

Sports & Physical Education Equipment You Can Make Yourself

**A Collection of the
Best Equipment
Articles From
18 Years of
Physical
Education
Digest
Magazine**

**By Dick Moss,
Editor,
Physical
Education Digest**



Sports & PE Equipment You Can Make Yourself

By Dick Moss

(All articles are written by the author, except where indicated)

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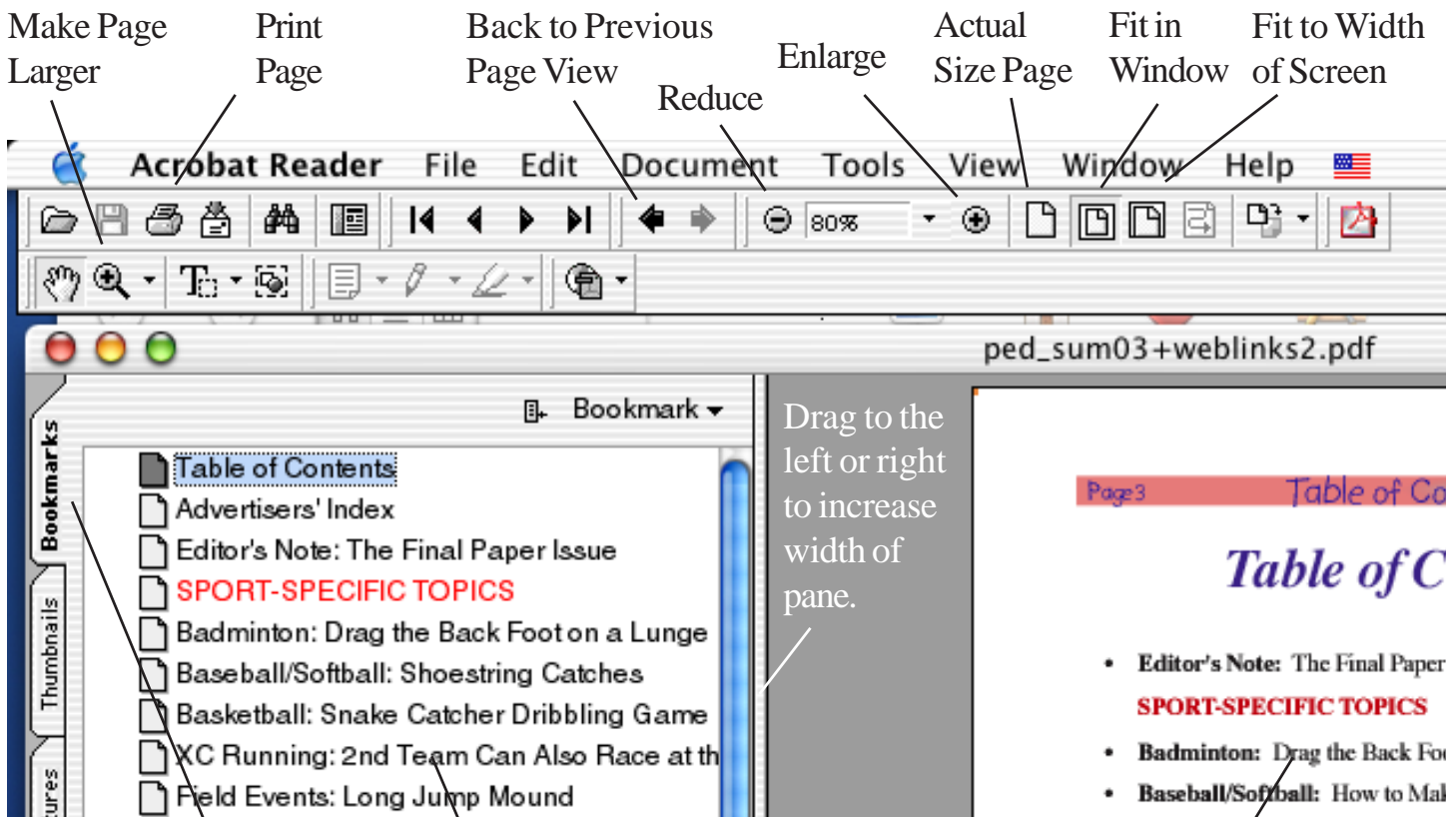
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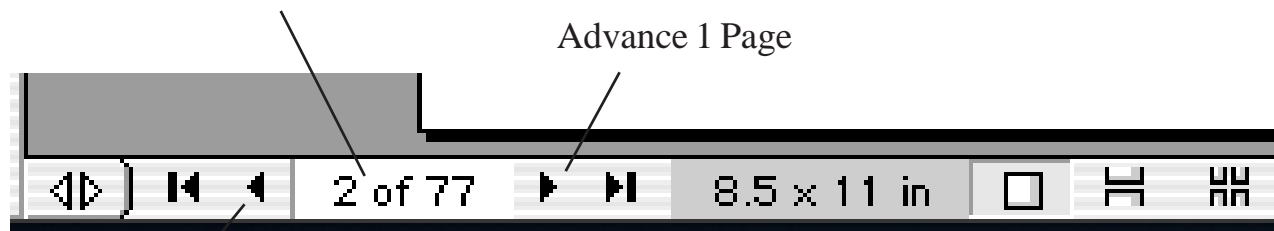


