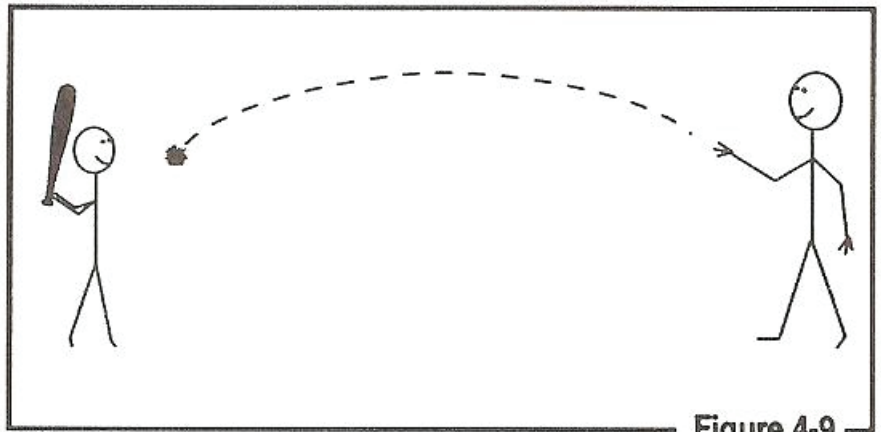


## BATTING DEVELOPMENTAL ACTIVITIES

Week #5/Lesson #1

### **1** Striking a Small Ball Tossed from a Longer Distance, with a Bat

The parent tosses the ball from 20 feet away to the child, so that he/she can hit the ball successfully 8 out of 10 times. As the child demonstrates high rates of success and confidence, then gradually increase the distance the ball is pitched from, the speed with which it is pitched and the distance it must be hit.



Recommended starting distances:  
20 feet (ages 3 - 4) \* 30 feet (ages 4 - 5)