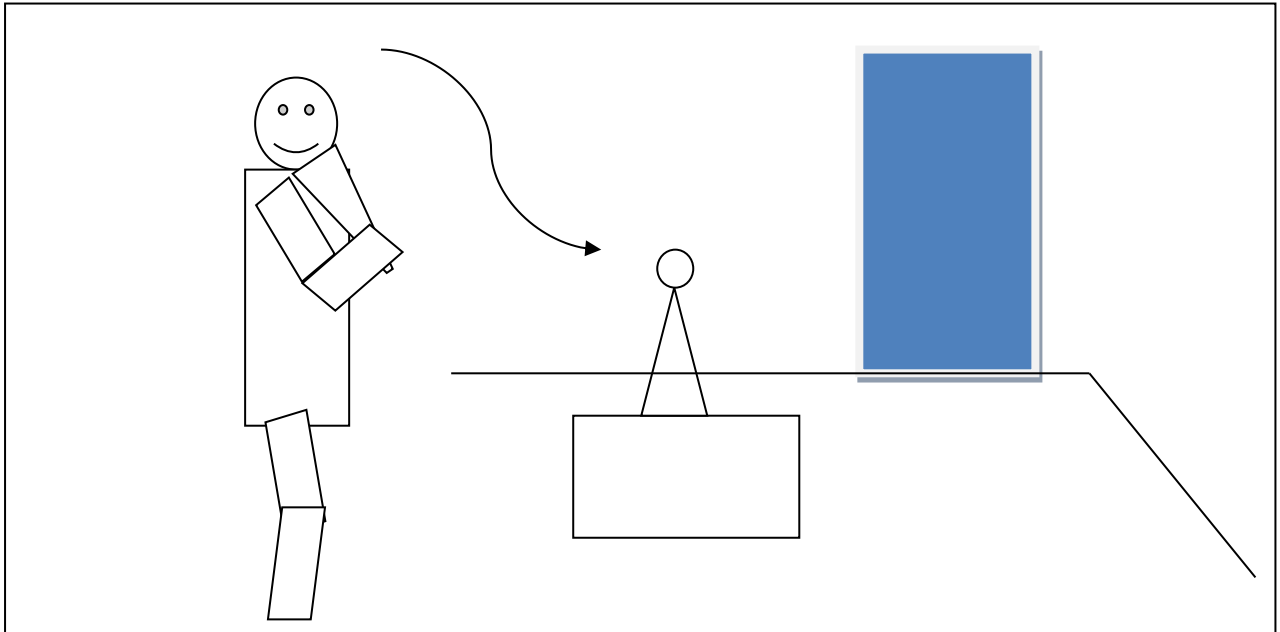


1. Station – batting at a batting tee with cudgel



Equipment:

one Softball, one tennis ball, one waffle ball, one small box, one small blue mat, one cudgel (Keule) and one pylon

Set up:

