

Facilitation Plan Template

***Note: All elements in this template are required unless marked as Optional.**

Title: Little Big League

Leaders: Alec Coontz

of participants: 22-30 participants

Ages: 8-12

Theme: Major League Baseball (MLB)

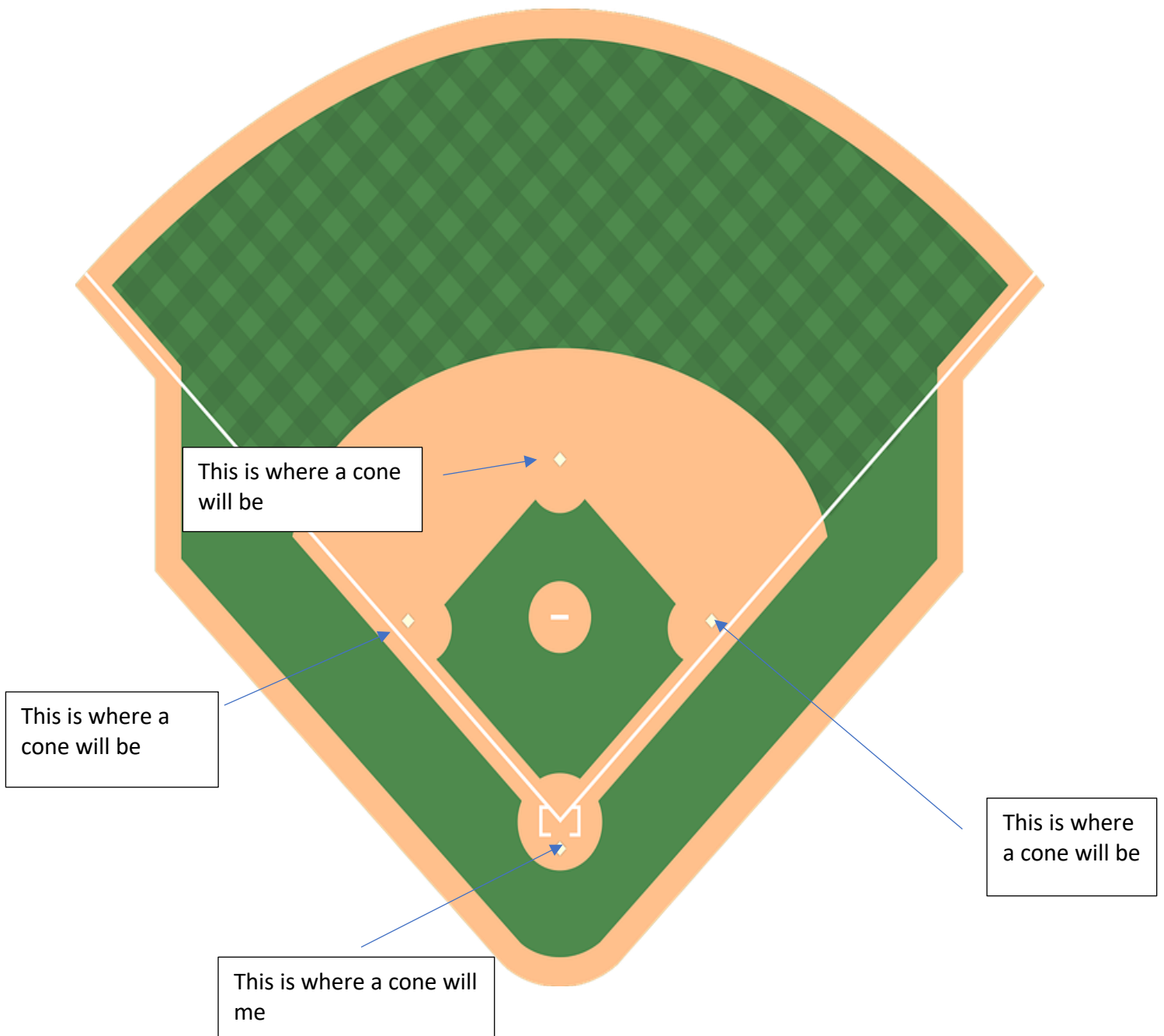
Ideal Location: Open grass area, baseball field, indoor field house. Avoid places with hills, gravel, or other areas that could harm participants.

