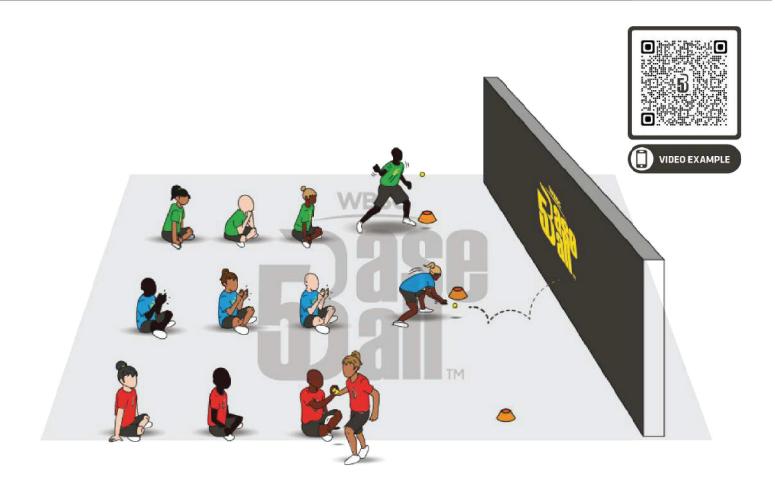
Baseball5 Exercise Cards



Batting Relay



THE GAME

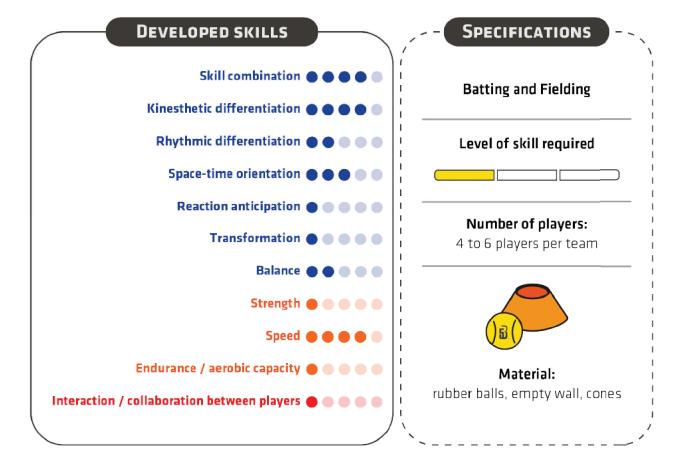
Two or more teams are seated in a row, cross-legged, side by side, and facing a wall. The first student of each row has the ball in hand and will hit the ball with his/her dominant hand from behind the cone, against the wall.

Each player has only one attempt at his/her disposal: if the ball hits the wall without first bouncing it is a point, in all other cases it is not. Once the batter is done, despite the result, the player gathers the ball and runs to the next student in line, by giving the ball his/her turn ends and the next student may proceed with his/her attempt.

At the end of a set time, the team with the most points wins.

Baseball5 Exercise Cards





VARIANTS

Each player must hit the wall without first bouncing it on the ground. When he/she fails, the same player must retrieve the ball and repeat the hit until he/she gets a valid one. At this point the player runs to collect the ball, then gives it to the next teammate, who then attempts to hit the wall. The team that first manages to get all its members to complete the exercise correctly, wins. At each new round, the bar order is repeated.

SUGGESTIONS

Adjust the distance of the cone from the wall, closer or farther, according to the skill / age
of the players