

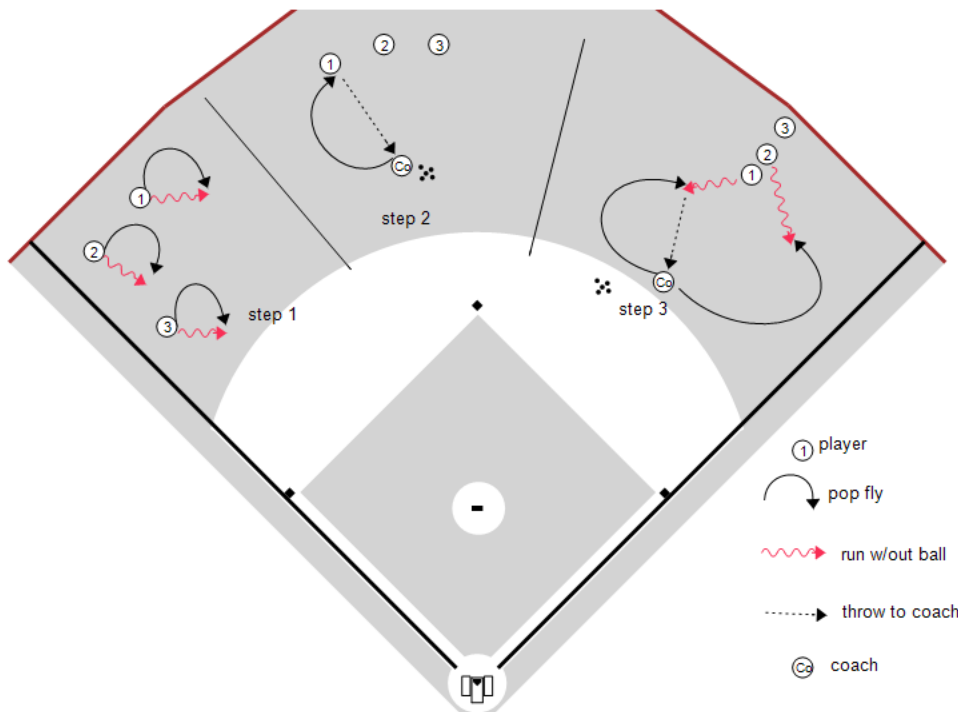
Title : Basic Flyballs

Category #1 : Skills

Category #2 : flyballs

Content elements:

Components :



Key Points :

Catch ball ABOVE forehead

Call MINE

RUN to ball

Safe tossing distance

Description

Objective:

- To introduce catching a fly ball

Equipment/Setup:

- 1 coach/parent per 3 players. 1 ball per player
- If there are 6 players, use 2 coaches and spread players out into 2 groups

Execution:

- FIRST introduce flyball technique...athletic position, glove above forehead when catching
- All 3 steps are done in the same part of the field...diagram is for instructional puposes only
- Step 1 - Players self toss a fly ball at a low level and catch with proper technique. Increase height of self toss when players get better
- Step 2 - Coach tosses fly ball to player 1 at a distance reflective of skill level. Player 1 calls MINE and catches ball above forehead. Player 1 throws ball to coach, repeat with Player 2 and 3
- Step 3 - Players line up single file and coach tosses fly balls left and right. Player 1 runs to where the ball will land, calls MINE, catches and throws to coach. Repeat with player 2 and 3

Progression - Introduce Competition by having groups compete against each other...ie most flyballs caught in 1 minute