Equipment:

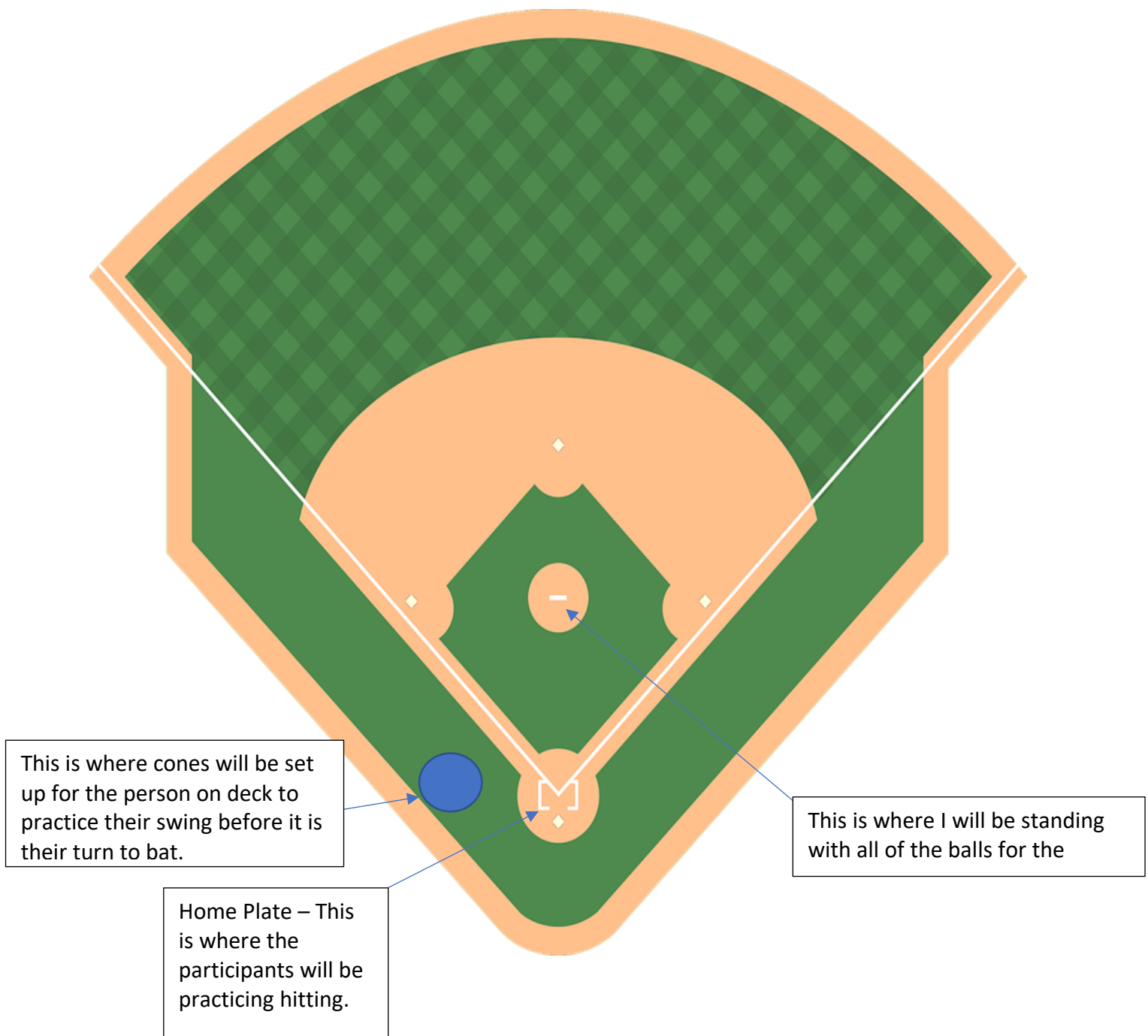
- 10 - Baseball Bats
- 1 - Plates
- 10 - Helmets
- 23/30 - Gloves
- 23/30 - Baseball Cleats
- 50 - Baseballs
- 15 - Cones

Pre-Activity Diagram:

ACTIVITY 1 –



ACTIVITY 2 –



**Goal &
Objectives:**

1. The goal of this facilitation is for participants to be able to improve their physical endurance.
 - a. Place cones and give instructions, the participants will be able to complete the given workouts and trainings
 - b. Given the instructions and cone set up, the participant should be able to successfully learn how to build up endurance
2. The goal of this facilitation is for participants to learn AND improve the basic skills for the sport of baseball.
 - . Given the instructions for how to correctly complete the drill, the participants will understand the stations and what they are supposed to do
 - a. Given the instructions, and an example of how to complete the drill, the participants will have had the option to do all of the drills and improve their basic skills for the sport of baseball.

**Risk
Management
Concerns:**

- One significant physical risk that may occur during the facilitation of this camp is dehydration. The leader of this facilitation should focus on the participants and give them water breaks. Teaching these participants that it is important to fuel your body is a must!
- A mental factor that will come into play is nervousness because it could be someone's first time doing these activities and they will be scared and don't know what to do.

