

Skills

Topic of practical

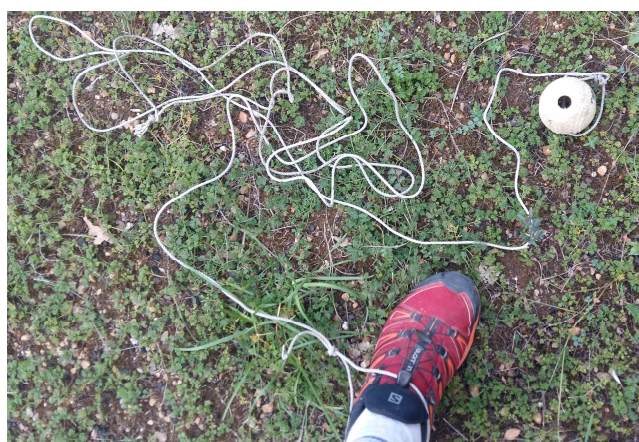
Hitting.

Exercices of "JOKARI."

Description level ogame, skill level / Blind baseball :

All level

Device / Diagram



Instructions

The player attaches the pierced and connected with a thread in his foot before.

He takes the ball in the hand and hits it.

To recover the ball and hit again, the batter pulls on the string until the ball is returned.

Criteria for success

The ball is hit eight times out of ten.

Complexification

Presence of a coach about twenty meters in front of the batter.

The coach said the strike zone: it moves, so that the voice indicates the wanted zone :

- axis along the line of 3 ° bases,
- axis along the line of 2 ° bases,,
- between the player of 3 ° base and the short stop.