or TA will be present at all times
 - Refer to NSO developed Aussie TeeBall and B5 session plan <https://baseball.com.au/sporting-schools/>
 - Ensure to provide school with the link to a find a club website to encourage community and club participation <https://baseball.com.au/play-baseball>
 - Ensure equipment being used is in good order/available, repair/replace if need. Check with the school, do they have equipment or do you need to provide equipment. Do they have policies relating to safety ie: Aluminium bats verse foam?
 - Wear appropriate coaching attire – including a name tag
 - Ensure valid WWC and COVID certificate
 - Have a small first aid kit on hand, if need – although overall responsibility will remain with the school. Speak with the school contact about procedures and location of first aid kits.
 - Follow up school contact, halfway through program for feedback.
 - Follow up school contact, at the end of the program for feedback
 - Contact SSO at complete of program letting them know how things went.
 - Remind the teacher about the activity workbook in the program.
- Remember your job is to promote the continuance of the game, don't forget to direct the school to baseball.com.au

PREPARATION



PRE-ARRIVAL

- Contact the school a couple of days prior
- Introduce yourself and talk about your schedule
- Ensure you have enough time and cover for bathroom and lunch breaks (if full day booking).

ARRIVAL

- Go to the school's reception
- Sign-in
- Identify yourself
- Get a contact name
- Head to the play area and set up first drill
- Introduce yourself to the class and teacher
- Ask where the first aid room is?
- If there is an incident, please ask the teacher if you are required to complete an accident and injury form.

» WHAT HAPPENS IF MORE CHILDREN TURN UP?

If possible, take the class as planned and make a note reporting back to your SSO, alternatively try and get the teacher to assist.

» WHAT HAPPENS IF THE TEACHER DISAPPEARS FOR THE ENTIRE LESSON?

The teacher should provide active supervision and support where required during the class, as the school has a duty of care over the children participating. If the teacher disappears for longer than normal period, please contact your SSO who will follow-up with the school to ensure there is a teacher supervising the entire session program in future.

» HOW TO FILL OUT AN ACCIDENT AND INJURY FORM

Ask the teacher on duty where to fill out an accident and injury form if an incident occurs. Keep a copy for your records if possible.

» WHAT HAPPENS IF I GET SICK?

If you are unwell, please contact the school and SSO by calling and messaging them your wellness status.

»»» IT IS THE SCHOOL'S RESPONSIBILITY TO SHOW THAT THEY HAVE A DUTY OF CARE TOWARDS THEIR STUDENTS

THE GAME SENSE APPROACH TO SPORT

- Engages children in minor and modified game strategies, and concepts, where there are opportunities to develop both skills and an understanding of the tactics of the game.
- Encourages simple modifications (easier or harder) to accommodate varying ability levels and, therefore, maximizes inclusion and challenge.
- Modifies game rules, the playing area or the equipment for the purpose of highlighting aspects of the game – eg: attackers sending a ball beyond the reach of opponents or ‘forcing’ a striker to hit a ball with a bat into a defined region.
- Promotes the development of ‘thinking players’
- Key principle
 - Keep it game focused
 - Facilitate learning – don’t direct it
 - Employ discrete coaching
 - Use role modelling
 - Ask the players – helps gauge their understanding
 - When it’s not working – CHANGE IT.

LESSON PLAN

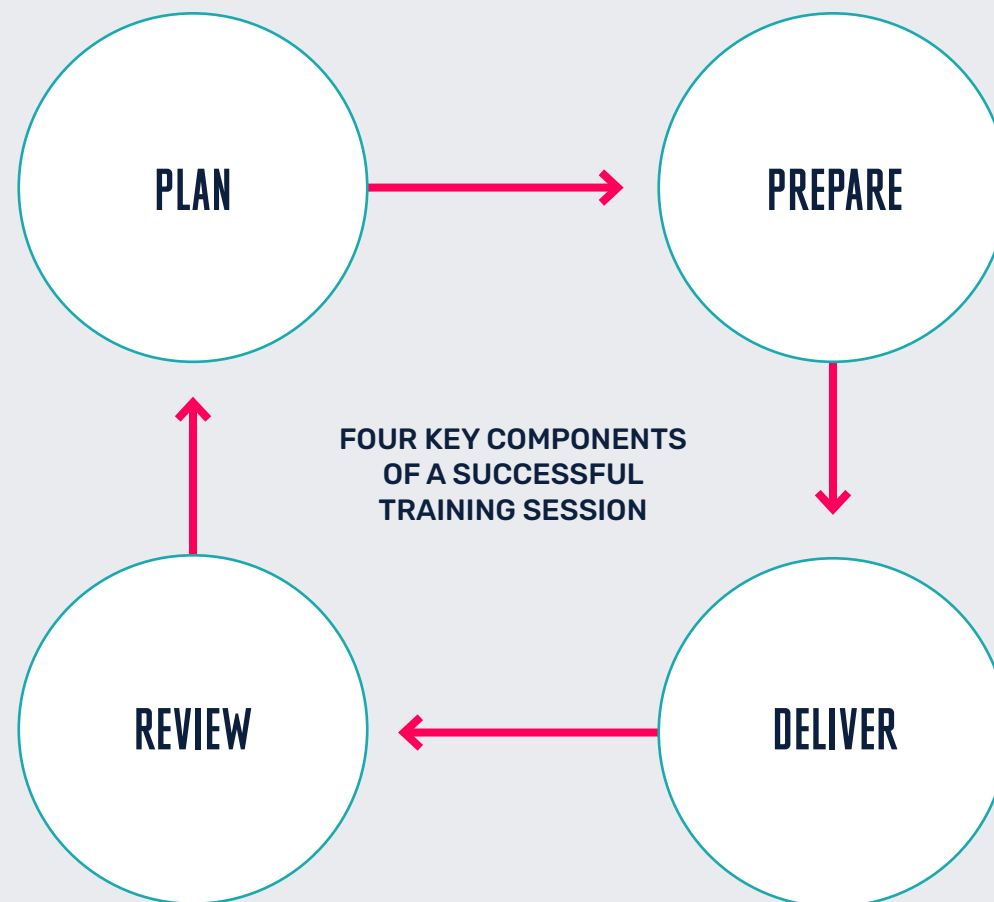
INGREDIENTS TO A SUCCESSFUL TRAINING SESSION

- Plan, prepare and deliver sessions
- Provide a safe environment
- Activities/games must engage children
- Communicate effectively
- Adapt and modify activities and sessions
- Make it FUN
- Observe and review

FINISHING A SESSION

- Promote Play Baseball and encourage kids to register with their local club
 - You will need these details off your selected State contacts
- Promote the Australian Baseball League (ABL)
- Ask kids and school for feedback
- Promote next lesson.

CREATING A SUCCESSFUL TRAINING SEASON



AUSSIE T-BALL

- › Throwing
- › Catching
- › Hitting (Bat to Tee)
- › Running
- › Communication
- › Fun
- › Teamwork

BASEBALL5

- › Throwing
- › Catching
- › Hitting (Hand to Ball)
- › Running
- › Communication
- › Fun
- › Teamwork

AUSSIE T-BALL

» Major Highlights of Aussie T-Ball Rules:

- Aussie T-Ball is played by two teams of between five and seven players, but can be played with more if the team sizes are equal.
- A coin is tossed at the start of the game with the representative from the winning side choosing whether to bat or field first.
- The number of innings shall be exactly the same as the number of players on each team, with the hitting order rotating each innings enabling each player to have the chance to lead off an innings.

» Batting

- When batting, the ball shall not be pitched but shall be placed on a tee from which the batter shall hit it.
 - The batter (aka hitter) is entitled to have as many swings as they need to hit the ball.
- A player is declared as being out when:
- The ball is hit and then caught without hitting the ground.
 - A player who has the ball stands on the base before the runner makes it to the base.
 - A fielder with the fielder glove or hand that is holding the ball tags a runner between the bases.
 - An innings is complete when each player on the team that is batting has had a turn to bat.
 - Once the first team to bat's innings are all complete, it is the turn of the opposition to have their innings.

» Fielding

Fielding positions are as follows:

- The Pitcher: The pitcher does not pitch the ball but is tasked with fielding the diamond area in which most balls are hit
- The Catcher: This role, unlike their baseball equivalent is to place the ball on the tee, catch the ball and to tag runners running for home base.
- Bases: First Base, Second Base and Third Base positions field in and around their base area and attempt to run out players running for their base.
- Others: If playing with larger numbers, other fielders are placed around the playing area and are tasked with fielding the ball, catching and trying to run players out.

» Running Bases

- Unlike baseball and in an attempt to encourage fielders to throw, once a throw is made, a runner may only advance to the base they were going for.
- If runners turn back towards a previous base, they must return to that base.
- The game is won by the team with the greater number of points at the end of the game.

BASEBALL5

► **Major Highlights of Baseball5 Rules:**

- Only a rubber ball is needed.
- Any playing surface.
- 5-inning games.
- 5 active players per team.
- No pitcher needed; hitting is done by hand.
- Distance between the bases is 13 metres

► **[DOWNLOAD THE OFFICIAL WSBC
BASEBALL5 RULEBOOK](#)**

SAMPLE SESSIONS 1 & 2



FOCUS

FIELDING

SAMPLE SESSION 1 PLAN: Teacher required to assist during the session

Number of participants	30
Duration	45-60 mins
Equipment Required:	Refer to game reference information
Warm up – Flip It	2-3 mins
Warm up – Pairs Passing	4-5 mins
Triangle Challenge	5-8 mins
Co-operative Roll	5-8 mins
Count the Bounces	5-8 mins
Game of Aussie T-ball & Baseball 5	25 mins Split group into two smaller groups, teacher takes one, you take the other

Note: Baseball 5 is similar to Aussie T- Ball, except the ball is hit with the hand instead of a bat.

FOCUS

THROWING

SAMPLE SESSION 2 PLAN: Teacher required to assist during the session

Number of participants	30
Duration	45-60 mins
Equipment Required:	Safe playing area, 6 Swiss ball, football, baseball, whiffle ball or any other safe object, 30 tennis/soft balls, 60 markers, 15 foam bats, 15 tethered whiffle balls,
Warm up – Run the Circle	2-5 mins
Warm up – Catching Challenge	2-5 mins
Gorri	5-7 mins
Relay Throwing	5-7 mins
Triangle/Square Throwing	5-7 mins
Game of Aussie T-ball & Baseball 5	25 mins Split group into two smaller groups, teacher takes one, you take the other

SAMPLE SESSIONS 3 & 4



FOCUS

RUNNING

SAMPLE SESSION 3 PLAN: Teacher required to assist during the session

Number of participants	30
Duration	45-60 mins
Equipment Required:	Refer to game reference information
Warm up – Back to Back Passing	1-2 mins
Warm up – Team Challenge	3-5 mins
Where Is It?	3-5 mins
Where Am I?	3-5 mins
Pairs Passing	5-8 mins
Game of Aussie T-ball & Baseball 5	25 mins Split group into two smaller groups, teacher takes one, you take the other

FOCUS

HITTING

SAMPLE SESSION 4 PLAN: Teacher required to assist during the session

Number of participants	30
Duration	45-60 mins
Equipment Required:	Refer to game reference information
Warm up – Fish in the Net	5-8 mins
Hitting off a Tee	10 mins
Stick Ball	10 mins
Bare Handed Hitting	10 mins
Game of Aussie T-ball & Baseball 5	25 mins Split group into two smaller groups, teacher takes one, you take the other

Note: Baseball 5 is similar to Aussie T- Ball, except the ball is hit with the hand instead of a bat.

