

Skills

Running on bases

Topic of practical

Running to home plate

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



Criteria for success

- The runner does not leave the corridor
- A speed of constant running is kept

Complexification

- Set up several runners
- = Situation of match :
 - hitter
 - runner in 2^o base
 - runner in 3^o base

Remarks:

- The presence of the other runners can be one gene
- The corridor of running on ground not synthetic material is a help for the runner

Instructions

The runner is positioned on the third base.
The coach is at home plate and is hitting a ball in play.

Remarks :

- No sound indication has to guide the runner, he is autonomous.
- The coach has to protect the runner in case of deviation of the running

