

HOME PLATE – RECEIVING

With a coach located 15 feet in front of the athlete, one at a time, roll five balls towards them. To succeed, the athlete must field 3 of the 5 balls.

Below is an activity that can be used to prepare for this skill:

ACTIVITY THE CROCODILE (14)

[Click here](#) for video demonstration

Goal: Teach and reinforce the proper way to receive a ground ball.

Description: Coach instructs the athletes to simulate the proper way to receive a ground ball. With a partner or a parent located in front of the athlete, roll the ball underhand to the athlete. Look for fielding the ball with two hands. It is recommended starting on two knees and bare handed in order to isolate the movement. For younger athletes, it is recommended to use a parent as a partner.

VARIATIONS AND PROGRESSION:

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| A. Simulate receiving the ball |
| B. Coach rolls a ground ball |
| C. In pairs, one athlete rolls the ball and the other receives it |
| D. With and without gloves |
| E. With different type of balls |

Equipment: Several types of balls (minimum one per athlete) and bigger balls.

KEY POINTS

- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it