FLIP IT - HILLS OR VALLEYS

PRIMARY SKILL USED

FIELDING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 2-3 MINS

EQUIPMENT REQUIRED

- Safe playing area
- lots of markers.

VARIATIONS

- increase the size of the playing area
- run two games at the same time
- use alternate hands
- use two hands (replicates fielding position)
- introduce time challenges eg 30 40 seconds.

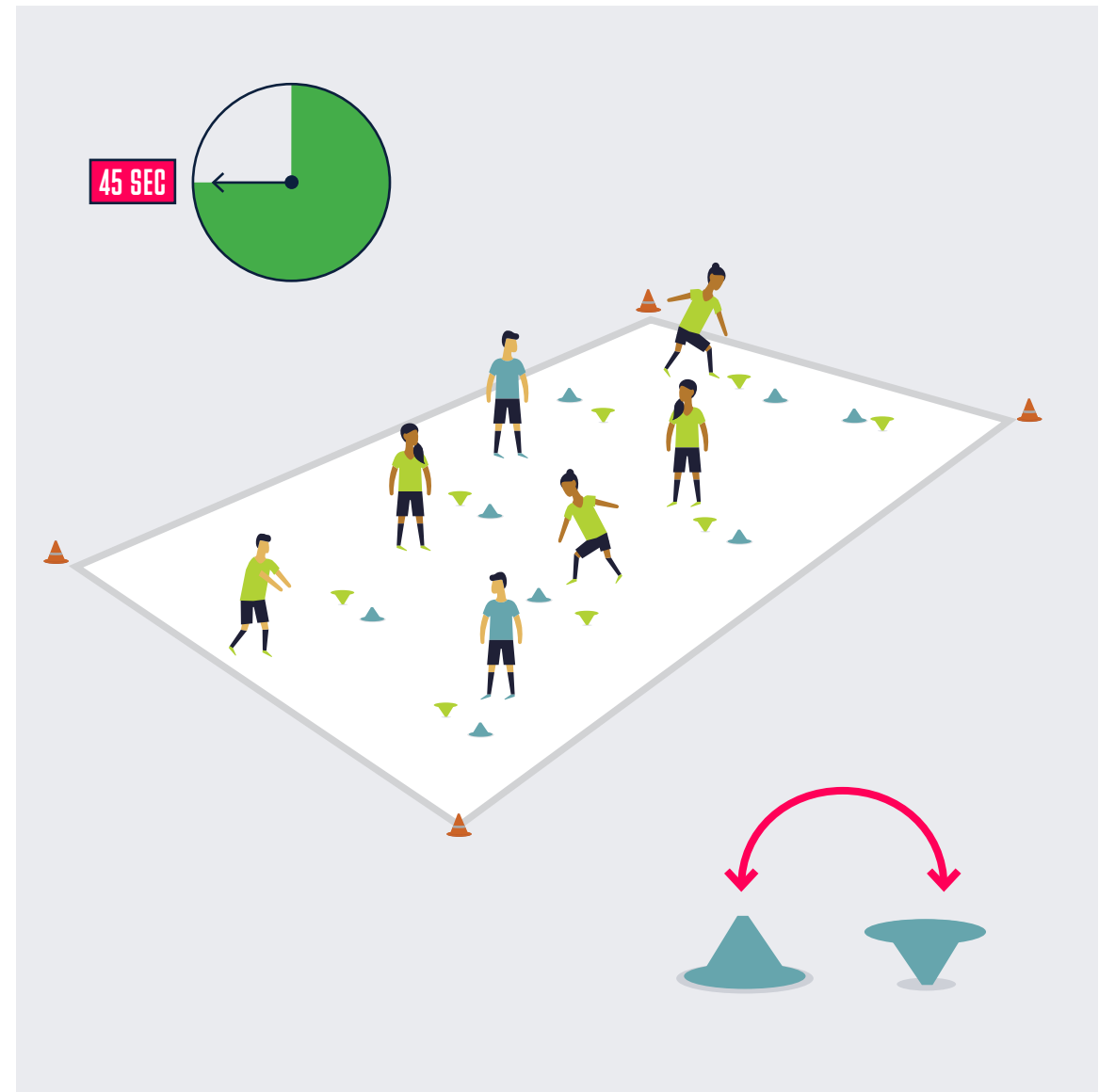
OBJECTIVE

Warm up, coordination, bending stretching, lateral movement, spacial awareness and teamwork.

ACTIVITY

Markers are placed on the playing area, face up (hill) or face down (valley).

Create two teams (Hills & Valleys). The object of the game is for the teams to turn the opposing teams markers to their own either a hill or valley. Players must take 5, or more, steps before attempting to turn over another marker.



PAIRS PASSING

PRIMARY SKILL USED

FIELDING

SECONDARY SKILL USED

RUNNING

ACTIVITY TIME: 4-5 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Markers for gates balls.

VARIATIONS

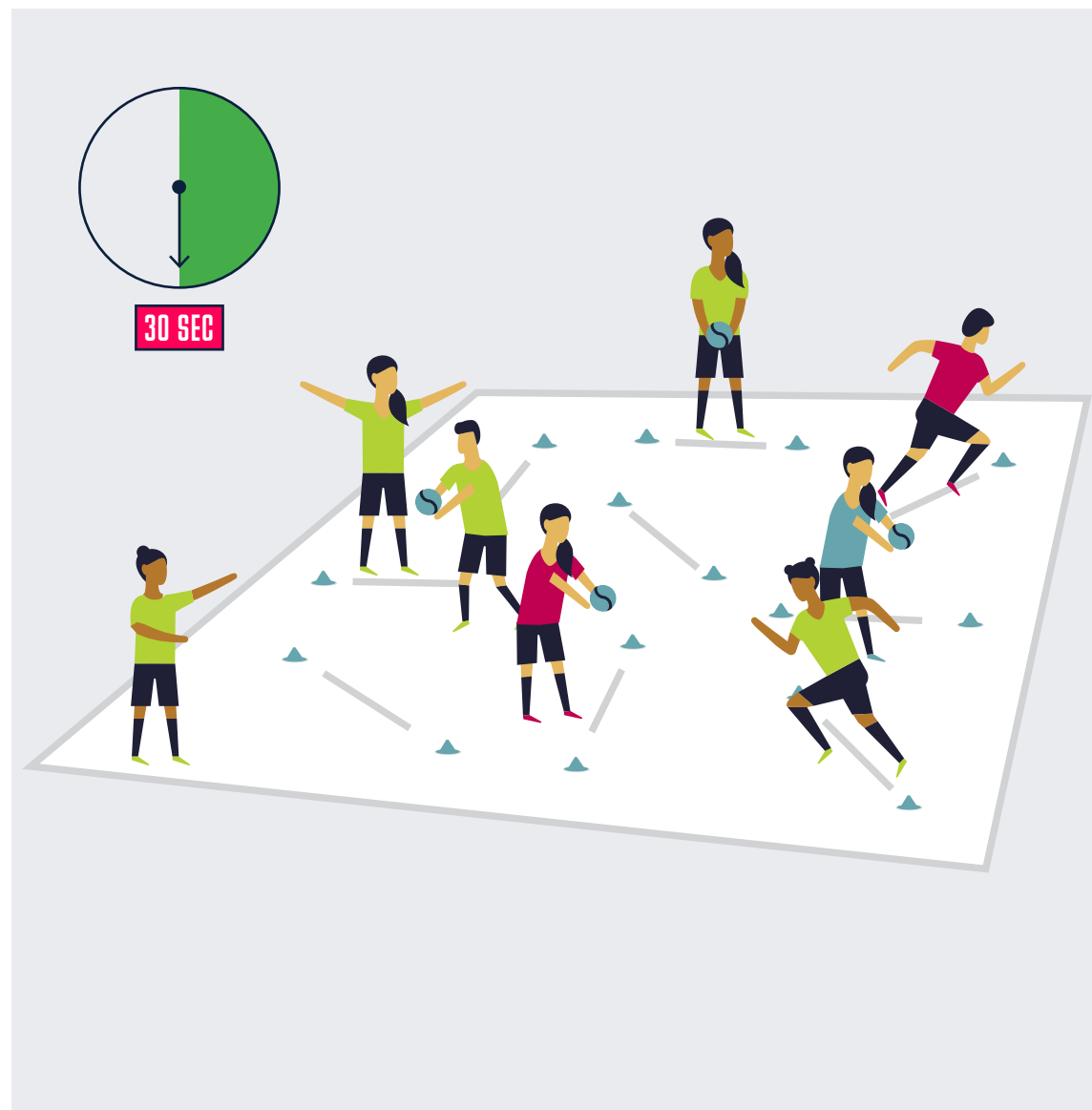
- Time challenges
- Change number of passes
- Designate a specific number of gates that teams must pass through.

OBJECTIVE

Spatial awareness, teamwork, throwing and catching skills.

ACTIVITY

Players form pairs. On the signal players pass to each other for 30 seconds. At the end of 30 seconds the player without the ball moves to form a new pair. Passing starts again. Variation players pass the balls to each other through the "gates" 3 passes each, then they run to another gate and repeat, this continues until coach calls stop.



TRIANGLE CHALLENGE

PRIMARY SKILL USED

FIELDING

SECONDARY SKILL USED

THROWING

ACTIVITY TIME: 2-5 MINS

EQUIPMENT REQUIRED

- ▶ Safe playing area
- ▶ Baseballs suitable for age group.

