

LEVEL: HOME RUN

HOME RUN – THROWING

One-at-a-time, roll five balls to an athlete who's standing at the shortstop position and have the athlete throw each ball to a teammate positioned on 1st base. At this stage, the athlete should be evaluated based on their ability to throw the ball the full distance to 1st base without the ball bouncing. Also evaluate accuracy because it is important that the athlete receiving at 1st base be able to keep one foot on the bag while catching the ball. This must be done three times out of five attempts.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “CHAMP”

[Click here](#) for video demonstration

Goal: Practice throwing and receiving

Description: One coach/parent helper for every two athletes or athletes in partners if they are capable of throwing and throwing the ball back and forth.

Every time a ball is caught by one of the two athletes, they get a letter from the word “CHAMP”. Partners can compete against other partners to see which pair can spell CHAMP first

Letters can be awarded for good throws back to the coach/parent helper as well.

Equipment: One ball for every two athletes

VARIATIONS AND PROGRESSION:

A. Let athletes select their own words (example: HOME RUN)