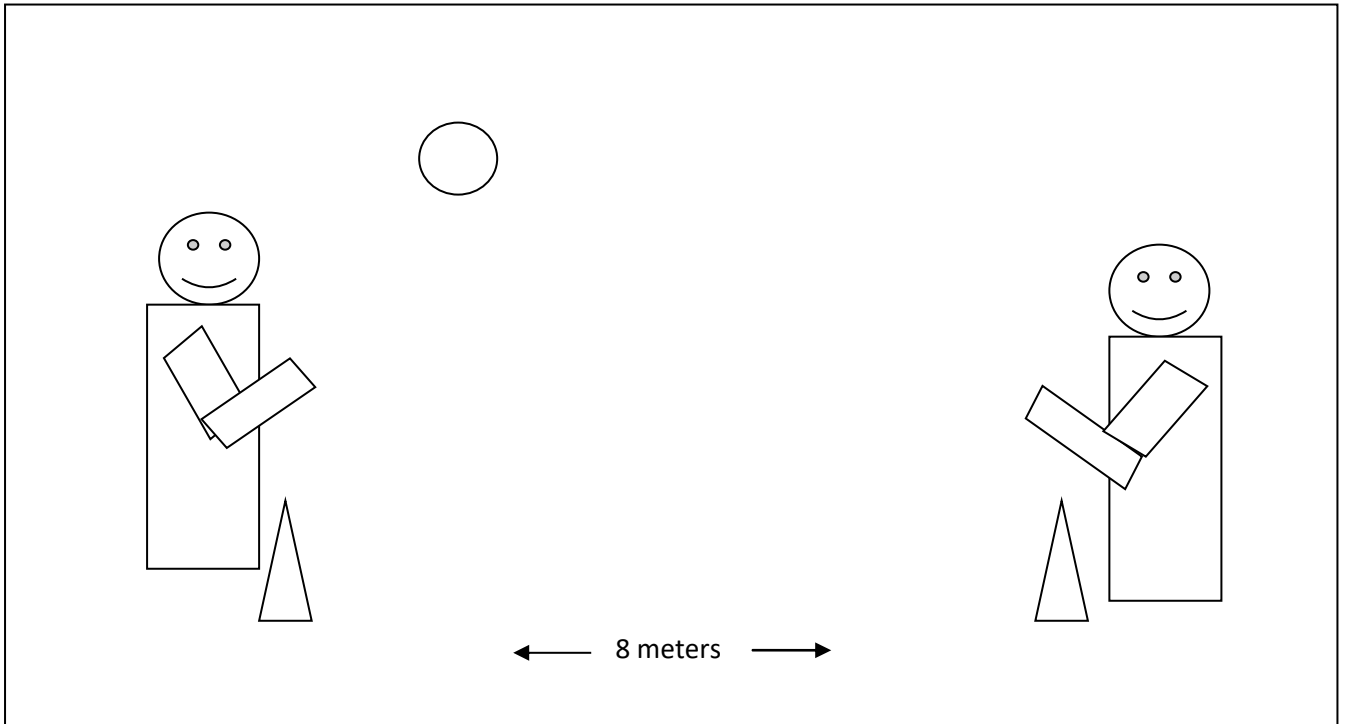
Put the pylon on top of the small box. Put the mat against the wall.

Put one ball on top of the pylon. Take the cudgel, swing it and try to hit the ball. The ball should hit the mat on the wall.

Variation:

Try it several times, try it with different balls.

2. Station – catch with your weak hand



Equipment:

one baseball, two pylons

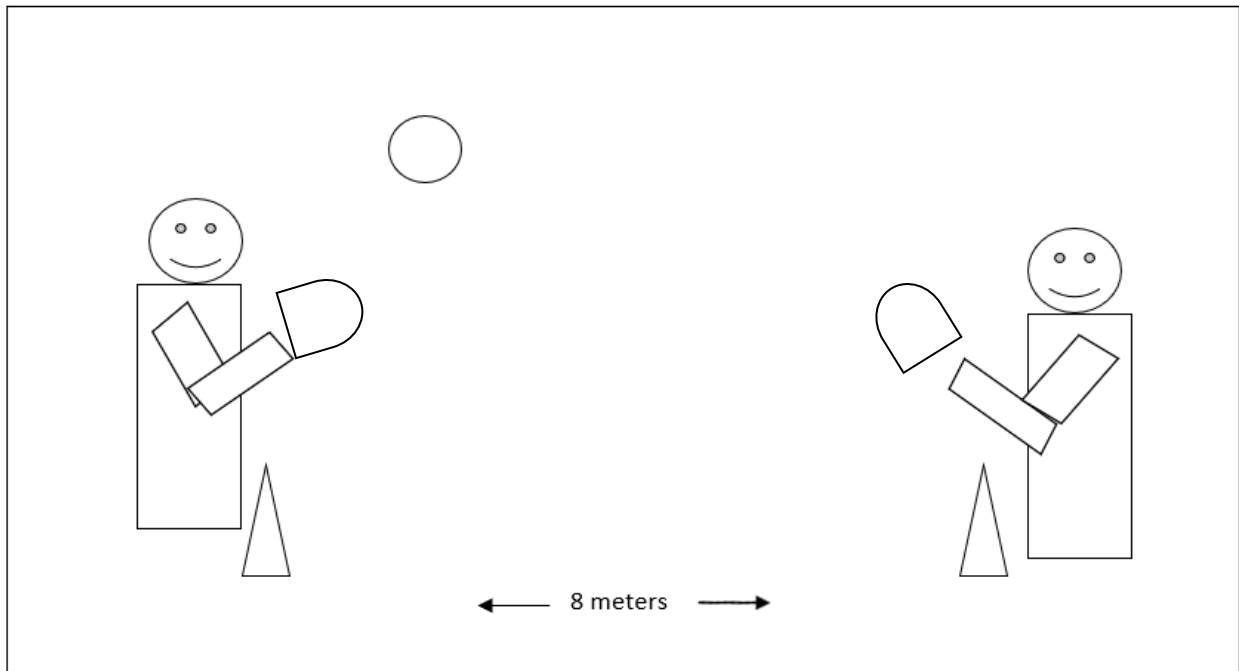
Set up:

