

Skills

Topic of practical

Running on bases.

Learn to run straight ahead

Description level of game, skill level / Blind baseball:

For beginners without ever running.

Device / Diagram



Coach with flappers and whistle

Instructions

Two coaches at a distance of 20 m.
Slats flat and thin on the ground
materializing a corridor of 4 m wide.
The coach close to the runner, positions
the runner in the face of the other coach
in the middle of the corridor and
indicates him the conventions: whistle
too to the right, flapper too to the left.

At the top the runner moves towards the
distant coach.
The distant coach indicates to the
runner his possible deviations with the
whistle and the flappers.

Criteria for success

Runs without deviation eight times out of ten.

Complexification

Use of a chronometer by the coach of departure.

Criteria for success

Improved time significantly. Use of the race on all the entire distance.
To arrive on the base without exceeding it.