Length	Facilitation Portion	Description	Leader Name
>2 minutes	Facilitation Attention Getter	*Take me out to the ball game music*	Alec Coontz - will be leading the whole facilitation
1 minute	Introduction to the group	Hey everyone! My name is Alec Coontz and today, i will be providing you with the opportunity to improve your endurance through agility workouts, and learn more about the sport of baseball. I will provide each of you the unique opportunity to learn the skill you need to be successful in the sport of baseball!	

5 minutes	Icebreaker	Name of activity: Name that baseball player Instructions for facilitator: Make sure that you have the pictures ready to go, equipped with the name of the player on the back of each card! Script: To start off with today's camp, I want to start off by getting to know each other, as well as having fun and learning the name of some baseball players. First, I am going to start off by counting you off and you will gather in your groups. (wait for everyone to get into their groups) Now, to play this game i will show you a picture of a famous baseball player. There is NO shouting out answers. Your team will quietly think of the name of the person being shown. Then you will pick one person, this person is going to run around the cones and sit down at the front as quickly as possible. The person that gets there first will have the first guess of the game, IF this person gets the correct answer, we will all start over. IF the person gets the wrong name, the next person that finished the obstacle first will be asked the question. We will continue this until all of the names are guessed.	
> 1 minute	Transition	Now that we have learned about each other, as well as the names of some famous baseball players... Let's get started with our agility stations.	
25 minutes	Activity 1 (Endurance)	Name of activity: Endurance Stations Instructions for facilitator to complete/set up prior to facilitation: Make sure that you have the cones, plates, and all other equipment set up. Provide oral instructions to all participants as well as a visual example. Script: For the first activity we will be doing an endurance drill to keep everyone active and ready to go. I like to call this drill 4,3,2, as I explain more everyone will need to listen	

		in order to do this right. So each one of you will be running to first base as one person gets done running through first base the next person will go and so on you will do this 4 times each person. After you get done with first base you move to second base now what you will do is run to first base then run to second base when someone touches first base it is the next person to go you must do this 3 times. Once you get that done you will run to 3rd base 2 times just like before you will go to first then second then third when the person touches first you may go. As you get done with third you will end up running around the whole field one time to complete this workout. Variation: Shorten the plates to make everyone finish sooner	
2 minutes	Transition	Awesome job guys!!! Way to run hard and fast! Running is a difficult thing to do but it's very important in baseball. So the next activity we are doing is that we are learning is the most important thing in baseball and that is how to hit the baseball. Now everyone get your bats a line up!	
20 minutes	ACTIVITY 2	Name of activity: Hitting station Instructions for facilitator to complete/set up prior to facilitation: Make sure we communicate with the kids and tell them what they need to work on. Also make sure they are learning while hitting. Script: For this activity I will be tossing baseballs up in the air to the kids. Every kid will be practicing their swing before they go up to bat. I will be teaching them how to put the bat on the ball. Each kid will have an opportunity to hit 10 balls after the kid hits ten balls the next kid will have a turn once every kid has gone through the workout. We will be collecting all the balls that are on the field to pick up.	

1 minutes	TRANSITION TO DEBRIEF	Wonderful job guys!! This next part I will be asking you guys some questions and I want you guys to answer them the best you can. Everyone understand? Great!!	
10 minutes	Debrief	1. What was one thing you learned today? 2. What was your favorite move.station 3. How can you apply what you learned to your games in the future? 4. What are some ways that you can increase your endurance from home? 5. Did you have fun today? a. What was your absolute favorite thing? 6. What is one thing you liked about each activity provided?	
5 minutes	Conclusion	Alright boys! I hope that you had a blast all while learning some amazing skills. I hope that you take what you learned today and implement it into your scrimmages and games. Before we all head out, can everyone please grab 2 pieces of equipment and bring it to the dugout please? Also, in the dugout i have gatorade and granola bars, please grab one!!	
If needed	Back Pocket Activity (1 required)	Name of activity: Catching Station Instructions for facilitator to complete/set up prior to facilitation: Make sure everyone has a glove with them and one baseball per pair. I will need to teach them how to catch a baseball Script: Alrighty, now that we have a little bit of extra time we are going to practice our catching skills! It is very important for everyone to listen and watch closely. Catching a baseball is the most important thing to do in baseball. So I want everyone to get their gloves and line up. I will toss them a ball and they will catch it in their gloves the correct way and I will teach every kid how to correctly catch a baseball in their gloves. When everyone is done we will be picking up	

		all the baseballs and putting them into a bucket and start packing up to head out. Variation: Instead of tossing I could hang them the ball and they practice themselves.	
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Resources:

List all of the sources you used to create your facilitation plan in alphabetical order, following APA 6th edition format.