Stand about eight meters apart from your partner. Hold the ball between your thumb, your middle finger and your index finger.



Throw the ball to your partner and he catches it with the weak hand (right handers catch with left hand, and left handers with right hand). Pass it several times, then change position. Afterwards change position again.

3. Station – catch with a glove

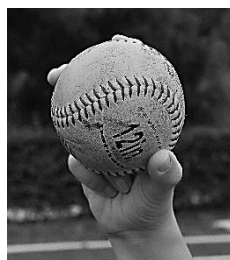


Equipment:

two gloves, two pylons, one baseball

Set up:

Stand about eight meters apart from your partner. Hold the ball between your thumb, your middle finger and your index finger.

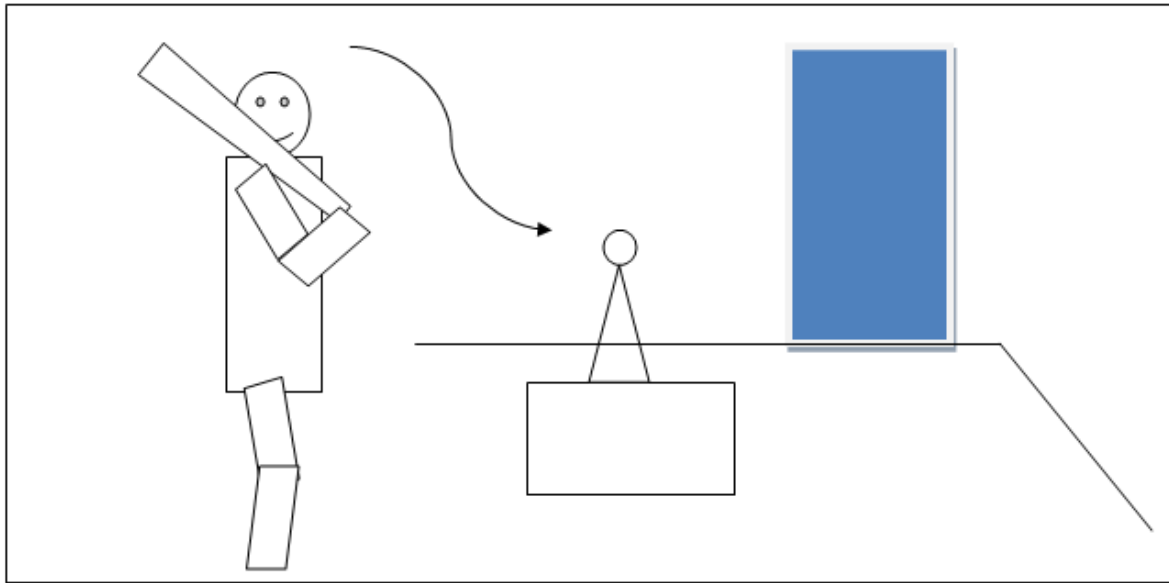


Throw the ball to your partner. He catches it with the gloved hand. Catch the ball like this.



Pass it several times, then change position. Afterwards change position again.

