

Skills

Topic of practical

Running on bases

The position of the runner on his base

Description Description level of game, skill level / Blind baseball :

For beginners, players are able to run in a straight line from bases : (4° session).

Device / Diagram



Instructions

During a match, when the runner arrives "safe" in base, the base's coach helps the runner to position himself towards the new base to be reached.

1. Position the runner with his best support on the base and the other one in the direction of the next base
2. ask him to join hands with arms outstretched
3. the hands on the runner's shoulders, the base's coach, help to point the next base

Remarks :

All the indications useful for the runner can be given by the base's coach:

- hit count
- number of out
- score
- batter in place

Complexification

Integrate into the exercise the situation of match with all the existing disturbances:

- Stress
- Previous running,
- Noise...

Criteria for success

Running in a straight line succeeds 8 times out of 10.