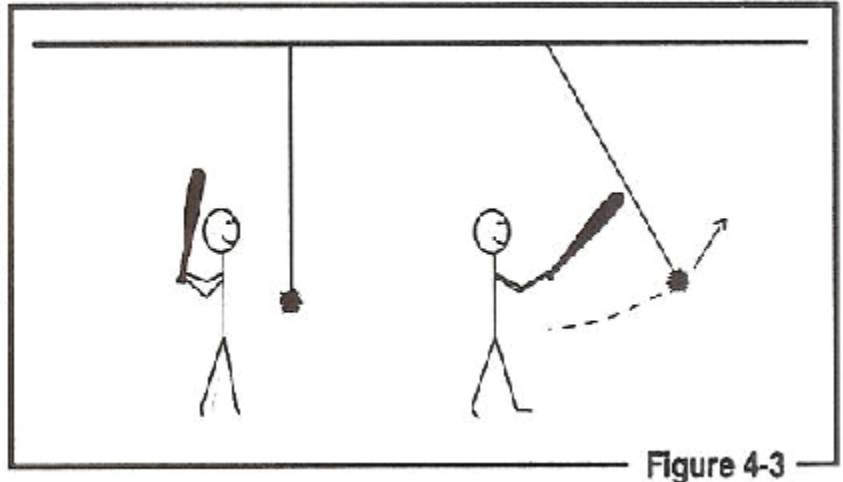


BATTING DEVELOPMENTAL ACTIVITIES

Week #2/Lesson #1

3 Striking a Suspended Ball With a Bat

A Rubber Band Ball is suspended on a rope so that the ball is at the child's waist level and stationary. The child stands behind and to the side of the ball, a bat's length away. The child hits the ball successfully 8 out of 10 times.

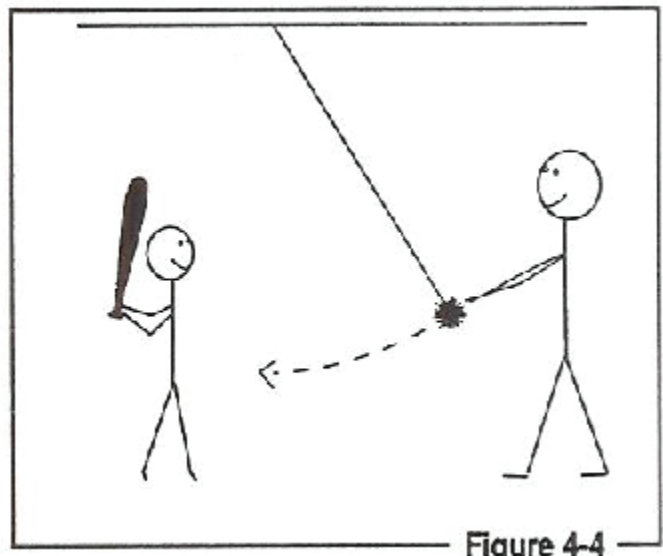


All ages perform this task the same

Week #2/Lesson #2

4 Striking a Moving Suspended Ball with a Bat

The parent takes the Rubberband Ball and moves back from the batter, holds the ball up and then releases it so that it moves at the same speed and through the same arc each time. The hitter strikes the ball with the bat, as the ball approaches the strike area, hitting the ball 8 out of 10 times.



All ages perform this task the same