

Winterball Introduction

Winterball has been developed to give you an opportunity to have some fun while playing ball. This booklet contains some ideas for games that you can play by yourself or with some friends. We encourage you to try these games, always making sure that you play in a safe and secure area. Do not play in the streets, or in areas where you might be at risk.

Baseball Canada, Baseball Ontario, Major League Baseball, the Toronto Blue Jays and all involved with Winterball hope you enjoy this program. Please practice fair play and good judgment while participating in these games and activities. Please do not damage or destroy any property. Play safe, enjoy the game, and have fun!

“FAIR PLAY”

"Fair play" is much more than just playing a game. It is a lifestyle or a way of conducting yourself that is about much more than just "play" but about life itself.

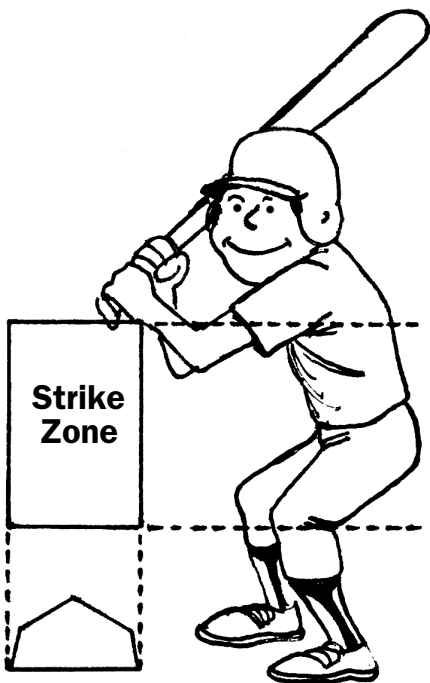
When you are "playing" with someone else, remember these very simple ideas:

- treat your partner or teammate/opponent, etc. as you would want them to treat you,
- congratulate your friends when they do something well or good,
- play fair, play by the rules,
- it is how you play the game that counts, not if you win or lose,
- have fun.

We wish to thank the "Spirit of Sport Foundation" for permission to use portions of "Fair Play – It's Your Call" in the presentation of the Winterball program.

Strike Zone

In a number of the games and activities explained in this book, you will see reference to the "Strike Zone." The diagram below shows where the strike zone is intended to be. It is much better to have a large strike zone to begin with.



Winterball:

The Winterball classes that you have taken at school have given you some skills that you might want to use to have some fun. This booklet outlines some games that you can play using the skills that you have learned. Some of these games can be played by yourself, others require one partner, still others can be played with a few friends.

Games You Can Play By Yourself

| | |
|---------------------------|----|
| Throw and Catch | .5 |
| Pitch and Catch | .5 |
| Pole Ball | .5 |
| Line Drive | .6 |
| Strike Out | .6 |

Games You Can Play By Yourself or With a Partner

| | |
|-----------------------------|----|
| Wall Ball | .7 |
| Bounce Ball | .8 |
| Sky Ball | .8 |
| Pop Up | .8 |
| Score – 0 | .9 |
| Baseball Skipping | .9 |

