

LEVEL: DOUBLE

DOUBLE – BASERUNNING

Able to run 10 feet followed by feet first slide (on grass, no bases)

Below is an activity which can be used to prepare for this skill.

ACTIVITY CRAB DANCE

[Click here](#) for video demonstration

Goal: Introduce athletes to the feet first slide

Description: From the crab position (athletes on their hands and feet in a reverse position), athletes use the following progression.

- A** From the crab position, athlete brings their feet forward to get to “figure 4” sliding position on grass.
- B** From the crab position, athlete walk three steps and brings their feet forward to get to “figure 4” sliding position on grass.
- C** From the push-up position, athlete brings their feet forward to get to “figure 4” sliding position on grass.
- D** From standing position, execute three steps before sliding at a base on grass.

Equipment: None

VARIATIONS AND PROGRESSION:

- A. This activity prepares athletes for the Double and Triple levels sliding criteria.