VARIATIONS

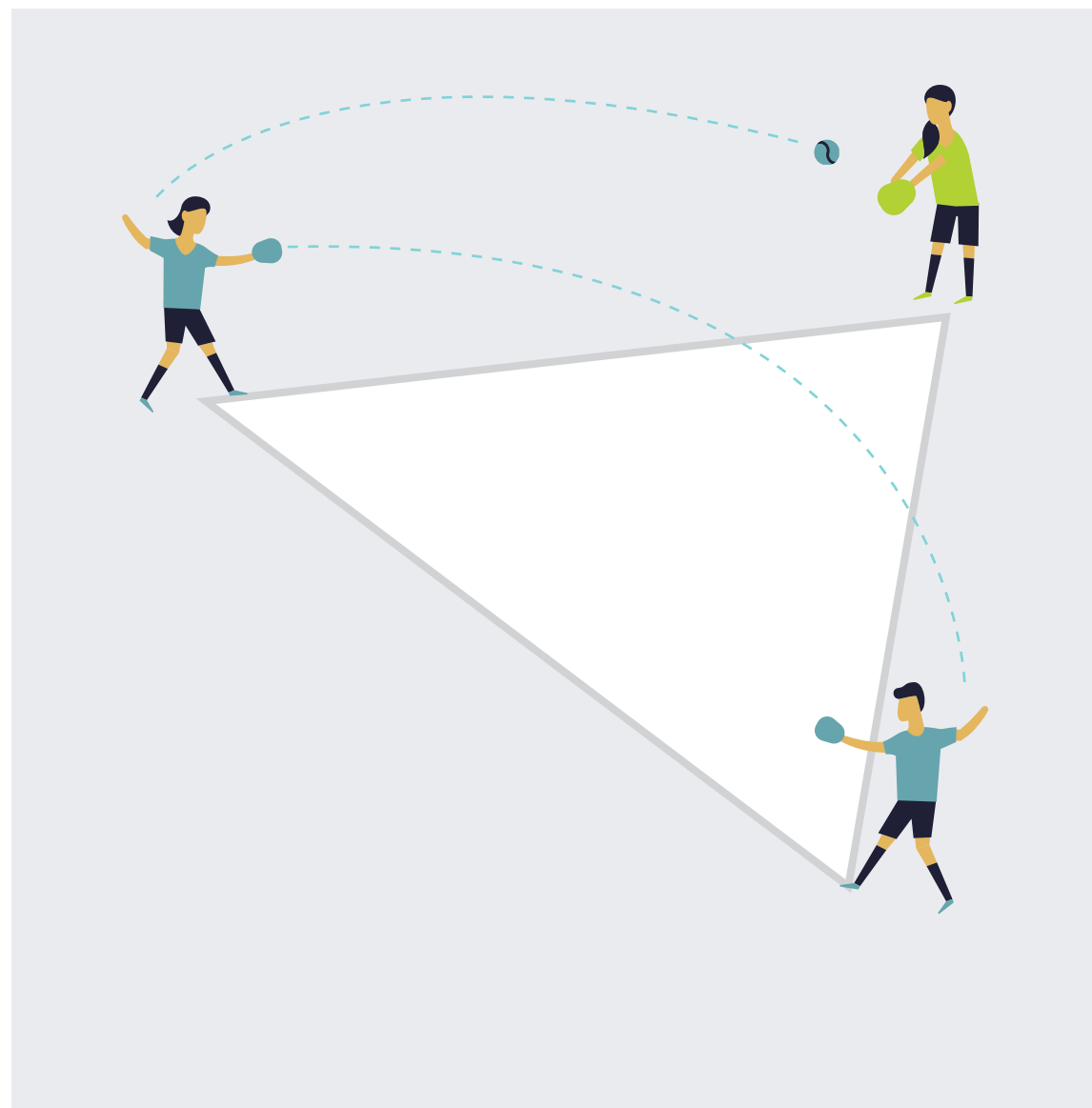
- ▶ Start close together, increase the distances
- ▶ “Target” the throws at the chest of their partner
- ▶ Give them a time challenges eg 30 45 seconds
- ▶ Reverse directions of throws.

OBJECTIVE

Practice throwing and footwork skills.

ACTIVITY

Space players, in groups of 3, or 4, from 5 – 15 apart. Throw the ball around the triangle, or square.



CO-OPERATIVE ROLL

PRIMARY SKILL USED

FIELDING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 1-2 MINS

EQUIPMENT REQUIRED

- Safe playing area
- 1 ball between two players.

VARIATIONS

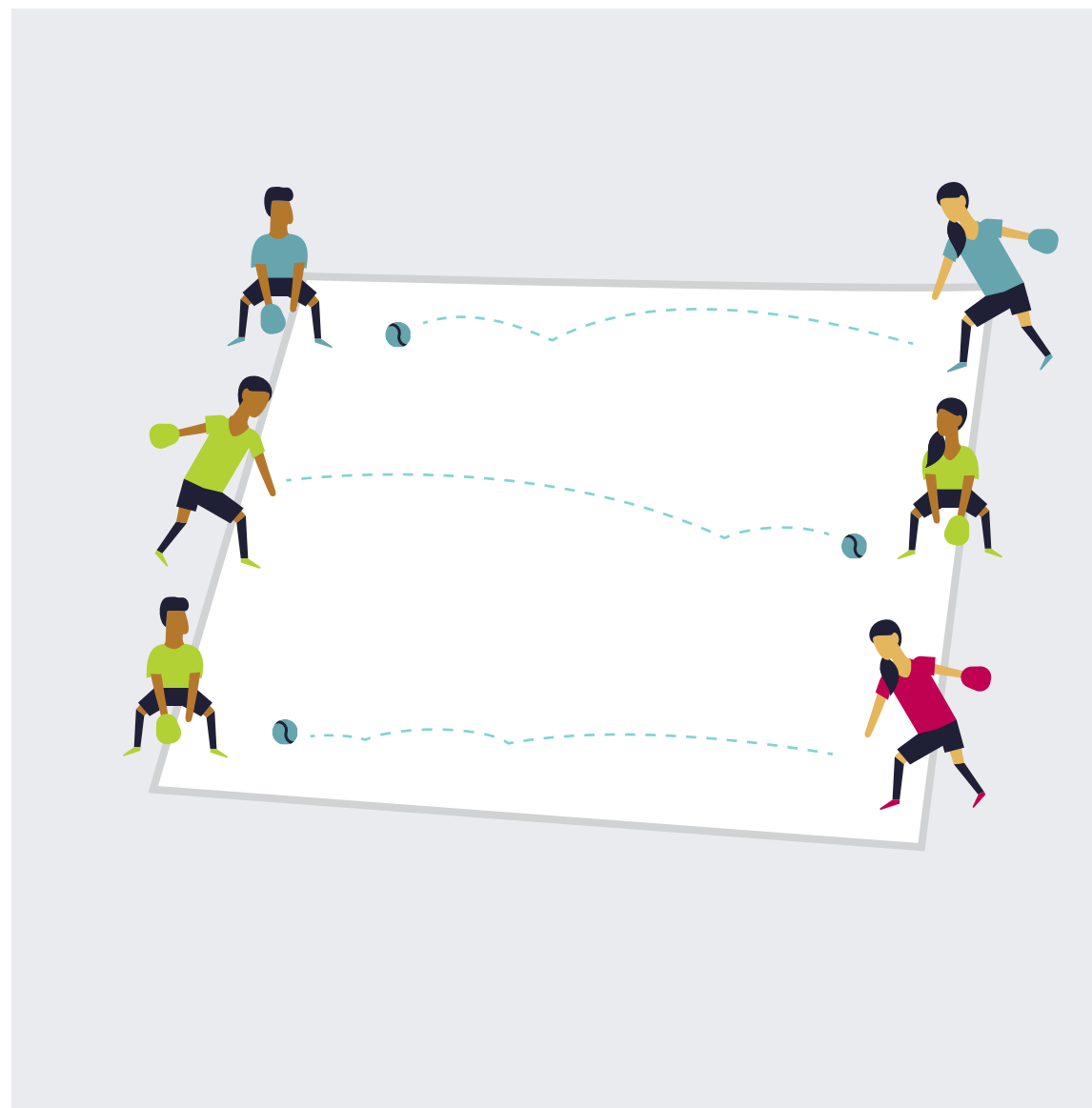
- Change partners
- Change the type of ball used – reaction ball
- Increase the distance between them
- Bounce the ball
- Use fielding gloves / no fielding gloves.

OBJECTIVE

Fielding practice, focus, hand eye coordination and teamwork.

ACTIVITY

Divide the players into pairs roll the ball between themselves with the objective to field the ball cleanly.



COUNT THE BOUNCES

PRIMARY SKILL USED

FIELDING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 2-3 MINS

EQUIPMENT REQUIRED

- ▶ Safe playing area
- ▶ Baseballs, tennis balls.

OBJECTIVE

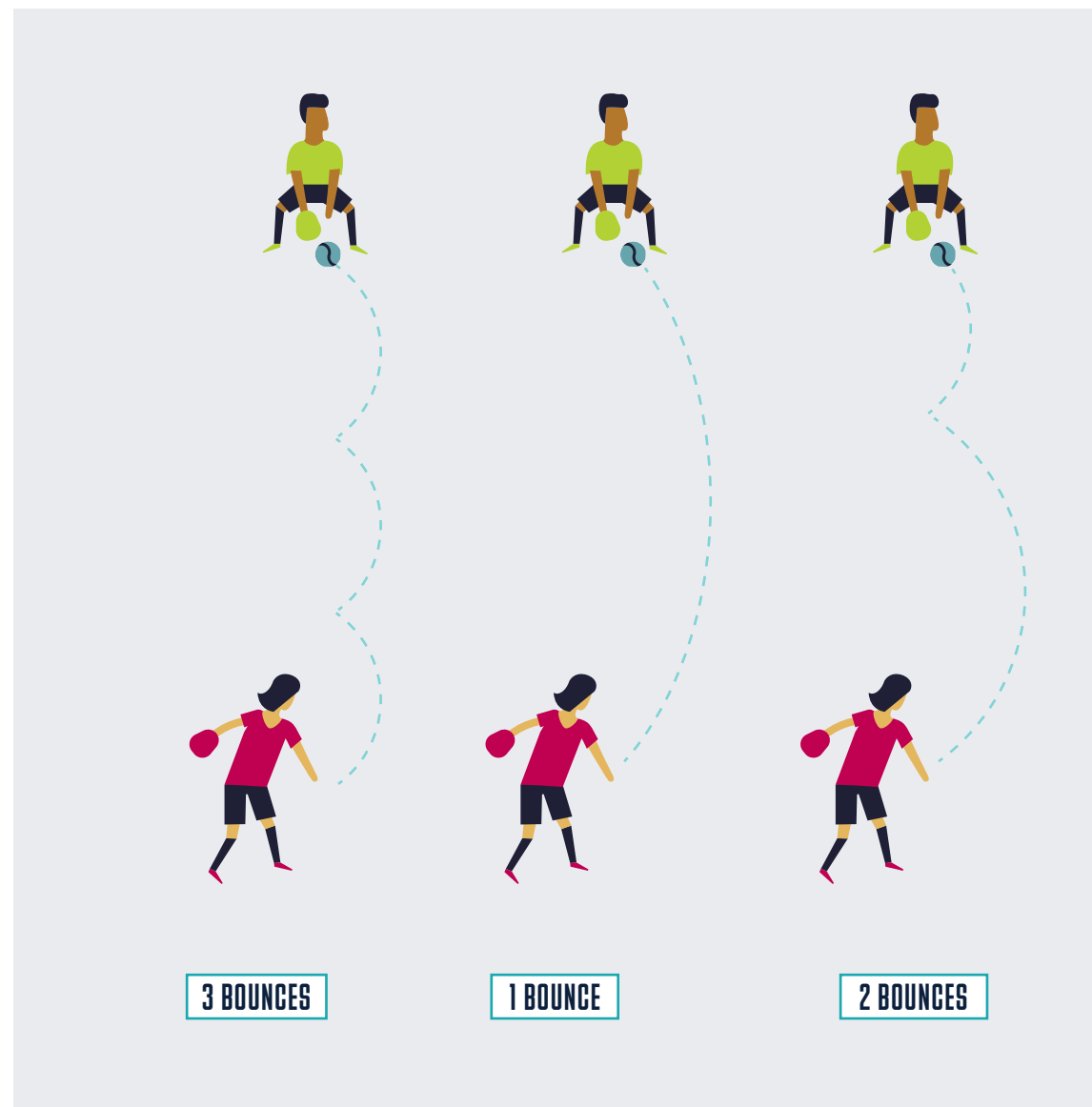
Teamwork, focus, concentration.