Games You Can Play With a Partner

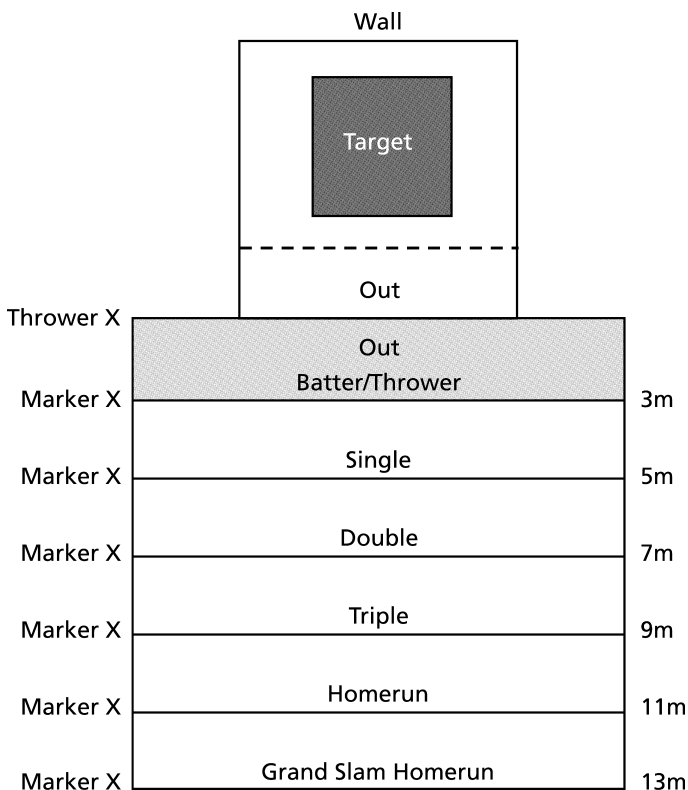
| | |
|----------------------|-----|
| Home Run | .10 |
| Broken Egg | .10 |
| Stick Ball | .11 |
| Hand Ball | .11 |
| Juggles | .12 |
| Soft Toss | .12 |

Games You Can Play With a Few Friends

| | |
|------------------------------------|-----|
| 500 | .12 |
| Work up or Scrub | .13 |
| Flip | .14 |
| Pepper | .14 |
| Baseball B-ball | .15 |
| Baseball Bump | .16 |
| Toronto Blue Jays | .17 |
| MLB.com | .18 |
| Registration Information | .20 |

WALL BALL AREA

Many of the games described in this booklet can be played using a wall that has no doors or windows and has an area beside it where you can play. Most schools have a perfect place for this. Make sure you are not going to be running into an area where cars will be driving.



Games: Have fun, be safe, use your imagination!

Games You Can Play By Yourself

Throw and catch:

Stand in front of a wall with a ball. Throw the ball at the wall and catch it as it bounces off of the wall. You can do all sorts of different things while playing this game;

- use a soft ball and no glove.
- throw the ball at different angles on the wall so that it rebounds in different spots.
- throw the ball so that it bounces on the ground before it hits the wall.
- stand at different distances from the wall before throwing the ball.
- vary how hard you throw the ball.

Pitch and catch:

Start at a comfortable distance from the wall and pitch the ball at a specific area of the wall and then catch the rebound off of the wall. Keep making the target smaller as you are able to hit it. Move farther away from the wall and throw at the target. Make sure you are catching the ball each time it comes back at you. Finally make a strike zone on the wall and play an imaginary game with you as the pitcher.

Pole ball (Tree ball):

Find a lamp post, a tree or a fence post and use it as the strike zone. Use a wiffle ball or any other soft ball that will not damage your target. Throw the ball at the target. If you hit it, that is a strike. If you miss it, that is a ball. Play an imaginary game see how fast you can strike out the batters.

Do not play this game on the streets, or where cars are moving.

Variations

- Vary the size of the trees you choose as targets.
- Change the distance from which you are throwing the ball.
- Use a different type of ball.
- Play with a friend being the hitter or pitcher and play a game.

Line Drive:

If alone:

Stand 3m in front of the wall. Have a soft ball and a bat in your hands. Toss the ball straight up in the air and hit it with the bat at the wall. Hit a line drive at a target on the wall. Just pick out one brick. See how often you can hit the target. Vary the location of the target and how far you start from the wall.

See how far the ball will rebound off the wall.

Never use a real ball for this game.

Variation:

If two players:

First player hits the ball off the wall. The second player catches the ball. Three catches in the air and the players change position.

Use your imagination on how to vary this game. Switch-hit, hit ball off a tee, throw ball up in the air and let it bounce before hitting, etc.

Strike Out:

In this game, you either walk or strike out an imaginary batter. Pitch to a strike zone (target) on a wall, or a telephone pole, or a tree. Play 3 outs to an inning and play as long as you want. To speed up the game you could start each batter with a 2-ball 1-strike pitch count.

Variations:

- Use a smaller strike zone.
- Pitch from a longer distance.

This game is fun and helps develop arm strength and accuracy.