4. Station – batting at a batting tee with a bat



Equipment:

one small box, one small blue mat, one bat and pylon, one tennis ball, one waffle ball, one soft ball, one foam ball

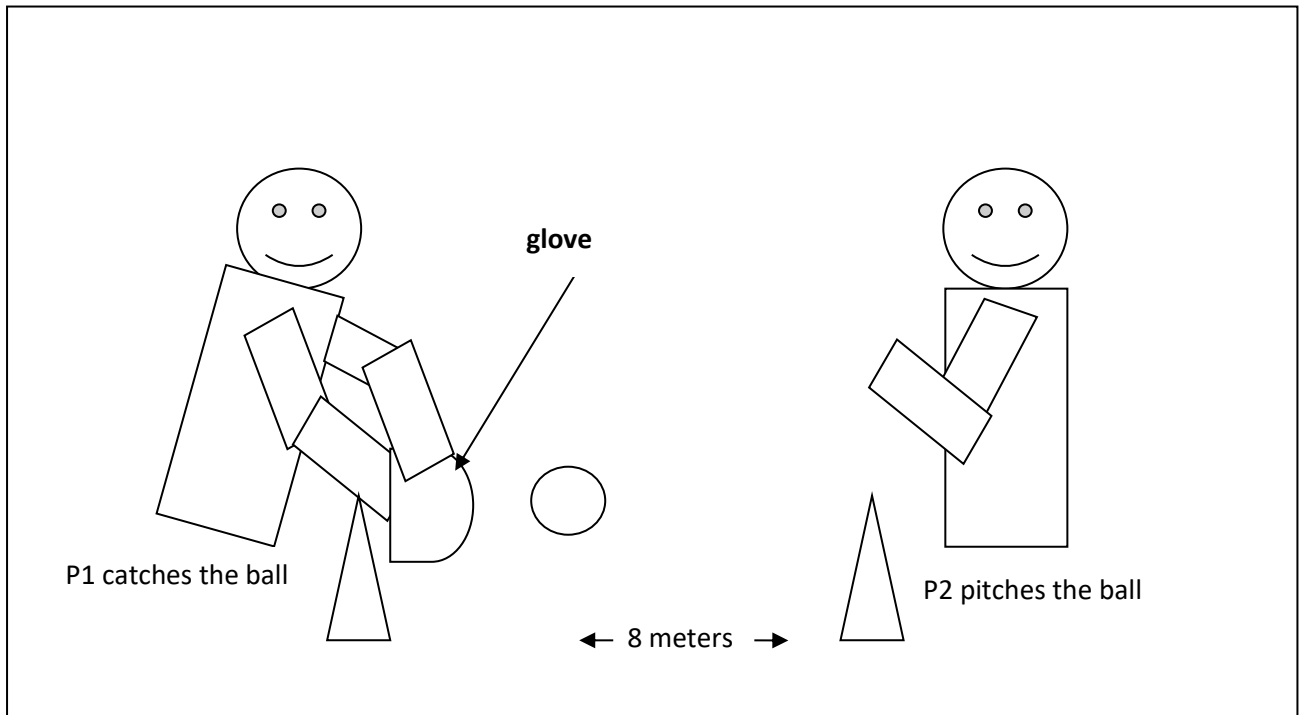
Set up:

Put the pylon on top of the small box. Put the mat against the wall.

Put one ball on top of the pylon. Take the bat, swing it and try to hit the ball. The ball should hit the mat on the wall.

Try it with different balls, like tennis balls, waffle balls, foam balls and soft balls.

5. Station – catch a groundball



Equipment:

one glove, one baseball, one tennis ball, two pylons


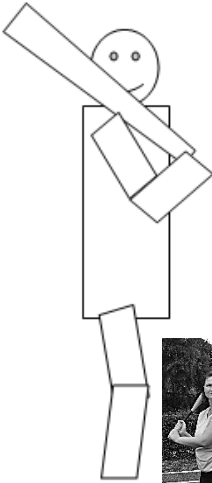
Set up:

P2 is 8 meters apart from P1 and pitches a ball very low so that it rolls to the partner. P1 catches this groundball with the glove and protects the catch with the strong hand. Catch it like this.




Try it several times. Pitch the ball to your partner and he catches it with the gloved hand. Pass and catch it several times, then change position. Afterwards change position again.

