

Skills

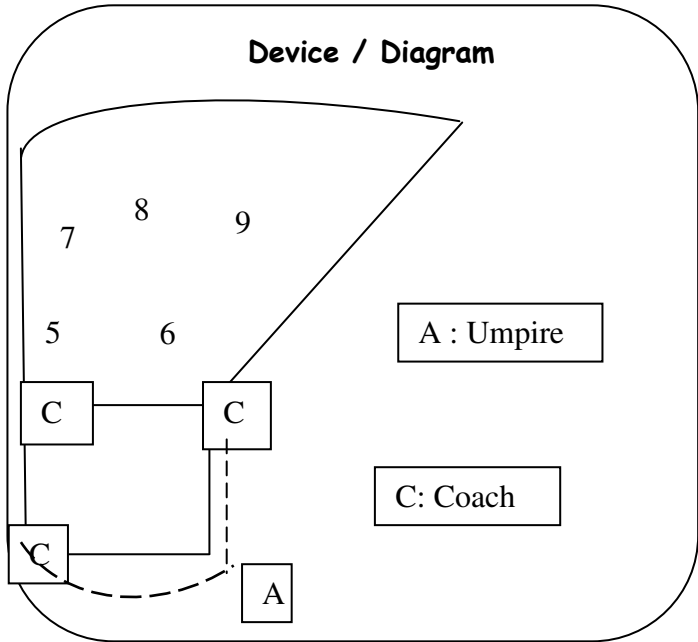
Topic of practical

The protection against a fly.

Description level of game, skill level / Blind baseball:

All level

Device / Diagram



Instructions

The coach positions the batter in the box.

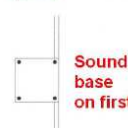
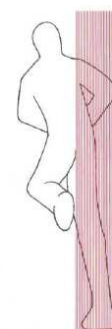
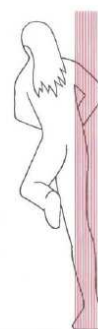
The coach call the bases.

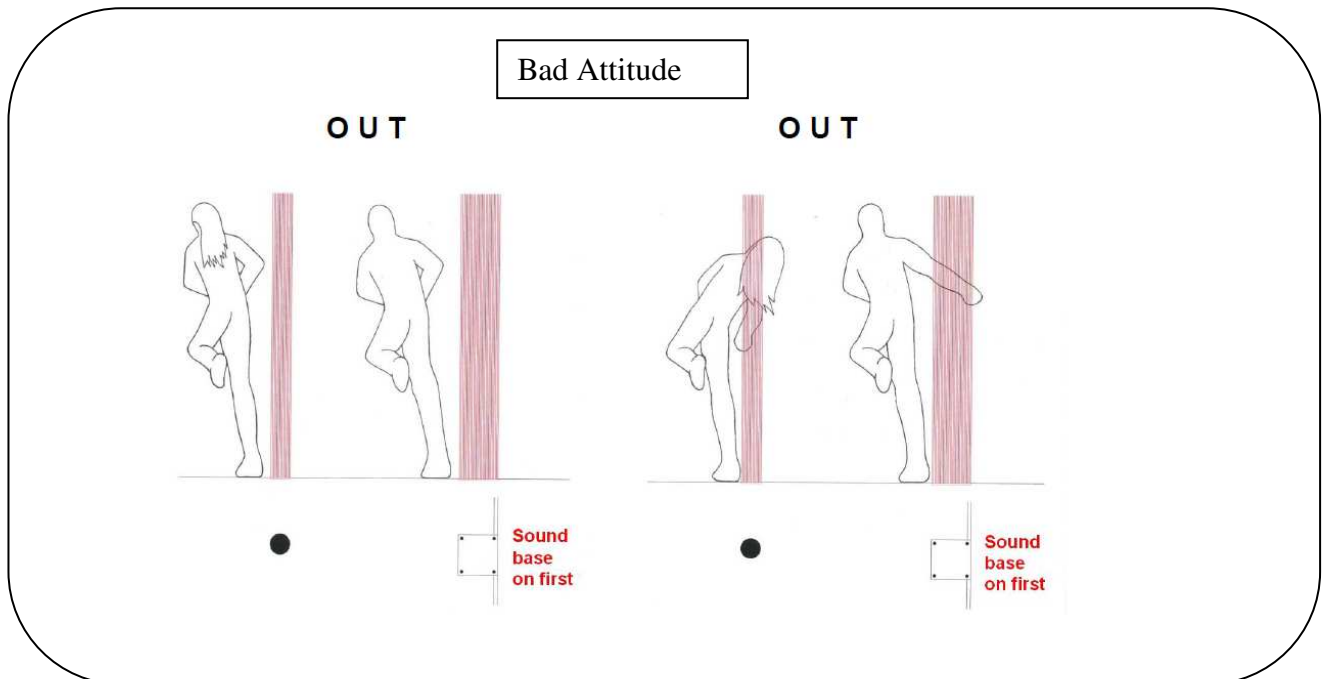
The batter after having made a contact runs towards 2° base :

- run with a bankings around the sound first base
- Arrive in front of 2° base.



Good Attitude





Criteria for success

- link in series hit and running base without stop
- increase his speed
- Made a steep turn without speed reducing
- Do not go out of the race lane
- Do not go out of the 2° base

Complexification

- Ohter runner on bases
- With defense to evaluate the habilities hit and run

Remark

This practice will be realized with :

- sound first base
- Second base safety zone