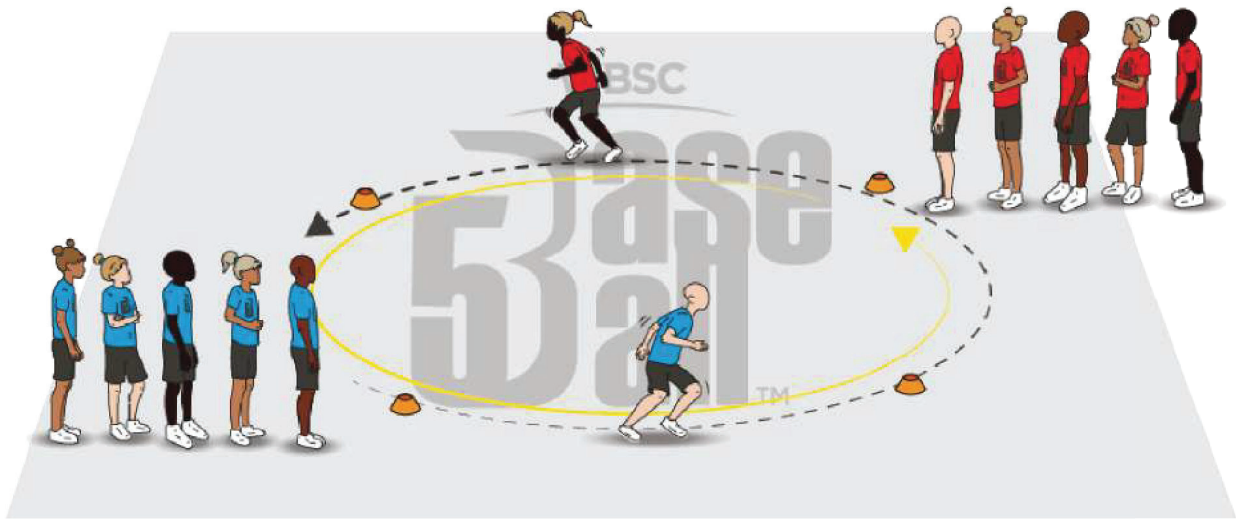


Baserunning Relay

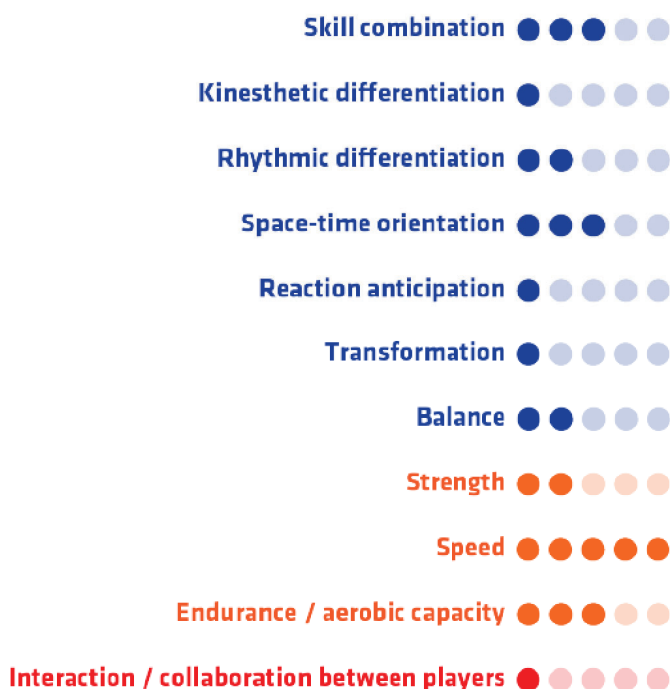


THE GAME

It is a running game that uses, as a path, the four bases of the Baseball5 field, which are positioned in the gym according to the space available. Two teams of at least four players each are formed, which will be arranged in single row: one behind home plate and the other behind second base (bases may be replaced by cones).

At the start of the instructor, the first in each row will have to make a complete tour of the bases and return to the base from which he started, he will change the waiting partner, who in turn will travel the same path as quickly as possible. The team that starts from home will run to first, second, third base and then return to the starting point. The team starting from second base will run to third, home, first and will also return to the starting position. The team whose members finish the round first wins.

DEVELOPED SKILLS



SPECIFICATIONS

Baserunning

Level of skill required



Number of players:

minimum 4 players per team



Material:

rubber balls, cones or bases

VARIANTS

One team runs from home to second base and the other from second to home, naturally passing through the middle base (first and third respectively). The team that first brings all its players to the opposite side of the field wins: it is a variant suitable for the little ones.

SUGGESTIONS

- To avoid clashes between the members of the two teams running in the same lanes, players must be strictly forbidden to stop on the bases, waiting at least one meter away from them. They can only go to the base when their partner arrives in possession of the ball to be delivered.