

Stocking Strike

Home Fun – Striking



Organisation

Equipment:

- Old stocking
- Tennis ball
- Any Bat

Set up and Timing:

- Space for suspended ball
- 15 minutes



Learning Experience

Instruct students to:

- Set up a stocking strike at home by placing a tennis ball (or ball of newspaper) in an old stocking.
- Hang the stocking from a tree or washing line and practice striking the ball with a bat.
- Make sure the ball is not moving after each hit, and try to hit the ball each time rather than the stocking.
- See how many times you can hit it in a row.



Teaching Tips

Teaching Tips:

- Correct STRIKE technique:
 - Stand side-on to the target area.
 - Eyes focused on the ball throughout the strike.
 - Hands next to each other on the bat, bottom hand matches the front foot.
 - Step toward target area with front foot.
 - Hips then shoulders rotate forward.
 - Follow through with bat around the body.