

## Strike Zone

Activity	Time	Description
Activity 1 How to Measure and Calculate your Strike Zone	30 minutes	You will learn how to measure your strike zone and calculate the area.
Activity 2 Throwing at your Strike Zone & Learning from Mistakes	30 minutes	You will practice throwing at your strike zone and calculate the number of balls and strikes thrown. You will also learn how mistakes provide valuable opportunities for learning.



## Strike Zone

“Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is.”

– Bob Feller

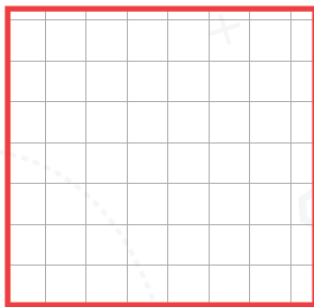
What does this quote mean to you?  
What message is Bob Feller trying to send?



# How to Measure Your Strike Zone



**HEIGHT**

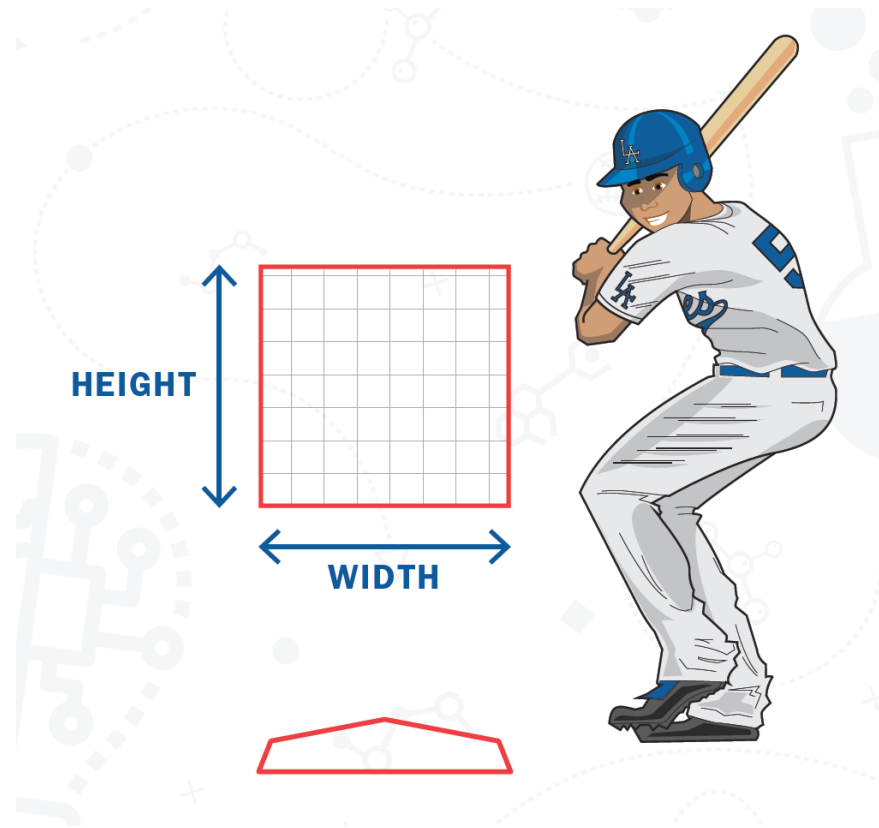


**WIDTH**

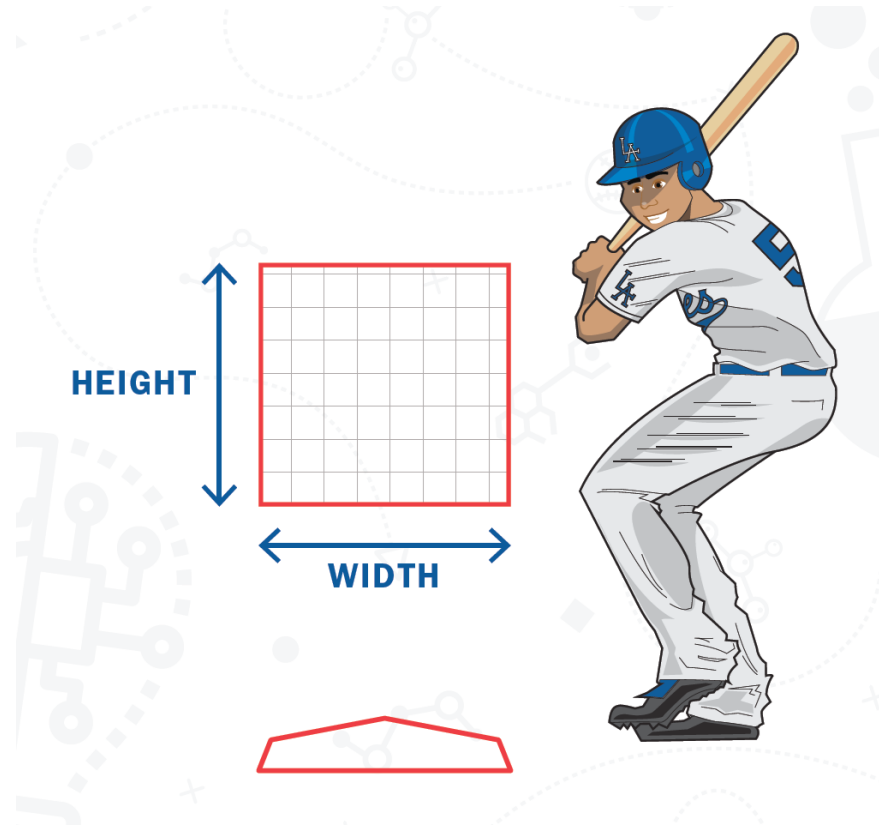


## Practice Calculating your Strike Zone

- The **width of your strike zone** is 17 inches (same as home plate)