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This collection is dedicated to Joan Moss, my Mom, a child of the Great Depression who would have approved of the book's concept.

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Introduction

Most physical education and sports programs suffer from a common problem—lack of money. This eBook will help you stretch your lowly budget by showing you how to make sports equipment from scratch—and save lots of moola in the process. For example, the articles you’re about to read will show you how to make your own medicine balls, portable goals, hula hoops, plyometric boxes, wobble boards, cold packs, practice hurdles, vertical jump devices... and much, much more.

It also has great ideas on how to adapt and recycle common items for use in your PE program. For example, did you know you can use a blanket as a chipping green; duct tape to hem nylon sweat pants; badminton shuttles as golf tees; or tennis balls as floor markers?

These articles, which covers 10 different areas in your PE program, are a collection of the best *Equipment* articles from the first 18 years of Physical Education Digest magazine.

Happy hammering—I hope these articles help you re-stock that depleted equipment room of yours.

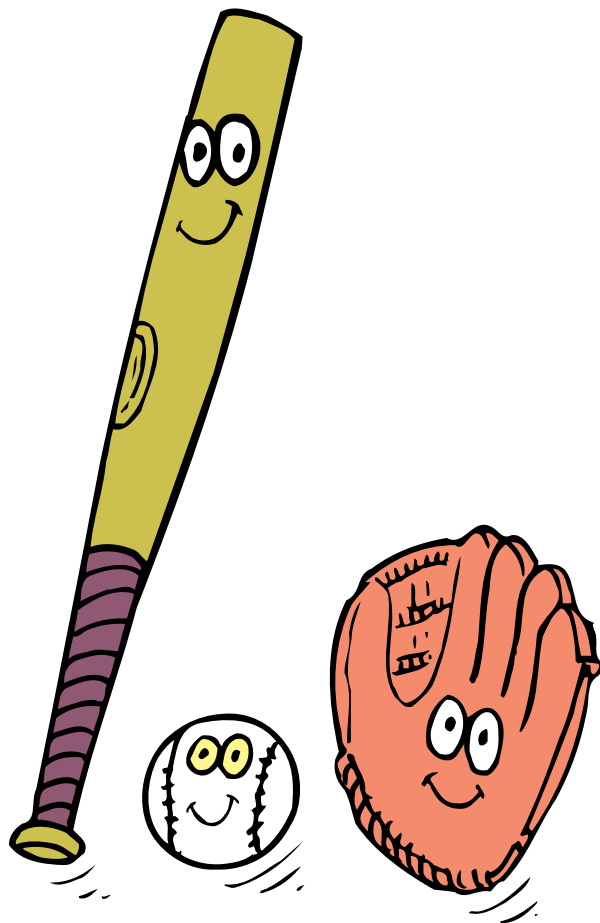
Dick Moss, Editor, Physical Education Digest

About the Author

For the past 18 years, Dick Moss has worked as the Editor/Publisher of Physical Education Digest magazine. In his spare time, he coaches Sudbury’s Track North Athletic Club and Laurentian University’s Cross-Country Running team—where he’s made use of many of the ideas in this book. He lives in Sudbury, Ontario with his wife Terry and husky-mutt, Tusker.