You could put numbers on the strike zone and count the number of pitches it takes to reach a total of 50.

| | | |
|---|---|---|
| 3 | 1 | 3 |
| 2 | 1 | 2 |
| 5 | 2 | 5 |

Games You Can Play By Yourself or With A Partner

Wall Ball:

Wall Ball has many variations where you can play either by yourself or with some friends. The biggest problem is finding a wall that has no doors or windows and has an area adjacent to it where you can play. Most schools have a perfect place for this. Make sure you are not going to be running into an area where cars will be driving.

Wall ball games you can play by yourself

Catch:

1. Throw a ball at the wall and catch it as it rebounds off of the wall before it hits the ground.
2. Throw a ball at the wall so that it bounces on the ground before it hits the wall. Catch the rebound. Vary how hard you throw the ball.
3. Throw a ball at the wall so that it hits the wall close to the ground and then field the ground ball that results.

Pitch:

1. Put a strike zone on the wall and pitch the ball at the strike zone. Field the ball as it bounces back. Keep track of ball and strikes. Play an imaginary game.

Wall Ball games you can play with a partner

Catch:

1. You throw the ball at the wall and your partner catches it. Partner then throws the ball at the wall and you catch it.
2. Do the same game but bounce the ball before it hits the wall.
3. Set up area as in the diagram and play "Wall Ball." One player bounces the ball on the ground before the wall. The defender must catch the ball before it hits the ground 3 outs and change positions. Keep score and have fun.

Bounce Ball:

Use the Wall Ball diagram and set up an area to play in.

It is best to use a Lacrosse ball for this game, but any ball that bounces well will do.

Start by bouncing the ball on the ground in front of the wall. When the ball rebounds off of the wall it must be caught before it hits the ground. If you catch it before it hits the ground the batter is out. If it hits the ground in the areas for a single, double, triple or home run then that is what that "Batter" gets on that throw. Keep score, play an imaginary game. Three outs and a new inning starts.

You can play this game by yourself or with a partner. Change places every three outs.

Sky Ball:

This is the same game as Bounce Ball except when you throw the ball at the Wall you do not bounce it on the ground in front of the wall. Instead, you throw it directly at the wall and let the ball rebound from there. Play the game exactly like Bounce Ball from that point on.

Variation:

- In both Bounce Ball and Sky Ball, hit the ball off of the wall with a bat instead of throwing the ball at the wall.

Pop Up:

Throw yourself a "Pop Up" straight up in the air. Catch the ball when it comes down – the first time with two hands, then with one hand. Use one hand and then the other, alternating hands with each catch. Play a game of 21.

Play the same game with a partner.

See who can throw the best "Pop Up" by not making the other move.

Catch "Pop Up" behind the back, over the head, off to the side, etc.

Score - 0:

With a partner and using a soft ball. Try to roll the ball between your partner's legs. Keep moving back, only roll the ball underhand.

Variations:

- Each player sets up a goal and attempts to stop the other from rolling the ball into it.
- Bounce the ball attempting to score.
- Throw the ball all the way in the air attempting to score.

Baseball Skipping (Rocks on a Pond):

Players take a fielding position approximately 1.5m (5ft) apart or 1 player 1.5m (5ft) from a wall. A tennis ball or rubber ball is used. Throw short hop grounders to each other. Eventually they move close together or to a wall continuing to "skip" (throw) the ball to their partner in a short hop drill.

Variations:

- This same drill can be used for practicing short toss or long toss throws.
- **Short Toss** - overhand throws to a partner in the air with an arc over a short distance.
- **Long Toss** - overhand throws to a partner in a line drive path from the head height of the receiver.
- **Short Hop** - a thrown or batted ball that lands just in front of a fielder.

Games You Can Play With A Partner

Home Run (Use Wall Ball Set Up):

Use a softball or whiffle ball.

- One person is the hitter the other is the pitcher.
- Play a game calling balls and strikes.
- Use your own distances to determine single, double, triple and Home Run.
- Ground balls are Outs.
- Put a strike zone on the wall with tape.
- Practice switch hitting.
- No running or fielding.
- Just hit and pitch.

Variations:

- Lob the pitch and let the batter hit the ball.
- Use a wiffle ball.
- Use a broomstick or a stick for the bat.
- Use a soft ball or small wiffle ball.