- The **height of your strike zone** is measured from your knees to your chest



- Work with a partner to measure the **height of your strike zone**
- The **width of your strike zone** is 17 inches (same as home plate)
- **Draw your strike zone** on chart paper using the measurements
- **Calculate the area** of your strike zone. You can count the squares, or use the dimensions.

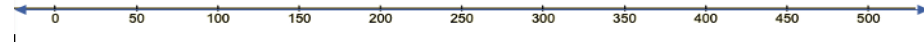


**Extension for Grades 6-8 Follows**

# Let's Create a Dot Plot of our Strike Zone Area Data

- What is the lowest value we need to represent in the dot plot?
- What is the largest value we need to represent in the dot plot?

TITLE: The Area of Our Strike Zones





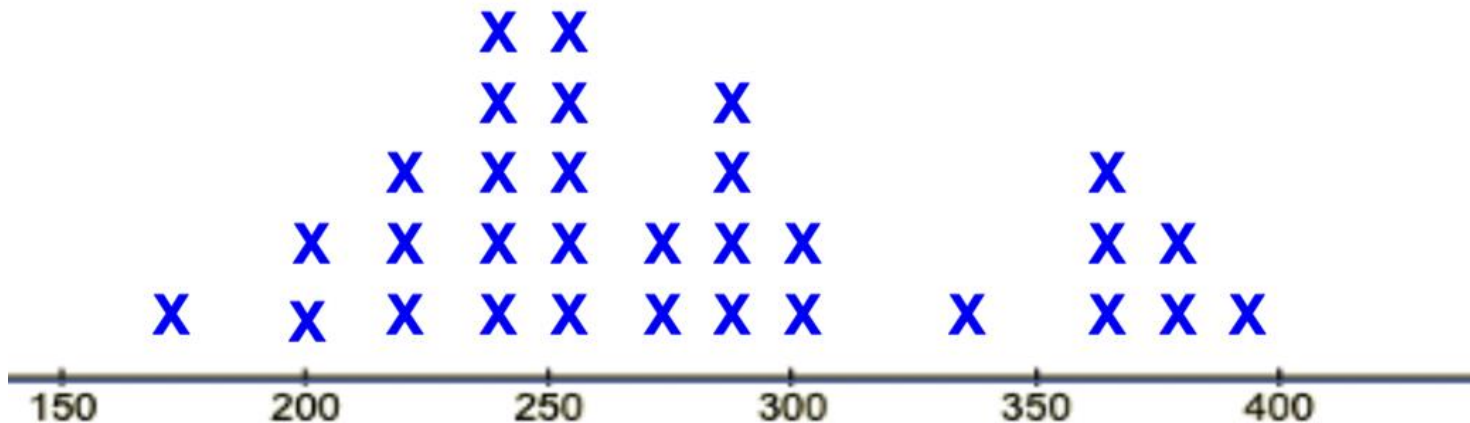
What do you notice about the distribution of the data?

What is the range?

Where is the center of the data distribution?

How is the data clustered, or spread?