Baseball & Softball Equipment



Make Baseball Fences More Spectator-Friendly

If you have a standard wire fence around your baseball diamond or other outdoor facility, you'll know it's uncomfortable to lean against because the wires extend above the horizontal metal bar at the top of the fence.

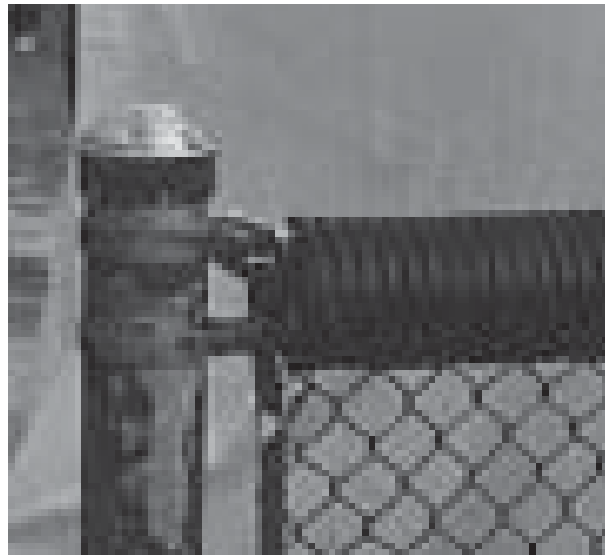
The design of such fences is not only a source of discomfort, it also can be a liability risk. Kids attempting to climb over the fence can easily fall off or cut themselves on the wire.

The Weeping Tile Solution

However, there is a quick and inexpensive way to adapt these fences for greater safety and leaning comfort. Purchase some plastic weeping-tile from your local home building center, slice the plastic along the bottom, and place the tile over the top of the fence. This provides a soft, safe, rounded surface for the top of the fence that will be a pleasure for spectators to lounge against.

Dick Moss (Editor), **Physical Education Digest**, 1998.

Make wire barrier fences safer by placing cut sections of plastic weeping-tile over the top.



Weeping Tile Baseball
Fence Cover



Use Tarps Instead of Hitting Nets

Hitting nets allow your players to increase the efficiency of their batting practice. With the net catching the balls they hit, they can greatly increase the number of swings they take. Nets also allow them to perform solo practice, or rapid-fire practices with a partner.

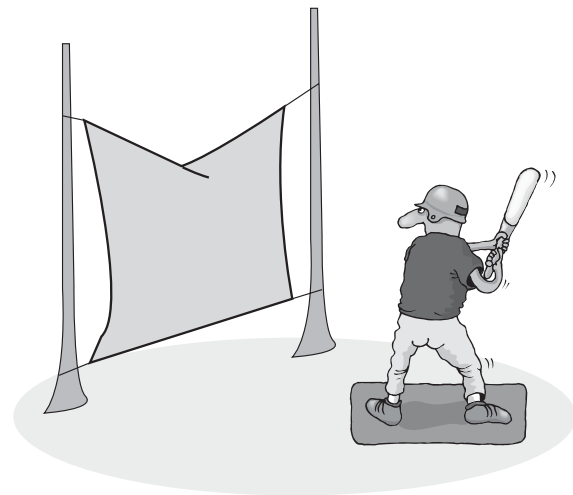
However, hitting nets can be expensive, and outfitting a practice area with a number of nets can be cost-prohibitive. Fortunately, there is an inexpensive alternative—tarps.

Plastic 10' x 14' tarps are available at a fraction of the cost of hitting nets and can perform the same task. Use light-weight rope to string them between trees, fence posts or other available uprights.