VARIATIONS

- ▶ Start close together, increase the distances.

ACTIVITY

Players line up opposite each other and bounce the ball to their partner. The person receiving the ball counts how many times the ball bounces before they field it and call out the number, as they throw it back to their partner. Their partner should also count the bounces to be able to confirm that the number is correct. After 6 goes change over roles.



RUN THE CIRCLE

PRIMARY SKILL USED

THROWING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 1-2 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Swiss ball, football, baseball, whiffle ball or any other ball or safe object.

VARIATIONS

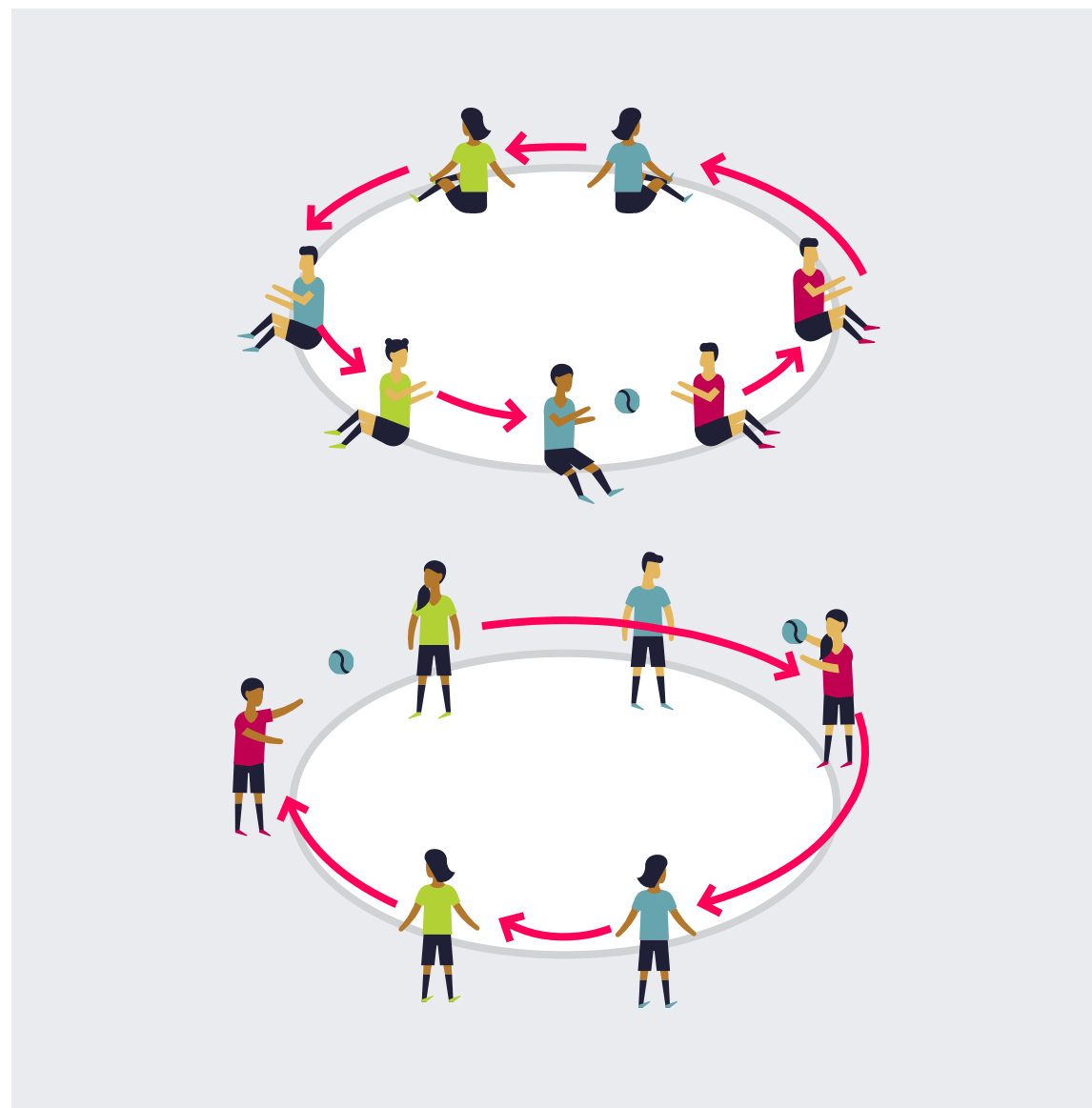
- use different sized, shaped balls or safe objects
- increase the throwing distance
- introduce two balls
- change directions.

OBJECTIVE

Develop basic throwing and catching skills, co-operation and teamwork.

ACTIVITY

Form two of six on the ground in a circle and pass a ball around the circle – basic throwing and catching activity.



CATCHING CHALLENGE

PRIMARY SKILL USED

THROWING

SECONDARY SKILL USED

N/A

ACTIVITY TIME:
30 SECS-2 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Balls.

VARIATIONS

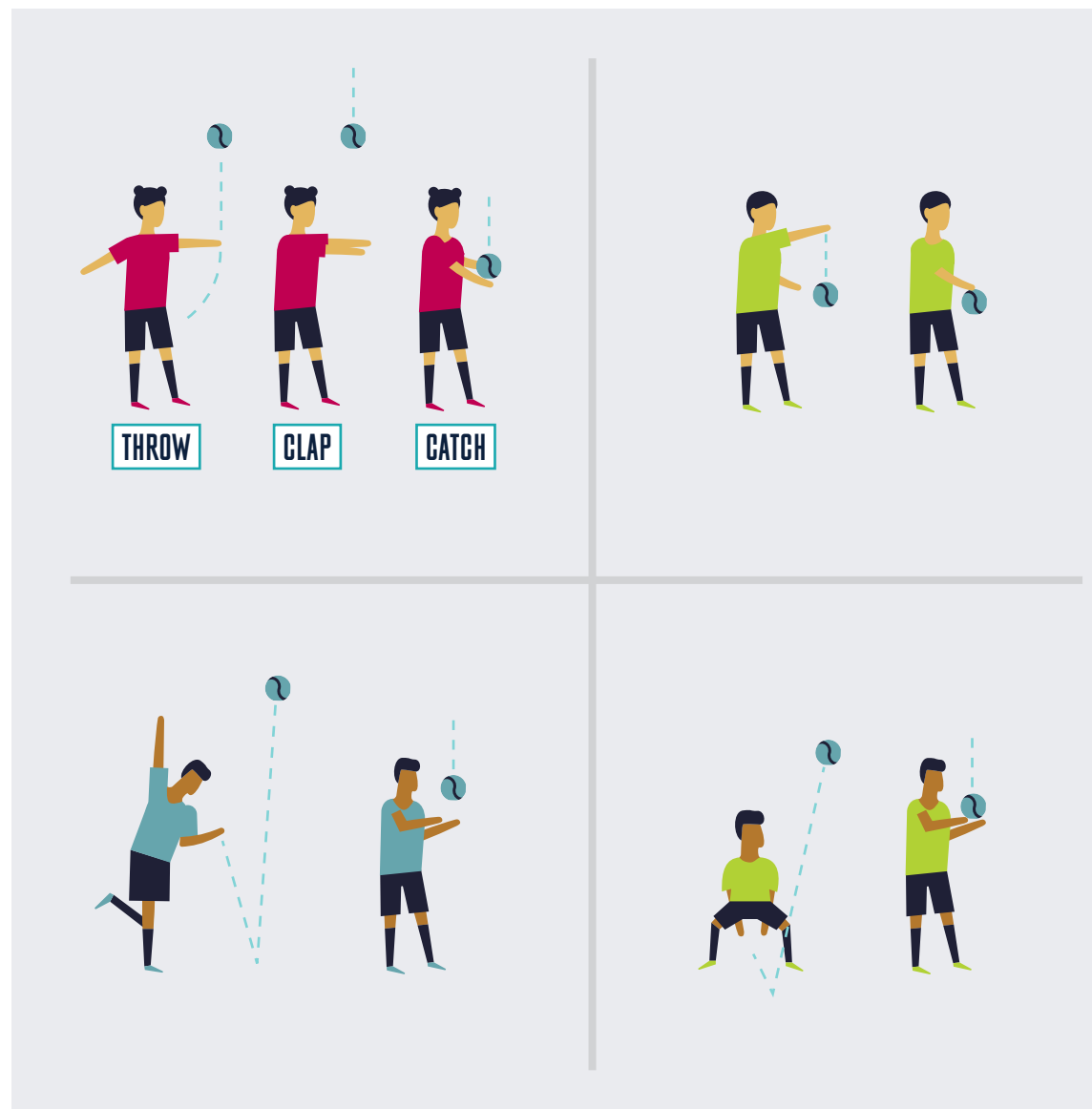
- Use a variety of balls
- One handed, two handed throws and catches
- Bounce the ball
- Alternate hands throwing and catching
- Pair up to throw and catch a variety of ways.

OBJECTIVE

Develop hand eye co-ordination and develop catching skills.

ACTIVITY

Each player is given a ball to throw and catch by themselves and is challenged by being asked to take more challenging catches.



