

## **Baseball ideas to use**

Baseball wall ball fielding and or hitting

Individual-Knees to start, progress to feet. Throw bounce or skip tennis ball into wall or garage and field cleanly on chosen number of hops. <https://safeYouTube.net/w/sCVQ> **Wall Ball Video**

If you have a partner-(Stand behind fielder or hitter at safe distance)

Partner stands behind you and throws, skips or bounces ball after calling number of hops. Same progression of starting on knees working to feet.

Hitting-same progression trying to hit tennis ball on knees and then feet without partner or with partner.

Challenge-Use 2 balls with same progression and or speed up timing off reps.

Individual or partner pop up challenge-

Throw ball up and spin 2 times, then 3 times and so on before catching the ball. Catch ball between legs or behind the back before or after the bounce.

Note- Be creative with these and call your own rules, go from knees to feet to field catch or hit ball, use cones, obstacles or targets to throw to or move around.