Note: Do not use a real ball for this game.

Broken Egg:

Two players stand facing each other 5m apart. One player has a soft ball and throws it to the other. The 2nd player catches the ball and throws it back to the 1st player. When this is done without dropping the ball each player takes a step back. The whole thing is repeated. Each time the two throws are completed without dropping the ball the players take 1 step back each. The objective is to take 10 steps without dropping the ball.

Variations:

- Take two steps back each time.
- Start further apart.
- Use water filled balloon.
- Use an egg.
- Throw the ball high.
- Play with Mom and Dad.

Stick Ball (Baseball Cricket):

This game is played with a target on the wall and a base for the batter to run to after hitting the ball. The pitcher throws the ball to a hitter. There is a target that the fielder must hit before the runner gets back to home for the runner to be out.

There are 3 outs and then the pitcher switches with the batter.

If there are 3 people playing then the rotation is from fielding to pitcher to hitter. (Use the wall ball areas in the diagram at the beginning of the games section in this booklet)

Variations:

- Start with a large ball and bat.
- Change to broom handle and wiffle golf ball.

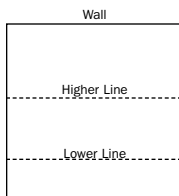
Baseball Handball: Two players or more

Throw and catch a tennis ball (rubber ball) at a wall. On the wall have two imaginary lines or markers, one on top of the other. The player gets a point if they catch and throw the ball above the designated line. This game involves two or more players and it is an alternate catch and throw game. Remember the lower the line the harder the ball will come off the wall with a lower bounce. The higher the line, the higher the bounce will be off the wall.

Variation:

- Use baseball gloves. Have a line much higher on the wall. Alternately throw the ball off the wall. The second player must catch the ball either in the air or after one bounce. This player then throws the ball at the wall and the first player catches it.

Baseball Handball Diagram



Baseball Juggling:

Players do not require a glove for this game.

- Use 2 tennis balls (rubber balls).
- The players are approximately 1.5m (4 ft) apart.
- They flip 2 balls back and forth to each other.
- The players cannot close their hands on the ball.
- Both players are in a fielding position.
- The players transfer the ball to the other hand quickly, and then toss the ball to their partner.

The purpose of the game is to improve body control and hand-eye coordination.

Soft Toss:

This game is played with one person batting a ball thrown by his/her partner. The pitcher is off to the side of the batter, softly tossing the ball in front of the hitter so that the hitter can hit the ball away from the pitcher.

- The batter tries to hit the ball straight out in front.
- See how far you can hit the ball.
- Aim at a target when hitting the ball.
- Hit 10 in a row and change places.
- Use the wall ball set up and play a game by how far you hit the ball.

Games You Can Play With A Few Friends

500 UP:

In this game you can use a bat and a ball or you can just throw the ball to the fielders. The batter/thrower hits a ball to a group of fielders. Points are awarded to the fielders who catch the ball in the following manner:

- Catch a Fly Ball - 100 Pts.
- Catch a One Bouncer - 75 Pts.
- Catch a Two Bouncer - 50 Pts.
- Catch a Rolling Ball - 25 Pts.
- Pick up a Dead Ball - 0 Pts.

The first fielder to accumulate 500 points is up to bat.

If a player drops or misses a batted ball then he/she loses those points.

Variations:

- This game can be played without a bat by throwing the ball to the fielders.
- Vary how far the batter/thrower is from the fielders.
- Vary the type of ball used. If everyone playing does not have a glove, play with a soft ball and no gloves.
- You can play this game alone throwing a ball against the wall and catching it.

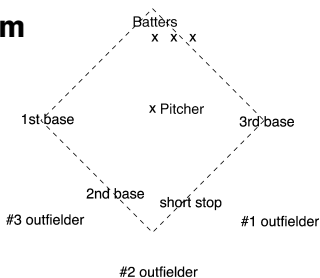
An Indian rubber or lacrosse ball works very well.