PRIMARY SKILL USED

THROWING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 5-7 MINS

EQUIPMENT REQUIRED

- 6-10 markers to define a rectangular playing area
- 1 or 2 tennis balls per player (to throw at the moving target)
- A variety of balls (targets) of different size.

VARIATIONS

- Vary the size of the target ball
- Roll more than one target ball
- Vary the speed the ball is rolled
- Vary the distance from the line of the rolled ball.

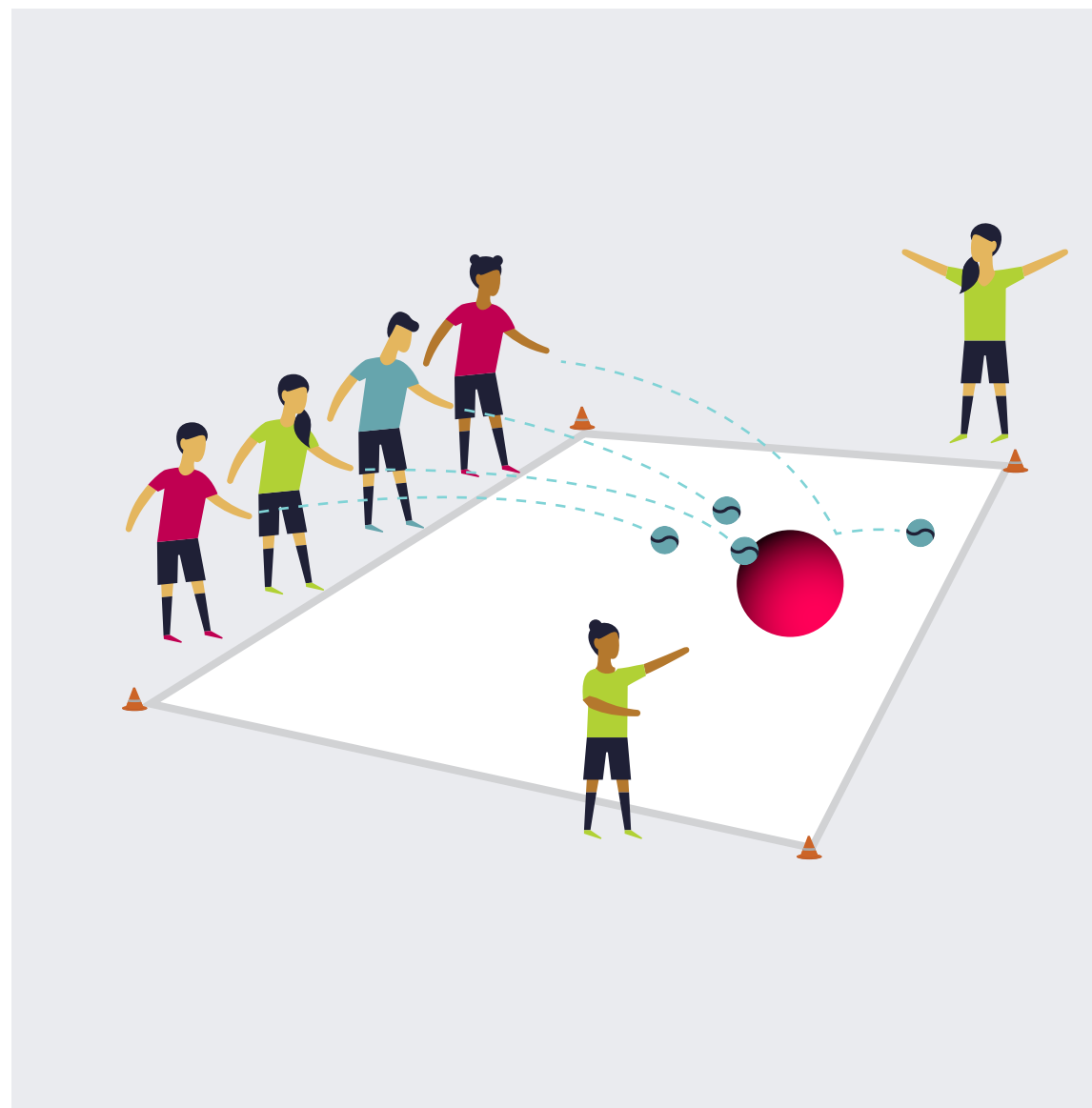
OBJECTIVE

Gorri is a target activity where the target moves. This requires a combination of throwing skills and anticipation.

ACTIVITY

Gorri is a target game that requires players to throw a ball to hit a moving target.

A large ball is rolled past a line of players who try to hit it as it goes past with their tennis ball.



RELAY THROWING

PRIMARY SKILL USED

THROWING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 4-6 MINS

EQUIPMENT REQUIRED

- ▶ Safe playing area
- ▶ Baseballs suitable for age group.

VARIATIONS

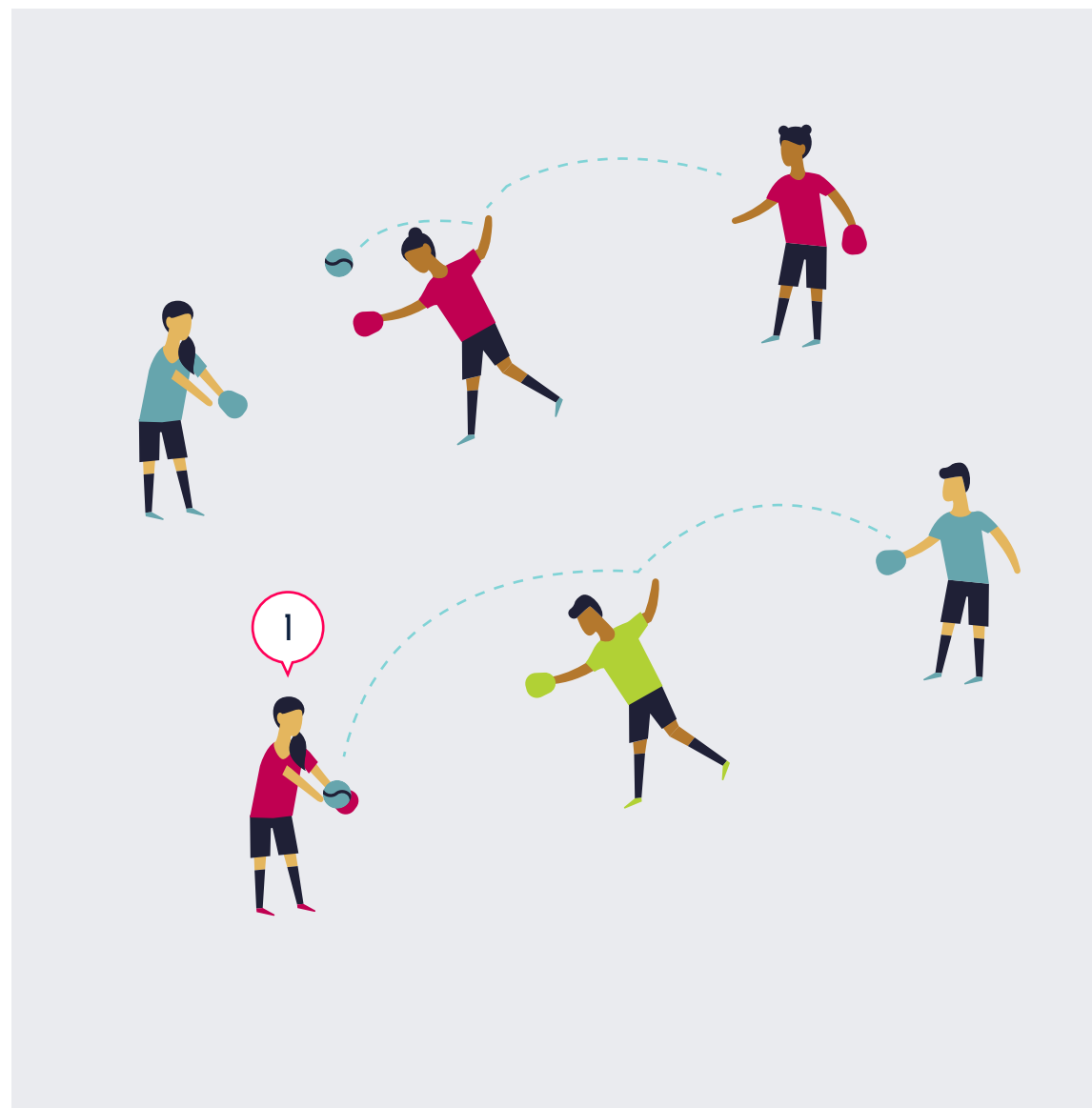
- ▶ Start close together, increase the distances
- ▶ “Target” the throws at the chest of their partner
- ▶ Give them a time challenge eg 30 45 seconds
- ▶ Have last player run to the front after catching the ball, continue until players end up in their original starting position.

OBJECTIVE

Practice throwing skill in a team environment.

ACTIVITY

Place team in groups of 4 to 6 players about 5-15 metres apart in a line four each group. Ball starts at one end and each player must catch, turn and throw the ball to the next person in their line, until the ball reaches the last person.



BACK TO BACK PASSING

PRIMARY SKILL USED

WARMUP

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 2-3 MINS

EQUIPMENT REQUIRED

- Safe playing area
- 1 ball between two players.