Reference: Marty Schupak, “Sports creativity in your own backyard.” June 6, 2002.

[Marty Schupack is the producer of the baseball video, “**Backyard Baseball Drills.**” and “The 59 minute baseball practice.” He can be reached at his website: www.youthsportsclub.com].

*Plastic tarps
can be used as
inexpensive
hitting net
substitutes.*



Hitting into a Tarp



Make Your Own Batting Tees

You'd like to perform drills or play games that requires a batting tee, but you don't have an commercially-produced tee available. What do you do?

Well, there are two alternatives: you can construct your own using simple materials, or use equipment already in your storage room to put together a make-shift tee. Here's how:

Plumbing Pipe Batting Tee

With a little carpentry, you can construct a batting tee from the following materials:

- 1 x 24"-28" long x 1" diameter pipe
- 1 x block of 12" x 12" x 3" wood
- 1 x 1 1/2" radiator hose: 8"-12" long
- 4 x wood screws
- 1 x pipe flange for 1" pipe (optional)
- Glue (optional)

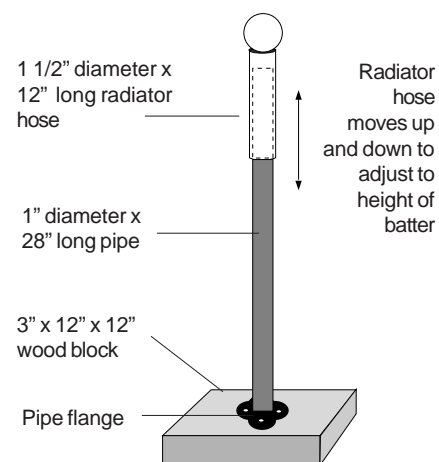
Attach the pipe to the wood block by either threading the end into the pipe flange then screwing the flange to the wood, or drilling an appropriate hole in the wood and fastening the pipe into the hole with glue.

Select a radiator hose that's a tight fit and place the hose on top of the pipe. The hose can be slid up and down the pipe to adjust for the different heights of your students. If the fit is snug, friction will hold it in place.

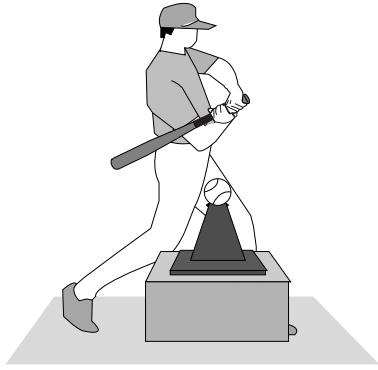
Traffic Cone Batting Tees

- Traffic cones can also be used for batting tees. Simply place a cone on top of a box so the ball, which rests on top of the

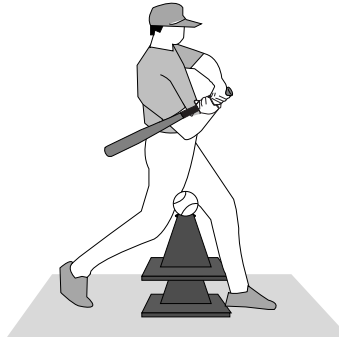
*Three ideas
for making
your own
batting tees.*



Plumbing Pipe Batting Tee



Cone-On-Box Batting Tee



Cone-On-Cone Batting Tee

cone, lies at the correct height for your batters.

- Another option is to stack two or more cones until they reach the optimal height. Place some crumpled newspaper on top of the first cone, then set the second cone on top of it. You can adjusting its height by varying the amount of newspaper you use for stuffing.

References

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[\$27.95 U.S. Available from Prentice Hall Business & Professional Publishing, PO Box 11071, Des Moines, IA 50336 USA Tel: (Toll Free) 1-800/288-4745 Fax: 515/284-6719].
2. Victor Dauer and Robert Pangrazi, **Dynamic Physical Education for Elementary School Children**, Macmillan Publishing Company, 1989.
[c/o Macmillan Publishing Company, 866 3rd Ave., New York, NY, 10022, USA].