6. Station – batting without a ball



Hold your bat like this

Swing your bat like in the pictures:



Equipment:

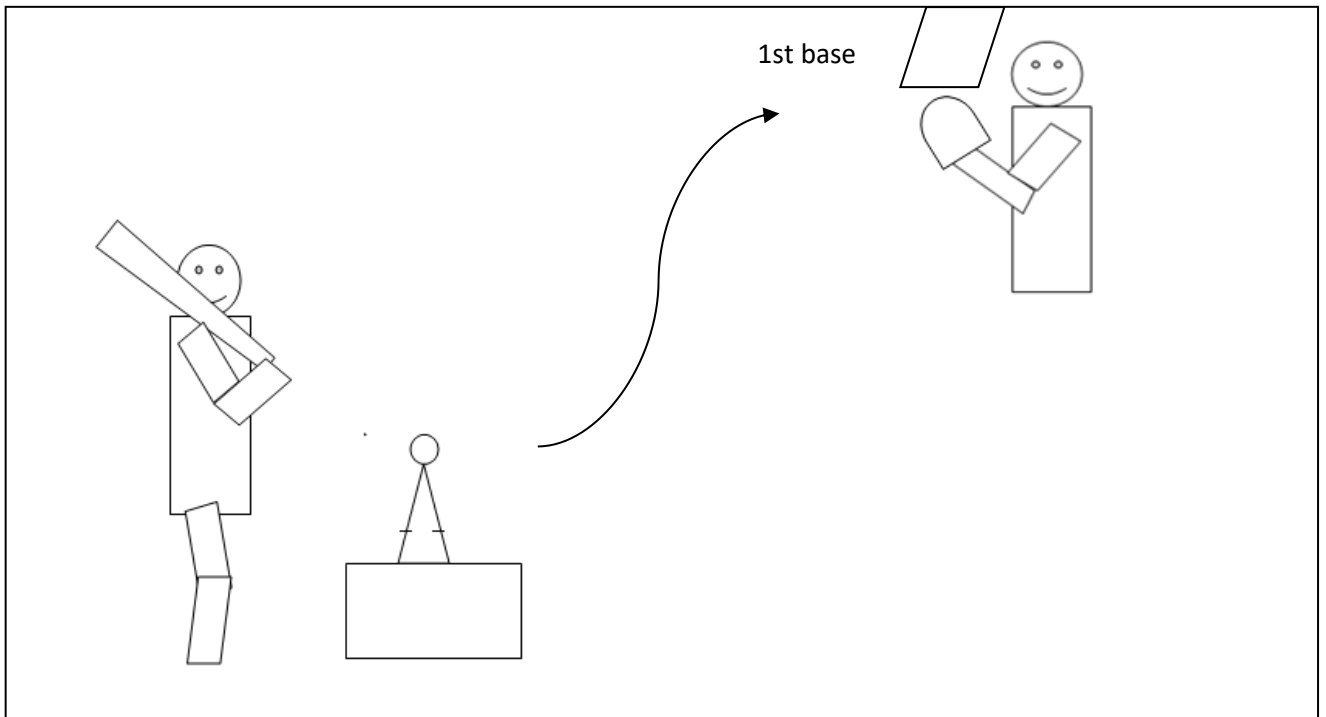
one bat

Set up:

Improve your batting. Try to swing your bat as you can see it in the pictures Do it very slowly at the beginning. Do it step by step. Your partner corrects you.

Try it several times, then change position and correct your partner. Change several times.

7. Station – easy way of baseball



Equipment:

one waffle ball, one soft ball, one small box, one bat, one pylon, one glove, one carpet tile (Teppichfliese) as first base

Set up:

Put the pylon on top of the small box. Put the mat against the wall. Put one soft ball on top of the pylon. Take the bat, swing it and try to hit the ball. The batter puts the bat away and runs to the first base. The defender tries to catch the ball and makes the batter out.

He either tries a **fly out** or a **first base out**.

Variation:

1. Play with a waffle ball and without glove
2. Play with a pitcher, batter and defender. Try to hit a moving ball.