Scrub or Work Up:

Players: Any number can play

Three players start as batters. All the rest of the players start in the field. The fielders number themselves starting at 1st base, 2nd base, short stop, 3rd base, #1 outfielder, #2 outfielder, #3 outfielder, etc. The batters pitch to themselves. Outs are made as in baseball. When a batter or runner is put out, he/she goes to the outfield, and takes over for the person with the last number. Everyone then moves up one position, 1st base goes to hitter. As long as the batter continues to score without being put "out" he/she stays as a hitter.

Field Diagram



Flip:

Use a soft ball. You use the hat you are wearing to keep score. Each player gets 3 outs as the hat rotates on your head from front to side 1, back 2, side 3. When the hat comes back to the front or starting position, then the fielder is out of the circle. This game requires 4 to 5 people; an odd number is preferred. A player cannot move his/her feet. The players toss the ball to each other. If the ball goes out of the circle or is dropped, the fault goes to the person who is closest to the ball. The game starts with 3 consecutive tosses in the air before the ball is "live" or the game officially begins.

Variations:

- **Baseball Hacky Sac**

This game is played with the same rules as "flip" except the ball (tennis ball) must go in order to the open glove, open hand and foot of one player and kicked into the air to another player.

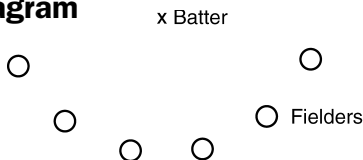
Pepper:

The players (fielders) keep their feet stationary. The batter chokes up (use a half swing) on the bat. The batter attempts to hit easy ground balls to the fielders, who pick up the ground ball and throw the ball back to the batter. If the batter swings and misses the toss from the fielder, then the thrower replaces him/her. If a fielder misses a batted ball, then he/she goes to the end of the line. The rotation of the fielders is from left to right or reverse.

Variation:

- You can use a point system in this game; just use your imagination.
- Add a flip game into fielding the ball, etc.

Pepper Diagram



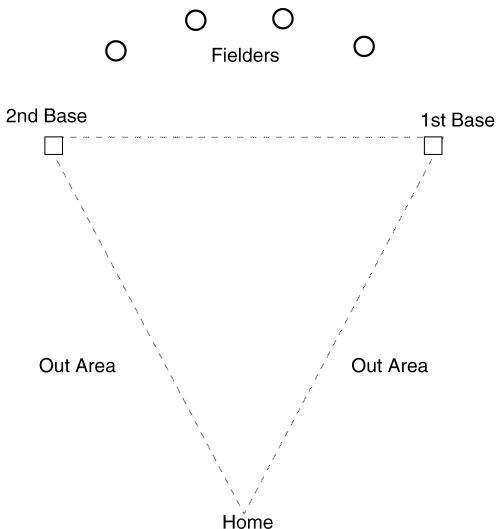
Baseball B-ball:

This game is to be played in a limited playing area. It requires two bases and a home plate (base). Bases are approximately 40-45 m (120-130 ft) from home plate. A ball is pitched to a batter who must hit the ball into an area between the bases and run to a base. This game can be played 2 against 2, or 3 against 3. Any batted ball into the out area is an out.

Variations:

- Instead of hitting a pitched ball, the batter can throw the ball in the air and hit into the designated area.
- A batter tosses the ball in the air and hits it after one bounce into the area between the bases.

Baseball B-ball Diagram



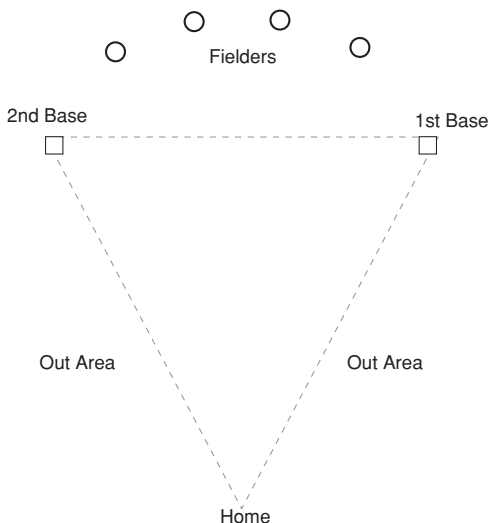
Baseball B-ball:

This game is to be played in a limited playing area. It requires two bases and a home plate (base). Bases are approximately 40-45 m (120-130 ft) from home plate. A ball is pitched to a batter who must hit the ball into an area between the bases and run to a base. This game can be played 2 against 2, or 3 against 3. Any batted ball into the out area is an out.