OBJECTIVE

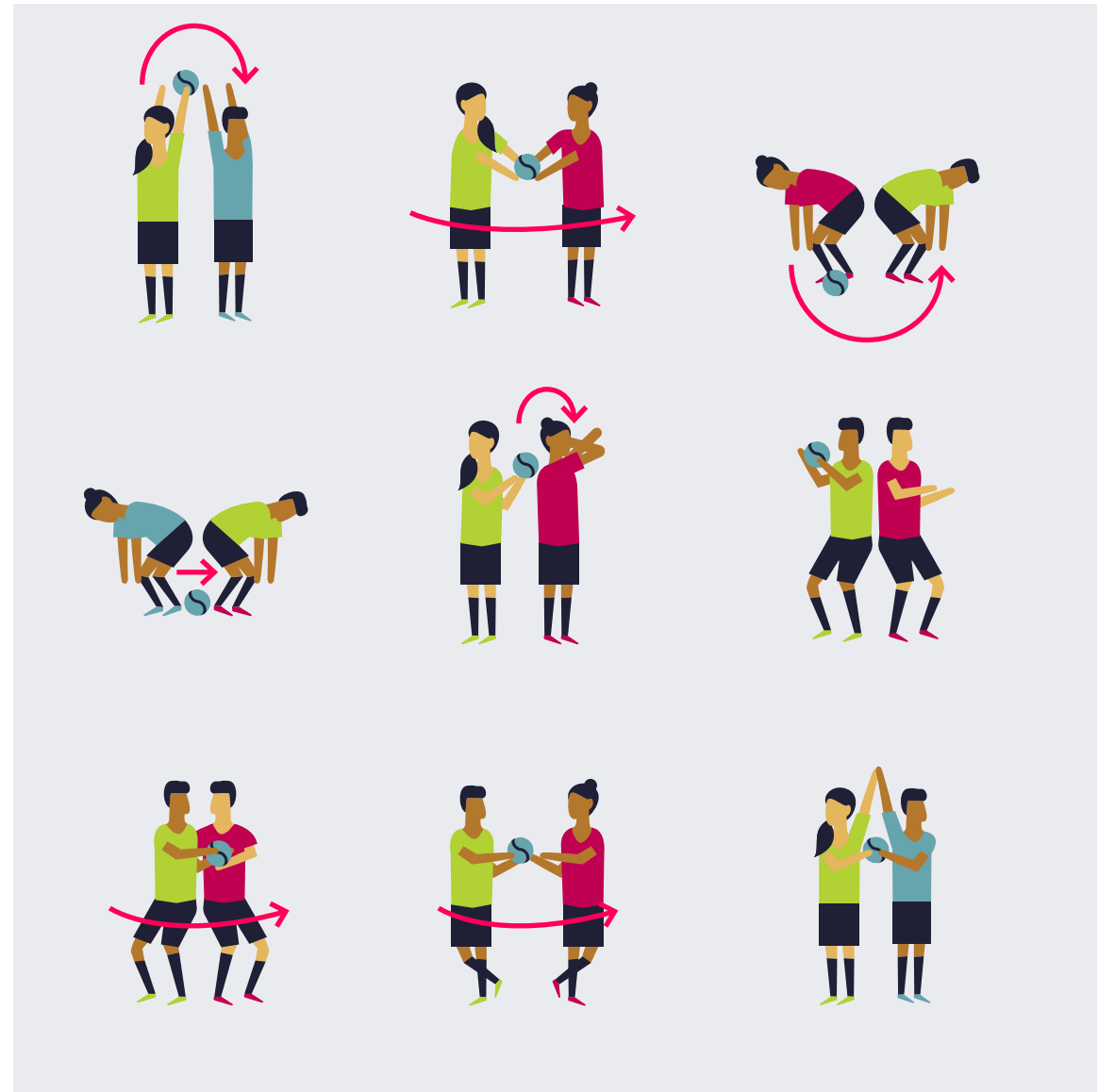
Teamwork, stretching, communication.

ACTIVITY

Players pair off and practice passing the ball between them in a variety of ways.

VARIATIONS

- Vary types of balls
- Change partners
- Time challenges.



TEAM CHALLENGE

PRIMARY SKILL USED

RUNNING

SECONDARY SKILL USED

THROWING

ACTIVITY TIME: 2-3 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Markers and balls.

VARIATIONS

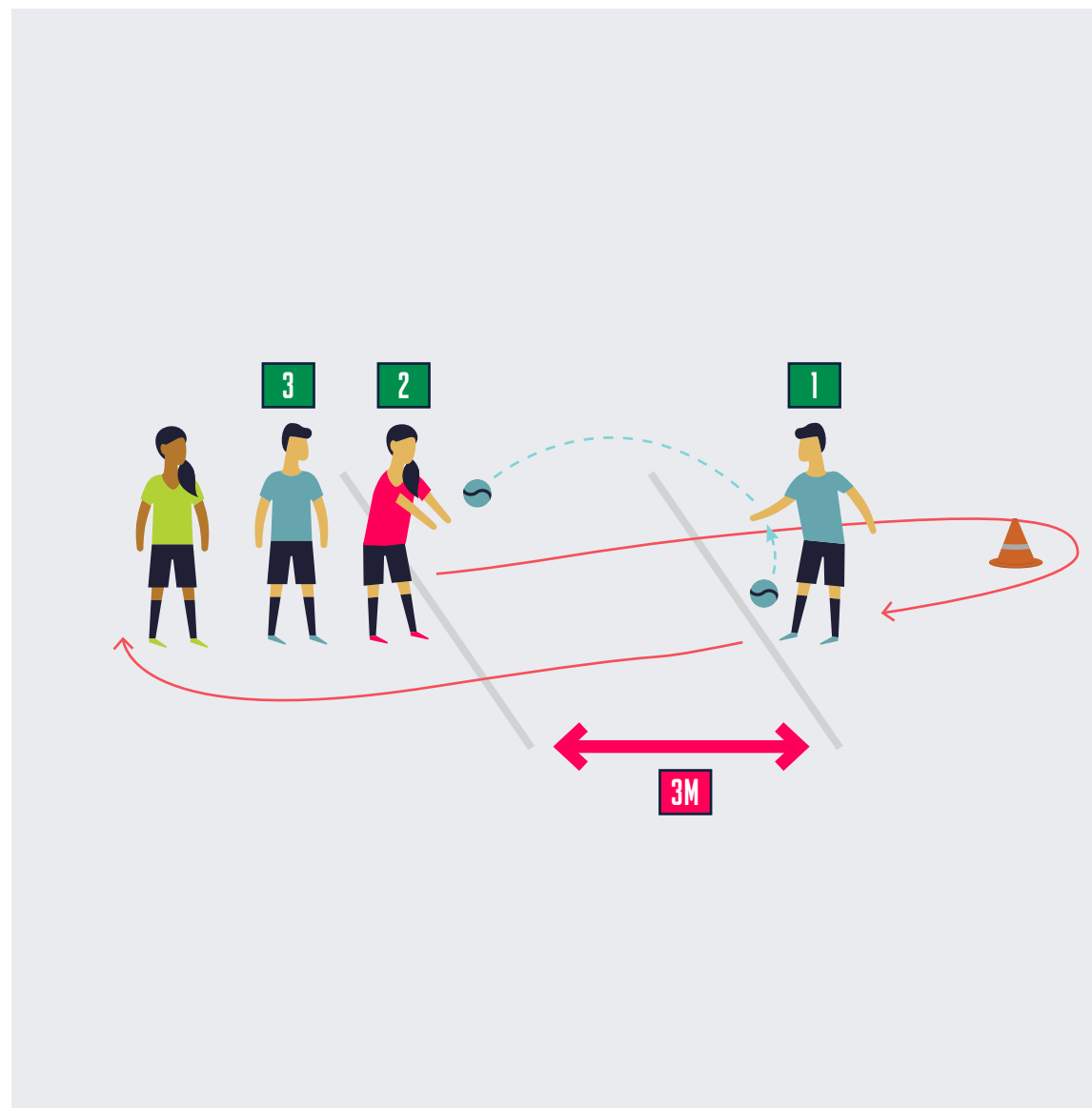
- Include time sessions
- Extend distance of throw, or running distance
- Add fielder gloves
- Vary types of throws underarm, overarm, ground ball, fly ball.

OBJECTIVE

Throwing, catching, running and teamwork.

ACTIVITY

With teams of 3, 4 or 6. The first person in each line, starts off with a ball in their run to a designated marker, round it, and at a designated spot, throws the ball to the team mate next in line. This pattern continues until everyone ends up in the same position that they started.



WHERE IS IT?

PRIMARY SKILL USED

RUNNING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 1-3 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Set up diamond area.

VARIATIONS

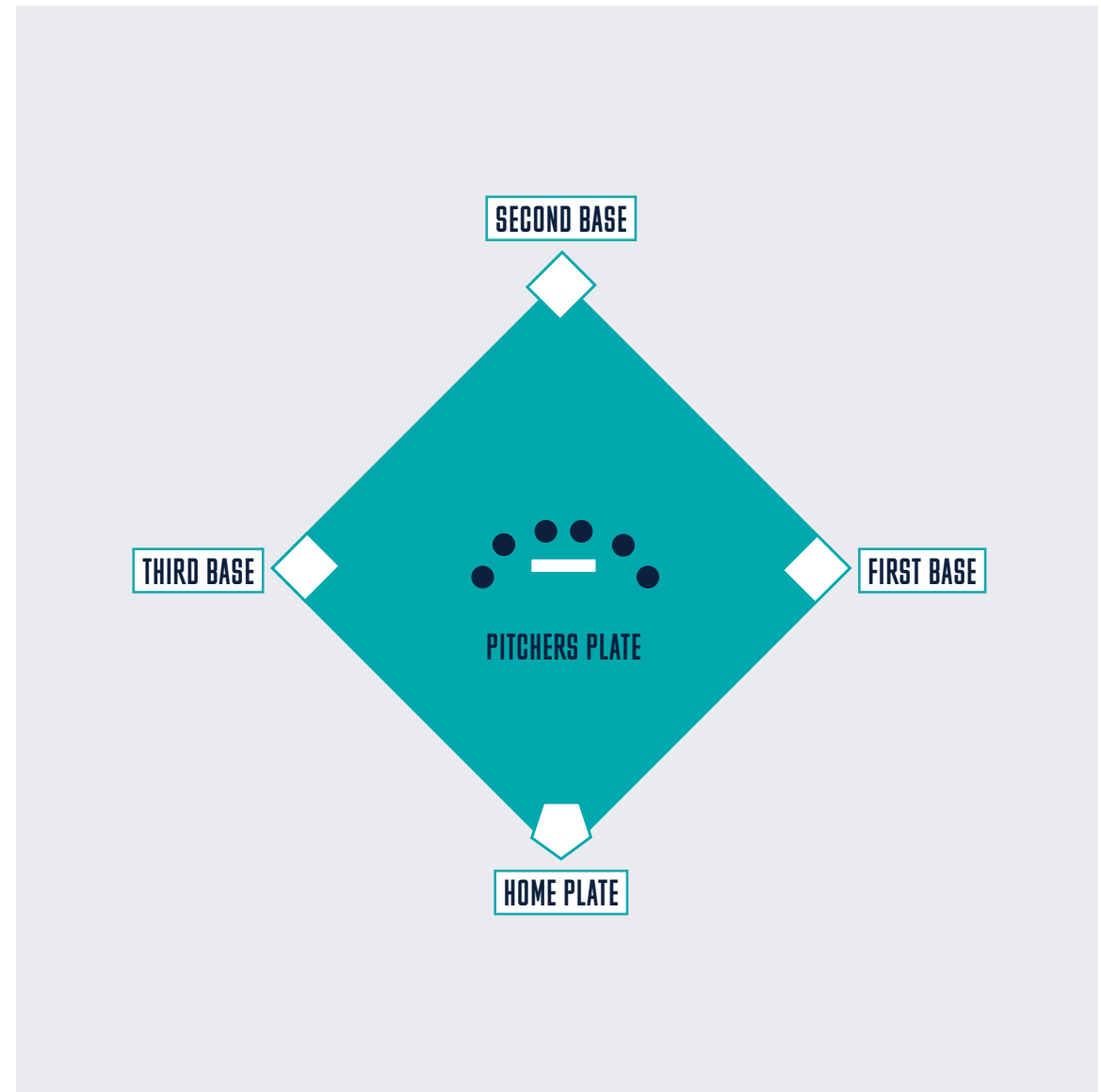
- Instead of running change the mode of movement eg hop, skip, laterally, carioca
- Lengthen the run eg have players run to 3rd base but they have to touch first base, first.

