

BATTING DEVELOPMENTAL ACTIVITIES

Week #3/Lesson #1

5 Striking a Slowly Moving Large Balloon With Bat

The child strikes a slowly moving balloon that has been tossed by the parent to the strike area, successfully hitting the balloon hard so that it travels away. The child hits the balloon successfully 8 out of 10 times.

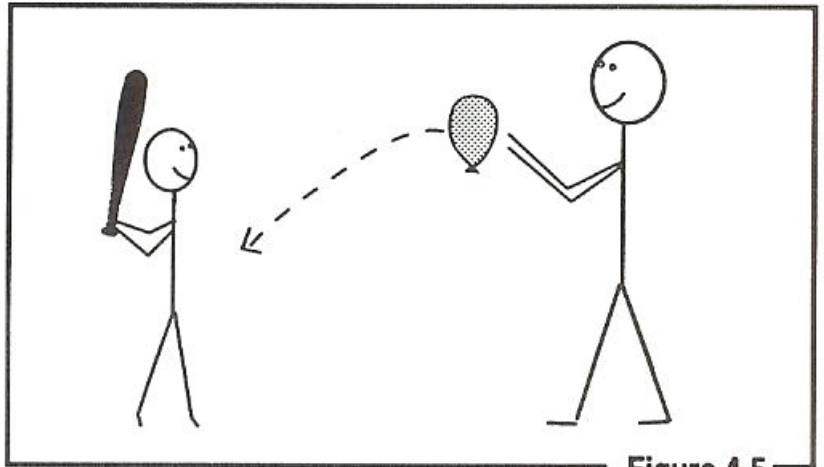


Figure 4-5

All ages perform this task the same

Week #3/Lesson #2

6 Striking a Small Ball Tossed from the Side with a Bat

The parent stands to the side of the child 5 feet away and softly tosses a Rubber Band Ball so that the batter can strike the ball into the designated area. The child should complete 8 out of 10 times. Repeat, requiring the batter to hit the ball a farther distance.

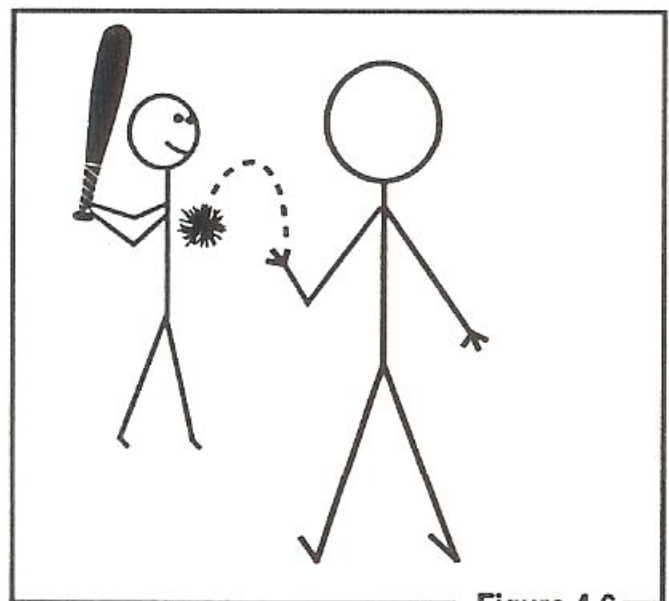


Figure 4-6

All ages perform this task the same