Hit 4 and Go!

A striking / fielding game that develops basic batting and fielding skills.

Playing the Game

What you need

- A suitable indoor or outdoor playing space.
- Range of bats, sponge or lightweight cricket balls.
- Marker cones.
- Optional batting tee(s).

What to do

- Divide the group into two teams – batters and fielders.
- When a batter comes to bat, they hit 4 balls, one after the other, into the playing space.
- The balls can be hit from the ground, off tees, or from a self or drop feed.
- When the last ball is hit, the batter runs between the marker cones as many times as possible.
- The fielders must return the ball to the home base – call ‘Stop’ when the last ball reaches home base.
**Hit 4 and Go**

*Use the TREE model to modify this game.*

*Try the modifications suggested below or devise your own.*

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| - Group management:  
  - if there is a very large group, use a ‘fan’ system, with two or more groups playing this game at the same time.  
  - When using this system players must hit the ball forward. | - Harder for the fielders:  
  - fielders cannot move until last ball is struck.  
  - fielders must take the ball to the home base – not throw.  
  - Harder for the batter:  
  - batter must hit the ball forward of the batting position.  
  - Devise scoring zones – batters gain extra runs if the ball passes through the zones. If running is not an option, batters who have mobility impairments can score by hitting into these zones. | - Have a variety of bats available for batters to choose.  
- Use different density balls to vary the challenge for batters and fielders. Or use four different types of ball.  
- Try different heights of tee – or devise alternatives. | - Vary the distance between the batter’s marker cones.  
- Increase or decrease the playing area. Increasing the size gives the fielders a bigger area to cover, decreasing it reduces scoring options for the batter.  
- To give batters more time to make their ground, have the fielders stand further back.  
- Try using scoring targets for the batters (for example 2 marker cones positioned to form ‘gates’). |

**Safety**
- Make sure that the surface is suitable for everyone.
- Check that the batter’s running zone is clear of the fielding area.

**Questions**
- How can fielders get the ball back to home base quickly?
- How can everyone, batters and fielders, be involved all the time?

**Other games to play**
Hit 4 and Go can lead into:
- Cricket
- Teeball
- Softball / baseball

**Integrity**
Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

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