OBJECTIVE

Provide running activity whilst learning where the infield bases, home plate and pitcher's plate are.

ACTIVITY

Running game to introduce the diamond (bases) to the players. Players start at the pitcher's plate, coach yells out "home plate, players run there. Coach proceeds to call out the other bases/pitcher's plate and players run to each as named.



WHERE AM I?

PRIMARY SKILL USED

RUNNING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 1-3 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Set up diamond area
- Use markers for the fielding positions for the players to run to.

VARIATIONS

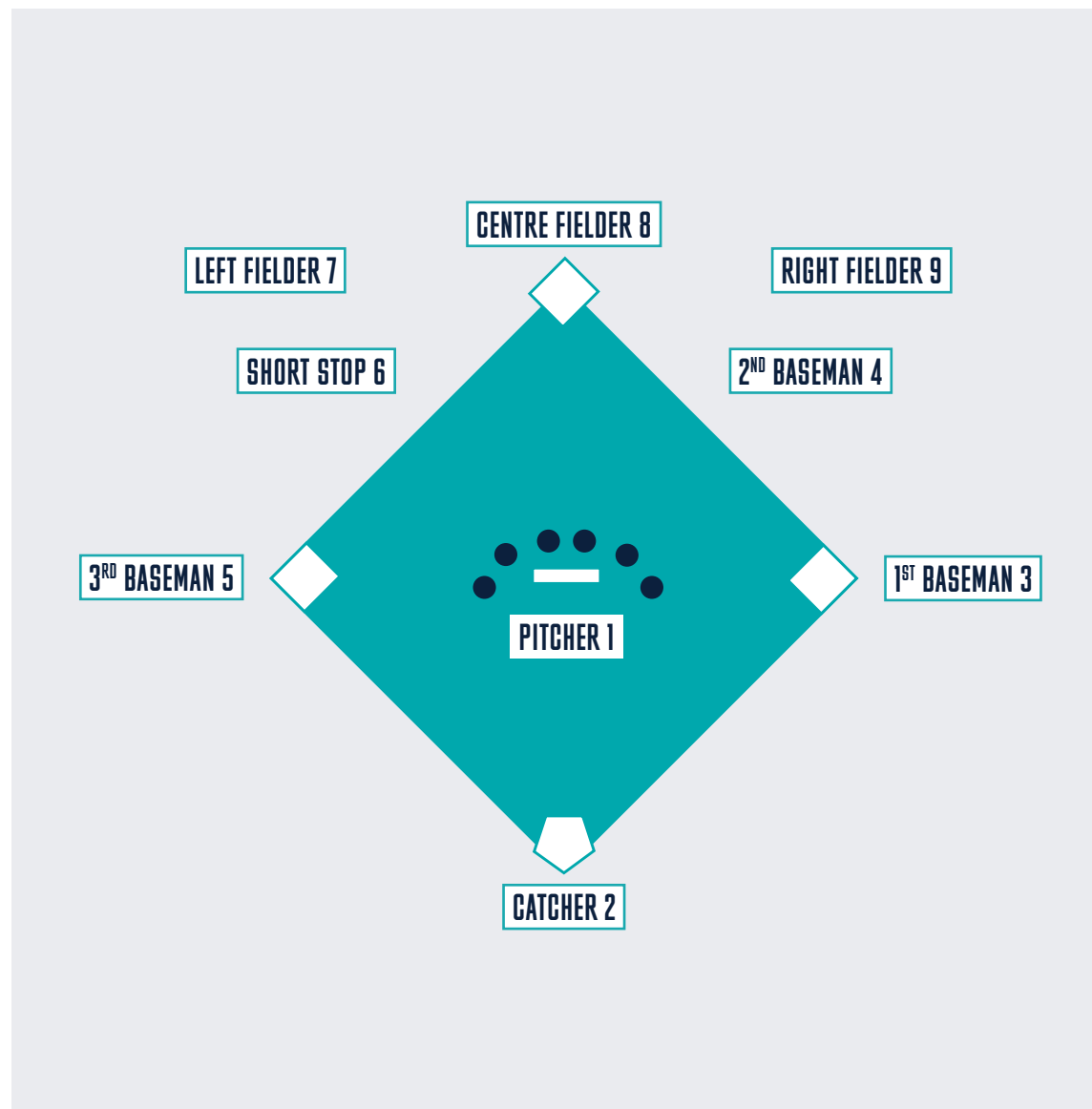
- Instead of running change the mode of movement eg hop, skip, laterally, carioca
- Use the position number, instead of the position name.

OBJECTIVE

Provide running activity whilst learning where the playing positions are.

ACTIVITY

Players start at pitcher's plate. Coach calls out left fielder and players run to the marker at left field. Coach then calls out another position, say 3rd baseman and the players run to it, continue until all the playing positions have been included.



FISH IN THE NET

PRIMARY SKILL USED

RUNNING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 2-3 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Markers to define playing area.

OBJECTIVE

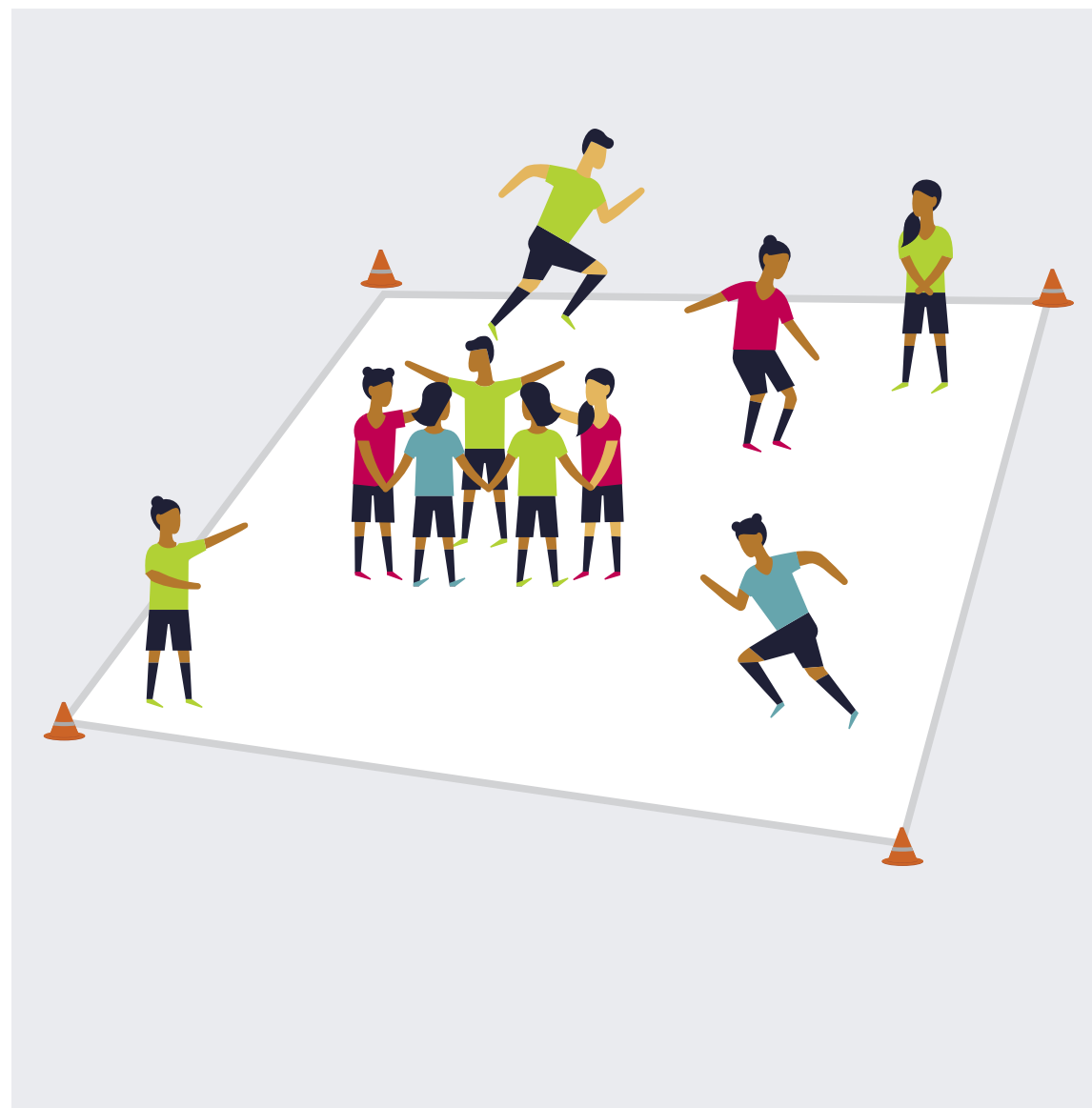
Develop teamwork, creative thinking, leadership, movement.

VARIATIONS

- Once 6 players are a net, split into 2 nets of 3
- Change mode of movement run, walk etc.

ACTIVITY

3 players form the net by holding hands. They catch others by surrounding them. Caught players join the net and the game continues. The fish (those not in the net) try not to get caught.



HITTING OFF A TEE

PRIMARY SKILL USED

HITTING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 3-5 MINS

EQUIPMENT REQUIRED

- Safe playing area
- Tee / balls with nylon rope "attached"
- 6 balls (whiffle, tennis, foam or small soccer balls) per set up
- Batting helmets for each hitter.