## The Area of Our Strike Zones



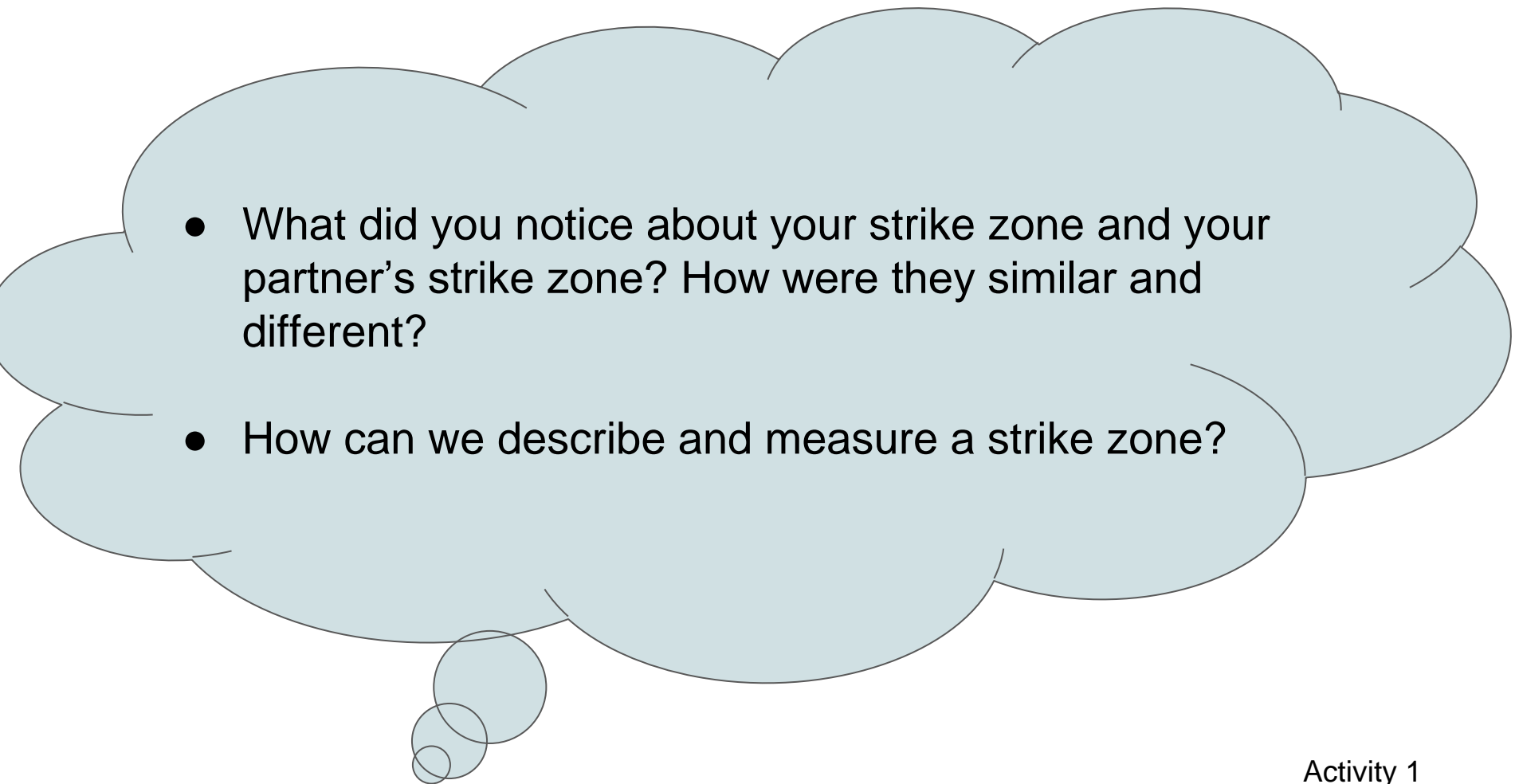
What do you notice about the distribution of the data?

What is the range?

Where is the center of the data distribution?

How is the data clustered, or spread?

End of Extension for Grades 6-8

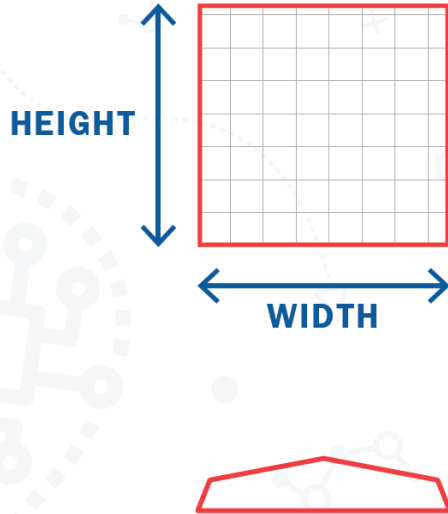
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- What did you notice about your strike zone and your partner's strike zone? How were they similar and different?
  - How can we describe and measure a strike zone?

