

Skills

The defense position. **Topic of practical** " The banana"

Description level of game, skill level / Blind baseball:

Inexperienced players not knowing the defensive position against hit balls. 1 ° to 3 ° session.

Device / Diagram



Instructions

1. The coach takes place a few meters away opposite player in defense situation:
 - blindfold over the eyes
 - glove in the good hand
 - feet wider than your shoulders
 - legs slightly bent
 - weight evenly distributed on both feet and lightly on the toes
 - drive ball on the ground
 - give necessary feed-back
2. The player puts himself on the whole side of his body corresponding to the trajectory of the ball. Feet in hand in slightly rounded off position, all the highly-rated of its body is in touch with the ground.
The goal is to place his body in opposition to the ball. Once the ball is blocked, the player gets back her(it) and throw the ball to the coach.

Complexification

- The coach moves away from the defender and uses a bat to hit the ball.
- The coach hits the ball more and more away from the defender.
- get into defense position several players and hits ball between them; = use of a communications code between them to avoid the contacts.

Criteria for success

Ball blocked eight times out of ten