Variations:

- Instead of hitting a pitched ball, the batter can throw the ball in the air and hit into the designated area.
- A batter tosses the ball in the air and hits it after one bounce into the area between the bases.

Baseball B-ball Diagram



Toronto Blue Jays



The players on the Toronto Blue Jays must have wondered what they had gotten themselves into as they prepared to take the field in a snowstorm. The date was April 7, 1977, and the occasion was the first game ever for the brand new professional baseball team in Toronto. The players had trained for this big day for many weeks in sunny Florida and were prepared to face the visiting Chicago White Sox. However, they weren't prepared to face blowing snow and freezing temperatures. Perhaps Doug Ault was though – he hit a pair of home runs to lead the Blue Jays to a 9-5 victory.

That was the first of many victories for the team that has been a favourite of sports fans in Toronto, across Ontario and throughout Canada for 28 years now. A team that struggled in its early years, sometimes losing 100 or more of its 162 games each year, rose quickly to be the very best in all of baseball. In 1992, the Blue Jays beat the Atlanta Braves in the World Series to be crowned as the world champions. The following year, Toronto won the World Series again, beating the Philadelphia Phillies on a dramatic home run from Joe Carter.

Carter is one of many All-Stars that have played for the Blue Jays. Some of baseball's best players have pulled on a Blue Jays uniform through the years including Dave Stieb, George Bell, Tony Fernandez, Roberto Alomar, Pat Hentgen and Roger Clemens. Most recently, Toronto has been led by Carlos Delgado, who's known for his big hits and big smile, Vernon Wells, one of the best young players in the game, and Roy Halladay, who won an award as baseball's best pitcher in 2003.

With great players like that, it's not surprising that millions of fans have bought tickets to see the Blue Jays play, first in the old Exhibition Stadium and later in the world-famous SkyDome, which opened its doors in 1989. Only two teams in Major League Baseball, Toronto and Colorado, have played before more than four million fans at home in a single season. The Blue Jays have done it three times thanks to the loyal support of the club's great fans.

The Blue Jays and their fans are now eagerly awaiting the start of the upcoming baseball season. Playing in the tough American League East Division, the Jays hope to get off to a fast start in April.

For more on the Toronto Blue Jays, the team's glorious history, its talented players past and present and ticket information, please visit the club's official website. It can be found at www.bluejays.com.



Hey kids!

Check out the
MLB.com Kids Section!

Play cool baseball **games**, get the inside
scoop on **MLB players** and find fun
baseball **events** in your town.



Visit us at **www.MLB.com** and **click on KIDS!**

© 2004 MLB Advanced Media, L.P. Major League Baseball trademarks and copyrights are used with permission of the applicable MLB entities. All rights reserved.

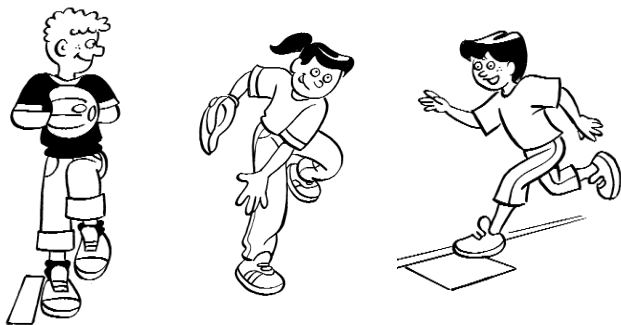


BASEBALL
CANADA

Playing the games in this handbook is a great way to have fun and learn the skills of baseball. With all you have learned from Winterball, you should be all set to get out on to the field and play some baseball!!



There are plenty of opportunities to play baseball in your area, whether you're a boy or girl, beginner or expert, young or old.



All you have to do is contact your provincial association and register for your local baseball league.

And don't forget to visit Baseball Canada at **www.baseball.ca** for all of your baseball information needs.