

Skills

Running on bases

Topic of practical

The slide

Description level of game, skill level / Blind baseball :

For confirmed levels, players are able to run in a straight line from bases to dice with the indication of "ball in play".

Device / Diagram



Simplification

Work the slide on a tarps weted.

Criteria for success

The slide allows to savetime in the run.

Complexification

- Increase the running distance: from 2 ° base to 3 °, then with a hit and a run in 2 °.
- Put several runners in place = match situation:
 - hitter
 - runner in two.

Instructions

The runner begins his running 10 meters away from the base. While continuing to hit flappers, upon the arrival of the runner near the base, the base's coach bends, to indicate to the runner that he has to make a slide.

Remarks :

The indication to the runner depends on his speed and on his distance on the base.

- At the time of the slide, the typing rhythm is interrupted by a sequence.