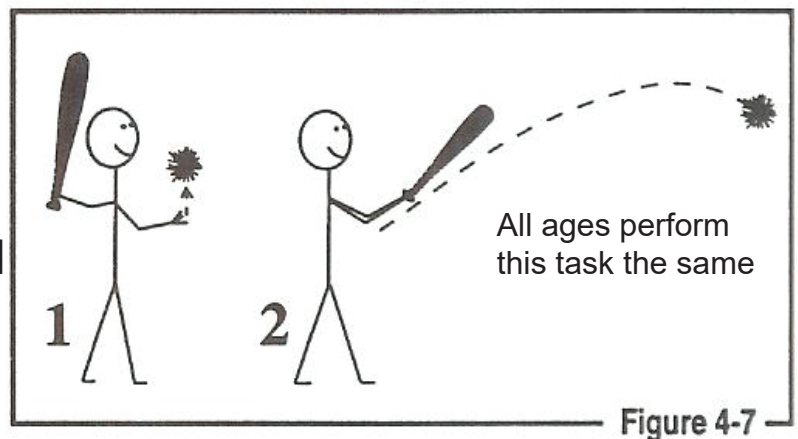


BATTING DEVELOPMENTAL ACTIVITIES

Week #4/Lesson #1

7 Hitting a Self-Tossed Ball with a Bat

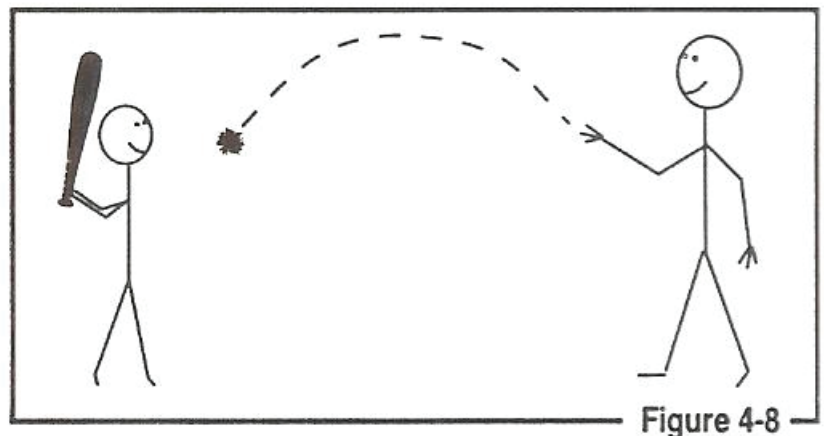
The child holds the bat in their dominant hand with the bat over his/her shoulder, leaving room on the grip to place the non-dominant hand below the other hand on the bat. Standing in side-facing position the child then tosses the ball softly upward with the non-dominant hand, grasps the bat with the other hand and swings at the ball as it drops into the strike zone. Should be completed 8 out of 10 times before moving on to #2.



Week #4/Lesson #2

8 Striking a Small Ball Tossed from the Front with a Bat

The tosser stands in front of the batter, the recommended distance away, and softly tosses the Rubber Band Ball in a horizontal direction to the striking area, so that the batter can hit the ball successfully 8 out of 10 times.



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