VARIATIONS

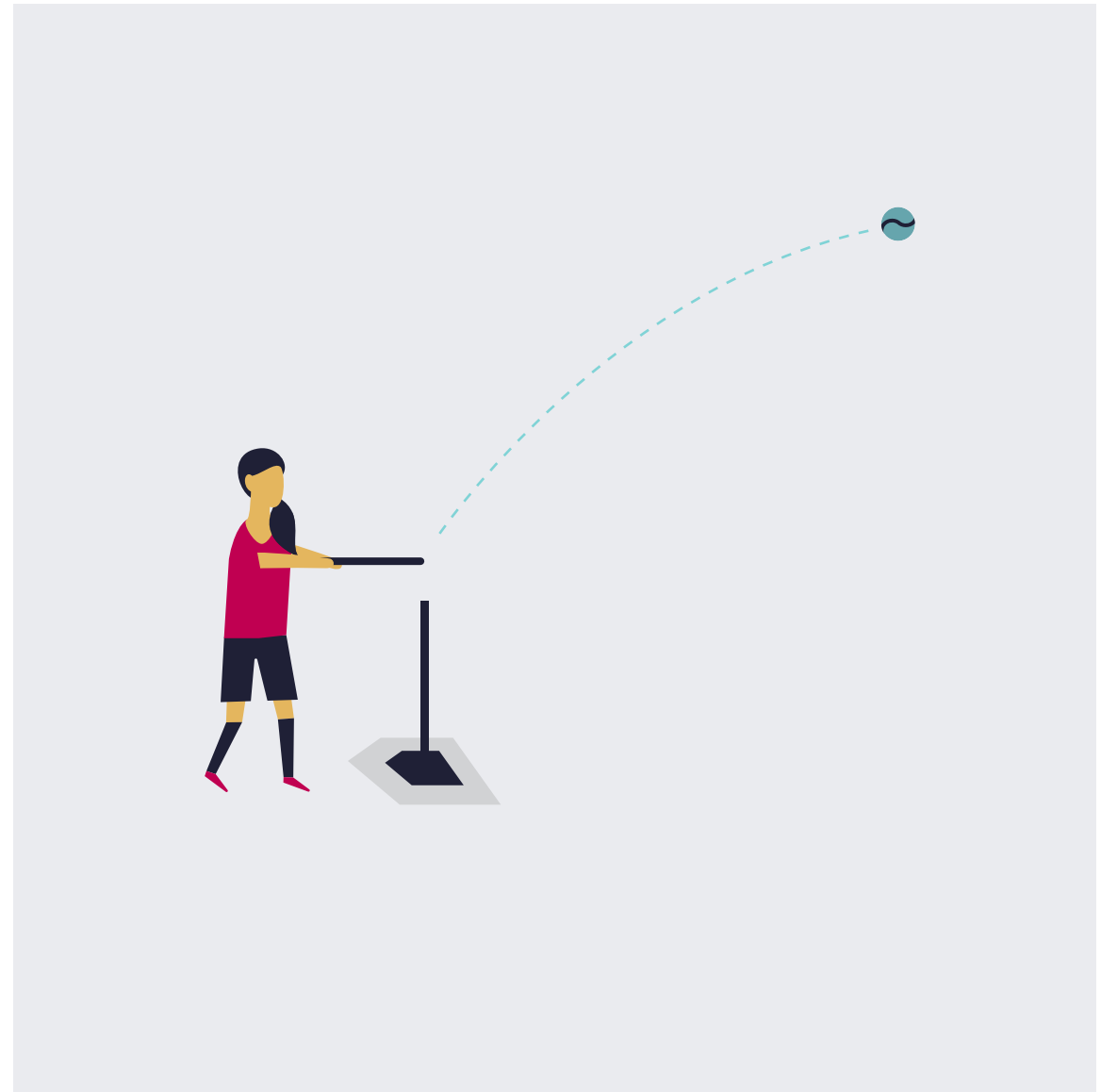
- Use a variety of safe to use balls
- Vary distances from target
- Provide targets to hit at.

OBJECTIVE

Batting practice, hand eye co-ordination.

ACTIVITY

Hitting off a Tee with the ball tethered (3/4 metres of nylon rope attached drill a hole through the ball and insert and tie off nylon rope) to the Tee. As many tees as required for the activity, placed at a safe distance away from each other.



STICK BALL

PRIMARY SKILL USED

HITTING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 2-5 MINS

EQUIPMENT REQUIRED

- ▶ Safe playing area
- ▶ 1 broomstick per player
- ▶ 6 balls (whiffle, tennis, foam or table tennis)
- ▶ Batting helmet for hitter and feeder.

VARIATIONS

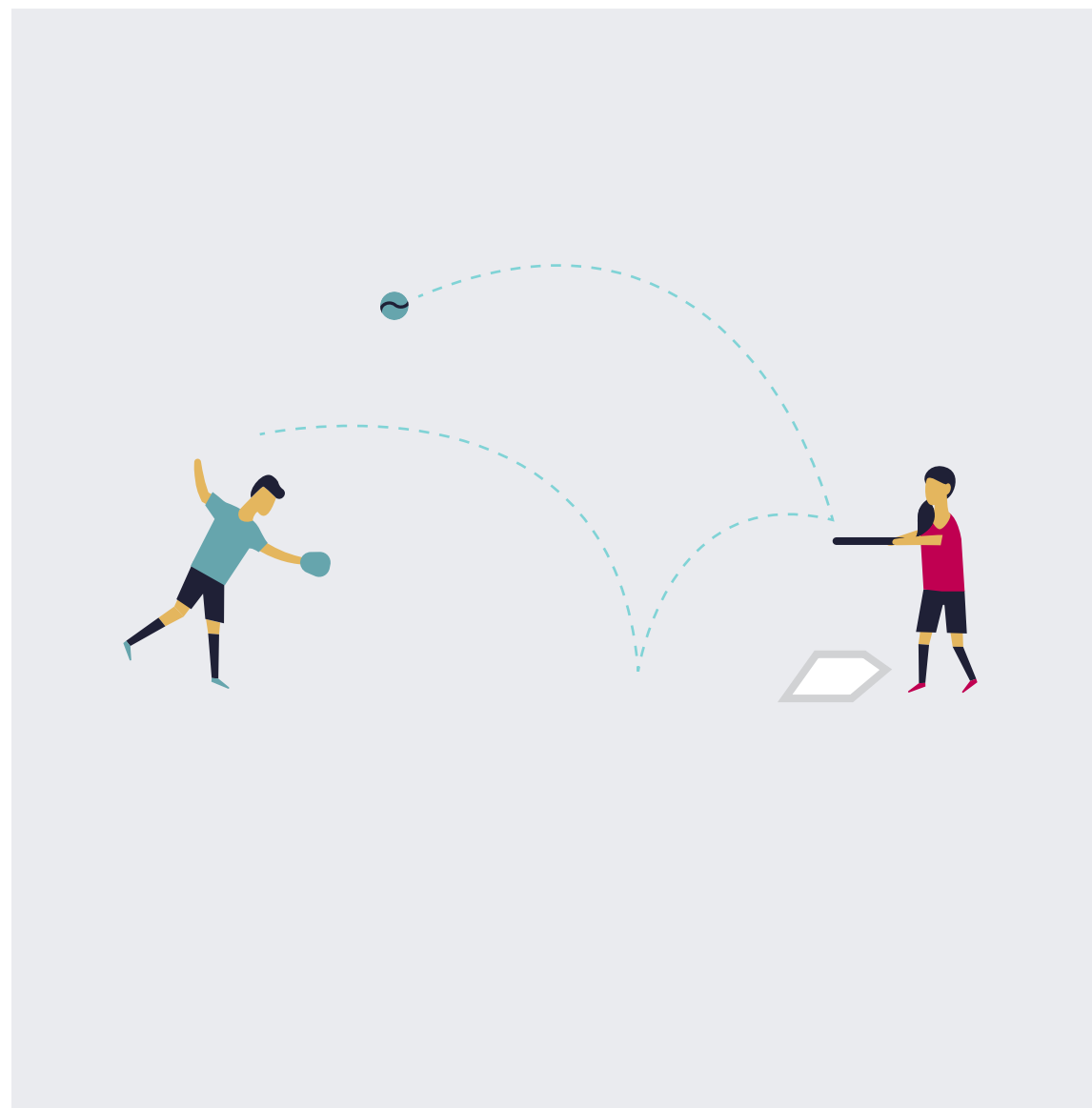
- ▶ Use a variety of safe to use balls
- ▶ Bounce the ball for the hitter to try and hit.

OBJECTIVE

Batting practice hand eye co-ordination.

ACTIVITY

Using a broomstick with a taped handle if so desired, the ball is pitched to the hitter who hits the ball, and must bounce once on the way to the plate. A variety of rules can be used; ask the kids: how do you score points? How do you get out? Here are you allowed to hit the ball? etc.



BARE HANDED HITTING

PRIMARY SKILL USED

HITTING

SECONDARY SKILL USED

N/A

ACTIVITY TIME: 2-5 MINS

EQUIPMENT REQUIRED

- Safe playing area
- 6 balls (whiffle, tennis, foam or table tennis).

VARIATIONS

- Use a variety of safe to use balls
- Bounce the ball for the hitter to try and hit
- Change hands when hitting.

OBJECTIVE

Batting practice – hand eye co-ordination.

ACTIVITY

The ball is thrown either underarm or overarm to the hitter who hits the ball barehanded.



IN-CLASS ACTIVITIES / TAKE HOME WORK

COLOUR ME



FIND A WORD

R	C	C	K	I	N	N	I	N	G	N	P	S	O
U	U	E	S	B	H	H	N	S	R	F	G	L	U
B	R	E	C	H	A	N	G	E	U	P	S	I	T
B	V	B	U	N	U	T	N	R	C	K	L	D	F
E	E	R	U	C	E	H	T	N	E	L	U	E	I
R	B	S	E	L	O	F	F	E	N	A	G	T	E
B	A	I	F	M	L	U	A	R	R	W	G	N	L
S	L	N	T	V	O	P	I	S	C	T	E	U	D
I	L	K	L	A	S	H	E	I	L	A	R	B	E
G	T	E	T	E	D	C	W	N	O	G	G	D	R
N	L	R	C	H	C	T	I	P	S	L	E	L	R
S	S	I	N	G	L	E	R	S	E	E	S	V	D
C	A	T	C	H	E	R	U	O	R	N	N	S	U
L	U	E	E	E	E	R	B	R	E	G	N	I	D

- HOMER
- CLOSER
- SINGLE
- BATTER
- RUBBER
- SAFE
- CURVEBALL
- OUTFIELDER
- DINGER
- CHANGEUP
- TAG
- CATCHER
- SLUGGER
- SIGNS
- PITCH
- INNING
- WALK
- SINKER
- BUNT
- SLIDE
- BULLPEN

EXTERNAL RESOURCES



- **PROMOTING PHYSICAL LITERACY**
https://www.sportaus.gov.au/physical_literacy
- **PLAY BASEBALL**
<https://baseball.com.au/play-baseball>
- **THE ABL**
<https://theabl.com.au/>
- **SPORTING SCHOOLS**
<https://www.sportaus.gov.au/schools>

Baseball Australia in association with [Sport Australia](#).

Note: Some of the activities included withing this resource have been adapted from Sport Australia's Playing for Life activity cards. Baseball Australia acknowledges the contribution of Sport Australia, Garry Everson, Baseball QLD, Baseball NSW.

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