

# Brännboll: A Striking and Fielding Game for Everyone!



## Triangle Fielding

(from the SPARK Middle School PE Curriculum)

### Equipment:

- a variety of objects to throw and catch

### How to Play Triangle Fielding:

- Create groups of 3.
- On signal, Partner A rolls a ground ball to Partner B, who fields it and throws to Partner C.
- Partner C then rolls a grounder to Partner A, who fields it and throws to Partner B. Continue until signal, switching roles with each ground ball.
- **Extension:** Mix it up! Encourage the partners to randomly toss a fly ball or a roll a grounder.

### Think About:

- Can you roll/toss the ball to the right and left of your partners to make them move?

## Race to the Base

(from PlaySport, a TGfU and activity-based resource from Ophea)

### Equipment:

- a variety of objects to strike, such as plastic wiffle balls, foam balls, gator-skin balls, pickleballs, and tennis balls
- bats (one per group)
- batting tees (one per group)
- spot markers (one per group)

### How to Play Race to the Base:

- Divide the class groups of 3-5.
- In each group, one player begins as the batter and the other players are the fielders.
- The batter hits a ball off the tee and attempts to run to the base (spot marker) and back to the tee as many times as possible before one of the fielders places the ball back on top of the tee.
- The batter is out when the ball is returned to the tee and the batter is between the tee and the other base.
- Once the batter has had three turns at bat, participants rotate so that each participant has a turn as a batter.

### Think About:

- How do you decide where to send the ball to score the maximum points?
- Describe where and how your body can be positioned to be successful at fielding the ball?

Sarah Gietschier-Hartman

2018 SHAPE America National Middle School Physical Education Teacher of the Year  
Clayton High School | Clayton, Missouri

Twitter: @GHSaysRockChalk | Email: sarahgietschier@gmail.com

# Brännboll: A Striking and Fielding Game for Everyone!



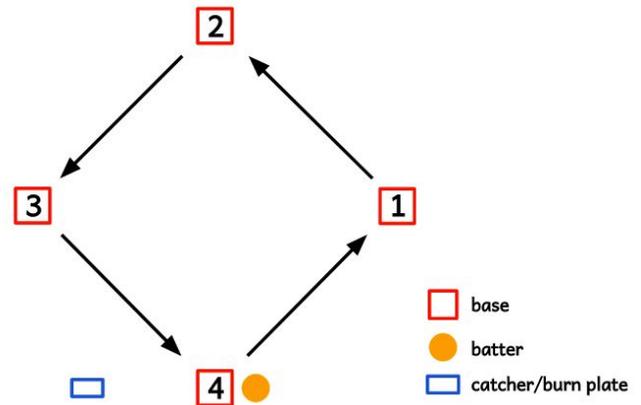
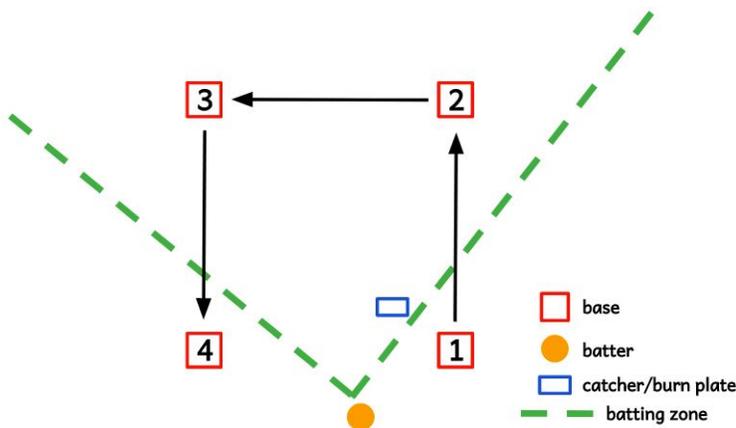
## Brännboll

(Brännboll is a striking and fielding game from Sweden. The name of the game translates to “Burn Ball.”)

### Equipment:

- 5 bases
- a variety of striking implements, such as a wiffle ball bat, a tennis racket, a stickball bat, a floor hockey stick, a football kicking tee, and a jumbo wiffle ball bat
- a variety of objects to strike, such as a 6.3-inch gator-skin ball, a pickle ball, a tennis ball, a small 3.5-inch gator-skin ball, a foam football, a volleyball, and an indoor foam tennis ball

### Brännboll Set-up:



This is the traditional set-up for brännboll in Sweden.

This is how I set-up brännboll games in my classes.

### How to Play Brännboll:

- Divide the class into two teams, Hitters and Fielders.
- In this game, there is no pitcher. The first batter strikes the object into the playing space. The batter uses the striking implement of his/her choice and bats until s/he is successful. They can toss the ball into the air (fungoes-style) and hit it, bounce the ball and hit it, drop kick it, kick it off the ground, hit it off a tee, hit a soft-toss from a peer, strike it with a hockey stick (etc!) into the playing space. There are no boundaries, so any type of hit counts, even a ball that accidentally travels backwards!
- Once the batter successfully hits the ball, s/he safely drops the bat, runs to first base, and continues running the bases.

Sarah Gietschier-Hartman  
2018 SHAPE America National Middle School Physical Education Teacher of the Year  
Clayton High School | Clayton, Missouri  
Twitter: @GHSaysRockChalk | Email: sarahgietschier@gmail.com

# Brännboll: A Striking and Fielding Game for Everyone!



- While the batter is running the bases, the Fielders catch and throw the ball to their designated catcher, who stands near the burn plate. When s/he catches the ball and steps on the burn plate, s/he yells, “Burn!” to stop the play. If a runner is caught between two bases when the catcher yells, “Burn!” s/he moves back to the previous base and the Fielders score a point.
- If a student is “burned” on their way to first base, the burn counts towards the fielding team’s total, but the runner still gets to run.
- The teams swap roles after 5 burns are awarded to the Fielders.
- There are no limits on how many runners can be on a base; however, if all players on the batting team are on base and run out of hitters, then the teams swap.

## Top Tips and Tricks:

- When playing indoors, use floor tape to create oversized bases (3’ x 3’). This makes the playing space safer and gives students enough room to load up the bases. The burn plate, the spot where the batter hits from, and home plate (where the runners end) should be different squares to avoid collisions.
- You should have about 8 students per team. Divide your indoor playing space in half and play two simultaneous games with four teams or go outside and make as many teams/fields as you can.
- Keep a laundry basket with the equipment near the batting team. Allow students to choose their equipment and choose whether they are going to hit the ball out of the air, off a bounce, from a light toss from a peer, or off a tee.

## Scoring:

- If you choose to keep score...
  - a burn = 1 point for the Fielders
  - a run = 1 point for the Hitters
  - a home run = 5 points for the Hitters
  - a two-handed fly ball catch = 3 points for the Fielders (*This does not count as a burn!*)
  - a one-handed fly ball catch = 5 points for the Fielders (*This does not count as a burn!*)

## Think About:

1. How do you cover and defend the playing space with your teammates?
2. How can the fielders get the ball back to the catcher as fast as possible?
3. Why do you decide to stay on base or run?
4. How is the game set-up so that it includes everyone?

Sarah Gietschier-Hartman  
2018 SHAPE America National Middle School Physical Education Teacher of the Year  
Clayton High School | Clayton, Missouri  
Twitter: @GHSaysRockChalk | Email: sarahgietschier@gmail.com