For pitchers, it is challenging to always throw a pitch into the strike zone and this can be frustrating for them.

Think of something you have tried and how it felt to be frustrated doing it?



Throwing in  
our strike zone!

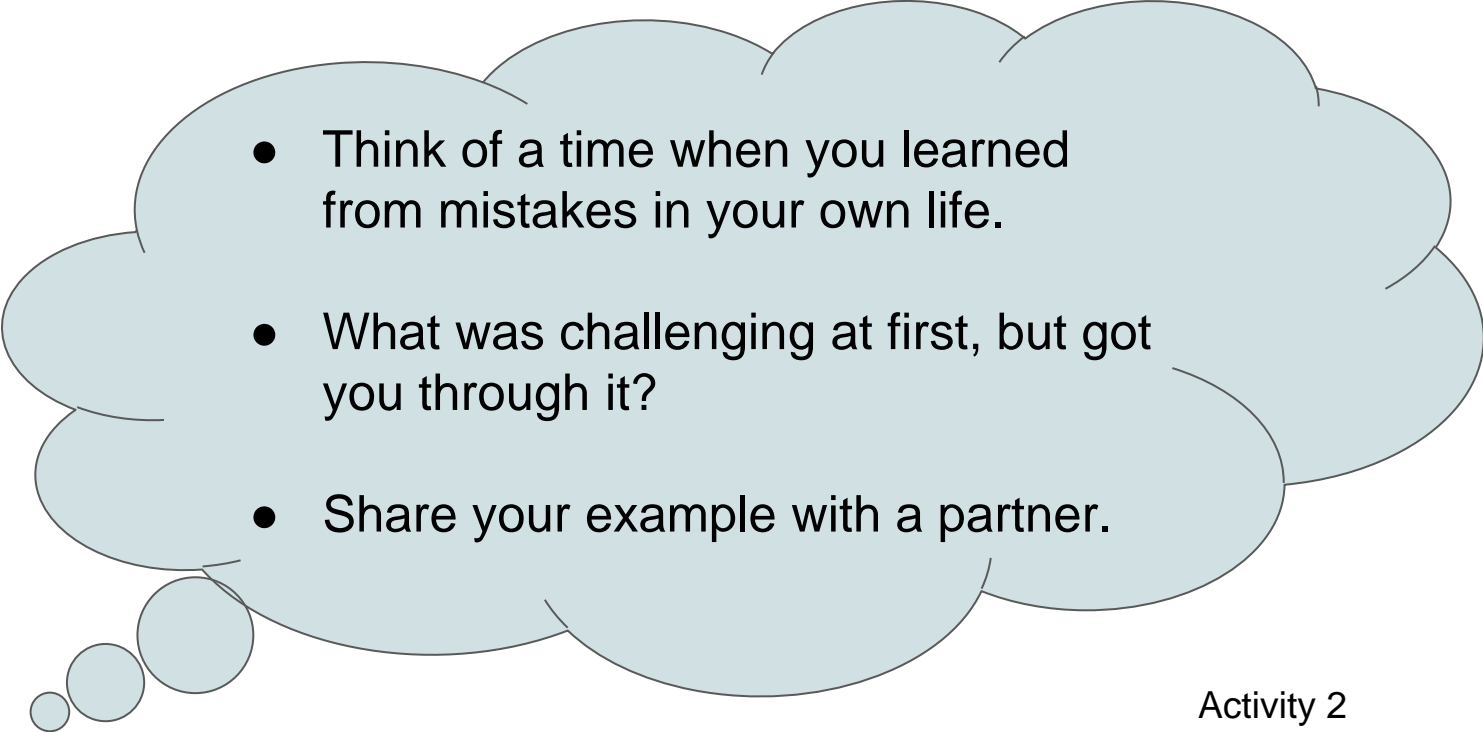


- Tape your strike zone on a wall. Make sure to stand next to it so you can tape it at the right height.
- Stand away from the wall and try to throw a ball inside your strike zone.
- Take 10 throws.
- Count the number of strikes and the number of balls.

# Cal Ripken Jr.: 'Baseball Is A Game Of Frustration & Failure' | How I Made It | CNBC Make It.



# What did Cal Ripken Jr. do to learn from mistakes?

- 
- Think of a time when you learned from mistakes in your own life.
  - What was challenging at first, but got you through it?
  - Share your example with a partner.